



An exploration of related homoeopathic remedies and fear and over-care Bach flower remedies.

By

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ABSTRACT

INTRODUCTION

The research topic is, “An exploration of related homoeopathic remedies and fear and over-care Bach Flower Remedies”. This is an exploratory, literature based study. Bach Flower Remedies (BFRs) are grouped into seven groups. The research focuses on two of the seven BFRs groups, which are, fear, and, over-care for welfare of others. There are emotional and mental themes under each of the seven Bach Flower Remedies. The mental and emotional themes of the remedies under the selected groups are used as symptoms. These symptoms are converted into rubrics, which were searched in a repertory.

METHODOLOGY

Computer repertory, Radar Synthesis 10 and Synergy MacRepertory were non-functioning at the time of data collection, so manual repertory has been used to repertorize the mental symptoms of Bach Flower Remedies (BFRs). Radar Synthesis 10 and Synergy MacRepertory 8 are some of the homoeopathic computer-repertories similar to homoeopathic repertory hardcopy books.

RESULTS

Homoeopathic remedies that match Bach Flower Remedies’ mental symptoms are obtained. There are similarities and differences on homoeopathic remedies that are obtained under the same mental symptoms of BFRs.

CONCLUSION

There are much similarities between homoeopathic and Bach Flower Remedies. Homoeopathic and Bach Flower Remedies can be prescribed together for patients as these modalities compliment each other. Homoeopathic practitioners can include Bach Flower Remedies in remedy differentials and to consider as first choice remedies for prescription.

DECLARATION

This is to certify that the work is entirely my own and not of any other person, unless explicitly acknowledged (including citation of published and unpublished sources). The work has not previously been submitted in any form to the Durban University of Technology or to any other institution for assessment or for any other purpose.

Signature of student

Date

Approved for final examination

(Supervisor) Dr TO Wulfsohn
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Date

DEDICATION

To my son (Kufuma Hakhensa Xizuvani) who came into this world while his Dad was still a full-time student and far away from home.

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CHAPTER ONE

1.1 Introduction

The research topic is, “An exploration of related homoeopathic remedies and fear and over-care Bach Flower Remedies”. This is an exploratory, literature-based study. Bach Flower Remedies (BFRs) are grouped into seven groups (Barnard 2003). The research focuses on two of the seven BFRs groups, which are, fear, and, over-care for the welfare of others. There are emotional and mental themes under each of the seven groups of Bach Flower Remedies. The mental and emotional themes of the remedies under the selected groups of fear, and, over-care for the welfare of others are used as symptoms. These symptoms are converted into rubrics that are inputted in a computer repertory, Radar synthesis 10 (Archibel 2017) and/or Synergy MacRepertory 8 (Synergy 2017) or manually searched through homoeopathic repertories. Radar synthesis 10 and Synergy MacRepertory 8 are computer-software that have symptoms/rubrics that are matched with homoeopathic remedies.

A repertory is a reference book that contains extensive lists of symptoms and remedies that have been found helpful for those symptoms (Schroyens 2014). A rubric is a symptom as written in a homoeopathic repertory.

Bach Flower Remedies therapy is a healthcare system that works on an emotional and mental level and do not appear to have a direct effect on the physical body or physical symptoms (Halberstein *et al* 2010). The prescription of Bach Flower Remedies therapy is based on emotional characteristics of a person. Dr. Edward Bach, the founder of Bach Flower Remedies believed that the attitude of mind plays a vital role in maintaining health and recovering from illnesses (Barnard 2003).

Homoeopathy is a healthcare system based on the general concept of similars, *Similia Similibus Curentur*, which demonstrates that a remedy selected for the treatment of a natural disease shall be the one capable of producing a range of similar symptoms in a healthy person (Das 2015). This simply means a substance that would produce

symptoms in a healthy person, has a potential for cure on a sick person on the physical and mental levels (Singh 2017). The selection and administration of a specific homoeopathic remedy are guided by the patient's total symptom profile rather than by the illness.

1.2 Research problem

Research problem: an exploration of related homoeopathic remedies and “fear” and “over-care for the welfare of others” Bach Flower Remedies (BFRs). Bach Flower Remedies and homoeopathy are two different treatment modalities that have similarities which are perhaps insufficiently recognised (Morrell 2004). BFRs are rarely prescribed by homoeopathic practitioners as compared to adjuncts like tissue salts and phytotherapy (Herbal tinctures).

This exploration will analyse the relationship amongst the BFRs and the top ten related homoeopathic remedies on repertorisation.

1.3 Aim

The aim of the study is to obtain ten (10) of the most highlighted homoeopathic remedies when mental pictures of, each Bach Flower Remedy under groups, fear, and over-care for the welfare of others, are used as rubrics on Radar synthesis 10 (Archibell 2017) and/or Synergy MacRepertory 8 (Synergy 2017) or searched manually through homoeopathic repertories.

1.4 Objectives

The objective of the study is to: acquire an in-depth understanding of mental symptoms of Bach Flower Remedies under groups, fear, and over-care for the welfare of others; extract and convert the mental symptoms into rubrics that would be run through Radar synthesis 10 and/or Synergy MacRepertory 8 or searched manually on homoeopathic repertories; obtain homoeopathic remedies and ten of the most highlighted will be recorded; study each homoeopathic remedy's themes, patterns, and trends; compare and contrast homoeopathic remedies obtained under each group of Bach Flower Remedies; compare and contrast homoeopathic remedies with Bach Flower Remedies;

the outcome findings of themes, patterns, and trends will be analysed; and conclusion is drawn.

1.5 Rationale

Bach Flower Remedies (BFR's) have been used extensively and the correlation between BFR's and homoeopathic remedies for the themes, fear, and over-care for others is important to explore as these themes are becoming more prominent in today's society (Halbertstein 2010).

It would be of great benefit if more is explored of the relationship between Bach Flower Remedies and homoeopathic remedies. Both homoeopathy & Bach Flower Remedies have shown a variety of positive outcome (Halberstein 2010). There is Bach Flower Remedies repertory (Kaminski 1994) and there are many homoeopathic repertories (Schroyens 2014). The two forms of repertories have not linked yet.

There are only 38 individual Bach Flower Remedies and one combination remedy. This is far less than homoeopathic remedies (in the order of 5000 remedies (Schroyens 2014)). BFR's in contradiction to homoeopathic remedies are not potentized sequentially (Andrew 2017).

The research can assist homoeopath students/practitioners when prescribing, to consider Bach Flower Remedies as an added alternative treatment modality; to have information at hand of Bach Flower Remedies that complement homoeopathic remedies; and to include Bach Flower Remedies on the list of homoeopathic remedy differentials in the treatment of patients.

CHAPTER TWO: LITERATURE REVIEW

2. Introduction

2.1 Overview of Homoeopathy

Homoeopathy is a system of alternative medicine created in 1796 by Samuel Hahnemann, based on his doctrine of “like cures like” (*similia similibus curenturs*), that a substance that causes symptoms of a disease in healthy people will cure similar symptoms in the sick (Singh 2017). The beginning of homoeopathy dates back to 1700s. It was when Hahnemann was working on a project to translate *William Cullen’s Materia Medica* into German that he began his quest for a better way of providing healthcare. While working on this project, he became fascinated with a South American tree-bark (*Cinchona*) which was being used to treat malaria-induced fever. Hahnemann ingested the bark and discovered that he produces malaria symptoms. He continued his research into “cure” and the idea of “similar suffering” and began compiling his findings (O’Reilly 1996).

Dr. Samuel Hahnemann graduated from medical school in 1779 and started his medical practice (O’Reilly 1996). He became dissatisfied with the then common medical practices such as purging, bloodletting, and the use of toxic chemicals. At one point he gave up his daily practice to begin working as a chemist while translating medical transcripts. It was then after working on *William Cullen’s* project that he started Homoeopathy. He opened his first Homoeopathic practice in 1790.

The general concept in Homoeopathy towards the treatment of the sick is “treat the patient, not the disease” (Das 2015). Treat the patient not a disease concept of Homoeopathy explains that the patient suffering from one or many diseases is an individual whose health got deranged due to a multitude of external factors. These

external factors influence the susceptibility of an individual, and derange the weaker part of the human economy. This brings changes in the patho-physiological frame of an individual and thus the person becomes sick.

The core concept in homoeopathic principles is *Similia Similibus Curentur*, which demonstrates that a remedy selected for the treatment of natural disease shall be the one capable of producing a range of similar symptoms in a healthy person (Das 2015). Changes that a person experiences during illness are termed symptoms. Homoeopaths evaluate and classify symptoms as mental and emotional, general, particulars, and peculiar. Mental and emotional symptoms are important in that it informs of the patient's total experience of the disease.

The selection and the administration of a specific homoeopathic remedy are guided by the patient's total symptom profile rather than by the illness (Das 2015). The following are major prescription approaches followed by Homoeopaths:

- (i) **Acute prescription** – the acute disease is a clinical condition with a sudden onset, sudden progress, and sudden decline. Acute diseases are mainly self-limiting in nature e.g colds, flu, childhood illness e.t.c. Homoeopathic remedies prescribed in acute cases are intended to stimulate the body's internal ability to heal itself. Acute homoeopathic prescribing needs immediate attention and faster action.
- (ii) **Aetiological prescription** – the cause of a disorder is very important in determining the most similar remedy in any emergency, acute, or chronic cases. In the homoeopathic repertories, there are specific rubrics for specific causation.
- (iii) **Keynote prescription** – homoeopathic practitioners when collecting information from patients take note of symptoms which are peculiar, queer, rare, and strange (PQRS). The PQRS symptoms are regarded as keynote symptoms. The ability of a practitioner to identify keynote symptoms, which represent a patient as a whole, makes it easier for a homoeopath to select a remedy with similar characteristics.

- (iv) **Constitutional prescription** – constitutional prescription is based on the patient's constitutional makeup which includes physical, mental, temperament and emotional aspect. Homoeopathic constitutional prescription is also called classical prescription. Constitutional prescribing refers to the selection and administration of homoeopathic preparation/remedy over a period of time for treatment of inherent disorders, caused by an inherited predisposition to a disease. It is holistic in that it is intended to treat patients on an emotional and spiritual level and on physical level as well.
- (v) **Intercurrent prescription** – intercurrent prescriptions are remedies that are given during the course of homoeopathic treatment for some chronic diseases for the purpose of removing any acute disease and accelerate the mode of cure or to remove any hindrances called miasmatic blocks. Intercurrent prescription is used when a well indicated remedy fails to give desired results.
- (vi) **Miasmatic prescription** – miasms are the tendencies and predisposition to certain diseases either inherited or acquired. Miasm could be dormant or active if remains untreated and will persist throughout the life of the person and will be transmitted to the next generation. Treatment of miasms is by homoeopathic remedies which are termed anti-miasm or anti-miasmatic remedies.
- (vii) **Nosological prescription** – nosological prescription are made when there is no or very fewer symptoms to individualise the case. This method of prescription is used by physicians when there are acute infections with only common symptoms. Remedies that are found to be effective are routinely prescribed for acute symptoms.
- (viii) **Organopathic prescription** – organopathic prescription are made based on the principle that the given remedy affects specific organs (parts).
- (ix) **Pathological prescription** – pathological prescription are prescriptions made on the basis of the similarities remedies have to the disease process or pathological changes. The remedies are given in low strength which is known to be a low potency. Pathological prescription is given in low potencies in repeated dosages and is found to be effective for severe pathological conditions like cancer.

- (x) **Tautopathic prescription** – some homoeopathic remedies are made from drugs or chemicals e.g penicillin, cortisone. Remedies made from drug or chemical are known as tautopathic remedies. Tautopathic prescription is indicated to patients who have never been well since taking the drug or is addicted and is trying to get off the drug. That specific drug can be prescribed in a homoeopathic (tautopathic) form.
- (xi) **Palliative prescription** – palliative prescription is a form of prescription by a homoeopathic practitioner to terminally ill patients. The aim of the physician is to lessen pain and discomfort and to relieve the suffering of the patient.

2.2 Overview of Bach Flower Remedies (BFRs)

The Bach original Flower Remedies were developed by Dr. Edward Bach, a Harley Street doctor, and a well-known Physician, Bacteriologist, Homoeopath and Researcher in The United Kingdom in the 1930s (Barnard 2003). He believed that the attitude of mind plays a vital role in maintaining health and recovering from illness. Despite the success of his work in orthodox medicine, he felt dissatisfied with the way doctors were expected to concentrate on the diseases and ignore the people suffering from them (Nelson 2017). He was inspired by his work with Homoeopathy but wanted to find remedies that would be pure and less reliant on the product of diseases. He discovered that certain intestinal bacteria were closely related to chronic diseases and their cure. He developed a group of seven vaccines from these bacteria with which he achieved outstanding results.

Dr. Bach had always been interested in the needs of his patients as individual people and believed that there must be a safer and more natural way of treating the cause of diseases (Nelson 2017). His observation of patients led Dr. Bach to the conclusion that certain types of people reacted the same way to different diseases and treatments. He developed this insight into a theory of types, dividing people into seven groups. From then on he sought to prescribe according to patients' reaction to illnesses rather than on the basis of illnesses themselves. He found that these diagnoses were more effective

than those based on clinical examinations. Dr. Bach believed that the attitude of mind plays a vital role in maintaining health and recovering from illnesses.

Dr. Bach identified thirty-eight negative basic states of mind (Nelson 2017). He left his practice to go and spend several years in the countryside in search of remedies for these mind states. Dr. Bach managed to create a plant or flower based remedies for thirty-eight negative states of mind. He placed these thirty-eight remedies into seven groups of states of mind. Dr. Bach placed the thirty-eighth plant or flower remedies into seven groups. The seven groups with mental and emotional themes of each are (Nelson 2017):

(i) Fear group (Appendix A).

(ii) Uncertainty group.

- Difficulty in trusting own intuition.
- They tend to seek the opinion of others.
- Uncertain about the relationship with their Creator.
- Easily discouraged by even small set back.
- Feelings of hopelessness and despair.
- Procrastination brought on by a kind of mental weariness and staleness.
- Crippling indecision when faced with a choice between two things.

(iii) Insufficient interest in the present circumstances.

- Repetition of the same old life situation over and over again.
- Daydreamer and fantasies about the future.
- Forgetfulness and lack of concentration.
- Unable to let go of the past.
- A black cloud of gloom that comes and goes without any obvious reasons.
- Feel isolated from the rest of the world.
- Withdraw into themselves.
- Reserves of energy are completely depleted.
- Their mind is constantly busy.

- Recurring internal mental argument and conversations.

(iv) Over-care for the welfare of others (Appendix A).

(v) Over-sensitive to influences and idea

- They have inner anxiety and turmoil that they cover up in smile and laugh when with people.
- Sensitive and dislikes the discords.
- They try to keep peace at all cost.
- They may explode in anger when bottling up of emotions becomes too much.
- Use of alcohol and drugs as a way of cutting themselves off from their inner worries.
- They put others needs before their own.
- They lack the will power to say "no".
- Easily dominated and open to being taken advantage of.
- They often do not develop their own individuality or creativity.
- They appear to be suspicious, distrustful or super sensitive to slights.
- They have anger, revenge, jealousy, and hatred.

(vi) Loneliness group.

- They have a compulsive need to talk about themselves to anyone.
- They make very poor listeners & can drive people away.
- They are very impatient and irritable with others who are slower than them.
- They have a feeling that they need to get things done "yesterday".
- The tendency of finishing others' sentences.
- Can easily flare up in anger if pushed.
- They have gentle, sensitive nature and cannot communicate their wisdom with others.

(vii) Despondency or despair

- They have temporarily lost sight of their innate purity.
- Carry underlying feelings of uncleanness, dirtiness or lack of purity.

- Manifestations of obsession related to housework or bodily cleanliness.
- They can be fussy, easily upset.
- Make mountains out of molehills when in a negative state.
- Compulsive obsessive behaviour of any sort.
- Feeling of overburdened, overwhelmed and unable to cope with responsibilities.
- They have in built unconscious certainty of failure.
- They automatically feel inferior to others and will stand back.
- They tend to struggle on enduring all things long after others would have given up.
- Feelings of shame, guilt, self-blame or self-reproach.
- They are never truly satisfied with themselves.
- Tend to feel others are better than they are.
- Difficulties to find any sense of joy or achievement in life.
- Feelings of reaching the limits for endurance.
- Utter despair or hopelessness.
- Bach Flower Remedies work on an emotional and mental level and do not appear to have direct effects on the physical body or physical symptoms (Halberstein *et al.* 2010).

2.3 Similarities of Homoeopathic Remedies and Bach Flower Remedies

- They are both vibrational in nature (Shaw 1999).
- They are both highly diluted medicinal substances (Halberstein *et al.* 2010).
- Flexible dosages schedules tailored to the individual patient (Halberstein *et al.* 2010).
- They have energy-based healing power (van Haselen 1999).
- The remedies are derived from natural sources, only plants in the case of BFRs (Vermeersch 2018).

There are, however, differences between Homoeopathy and Bach Flower Remedies therapy (Vermeersch 2018). Bach Flower Remedies only uses flowers from ‘unharmful’ plants, shrubs, and trees, as opposed to homoeopathy, which uses fresh plants extracts, animal parts, chemicals/minerals and imponderables to make homoeopathic

medicines. Bach Flower Remedy therapy allows one to drink and eat anything you want, no need to avoid coffee, tea, mint or any other specific substance, while with homoeopathy is the opposite. The medicine/remedies (BFRs) can be administered to infants and pregnant women without any risk. They are completely harmless even in high doses. Homoeopathic medicines with high potency have a strong effect, therefore, cannot be given without advice to parents and/or guardians of babies and children, and certain products are forbidden to pregnant women. Bach Flower Remedies therapy focuses on the emotional and mental well-being of a person, to bring back the emotions into balance, thus have an effect on a person's physical health. Homoeopaths, however, focus on the emotional and mental, general, particulars, peculiar, and physical symptoms (Das 2015).

Morrell (2004) in his article said: "Similarities seem to outweigh the differences, and it, therefore, seems logically convenient, for taxonomic and regulatory purposes, to classify Bach Flower Remedies and homeopathy in the same branch, of natural therapy, basically homeopathic in the concept".

Homoeopathy and Bach Flower Remedies can both be used perfectly alongside each other as one therapy (Vermeersch 2018). Positive outcomes have been frequently recorded with the combination of both in the treatment of patients.

Some Homoeopathic practitioners, in an unclear case, prescribe a Bach Flower Remedy that might create more clarity for prescribing in a follow-up case (Morrell 2004). Thus the practitioner could have a clear disease picture on a patient, for prescribing a suitable homoeopathic remedy. The two health care systems seem to complement each other positively. Many homoeopathic remedies could be shown by Radar synthesis 10 (Archibel 2017) and/or Synergy MacRepertory 8 (Synergy 2017), (software repertories used in homoeopathy), when the mental symptoms of Bach Flower Remedies are converted into & used as rubrics. At the present there is no data that shows Bach Flower Remedies' mental symptoms that have been used as rubrics in the homoeopathic repertories, to obtain homoeopathic remedies, that has similarities to BFRs.

2.4 How do Bach Flower Remedies work/selected?

Bach Flower Remedies prescription is based on the emotional and mental characteristics of a person (Andrew 2017). The remedies are prescribed for a wide range of conditions including, Attention deficient/hypersensitivity disorder (ADHD), phobias, autism, burnout, hypochondria, mood swings, menopause, allergy, high sensitivity, libido, migraines (Vermeersch 2018). Bach Flower Remedies can be taken for as long as one is still suffering from those particular emotions or state of mind. They can be taken with ordinary medicines or homoeopathic remedies as Bach Flower Remedies work on emotional and not directly on the physical level. Bach Flower Remedies can be combined with other therapies such as acupuncture, foot reflexology, and somatology, to mention a few.

2.5 How are Homoeopathic remedies and Bach Flower Remedies made?

The methods of preparation of homoeopathic remedies are rooted in the traditional methods used by homoeopaths since the days of Dr. Samuel Hahnemann (Quinn 2018). Sources of remedies are plants, animals, and minerals. Soluble medicinal substances are extracted from the sources through a solvent (pure water and/or alcohol). Insoluble medicinal substances are extracted from sources through trituration (grinding of a substance using a mortar and pestle). The remedies are prepared by a process of serial dilution and shaking known as potentization. The more homoeopathic remedies are diluted and shaken, the stronger their action becomes. Chemically, the substance becomes more and more dilute. Clinically, however, Hahnemann found that the more the substance was potentized, the deeper it's curative effects, on the patient. One (1) part of the medicinal substance is dissolved into nine (9) or ninety-nine (99) parts of the solvent in the decimal or centesimal scale respectively.

Bach Flower Remedies are prepared through two methods, the sun method and the boiling method. The sun method involves floating the flower heads in pure water for three hours, under direct sunlight. Woodier plants and those that bloom when the sun is weak, are generally prepared by the boiling method, by boiling the flowering parts of the plant for half an hour in pure water. Heat transfers energy in the flowers into the water.

The energised water is mixed with an equal quantity of brandy. This mix is the mother tincture, to be kept for stock (Bach 2004). Remedies (BFRs) for prescribing to patients are made from the mother tincture in a ratio of two drops added into 30ml of brandy.

The aim of the study is to obtain ten (10) of the most highlighted homoeopathic remedies, when the mental pictures of each Bach Flower Remedy of groups, fear and over-care for the welfare of others, are used as rubrics on Radar synthesis 10 (Archibel 2017) and/or Synergy MacRepertory 8 (Synergy 2017). Radar synthesis 10 and MacRepertory 8 are some of the homoeopathic computer-repertories similar to homoeopathic manual-hardcopy repertory books (Schroyens 2014). They both serve similar purposes. Symptoms obtained by homoeopathic practitioner, during consultation sessions with patients, are searched in homoeopathic repertories to determine homoeopathic remedies indicated to be prescribed. The symptoms which are referred to as rubrics, are run through Radar synthesis 10 and/or Synergy MacRepertory 8 to obtain homoeopathic remedies.

To obtain remedies using a homoeopathic manual repertory book is time-consuming. Radar synthesis 10 (Archibel 2017) and/or Synergy MacRepertory 8 (Synergy 2017), are computer software repertories which, when symptoms are inputted, quickly shows remedies that suites the symptoms and they are faster & saves much time. Repertories (both manual and computer), will show remedies in bold, italic and in small letters, for symptoms that are run through. Remedies highlighted in bold, italic & small letters show remedies that are most indicated, indicated and less indicated respectively. The symptoms used on repertories to obtain suitable remedies are converted into rubrics.

CHAPTER THREE: RESEARCH METHODOLOGY

3.1 Introduction

The study is an explorative, literature-based study. Two groups of Bach Flower Remedies, which are, fear, and over-care for the welfare of others is studied. Tables with the names of remedies, mental symptoms, and rubrics of the two groups of Bach Flower Remedies and the obtained homoeopathic remedies are outlined in appendix a, b and c respectively.

Computer repertory, Radar Synthesis 10 (Archibel 2017) and/or Synergy MacRepertory were non-functioning at the time of data collection, so manual repertory has been used to repertorize the mental symptoms of Bach Flower Remedies (BFRs). Radar Synthesis 10 and Synergy MacRepertory 8 are some of the homoeopathic computer-repertoires similar to homoeopathic repertory hardcopy books. Symptoms obtained by a homoeopath, during consultation session with patients, are searched in the repertory to determine homoeopathic remedies indicated to be prescribed.

Remedies indicated when Bach Flower Remedies' mental symptoms are used as rubrics, are used for the study. Homoeopathic remedies that are available on the repertoires but have no information that is published or available online, and have no alternative remedy on the repertory, are highlighted and so recorded as, "no information obtained", so where more than ten remedies are indicated, the next available remedy is chosen. Names of homoeopathic remedies obtained are recorded with reference to the ones shown in bold as the highest rating indicated by a number (three) 3, in italic as the second, indicated by a number two (2) written after a remedy, and in small letters (in the repertory) but italic with a number one (1) as the last. Remedies are also recorded in accordance with alphabetical order. Only remedies which are known not to have information are skipped.

In the context of the information under homoeopathic remedies' mental symptoms, "he" may represent a person, not gender. "He" or "she" wording may appear in one sentence or paragraph, which indicates the symptoms which are likely to be more prominent as per that specific gender.

Below are Bach Flower Remedies groups, remedies and mental symptoms that are converted into rubrics that were used on homoeopathic repertories to obtain homoeopathic remedies. Repertory/rubric indicates how the mental symptoms are written in a homoeopathic repertory. The obtained homoeopathic remedies and the mental symptoms of each are written and highlighted in bold, and italic (with numbers after).

3.2 Short notes of the mental symptoms of the found homoeopathic remedies

3.2.1 Bach Flower Remedies group: fear.

3.2.1.1 Bach Flower Remedies (BFRs): Rock Ross.

3.2.1.2 Bach Flower Remedies mental symptoms: terror.

3.2.1.3 *Repertory/Rubric: Mind, fear, terror* (Schroyens 2014)

3.2.1.4 *Homoeopathic remedies:*

(i) **Kalium bromatum (potassium bromide)(3).**

Kalium bromatum has mental characteristic symptom “delusion he is the object of God’s vengeance” (Scholten 1993). This symptom shows various aspects of the remedy which are guilt, religion, psychosis, and duty. They feel guilty when they don’t do their duty. As long as they can fulfil their task and keep doing their work, everything is fine. But when they can’t do this anymore they start to feel very guilty. They always feel a strong urge to work, they like having something to do. When they are not busy doing something they can’t get rid of their energy and becomes restless. So they cannot sleep and they constantly wring their hands.

Mentally he has night terrors, horrid illusions, profound melancholic delusions, a feeling of moral deficiency, religious depression, and delusion of conspiracies against him

(Boericke 2013). He has a loss of memory and fear of being poisoned. There is an active delirium.

He thinks he is pursued, will be poisoned or commit some great crime (Phatak 2016). She thinks she will murder her children or husband. There is nervousness, brain fag from grief and anxiety. He is suspicious, looks on all sides fears people yet he cannot remain alone, and fear the dark.

He is remorseful, wrings the hands, burst into tears (Phatak 2016). He is slow, hesitant, omits or mixed up words in talking and writing. He has suicidal mania with trembling.

(ii) *Aurum bromatum* (Bromide of Gold)(2).

There is marked nervous affection character as, migraine, night terrors and sleep-walking (somnambulism) (Boericke 2013).

(iii) *Cina maritima* (worm-seed)(2).

The child is aggravated by being looked at (Kent 2008). They become worse from seeing strangers. The child takes a moderate supper and dreams all night, jerks and twitches in sleep, rouses up in a fright, talks excitedly about what he has dreamt, thinks it is real and sees dogs, phantoms and frightful things.

This is a children's remedy (Boericke 2013). The child is very cross, ill-humoured, doesn't want to be touched, crossed or carried. He desires many things, but rejects everything offered. He has an abnormal consciousness as if has committed some evil deeds.

Children desire to be rocked (Phatak 2016). He is uneasy and distressed all the time. There is convulsion in children when they are scolded or punished. They are nervous.

(iv) *Kalium phosphoricum* (phosphate of potassium)(2).

One expression of the theme is that they feel obliged to have a lot of contacts (Scholten 1993). It does them good to have lots of friends and relations. They enjoy talking about all the things that happen in their life, they are very sociable. They keep close contact

with their family. They like to keep close contact with their brothers and sisters, even if they don't see them very frequently. If they lose contact they feel very unhappy and lost. They don't know what to do anymore, don't know what their task is. This is expressed in the symptom "delusion everything is strange". Duty stands in the way of making contacts. Work stands in their way not to find time to visit their friends and family. This can make them homesick.

They are averse to answering questions (Kent 2008). They have apprehensive anxiety, in the evening in bed and at night. There is anxiety after eating, about the future, health and his salvation. Whenever he awakens it oppresses him, and he becomes hypochondriac. There is confusion of mind in the morning and evening. They have delirium tremens. They see dead people, figures, and frightful images. They are discontent and sad. He refuses to eat. He is very excitable and greatly wrought up from bad news, then, follows palpitation and many nervous symptoms. He is exhausted after the exertion of mind. He dwells much in infancy. She thinks she has sinned away her day of grace and refuses to eat. She doesn't recognize her surroundings.

There is anxiety, nervous dread, and lethargy (Boericke 2013). They are indisposed to meet people and have extreme lassitude and depression. They are very nervous, startle easily and are irritable. There are brain-fag, hysteria and night terrors. There is a loss of memory. Slightest labour seems a heavy task. They have great despondency about business. They are shy and are disinclined to converse.

They are apprehensive about their future and their health (Phatak 2016). They have fear of crowd, death, disease, evil, people, and of being alone. They are forgetful and have religious melancholy. She has perverted affections, averse to her own, cruel to husband and/or baby.

(v) *Triticum vulgare (Wheat)(2)*.

They are oversensitivity to criticism, especially indignation (Scholten et al 2016). There is depression of varying degrees usually with low confidence, weeping, and tiredness. He has mood swings and is irritable, and with irrational emotions. He lacks motivation, has poor memory and concentration, and feels as if he is drugged or sleepy. He is short

tempered, with internal restlessness, and dissatisfaction. He lacks confidence and desires to be alone.

(vi) *Vanilla aromantica* “no information obtained”./so *Carbo vegetabilis* (Vegetable charcoal)(1) is used.

There is the slowness of the mental state (Kent 2008). He is slow to think, sluggish, stupid, and lazy. He cannot rouse himself to do anything. He wants to lie down and doze.

He is averse to darkness (Boericke 2013). He fears ghosts. There is a sudden loss of memory.

He is anxious, irritable, and lazy (Phatak 2016). He is sad, gloomy, unhappy, and depressed. He is indifferent, hears everything without pleasure or pain.

(vii) *Aconitum napellus* (monkshood)(1).

He says “Doctor, there is no use, I am going to die” (Kent 2008). If a clock is in the room, he may say that when the hour hand reaches a certain point he will be a corpse. He has lost all affection for his friends. He doesn’t care what becomes of his friends. He has no slightest interest in them.

There is great fear, anxiety, and worry, which accompany every ailment (Boericke 2013). There is delirium which is characterised by unhappiness, worry, fear, and raving. He fears death but believes he will soon die. He predicts the moment, hour or day of his death. He fears the future, crowd, or crossing the street. There is restlessness and tossing about. He has the tendency to startle easily, has acute imaginations, and clairvoyance. He is intolerant to pain, it drives him crazy. Music is unbearable, it makes him very sad. He thinks his thoughts come from the stomach and that parts of his body are abnormally thick. He feels as if what has been done was a dream.

He fears touching others passing by (Phatak 2016). With fear he screams, moans gnaw the fists, bites nails, and wants to die. He is terror-stricken. He imagines some parts of his body are deformed.

(viii) *Arsenicum album* (arsenic trioxide/arsenious acid)(1).

His thought is on death and the incurability of his complaints (Kent 2008). He thinks there is crowd upon him and is too weak to keep them off or to hold on to one idea.

There are great anguish and restlessness. They change places continually (Boericke 2013). They have fear of death, and of being left alone. There is great fear with cold sweat. They think it's useless to take medicine. They are suicidal, have hallucinations of smell (olfactory hallucination) and sight (visual hallucination). They are malicious, selfish, lack courage and are miserly.

Arsenicum people are oversensitive, fastidious, fault finding, and anguish with despair to recovery (Phatak 2016). They have an agonising fear of death, yet tired of living, aggravated by night. They have a fear of death, starvation, financial loss. There is violence with self-torture, pulls her hair, bites her nails, (man) tears his body. They are suicidal, impulsive and manic. There is restlessness, so they want to go from one bed to the other. Children are capricious, wants to be carried, go from mother to father, to nurse. He fears to be left alone, lest he does himself bodily harm. The fear he has murdered someone. He imagines the house is full of thieves, so he jumps and hides. He sees ghosts day and night. Her desire exceeds her needs. He does not want to meet his acquaintances he thinks he has offended them.

(ix) *Belladonna* (deadly nightshade)(1).

The patient lives in a world of his own, engrossed by spectres and visions and not aware of the surrounding realities (Boericke 2013). There is a hallucination of seeing monsters and hideous faces. He has delirium, sees frightful images, and is furious, has rage, bites, strikes, and desires to escape. There is perversity with tears. He is disinclined to talk. There can be loss of consciousness.

There is acuteness of all senses (Phatak 2016). He talks fast and he is very restless and has tearing mania. He spits on the faces of other persons. He has fear of imaginary things, is quarrelsome. He weeps easily and desires to hide. He has cravings for snuff.

(x) Calcii carbonas/calcareo carbonica (carbonate of lime)(1).

The central theme expressed is the delusion that others will see their confusion (Scholten 1993). The first part of this delusion is that others will notice something about him. There is the delusion that others will see that he doesn't know what is meaningful, what is his worth. The idea that others are thinking and talking about them makes them very uncertain. They tend to be shy, and do not really dare to look straight at you.

There is apprehension which is worse towards the evening (Boericke 2013). He has fear of loss of reason, misfortune and of contagious disease. He is forgetful, confused, low spirited.

He learns poorly, and he is depressed (Phatak 2016). There is melancholy or doubting mood. He has a fear of disaster, insanity, or being observed. He is confused, misplaces words and expresses himself wrongly. He is sad and apathetic. He has visions of fire, murder, rats, and mice, in delirium. He desires to weep, to go home. He is hopeless of ever getting well. He sits and breaks sticks all day long. He imagines someone walking behind him. She is easily frightened or offended.

3.2.2 BFRs mental symptom: extreme fear.

3.2.2.1 *Repertory/Rubric: Mind, fear, extreme* (Schroyens 2014).

3.2.2.2 *Homoeopathic remedies (3 remedies):*

(i) Androctonus amoreuxii hebraeus (Israeli fat-tailed scorpion)(1).

He is depressed and destructive and did not care if things were broken. He is averse to his normal work, wants to quit and avoid work (Vyas 2015). He feels detached from his surroundings. He has a changeable mood, one moment he is extremely friendly, nice and amiable, then irritable. He has a terrible uncontrolled temper.

They are irresolute and capricious (Ross 2018). They do not know what they really want, or need, except for their complaint and to make others suffer. Their senses are easily excited bordering on painfulness. They are very suspicious and have difficulties in trusting others. They also have a difficult relationship with their own instinct. They often perceive pleasure coming from satisfying their physical needs as something like a sin.

They perceive people around them as enemies. They are averse to touch or physical contact, it becomes dangerous for them and can cause a violent reaction.

(ii) *Hedera helix* “no information obtained”.

(iii) *Hydrogen*(1).

There is fear of accidents, going insane, hell, death, future, any events, and diseases (Scholten 1996). He dreams of defecation, animals, cats, camels, cows, suffering, eating, circus, acrobats, or dead coming to life again. He is delusional; he is separated from the world, unreal, betrayed or being God or old. Delusion he is poisoned, being dirty, pregnant, or small. His mood is hilarious, laughing, haste, restless, cheerful, singing, optimistic, stubborn, gloomy, or serious. He is irritable, is critical, angry, violent, and ungrounded, worse for the interruption. He is curious, absentminded, dreamy, confused, makes mistakes, and lacks concentration.

3.2.3 BFRs mental symptom: acute state of fear.

3.2.3.1 *Repertory/Rubric: Mind, fear, sudden* (Schroyens 2014).

3.2.3.2 *Homoeopathic remedies:*

(i) *Aconitum napellus* (monkshood)(2).

He says “Doctor, there is no use, I am going to die” (Kent 2008). If a clock is in the room, he may say that when the hour hand reaches a certain point he will be a corpse. He has lost all affection for his friends. He doesn’t care what becomes of his friends. He has no slightest interest in them.

There is great fear, anxiety, and worry accompany every ailment, however trivial (Boericke 2013). There is delirium which is characterized by unhappiness, worry, and fear. He fears death but believes he will soon die. He predicts the moment, hour or day of his death. He fears the future, crowd, or crossing the street. There is restlessness and tossing about. He has a tendency to startle easily, and has acute imaginations, and is clairvoyant. He has an intolerance to pain, it drives him crazy. Music is unbearable, it makes him very sad. He thinks his thoughts come from the stomach and that parts of his body are abnormally thick. He feels as if what has been done was a dream.

He fears touching others passing by (Phatak 2016). With fear he screams, moans gnaw the fists, bites nails, want to die. He is terror-stricken. He imagines some parts of his body are deformed.

(ii) *Arsenicum album* (arsenious acid/arsenic trioxide)(2).

His thought is on death and the incurability of his complaints (Kent 2008). He thinks there is crowd upon him and is too weak to keep them off or to hold on to one idea.

There are great anguish and restlessness. They change place continually (Boericke 2013). They have a fear of death, of being left alone. There is great fear with cold sweat. They think it's useless to take medicine. They are suicidal and have hallucinations of smell (olfactory hallucination) and sight (visual hallucination). They are malicious, selfish, lack courage and are miserly.

Arsenicum people are oversensitive, fastidious, fault finding, and anguish with despair to recovery (Phatak 2016). They have an agonising fear of death, yet tired of living, aggravated by night. They have a fear of death, starvation, and financial loss. There is violence with self-torture, she pulls her hair, bites her nails, or (man) he tears his body. They are suicidal, impulsive and manic. There is restlessness; they want to go from one bed to the other. Children are capricious, wants to be carried, go from mother to father, to nurse. He fears to be left alone, lest he does himself bodily harm. The fear he has murdered someone. He imagines the house is full of thieves, so he jumps and hides. He sees ghosts day and night. Her desire exceeds her needs. He does not want to meet his acquaintances he thinks he has offended them.

(iii) *Cannabis indica* (hashish)(2).

A strange ecstatic sensation pervades his body and senses (Kent 2008). His limbs and parts seem enlarged. A thrill of beauty passes over the limbs. The limbs tremble. Great weakness spread over the body. The symptoms resemble catalepsy. There are anaesthesia and loss of muscular sense. Complaints are ameliorated by rest. The spirit is exalted and mirthful. He has wonderful imaginations and hallucinations. There is a wonderful exaggeration of time and space. He seems to be transported through space,

has two existence, or to be conscious of two states, or to exist in two spheres. He has incoherent speech. He fears death, insanity, and the dark. Mental symptoms are ameliorated by open air. His mind is full of unfinished ideas, and phantoms. Wonderful theories constantly form in his mind.

There is excessive loquacity, jumping from one topic to another (Boericke 2013). He has an exuberance of spirits. Time seems too long, seconds seem like ages. He is constantly theorizing. There is anxious depression, a constant fear of becoming insane. He has mania, so he must constantly move. He is very forgetful, he cannot finish a sentence. He is lost in delicious thoughts. There is uncontrollable laughter. He has delirium tremens and clairvoyance. There is a rapid change of mood. She cannot realize her identity. There is chronic vertigo as of floating off.

He is forgetful and cannot finish the sentence (Phatak 2016). Distance seems immense. He craves for light. He has a fear of going to bed (lectophobia). He laughs immoderately at serious remarks, or at mere trifles. He laughs and weeps. He is in the ecstatic, heavenly mood. He hears voices, bells, music. He thinks everything is unreal. When he speaks it seems as though someone else is speaking.

(iv) *Ruta graveolens* (rue-bitterwort)(2).

He is anxious and low spirited, with mental dejection (Kent 2013). He can either be irritable or good-natured. There are despondency and melancholic disposition towards the evening.

He is dissatisfied with self and others and is disposed to weeping (Phatak 2016). He is suspicious, imagines that he is always being deceived. He is fretful and quarrelsome.

(v) *Triticum vulgare* (Wheat)(2).

There is oversensitivity to criticism, especially indignation (Scholten et al 2016). There is depression of varying degrees usually with low confidence, weeping, and tiredness. He has mood swings and is irritable, and with irrational emotions. He lacks motivation, has poor memory and concentration, and feels as if he is drugged or sleepy. He is short

tempered, with internal restlessness, and dissatisfaction. He lacks confidence and desires to be alone.

(vi) *Vanilla aromantic* “no information obtained”/so *Arsenicum Iodatum* (Iodide of Arsenic)(1).

There are anger and irritability with all ailments complaint (Kent 2013). He is averse to answering questions. There is extreme anxiety, restlessness, and fear. There is confusion of mind in the morning and evening.

He is unable to study, studying causes headache (Phatak 2016).

(vii) *Apis mellifica* (The honey-bee)(1).

There is apathy, indifference, and unconsciousness (Boericke 2013). There is awkwardness, he readily drops things. There is stupor, with sudden sharp cries and startling. Stupor alternate with erotic mania. There is a sensation of dying. He is listless, he cannot think clearly. He is jealous, fidgety, and hard to please. There are whining and tearfulness. He cannot concentrate on mind when attempting to read or study.

He is foolishly suspicious (Phatak 2016). There is awkwardness, he drops things and laughs either due to nervousness, or being absent minded. There is childish, silly behaviour in women after giving birth. She is fruitlessly busy, frivolous, and cheerful. Children are constantly whining. She weeps day and night without any cause. Women have sexual mania alternating with stupor. She cannot bear to be left alone. He has a premonition of death. He has a fear of being poisoned.

There is great sadness, so he cannot sleep from tantalizing thoughts and is worried about everything.

(viii) *Argentis nitras / Argentum nitricum* (Nitrate of silver)(1).

He thinks his understanding will and must fail (Boericke2013). He is fearful and nervous, with impulses to jump out of the window. He is faintish and tremulous. He is melancholic and apprehensive of a serious disease. Time passes slowly and he has a weak memory. There is an error of perception. He is impulsive and wants to do things in a

hurry. He has peculiar mental impulses. There are fears and anxieties, and hidden irrational motives for actions.

He is tormented by strange ideas and emotions (Phatak 2016). There are nervous impulsivity and hurriedness, yet timid and anxious. He is fearsome and dreads ordeal. He has fear or senses an impending evil, of crowds, passing a certain point, of buildings, and of the dark. He is hesitant, and falters, in speech, in gait, or erections. There is a loss of ambition. He believes that he is despised by his family and that his understandings will fail. He is despondent and depressed. He has impulses to jump when crossing a bridge, or from a window. There is memory loss. He feels as if time is short and wants to do things in a hurry and must walk fast. He weeps and says he is lost beyond hope. She feels as if everything has changed. She is irrational, does strange things and comes to strange conclusions, and she does foolish things. There are incoherence and childish talk. He talks about his suffering. He remains in bed with trifle and indisposition.

(ix) *Arnica Montana (Leopard's Bane)(1).*

He fears touch or the approach of anyone (Boericke 2013). There can be unconsciousness, and when spoken to he answers correctly, but relapses. There is indifference; he has the inability to perform continuous active work. He is morose and delirious. He is nervous, he cannot bear the pain and the whole body is oversensitive. He says there is nothing wrong with him and wants to be left alone. He is agoraphobic, which is fear of space.

He has fear, of being struck, touched and approached, of sickness, of instant death with cardiac distress at night, of space (agoraphobia), on awakening, of crowds and of public spaces (Phatak 2016). He has repentance mood. He is mentally prostrated and apathetic, but physically he is restless. He says nothing ails him. When he is spoken to he answers slowly with effort. He feels well in serious cases. He is forgetful when he reads. He is hopeless and indifference. There is delirium tremens; a sudden fear that rouses him one from sleep at night especially after an accident. There is a great desire to scratch; he will scratch the wall, bed, or his head.

(x) *Baryta carbonica* (Carbonate of baryta)(1).

There is loss of memory, mental weakness and they are irresolute (Boericke 2013). He has lost confidence in himself. There is senile dementia, confusion, and bashfulness. He is fearful of strangers. There is childishness; he grieves over trifles.

They are slow to grasp, silly, absurd and backward (Phatak 2016). There is childish and thoughtless behaviour. He is timid and cowardice. She forgets her errand or word in her mouth. She is mistrustful and shy of strangers. The child does not want to play but sits in the corner doing nothing. Children cannot remember or learn. He thinks he is being laughed at and made fun of. He thinks his legs are cut off and he is walking on his knees. He has a loss of self-confidence. There is idiocy.

3.2.4 BFRs mental symptom: Nightmare.

3.2.4.1 *Repertory/Rubric: Mind, fear, terror, night* (Schroyens 2014).

3.2.4.2 *Homoeopathic remedies:*

(i) *Aurum bromatum* (Bromide of Gold)(2).

There is marked nervous affection of a character as, migraine, night terrors and sleep-walking (somnambulism) (Boericke 2013).

(ii) *Carbo vegetalis* (Vegetable charcoal)(2).

There is an aversion to darkness, fear of ghosts and sudden loss of memory (Boericke 2013).

He is slow in thinking and is indolent, anxious, irritable and unhappy (Phatak 2016). He is indifferent; he hears everything without pleasure or pain. There is sluggishness, stupidity, and laziness. He is easily frightened or startled. He fears ghosts and is averse to the darkness.

(iii) *Cina maritima* (Worm-seed)(2).

The child is ill-humoured and very cross, does not want to be touched, crossed or carried (Boericke 2013). He desires many things but rejects everything offered. He has an abnormal consciousness as if committed some evil deeds.

Children want to be rocked (Phatak 2016). They are uneasy and distressed all the time. He is nervous which is worse in sleep. There are convulsions in children when they are scolded or punished. The good-natured child becomes cross.

(iv) *Kalium bromatum* (Bromide of potash)(2).

There is profound melancholic delusion; feeling of moral deficiency, religious depression, a delusion of conspiracies against him (Boericke 2013). He imagines he is singled out as an object of divine wrath. There is a loss of memory. He gets fidgety must do something or move about. He has a fear of being poisoned. He has night terrors and horrid illusions. There is an active delirium.

He has depressive delusions; he thinks he is pursued, will commit some great crime (Phatak 2016). Delusion she will murder her children or her husband. There is nervousness. He has brain fag, from grief and anxiety. He is suspicious; he looks on all sides, fears people yet he cannot remain alone in the dark. His hands are fidgety, busy and fumbles. He has amnesia. There is frequent shedding of the tears. Night terrors in children; they wake up screaming and recognise no one. There is suicidal mania with trembling.

(v) *Kalium phosphoricum* (Phosphate of potassium)(2).

There are anxiety and nervousness (Boericke 2013). He has a nervous dread. He is indisposition to meet people or to talk with. There are extreme lassitude and depression. He is very nervous, startles easily and is irritable. He has night terrors, brain-fag and is hysterical. There is great despondency about business. She is shy and disinclined to converse.

She has perverted affection; she is averse to and cruel to her own husband and baby (Phatak 2016). Children are irritable, they cry and scream, and can hardly articulate. He is apprehensive about the future and his health. He has a fear of crowd and death. He is forgetful and suffers from religious melancholy.

(vi) Stramonium (Thorn-apple)(2).

He is devout, earnest, beseeching with ceaseless talking (Boericke 2013). There is loquacity, garrulousness, laughing, singing, swearing, praying and/or rhyming. He sees ghosts, hears voices, and he talks with spirits. There is rapid change from joy to sadness. He is violent and lewd. He has delusion about his identity; he thinks of himself as being tall, double, or a part missing. He has religious mania. He cannot bear solitude and darkness; he must have light and company. The sight of anything glittering brings on seizures or spasms. He has delirium tremens with a desire to escape.

The child awakens terrified, knows no one, screams with fright, clinging to those near him (Phatak 2016). He has fearful hallucination which terrifies him; he sees vividly brilliant or hideous phantoms, animals that are jumping sideways out of the ground or running to him. The talk of others is intolerable to him. There is a self-accusation. He has strange absurd ideas about himself; he thinks he is lying crosswise, or one part of his body is cut off. He talks in a foreign language. He laughs at night and weeps during the day. He is proud, haughty, with merry exaltation. He is averse to all fluids. She sits silently, eyes on the ground, and/or picking on her clothes. He has anxiety when going through a tunnel. Everything and everybody seems new to him. Wife thinks her husband neglected her, and the man thinks his wife is unfaithful.

(vii) Calcii carbonas/Calcareea carbonica (Carbonate of Lime)(1).

He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, or diseases. He is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium state. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she could run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(viii) *Chamomilla* (German Chamomile)(1).

The child is whining restlessly, wants many things which she refuses again (Boericke 2013). There is piteous moaning because she cannot have what she wants. The child can only be quieted when carried about and petted constantly. He is impatient, intolerant of being spoken to or interrupted. He is extremely sensitive to every pain and always complaining. He is spiteful and snappish.

He is quarrelsome and vexed at every trifle (Phatak 2016). He is averse to being spoken to or touched or being looked at. He omits words while writing and speaking. Women become suddenly capricious, quarrelsome, or obstinate before menses. He is hasty and hurried, and cannot bear anyone near him. He is worse at night, lying in bed, for music, and during dentition.

(ix) *Chloralum hydratum* (Chloral Hydrate)(1).

There are melancholia, idiocy, and insanity (Phatak 2016). He is hurried and excited, walks up and down the room, conversing with imaginary beings, or with himself. He is worse for nights, stimulants, alcohol, hot drinks, or lying down.

(x) *Cicuta virosa* (Water hemlock)(1).

There is delirium with singing, dancing and with funny gestures (Boericke 2013). Everything appear strange and terrible to him. He feels like a child, he confounds the present with the past. There is epilepsy, with moaning and whining during seizures. He is depressed, has stupid feeling, and is indifference. He has vivid dreams.

He is excessively affected by sad stories (Phatak 2016). She mistrusts and shuns men. She despises others. He feels as if he was in a strange place. There is mania, with dancing, laughing and ridiculous gesture. He is sad when he sees others happy. He falls to the ground and rolls about with or without convulsions. He does not remember what has happened. He does not recognise anybody but answers well.

3.2.5 Bach Flower Remedy (BFRs): Mimulus.

3.2.5.1 BFRs mental symptoms: unnecessary fear and worry of everyday life.

3.2.5.2 *Repertory/Rubric: Mind, fear, causeless* (Schroyens 2014).

3.2.5.3 *Homoeopathic remedies:*

(i) *Arsenicum album* (Arsenious Acid-Arsenic Trioxide)(2).

There are great anger and restlessness (Boericke 2013). He changes place continually. He has fear of death, and of being left alone. There is great fear with cold sweat. He thinks it is useless to take medicine. He is suicidal. There are hallucinations of smell (olfactory), and sight (visual). Despair drives him from place to place. He is miserly, malicious, and selfish. He lacks courage. He is sensitive to disorder and confusion.

He is oversensitive, anxious, fastidious, and fault finding (Phatak 2016). There are anger and despair of recovery. He has fear of, death from starvation, and of financial loss. There is violence, self-torture, she pulls her hair, bites her nails, he (man) tears his own body. He is depressed. He fears to be left alone, lest he does himself bodily harm. He has delirium tremens; he imagines the house full of thieves, and he jumps and hides. He sees ghosts day and night. She groans, moans and weeps during menses. Her desire exceeds her needs. He does not want to meet his acquaintances, thinking he has offended them.

(ii) *Calcarea flourica* (Flour spar)(1).

They have the fear that others will think they are not glamorous (Scholten 1993). They are afraid of what others will think about their social status. They want a job in which they will glitter, in which they can present a shiny image to the world. They are afraid that others will think nothing about it. They suffer from insecurities, and it is expressed in

the fact that they find it difficult to make decisions. They are very sensitive to criticism, especially if it means that they do not count that they are not worth being included.

There are great depression and groundless fear of financial ruin (Boericke 2013).

There is indecision, and fear of financial loss and poverty (Phatak 2016).

(iii) *Cannabis indica* (Hashish)(1).

There is excessive loquacity, and exuberance of spirits (Boericke 2013). Time seems too long, seconds seem like ages. He is constantly theorising. He has anxious depression, and constant fear of becoming insane. He has mania, and must constantly move. He is very forgetful, and cannot finish a sentence. He is lost in delicious thought. He has uncontrollable laughter. There is delirium tremens. He is clairvoyant. There is emotional excitement and rapid change of mood. He cannot realise his identity. There is chronic vertigo as if floating.

There is lectophobia, fear of going to bed (Phatak 2016). Distance seem immense to him. He laughs immoderately at serious remarks or at mere trifles. He laughs and weeps. He hears voices, bells or music. He is ecstatic and feels heavenly. He thinks everything is unreal. When he speaks it seems as though someone else is speaking. He is moans and cries.

(iv) *Carcinosinum* (Carcinosin / A nosode from carcinoma)(1).

Hearing of bad news, and/or diagnosis of a potentially fatal disease has a tremendous blow to his vital force (Hall 2018). He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness.

(v) *Chloralum hydratum* (Chloral Hydrate)(1).

He has fear of being alone, of water, and of danger (Scholten 96). He dreams of water, sea, waves, drowning, or death of friends or family. He is sensitive, emotional, demanding, and complaining. He is aggressive.

There is melancholia, idiocy, and insanity (Phatak 2016). He is hurried and excited, walks up and down the room, conversing with imaginary beings, or with himself. He is worse for nights, stimulants, alcohol, hot drinks, or lying down.

(vi) *Granitum murvey* “no information obtained”/ so *Sabadilla* (Cevadilla seed)(1) used.

He is nervous, timid, and easily startled (Boericke 2013). He imagines he is very sick, that parts are shrunken, that she is pregnant, or that she has cancer.

He is miserable (Phatak 2016). He has erroneous ideas about himself. He imagines that limbs are crooked, chin elongated, or one side is larger than the other.

(vii) *Lacticum acidum* (Lactic acid)(1).

There is great discouragement (Clarke 1991). He is lazy, sarcastic, and has a loss of memory.

She is childish and immature (Scholten 1996). A grown woman would prefer to remain a child or a little girl. The child is clingy to her mother. She does not like to take responsibility, she would do anything to avoid it. She feels most uncomfortable when asked to achieve anything on her own. She avoids tasks which she feels she's likely to be criticised, and it makes her very nervous, thinking what if she makes a mistake.

(viii) *Phosphorus*(1).

There is great lowness of spirits (Boericke 2013). He is easily vexed. There is fearfulness as if something were creeping out of every corner. He has a great tendency to startle. He is clairvoyant. He is over-sensitive to external impressions. He has a loss of memory. He is dread of death when alone. There is insanity with an exaggerated idea of one's importance. He is excitable which can produce heat all over. He is restless and fidgety. There can be hyposensitivity and indifference.

He is amative; he will uncover his body and expose his genitals (Phatak 2016). He is excitable, easily angered and vehement from which afterward he suffers. He is anxious. He has fears of, being alone at dusk, ghosts, about the future, and of thunderstorms. He

quickly gets prostrated by unpleasant impressions. He has depression, disinclined to work, study and/or converse. He is weary of life. He shed tears or burst into involuntary laughter. She destroys everything, spits at nurses, and/or kisses who comes near her. She is indifferent even towards her children. She weeps before menses. She wants sympathy.

(ix) *Plumbum metallicum (Lead)*(1).

There are mental depression and fear of being assassinated (Boericke 2013). He has a loss of memory and amnesic aphasia. There are hallucinations and delusions, intellectual apathy, and memory impairment. He has paretic dementia.

He is frantic; he bites and strikes (Phatak 2016). He is quiet and depressed. She has a fear of being poisoned and thinks everyone is a murderer. He is an imbecile. There is nocturnal delirium which alternates with colic or pain in the limbs. He has a slow perception, weakness, or loss of memory. There is increasing slowness and apathy. He is inclined to cheat and deceive. He feigns sickness or exaggerates her condition. He is hysterical only when he is being watched. He screams from time to time. There is fright without cause. He has delirium from listening to music.

(x) *Psorinum (Scabies nosode)*(1).

There is hopelessness, the despair of recovery, and depression (Boericke 2013). He has suicidal tendencies.

He feels as being poor and thinks his business is going to be a failure, though it is prosperous (Phatak 2016). He has fear of fire, being alone and of becoming insane. He is averse to work. Children are very fretful day and night. They are peevish, irritable, noisy, and easily startled. He has severe ailments from even slight emotions. His mind is dull and clouded. He has difficulties in thinking. He feels restless a few days before a thunderstorm.

3.2.6 BFRs mental symptoms: Nervous.

3.2.6.1 *Repertory/Rubric: Mind, excitement, nervous* (Schroyens 2014).

3.2.6.2 *Homoeopathic remedies:*

(i) **Aconitum napellus (Monkshood)(3).**

He says “Doctor, there is no use, I am going to die” (Kent 2008). If a clock is in the room, he may say that when the hour hand reaches a certain point he will be a corpse. He has lost all affection for his friends. He doesn’t care what becomes of his friends. He has no slightest interest in them.

There is great fear, anxiety, and worry accompany every ailment, however trivial (Boericke 2013). There is delirium which is characterized by unhappiness, worry, and fear. He fears death but believes he will soon die. He predicts the moment, hour or day of his death. He fears the future, crowd, or crossing the street. There is restlessness and tossing about. He has a tendency to startle easily, has acute imaginations, and is clairvoyant. He has an intolerance to pain, it drives him crazy. Music is unbearable, it makes him very sad. He thinks his thoughts come from the stomach and that parts of his body are abnormally thick. He feels as if what has been done was a dream.

He fears touching others passing by (Phatak 2016). With fear he screams, moans gnaw the fists, bites nails, want to die. He is terror-stricken. He imagines some parts of his body are deformed.

(ii) **Ignatia amara (St. Ignatius bean)(3).**

There is a changeable mood (Boericke 2013). He is depressed, sad, and tearful. He is silently brooding. He is not communicative. He sighs and sobs after grief, shock, or disappointment.

He is alert, oversensitive and nervous (Phatak 2016). He is highly emotional. She weeps and laughs by turns, and laughs when she ought to be serious. There is inward weeping, and he enjoys being sad. He is angry with himself. He desires to be alone. He is intolerant of contradiction, or reprimand. He has fear of thieves, trifle, or things coming near him. Girls faint easily, every time they go to church. They fall in love with

married men. She has a sensation as if she had been fasting for a long time. She is hurried during menses, no one can do things fast enough for her. She looks about the bed as if to find something. She delights to bring on her fits and produce a scare or a scene. She thinks she has neglected her duty. She fears robbers at night.

(iii) **Lachesis muta (Bushmaster or Surucucu)(3).**

There is great loquacity (Boericke 2013). He is sad in the morning and has no desire to mix with the world. He is restless and uneasy. He does not wish to attend business and wants to be off somewhere all the time. He is jealousy. He applies his mind best at night. There is euthanasia. He is suspicious and has delusion at night of the fire. There is religious insanity.

He is rambling frequently and jumping from one subject to another, then sadness or he repeats the same thing (Phatak 2016). There are compelling delusions; she thinks she is under superhuman control or thinks she's dead and preparations are being made for her funeral or think that she's pursued, hated or despised. There are persistent erotic ideas without ability. He is mischievous and malice. He develops mania from over-studying. There is delirium tremens, from over-watching, over-fatigue, loss of fluid, or over-study. He fears going to sleep, or lying down, thinking that his heart will stop. He is deranged from time sense. There is an aversion to marrying women. She talks, sings, whistles, and makes odd motions. She mocks. She crawls on the floor, spits often, hides, laughs or is angry during spasms. She makes mistakes in writing and speaking. She is hateful.

(iv) **Nux vomica (Poison-nut)(3).**

He is very irritable and sensitive to all impressions (Boericke 2013). He cannot bear noises, odours, or light. He does not want to be touched. He feels as if time passes too slowly. Even the least ailment affects her greatly. She is disposed to reproach others. She is sullen and fault-finding.

He is angry and impatient, and cannot stand the pain (Phatak 2016). He is mad with anger and cries. He has a fiery temperament. He is nervous and excitable. He is averse

to work, but fears poverty. He is spiteful, nagging, and violent. He has suicidal, and/or homicidal impulses. She fears knives lest she should kill herself or others. Girls are frightfully apprehensive about getting married. She is hypochondriacal, depressed, or delirium tremens. She cannot bear conversation or to read. She gets angry when consoled. She is head-strong and self-willed.

(v) **Pulsatilla pratensis (Wind flower)(3).**

She weeps easily, and she is timid and irresolute (Boericke 2013). She fears in the evening for darkness, to be alone, and ghost. She likes sympathy. Children like fuss and caresses. She is easily discouraged. She has a morbid dread of the opposite sex. There is religious melancholy. She is highly emotional.

She is disgusted at everything (Phatak 2016). She is easily offended. She craves sympathy. She is dread of the opposite sex and thinks sex is a sinful act. She is easily moved to tears and laughter, after eating. She is capricious, miserly, and suspicious. She answers “yes” or “no” by nodding the head. She imagines that certain article of food is not good for the human race. She is saddened by bad news. She develops mania from suppressed menses.

(vi) **Sepia officinalis (Inky secretion of cuttlefish)(3).**

She is indifferent to those she loved best (Boercke 2013). She is averse to work, and/or family. She is irritable and easily offended. She dreads to be alone. She is very sad. She weeps when telling symptoms. She is miserly and anxious in the evening.

She wants to commit suicide (Phatak 2016). She is nervous, such that she wants to hold on to something or she should scream. She says and does strange things. Nobody knows what she will do next. She has an anxious fear of trifles. She is averse to her family, to those she loved best, company and sympathy, but yet dreads to be alone. She is sad about her health and domestic affairs. She constantly worries, frets, and cries about her health and domestic affairs. She is sexually minded. She takes pleasure in teasing others. She feels unfortunate without cause. Women hate men, and men hate women. She sits quietly and answers either with “yes” or “no”.

(vii) *Ammonium picricum* (Picrate of ammonia)(2).

He is obtuse and disinclined to work (Clarke 1991). He is frightened.

(viii) *Ammonium valerianicum* (Valerianate of Ammonia)(2).

Ammonium valerianicum is a remedy for nervous, hysterical people, suffering from neuralgic headaches, and insomnia (Boericke 2013). There is great nervousness.

(ix) *Ambra grisea* (a morbid secretion of the Whale)(2).

He is dreads of people and desire to be alone (Boericke 2013). He cannot do anything in the presence of others. She is intensely shy and blushes easily. Music makes her weep. She despairs and loathes life. She has lots of love for life. She is restless, excited, and very loquacious. She thinks time passes very slowly. There is thinking difficulties in the morning in elderlies. She dwells upon unpleasant things.

His memory is impaired and slow to comprehend (Phatak 2016). He is dreamy. There are flitting ideas of fixed disagreeable fantasy. She is depressed and sits for days weeping. Hearing others talks or talking about him affects him. He is averse to laugh. He jumps from one subject to the other, and never waits for the first question to be answered. Music causes weeping and trembling to her.

(x) *Anacardium orientale* (Marking nut)(2).

He has fixed ideas (Boericke 2013). He hallucinates thinking he is possessed of two persons or wills. He has anxiety when walking as if he is pursued. There are profound depression and hypochondrias, with tendencies of using violent language. There are brain-fag and memory impairment. He is absent-minded and very easily offended. He is malicious and seems bent on wickedness. He lacks confidence in himself or others. He is suspicious. He is clairvoyant, he hears voices far away or those of the dead. There is an absence of all moral restraint. There is senile dementia.

There is an illusion of duality, he believes he is with other people or others are behind him (Phatak 2016). She has a delusion, her husband or children are not hers. There is no reality in anything, all appear like in a dream. He apprehends trouble from anything.

There is a senseless talk. She screams loudly as if to call someone. There is religious mania. She has a bad memory. She suddenly forgets names, those around her, or what she has. She lacks self-confidence. She desires to swear and curse. She has a fear of paralysis and despairs of getting wet. There are contradictory impulses, she laughs at serious things, or remain serious when anything laughable occurs. He has suicidal tendencies by shooting himself. He sees everyone's face in the mirror except his own. He is hard-hearted and cruel. He refuses to eat for fear of being poisoned

3.2.7 BFRs mental symptoms: Shy and/or timid.

3.2.7.1 *Repertory/Rubric: Mind, timidity* (Schroyens 2014: 238).

3.2.7.2 *Homoeopathic remedies:*

(i) **Baryta carbonica (Carbonate of Baryta)(3).**

She has fears that something is going to happen (Kent 2008). The more he thinks of the complaints the more it gets worse. There are premature aging and brain fog from prolonged mental work.

There is a loss of memory, and mental weakness (Boericke 2013). He has lost confidence in himself. There are senile dementia and confusion. He is shy of strangers. There are childishness and grief over trifles.

He is slow to grasp (Phatak 2016). He is absurd and backward. He groans from every little thing. There is increasing mental weakness. She forgets her errands or words in her mouth. She is mistrustful. He thinks his legs are cut off and he is walking on his knees. The child does not want to play but sits in the corner doing nothing. Children cannot remember or learn. He thinks he is being laughed at and made fun of. He hides behind the furniture and keeps the hands over the face, peeping through the fingers. There is talking mania, during menses, in young girls.

(ii) **Bryonia alba (Wild Hops)(3).**

He is exceedingly irritable (Boericke 2013). Everything puts him out of humour. He has delirium, he wants to go home, or talks about business.

He is very irritable and ugly in behaviour (Phatak 2016). He is determined. He wants to be left alone. He desires for things which are rejected when offered. He is apprehensive and dreads for the future. He despairs of being cured, with fear of death.

(iii) Calcii carbonas/Calcareo carbonica (Carbonate of Lime)(3).

He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, and/or diseases. He is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she could run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(iv) Gelsemium sempervirens (Yellow Jasmine)(3).

He desires to be quiet, to be left alone (Boericke 2013). There is dullness, languor, and listlessness. He is apathetic regarding his illness. He has delirium on falling asleep. He has emotional excitement, and fears that lead to bodily ailments. He has bad effects from fear, fright, or exciting news. Child startles and grasps the nurse, as if afraid of falling. There is stage fright.

He is confused and acts as if he is crazy (Phatak 2016). He desires to be quiet or to be left alone. He wants to throw himself from a height. He is dreads of falling, death, or ordeal. He answers slowly.

(v) **Kalium carbonicum (Carbonate of Potassium)(3).**

He is despondent, with alternating moods (Boericke 2013). He is very irritable and is full of fear and irritability. He has anxiety that is felt in the stomach. He has a sensation as if the bed is sinking. He never wants to be left alone. He is never quiet or contented. He is obstinate and hypersensitive to pain, noise, and touch.

He is peevish, easily startled when touched, especially on feet (Phatak 2016). He has fear of the future, ghosts, and of death. He is anxious about his own disease. She weeps much and is very irritable.

(vi) **Lycopodium clavatum (Club Moss)(3).**

He is depressed and afraid to be alone (Boericke 2013). Little things annoy him. He is extremely sensitive. He is averse to undertake new things. He is headstrong and haughty when sick. There is a loss of self-confidence. He is hurried when eating. He has a constant fear of breaking down under stress. He is apprehensive, with weak memory, and confused thoughts. He spells or writes the wrong words and syllable. There is failing brain power. He cannot bear to see anything new. He cannot read what he writes. There is sadness in the morning on waking up.

She is afraid of men, or of his image (Phatak 2016). She is sensitive, weeps when thanked, or meeting a friend. She is fearsome; she is dreads of men, the presence of a new people, and of everything, even the ringing of a doorbell. He weeps on hearing distant music, or be cheerful and merry. He is hateful, and misery. He has anxious thoughts as if he's about to die. He is averse to people, he flies even from his children.

(vii) **Natrii carbonas monohydricus/Natrum carbonicum (Carbonate of Sodium).**

He has slow comprehension, and is unable to think, or thinks with difficulties (Boericke 2013). There are mental weakness and depression. He worries and is very sensitive to noise, colds, or change of weather. He is anxious and restless during a thunderstorm and is worse from listening to music. He is sensitive to the presence of other individuals.

He is cross and irritable (Phatak 2016). He is averse to society, and even to his own family. He can be lively and talkative. Playing on the piano causes anxiety and trembling. Music causes the tendency to suicide and sadness. There is religious insanity. He is occupied with sad thoughts.

(viii) Petroleum (Crude rock-oil).

There is a marked aggravation from mental emotions (Boericke 2013). He loses his way on the streets. He thinks he is double, or someone else is lying alongside him. He feels that death is near, and must hurry to settle his affairs. He is irritable, easily offended, and is vexed at everything. He is low-spirited with dimness of sight.

He is excited and irritable after coition and is inclined to be angry and to scold (Phatak 2016). He is irresolute. He is worried but does not know why. He has a loss of memory.

(ix) Phosphorus.

There is great lowness of spirits (Boericke 2013). He is easily vexed. He is fearful as if something were creeping out of every corner. He is clairvoyant. There is a great tendency to startle. He has a loss of memory. He is over-sensitive to external impressions. He is dreads of death when alone. His brain feels tired. He is insane, with an exaggerated idea of one's own importance. He is restless and fidgety. He can be hypersensitive and indifferent.

He can uncover his body and exposes his genitals (Phatak 2016). He is easily angered and vehement from which he afterward suffers. He is anxious, and fears to be alone, at dusk, and fears ghosts. He has a fear of thunderstorms and is anxious about the future. He is quickly prostrated by unpleasant impressions. He is timid and irresolute. He is depressed, disinclined to work and to study or to converse. He is weary of life. He shed tears or has attacks of involuntary laughter. He destroys everything, spits at nurses, or kisses who comes near him. He is anxious and restless, and cannot sit or stand still for a moment especially in the dark or dusk.

(x) Pulsatilla pratensis (Wind flower)(3).

She weeps easily and is timid and irresolute (Boericke 2013). She fears in the evening for darkness, to be alone, and of ghost. She likes sympathy. Children like fuss and caresses. She is easily discouraged. She has a morbid dread of the opposite sex. There is religious melancholy. She is highly emotional.

She is disgusted at everything (Phatak 2016). She is easily offended. She craves sympathy. She is dread of the opposite sex she thinks sex is a sinful act. She is easily moved to tears and laughter, after eating. She is capricious, miserly, and suspicious. She answers “yes” or “no” by nodding the head. She imagines that certain article of food is not good for the human race. She is saddened by bad news. She develops mania from suppressed menses.

3.2.8 BFRs mental symptom: Sensitive to loud noise.

3.2.8.1 *Repertory/Rubric: Mind, sensitive, noise, to* (Schroyens 2014).

3.2.8.2 *Homoeopathic remedies:*

(i) Aconitum napellus (Monkshood)(3).

He says “Doctor, there is no use, I am going to die” (Kent 2008). If a clock is in the room, he may say that when the hour hand reaches a certain point he will be a corpse. He has lost all affection for his friends. He does not care what becomes of his friends. He has no slightest interest in them.

There is great fear, anxiety, and worry accompany every ailment, however trivial (Boericke 2013). There is delirium which is characterized by unhappiness, worry, and fear. He fears death but believes he will soon die. He predicts the moment, hour or day of his death. He fears the future, crowd, or crossing the street. There is restlessness and tossing about. He has a tendency to startle easily and has acute imaginations, and he is clairvoyance. He has an intolerance to pain, it drives him crazy. Music is unbearable, it makes him very sad. He thinks his thoughts come from the stomach and that parts of his body are abnormally thick. He feels as if what has been done was a dream.

He fears touching others passing by (Phatak 2016). With fear he screams, moans gnaw the fists, bites nails, and wants to die. He is terror-stricken. He imagines some parts of his body are deformed.

(ii) Asarum Europeum (Hazel wort)(3).

His thoughts vanish, withdrawing pressure on the forehead (Boericke 2013). His sensibility increases, even from mere imagination.

(iii) Belladonna (Deadly nightshade)(3).

Patient lives in a world of his own, engrossed by spectres and visions and oblivious to surrounding realities (Boericke 2013). There are hallucinations of seeing monsters and hideous faces. He has delirium; he sees frightful images. He is furious, has rage and he bites, strikes, and has a desire to escape. There is perversity with tears. He is disinclined to talk. There can be loss of consciousness.

There is acuteness of all senses (Phatak 2016). He talks fast and he is very restless and has tearing mania. He spits on the faces of other persons. He has a fear of imaginary things and is quarrelsome. He weeps easily and has a desire to hide. He has cravings for snuff.

(iv) Borax veneta (Borate of Sodium)(3).

He startles at every noise; on hearing unexpected news, from music, and from excitement (Kent 2008).

There is extreme anxiety, especially with motions which have downward directions, or rocking, being carried downstairs, or laid down (Boericke 2013). He has anxious facial expression during the downward motions; he startles and throws up hands when he is laid down, as if afraid of falling. He is excessively nervous, he is easily frightened. He is sensitive to sudden noises. He has violent fright from the sound of a gun, even at a distance. He has a fear of thunderstorm.

He is nervous, anxious, fidgety, and fickle (Phatak 2016). He is irritable before stool, but cheerful and happy after. Babies cry and scream, when nursing, or before passing

stools or urine. Children awake, and suddenly scream, hold the sides of cradle, without any apparent cause. He does not wish to do anything. All mental symptoms are ameliorated at 11 p.m, change from one business to another, or from one room to another. He has a fear of being infected by some contagious disease.

(v) **Coffea cruda (Unroasted coffee)(3).**

He is gaiety, easy comprehension, irritable, and excited with acute senses (Boericke 2013). He is impressionable, especially to pleasurable impressions. He is full of ideas and quick to act. He tosses about in anguish.

He weeps, laments, and tosses about, over trifles (Phatak 2016). He cries and laughs easily. While crying he suddenly laughs quite heartily and finally cries again. He is joyous now and suddenly gloomy. He resents sympathy. He faints easily. He is frightful from a sudden pleasant surprise. He trembles and throws things about.

(vi) **China officinalis (Peruvian bark-China)(3).**

He is apathetic, indifferent, disobedient, taciturn, and despondent (Boericke 2013). Ideas crowd his mind and prevent him to sleep. He is dispositioned to hurt other people's feelings. He suddenly cries and tosses about.

He is disobedient and stubborn, with contempt for everything (Phatak 2016). He has fixed ideas and that he is unhappy, and is persecuted by enemies. He fears dogs and other animals at night. He suddenly cries and tosses about when cheerful. He dislikes all mental and physical work. He is indifferent and sad, with no desire to live. He is reluctant to speak.

(vii) **Conium maculatum (Poison hemlock)(3).**

Excitement causes mental depression (Boericke 2013). He is depressed, timid, and averse to society but afraid of being alone. He has no will to study or to do business. He takes no interest in anything. He has a weak memory and is unable to sustain any mental effort.

He is slow to grasp and has difficulties in understanding (Phatak 2016). He also has difficulties in understanding what he is reading. He is superstitious. He is unable to sustain any mental effort. There is periodical insanity, of alternating type. While walking on the road he wants to hold somebody and abuse him. He thinks animals are jumping on his bed. He likes to wear his best clothes. There is sadness which is aggravated by sympathy. She fears when alone, but the dread of strangers or company, during menses.

(viii) Graphites (Black Lead-plumbago)(3).

There is a great tendency to startle (Boericke 2013). He is timid and is unable to decide. Music makes her weep. He is apprehensive and despondent, with indecision.

He is sad, fearsome, irresolute, and hesitant at trifles (Phatak 2016). He has impulses to groan. He is dread of work. He is fidgety while sitting at work and is miserable and unhappy. She weeps miserably to music without cause. Children are impudent, teasing, and laughing at reprimands. He thinks of nothing but death. He remembers all events of youth, but recent events are forgotten.

(ix) Kalium carbonicum (Carbonate of potassium)(3).

He is irritable to the very highest degree (Kent 2008). He quarrels with his family. He never wants to be alone. If compelled to remain alone in the house, he is wakeful, sleepless, or his sleep is full of horrible dreams. He is never at peace and is full of imaginations and fear.

He is despondent, with alternating moods (Boericke 2013). He is very irritable and full of fear. He has anxiety that is felt in the stomach. He has a sensation as if the bed is sinking. He never wants to be left alone. He is never quiet or contented. He is obstinate and hypersensitive to pain, noise, and touch.

He is peevish and startles easily when touched, especially on feet (Phatak 2016). He has fear of the future, ghosts, and death. He is anxious about his own disease. She weeps much and is very irritable.

(x) Nitricum acidum (Nitric acid)(3).

There is mental depression in the evening (Kent 2008). He is anxious about his failing health, with fear of death. He is angered over his own mistakes. He is obstinate and refuses to be comforted about his misfortune. He is weary of life but fears death.

He is irritable, hateful, vindictive, and headstrong (Boericke 2013). There is hopeless despair. He is sensitive to noise, pain, and touch. He fears death.

There is profanity, he curses using vulgar languages (Phatak 2016). He has quarrelsome delirium and talks to spirits in other tongues/foreign language. His thoughts vanish after the exertion of mind. He has anxiety about his disease. He fears cholera and death. He constantly thinks about his past troubles. He weeps from being discontent about himself. He is easily frightened.

3.2.9 BFRs mental symptom: Sensitive to bright light.

3.2.9.1 *Repertory/Rubric: Mind, sensitive, light, to* (Schroyens 2014).

3.2.9.2 *Homoeopathic remedies:*

(i) Belladonna (Deadly nightshade)(3).

Patient lives in a world of his own, engrossed by spectres and visions and oblivious to surrounding realities (Boericke 2013). There is a hallucination of seeing monsters and hideous faces. He is delirious, so he sees frightful images, and is furious, has rage, bites, strikes, and desires to escape. There is perversity with tears. He is disinclined to talk. There can be loss of consciousness.

There is acuteness of all senses (Phatak 2016). He talks fast and he is very restless and has tearing mania. He spits on the faces of other persons. He has a fear of imaginary things and is quarrelsome. He weeps easily and desires to hide. He has cravings for snuff. He is sensitive to light and noise.

(ii) Nux vomica (Poison nut)(3).

He is very irritable and sensitive to all impressions (Boericke 2013). He cannot bear noises, odours, and light. He does not want to be touched. He feels as if time passes

too slow. Even the least ailment affects her greatly. She is disposed to reproach others. She is sullen and fault-finding.

He is angry and impatient and cannot stand the pain (Phatak 2016). He is mad with anger and he cries. He has a fiery temperament. He is nervous and excitable. He is averse to work but fears poverty. He is spiteful, nagging, and violent. He has suicidal and homicidal impulses. She fears knives lest she should kill herself or others. Girls are frightfully apprehensive about getting married. She is hypochondriacal, depressed or has delirium tremens. She cannot bear conversation or to read. She gets angry when consoled. She is head-strong and self-willed.

(iii) Phosphorus(3).

There is a great lowness of spirit (Boericke 2013). He is easily vexed. He is fearful as if something were creeping out of every corner. He is clairvoyant. There is a great tendency to startle. He has a loss of memory. He is over-sensitive to external impressions. He is dread of death when alone. His brain feels tired. He is insane, with an exaggerated idea of one's own importance. He is restless and fidgety. He can be hyposensitive and indifferent.

He will uncover his body and exposes his genitals (Phatak 2016). He is easily angered and vehement from which he afterwards suffers. He is anxious, fears to be alone, at dusk, and fears ghosts. He has a fear of thunderstorms and is anxious about the future. He is quickly prostrated by unpleasant impressions. He is timid and irresolute. He is depressed and disinclined to work, study or converse. He is weary of life. She shed tears or has attacks of involuntary laughter. She destroys everything, spits at nurses, or kisses who comes near her. He is anxious and restless, and cannot sit or stand still for a moment especially in the dark or at dusk. He is photophobic (high sensitivity to light).

(iv) Aconitum napellus (Monkshood)(2).

There is great fear, anxiety, and worry accompany every ailment, however trivial (Boericke 2013). There is delirium which is characterized by unhappiness, worry, and fear. He fears death but believes he will soon die. He predicts the moment, hour or day

of his death. He fears the future, crowd, crossing the street. There is restlessness and tossing about. He has the tendency to startle easily, has acute imaginations, and clairvoyance. He has an intolerance to pain, it drives him crazy. Music is unbearable, it makes him very sad. He thinks his thoughts come from the stomach and that parts of his body are abnormally thick. He feels as if what has been done was a dream.

He fears touching others passing by (Phatak 2016). With fear he screams, moans gnaw the fists, bites nails, want to die. He is terror-stricken. He imagines some parts of his body are deformed. He cannot bear the reflection of the sun from the snow. He is worse for sleeping in the sun, noise, and light. She is worse for menses.

(v) *Arsenicum album (Arsenious Acid-Arsenic Trioxide)(2).*

There are great anger and restlessness (Boericke 2013). He changes places continually. He has a fear of death and being left alone. There is great fear with cold sweat. He thinks it is useless to take medicine. He is suicidal. There are hallucinations of smell (olfactory), and sight (visual). Despair drives him from place to place. He is miserly, malicious, and selfish. He lacks courage. He is sensitive to disorder and confusion.

He is oversensitive, anxious, fastidious, and fault finding (Phatak 2016). There are anger and despair of recovery from illness. He has fear of, death from starvation and financial loss. There are violence and self-torture; she pulls her hair and bites her nails, he (men) tears his own body. He is depressed. He fears to be left alone, lest he does himself bodily harm. He has delirium tremens so he imagines the house as if is full of thieves, and he jumps and hides. He sees ghosts day and night. She groans, moans, and weeps during menses. Her desire exceeds her needs. He does not want to meet his acquaintances, he thinks he has offended them. There is burning in eyes, with acrid lacrimation, with intense photophobia.

(vi) *Colchicum autumnale* (Meadow saffron)(2).

He is depressed, irritable and sensitive (Phatak 2016). He can read but cannot understand a short sentence. His memory is weak. He is extremely sensitive to bright light, strong odours, contact, and wrongdoings of others.

(vii) *Pulsatilla pratensis* (Wind flower)(2).

She is tearful, plethoric, and generally has little credit for being sick from her appearance (Kent 2008). Yet she is nervous, fidgety, changeable, easily led and easily persuaded. She is easily irritated, extremely touchy, always feels slighted or fears she will be slighted. There is depression, sadness, weeping, despair, and religious despair. She imagines the company of the opposite sex as dangerous to imagine, or dangerous to do certain things well established in society as good for the human race. She imagines milk is not good to drink, so she will not take it. She imagines that certain articles of diet are not good for the human race. She is averse to marriage. She thinks it is evil to have sexual intercourse with her man and abstains from it.

She weeps easily and is timid and irresolute (Boericke 2013). She fears in the evening for darkness, to be alone, and ghost. She likes sympathy. Children like fuss and caresses. She is easily discouraged. She has a morbid dread of the opposite sex. There is religious melancholy. She is highly emotional.

She is disgusted at everything (Phatak 2016). She is easily offended. She craves sympathy. She is dread of the opposite sex she thinks sex is a sinful act. She is easily moved to tears and laughter after eating. She is capricious, miserly, and suspicious. She answers “yes” or “no” by nodding the head. She is saddened by bad news. She develops mania from suppressed menses. She is worse for sun, evening, thunderstorm, and rest.

(viii) *Kalium phosphoricum* (Phosphate of potassium)(2).

There is anxiety, nervous dread, and lethargy (Boericke 2013). He does not want to meet people. There are extreme lassitude and depression. He is very nervous and startles easily, and is irritable. He is hysterical, has brain-fag, and night terrors. There is

a loss of memory. Slightest labour seems a heavy task for him. There is great dependency about business. He is shy and avoids to converse.

There are perverted affections, with an aversion to her own, and cruel to her husband or baby (Phatak 2016). She fears crowd and death. He is apprehensive about his future and health. He has vertigo when facing the sun, which is aggravated by looking up, standing, and from sitting up.

(ix) *Antimonium crudum* (Black sulphide antimony)(1).

He is much concerned about his fate (Boericke 2013). He is cross and contradictive; whatever he does, fails to give him satisfaction. He sulks and does not want to speak. He is peevish and vexed without cause. The child cannot bear to be touched or looked at.

He is worse or aggravated to hear of summer, of the sun (Phatak 2016). There is a great anxiety about his fate, with inclination to commit suicide by shooting himself. He loathes life, food, and bathing. He is lovesick. There are ecstasy and exalted love. He talks in rhymes or verses. He is busy with himself that he forgets to urinate or defecate. He eats only when he is asked to. He has photophobia, looking into the fire causes cough.

(x) *Aurum metallicum* (Gold metal)(1).

There is a feeling of self-condemnation and utter worthlessness, with increased blood pressure, and a thorough disgust of life, with suicidal thoughts (Boericke 2013). He talks of committing suicide. There is a great fear of death. He is peevish and vehement at least contradiction. He dislikes people. There are mental derangement and constant rapid questioning without waiting for replies. He cannot do things fast enough. He is oversensitive to noise, light, excitement, and confusion.

There is intense hopeless depression and disgust of life (Phatak 2016). He has suicidal anger. He weeps, pray, and reproaches self from heart disease. He jumps from one topic to another. He has a weak memory. He has violent hysteria, with desperate actions. She does everything wrong and thinks she had neglected something; her

friends, her duty. He has hemiopia; upper half of objects are invisible. He is photophobic (oversensitivity to light).

3.2.10 BFRs: Cherry Plum.

3.2.10.1 BFRs mental symptoms: Terror (see Rock Rose).

3.2.10.2 BFRs mental symptom: They feel they are losing control of their mind.

3.2.10.3 *Repertory/Rubric: Mind, delusion, become insane, one will* (Schroyens 2014).

3.2.10.4 *Homoeopathic remedies:*

(i) **Cannabis indica (Hashish)(3).**

There is excessive loquacity, and exuberance of spirits (Boericke 2013). Time seems too long, and seconds seem like ages. He is constantly theorising. He has anxious depression and constant fear of becoming insane. He has mania, and must constantly move. He is very forgetful, cannot finish a sentence. He is lost in delicious thought. He has uncontrollable laughter. There is delirium tremens. He is clairvoyant. There are emotional excitement and rapid changes in mood. He cannot realise his identity. There is chronic vertigo as if floating.

There is lectophobia (fear of going to bed) (Phatak 2016). Distance seem immense to him. He laughs immoderately at serious remarks or at mere trifles. He laughs and weeps. He hears voices, bells and/or music. He is ecstatic and feels heavenly. He thinks everything is unreal. When he speaks it seems as though someone else is speaking. He moans and cries.

(ii) **Cimicifuga racemosa (Black snake-root)(3).**

There is a sensation of cloud enveloping her (Boericke 2013). There is great depression, with a dream of impending evil. She fears to ride in a closed carriage, for fear of being obliged to jump out. She has visions of rats and mice. There is delirium tremens and tries to injure himself. There is mania followed by the disappearance of neuralgia.

He has a desire to wander from place to place (Phatak 2016). She is irritable, the least thing which goes wrong, makes her crazy. She is nervous, fidgety, excitable and jerky. She is depressed and talkative, with a constant change of subjects. She is suspicious. She has gloomy forebodings, of death, insanity, or of impending death. She thinks she is going crazy. He fears that those in the house will kill him. She has a deathly fear of rats. She takes no interest in housework. She is suspicious, she wouldn't take her medicine. Mental symptoms are ameliorated by diarrhoea or menses, aggravated by rheumatism.

(iii) **Mancinella (Hippomane-manganeel apple)(3).**

There is silent mood, sadness, and wandering thoughts (Boericke 2013). He has a sudden vanishing of thoughts. He is bashful, and fears becoming insane.

She forgets her errands, what she wishes to do next (Phatak 2016). She fears evil and of being insane. He is depressed with sexual arousal. He is homesick.

(iv) **Aconitum napellus (Monkshood)(2).**

There is great fear, anxiety, and worry accompany every ailment, however trivial (Boericke 2013). There is delirium which is characterized by unhappiness, worry, and fear. He fears death but believes he will soon die. He predicts the moment, hour or day of his death. He fears the future, crowd, crossing the street. There is restlessness and tossing about. He has a tendency to startle easily and has acute imaginations, and is clairvoyant. He has an intolerance to pain, it drives him crazy. Music is unbearable, it makes him very sad. He thinks his thoughts come from the stomach and that parts of his body are abnormally thick. He feels as if what has been done was a dream.

He fears touching others passing by (Phatak 2016). With fear he screams, moans gnaw the fists, bites nails, and wants to die. He is terror-stricken. He imagines some parts of his body are deformed. He cannot bear the reflection of the sun from the snow. He is worse for sleeping in the sun and for noise and light.

(v) Calcii carbonas/Calcareo carbonica (Carbonate of Lime)(2).

He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, and/or diseases. He is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she would run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(vi) Chelidonium majus (Celandine)(2).

There is an aversion to mental exertion or conversation (Phatak 2016). He is despondent. She has anxiety as if she has committed a crime. She fears to get crazy. She feels like crying with ill humour or without any reason

(vii) Eupatorium perfoliatum (Thoroughwort)(2).

He feels insulted, shocked, and hurt (Sankaran 2007). He has fear of being hurt, touched, or approached. He becomes numb, stupor, and/or cataleptic. He can become a touchy, hurtful, and cruel person to others. He strikes and insults. He compensates by becoming a tough guy, where he takes all the beatings for others. He becomes protective.

There is overwhelming sadness (Kent 2008).

He moans with aching pain (Phatak 2016).

(viii) *Ignatia amara* (St. Ignatius Bean)(2).

There is a changeable mood (Boericke 2013). He is depressed, sad, and tearful. He is silently brooding. He is not communicative. He sighs and sobs after grief, shock, or disappointment.

He is alert, oversensitive and nervous (Phatak 2016). He is highly emotional. She weeps and laughs by turns, laughs when she ought to be serious. There is inward weeping and enjoys being sad. He is angry with himself. He desires to be alone. He is intolerant of contradiction, or reprimands. He has fear of thieves, of trifle, of things coming near him. Girls faint easily, every time they go to church. They fall in love with married men. She has a sensation as if she had been fasting for a long time. She is hurried during menses, no one can do things fast enough for her. She looks about the bed as if to find something. She delights to bring on her fits and produce a scare or a scene. She thinks she has neglected her duty. She fears of robbers at night.

(ix) *Lac Equinum* (Horse's milk)(2).

There is a strong desire to help especially to family members (Hatherly 2010). He is fearful of Alzheimer's, cancer, darkness, and of diseases. He thinks something bad will happen. There is a delusion of being or going insane. He has concentration difficulty, is confused, forgetful, indifference, and dull. There is a need to have self-confidence. He can be efficient and be organised (fastidious).

(x) *Syphilinum* (The syphilitic nosode)(2).

There is loss of memory, only he remembers everything previous to his illness (Boericke 2013). He is apathetic. He feels like he is going insane or being paralyzed. He fears the night and suffering from exhaustion on awakening. He is hopeless and despairs of recovery.

He is antisocial (Phatak 2016). He has horrid depression. He is cross, irritable, and peevish. He has a far away feeling, where he says he is not himself and cannot feel like himself, with apathy and indifference to future. He is impulsive, to wash hands. He does not remember faces, names, events, places. He is very nervous, laughs or weeps

without cause. He does not want to be soothed. He is averse to the company. He is sad and lamenting.

3.2.11 BFRs mental symptom: Having a breakdown.

3.2.11.1 *Repertory/Rubric: Mind, prostration* (Schroyens 2014).

3.2.11.2 *Homoeopathic remedies:*

(i) **Argentum metallicum (Silver)(3).**

They lack concentration and are confused, forgetful, and impatient (Scholten 1996). They are mentally exhausted, dull, insane and demented.

He has hurried to feel (Boericke 2013). He feels time passes too slow. He is depressed.

There is a loss of mental power (Phatak 2016). He is forgetful, hasty, and deceitful. He is talkative or disinclined to talk in society. He bars out all sympathy for friends. He is anxious about his health.

(ii) **Aurum metallicum (Metallic Gold)(3).**

He is absent-minded, confused, forgetful, rigid and insane (Scholten 1996). He fears heights, falling, murder, being murdered, suicide, heart disease, devil and God. He dreams of heights, falling, death, killing, fire. He has delusions; he is superior, alone, neglecting his duty. They are haughty, cheerful, bored, gloomy, and suicidal by jumping from a high building, jumping in front of a train, or a running car.

There is a feeling of self-condemnation and utter worthlessness, with increased blood pressure, thorough disgust of life, and thoughts of suicide (Boericke 2013). He talks of committing suicide. There is a great fear of death. He is peevish and vehement at least contradiction. He is anthropophobic (fear of people). There are mental derangement and constant rapid questioning without waiting for a reply. He cannot do things fast enough. He is oversensitive to noise, light, excitement, and confusion.

There is intense hopeless depression and disgust of life (Phatak 2016). He has suicidal anguish. He weeps, pray, and reproaches self from heart disease. He jumps from one topic to another. He has a weak memory. He has violent hysteria, with desperate

actions. She does everything wrong and thinks she had neglected something; her friends, her duty. He has hemiopia; upper half of objects are invisible. He has photophobia; oversensitivity to light.

(iii) Aurum Sulphuricum (Auric sulphide)(3).

He desires solitude (Clarke 1991). He has utter disgust for life.

He feels responsible for the good relationship, especially the relationship with his partner, and feels responsible for the well-being of all the people who work for him (Scholten 1996). If his partner breaks off the relationship he feels as if they are being dropped into a deep hole. He was so committed to the relationship and has worked so hard to keep it intact, that he cannot understand why she quits. He starts to neglect himself, get depressed, wears depressing clothes, and even commit suicide. He becomes irritable, critical, and angry, worsened by offense or contradiction. He is haughty, bored, and always complaining. He is absent-minded, confused, forgetful, rigid, and insane.

(iv) Baptisia tinctoria (Wild indigo)(3).

He has wild and wandering feelings (Boericke 2013). He is unable to think. There is mental confusion. He has the illusion of a divided personality. He thinks he is broken or double and tosses about the bed trying to get pieces together. There is delirium, he is wandering, and muttering. He falls asleep while being spoken to.

There is an aversion to mental and bodily exertion (Phatak 2016). He is dull and confused. He imagines his limbs are talking to each other. While answering, he does not complete his sentence.

(v) Belladonna (Deadly nightshade)(3).

Patient lives in a world of his own, engrossed by spectres and visions and oblivious to surrounding realities (Boericke 2013). There is a hallucination of seeing monsters, hideous faces. He has delirium of seeing frightful images. He is furious and has raged,

so he bites, strikes, and desires to escape. There is perversity with tears. He does not like to talk. There can be loss of consciousness.

There is acuteness of all senses (Phatak 2016). He talks fast and he is very restless and has tearing mania. He spits on the faces of other persons. He has a fear of imaginary things and is quarrelsome. He weeps easily and desires to hide. He has cravings for snuff.

(vi) Carbolicum acidum (Phenol-Carbonic acid)(3).

He is irritable, with an aversion for mental exertion (Clarke 1991). He is confused and bewildered. There is mental and bodily languor (Phatak 2016). He is disinclined to study or to do any physical work.

(vii) Conium maculatum (Poison hemlock)(3).

Excitement causes mental depression (Boericke 2013). He is depressed, timid, and avoids people. He is afraid of being alone. He has no inclination for business or study. He takes no interest in anything. He has a weak memory, and can't sustain any mental effort.

He cries when he is alone (Phatak 2016). He is slow to grasp and has difficulties in understanding. He is superstitious. There is periodic insanity, of alternating types. While walking on the street, he wants to hold somebody and abuses him. He thinks animals are jumping on his bed. She is sad, dissatisfied with herself and surroundings. She cannot think after using her eyes. She cares very little about things, makes useless purchases, and wastes or ruins them. He likes to wear his best clothes. She fears when alone, but the dread of strangers or company, during menses. There is sadness, aggravated by sympathy. He has great guilt, weighing upon him.

(viii) Cuprum metallicum (Copper)(3).

There is delirium, incoherency of speech, and loss of memory (Kent 2008). He is spiteful, violent, weeping, or shrieking. He goes into a convulsion with a shriek, described as like that of a bellowing of a calf, at one point.

There is nervousness, and uneasiness (Phatak 2016). He says words not intended. He weeps violently, with piercing shrieks. There is convulsive laughter, delirium, with cold sweat. He fears people and shuns everybody. He is afraid of anybody who approaches him. He is confused, with a sense of losing consciousness. He has raged, and wants to attack and bites bystanders. He is malicious. He is manic, he bites, beats, and tears things. He imitates and mimics other people.

(ix) **Ferrum picricum (Picrate of Iron) “no information obtained”/soKalium phosphoricum (Phosphate of potassium)(3) used.**

There is anxiety, nervous dread, and lethargy (Boericke 2013). He is indisposition to meet people. There are extreme lassitude and depression. He is very nervous, irritable, and startles easily. There is brain-fag, hysteria, and night terrors. He sleep-walks (somnambulance). There is loss of memory, and slightest labour seems a heavy task. He is shy and is disinclined to talk.

He is depressed and gloomy (Phatak 2016). There are perverted affections; she is cruel to her husband, or to her baby. He is apprehensive about the future, or his own health. He fears the crowd and death. There are night terrors.

(x) **Hyoscyamus niger (Henbane)(3).**

He imagines that he is pursued, that people have turned against him, that his friends are no longer his (Kent 2008). He talks as if he were talking to himself, but he really imagines that someone is sitting by his side, to whom he is talking to. Sometimes he talks to dead folks, recalls past events with those who have departed. He calls up a dead sister or wife as if the person were present.

She is very suspicious (Boericke 2013). She is talkative, obscene, with lascivious mania. She uncovers herself and is jealous and foolish. She is a great hilarity that she's inclined to laugh at everything. She is delirious, with an attempt to run away. There is low, muttering speech. There is carphologia; she constantly picks on her clothes. There is deep stupor.

Females are erotic, they expose their genitals (Phatak 2016). She does foolish things and behaves like she's mad. She talks, laughs, sings, babbles, and quarrels. He fears being alone or being pursued. He is hydrophobic (fear of water). He fears being poisoned or being bitten. He is restless, jumps out of bed, and wants to escape. He has raged with a desire to strike, bite, fight, insult, scolds, and to kill. He is speechless from fright. He thinks he is not at home. He talks with imaginary persons or dead people. He imagines things are animals. He fears of being bitten by a beast. He does comical acts. He has a phobia of syphilis.

3.2.12 BFRs mental symptoms: They can be snappy, on edge, they want to scream.

3.2.12.1 *Repertory/Rubric: Mind, irritability, easily* (Schroyens 2014).

3.2.12.2 *Homoeopathic remedies:*

(i) *Chamomilla* (German Chamomile)(2).

The child is whining restlessly and wants many things which he refuses again (Boericke 2013). There is piteous moaning because he cannot have what he wants. The child can only be quieted when carried about and petted constantly. He is impatient and intolerant of being spoken to or interrupted. He is extremely sensitive to every pain and always complaining. He is spiteful and snappish.

He is quarrelsome and vexed at every trifle (Phatak 2016). He is averse to being spoken to or touched or being looked at. He omits words while writing and speaking. Women become suddenly capricious, quarrelsome, and obstinate before menses. He is hasty and hurried, and cannot bear anyone near him.

(ii) *Dulcamara* (Bitter-sweet)(2).

There is mental agitation, great impatience, and restlessness (Clarke 1991). He has an impatient desire for different things, which he rejects as soon they are obtained.

There is confusion, and cannot find the right words (Phatak 2016). He cannot concentrate on his thoughts. He is depressed. He scolds without being angry. He

rejects things he asked for. He easily becomes delirium with pain. He has difficulties in speech.

(iii) *Psorinum (Scabies nosode)(2)*.

He thinks that he is going to the poor house, or he has sinned away his day of grace (Kent 2008). He has a fixed idea during the day and dreams about it at night. There is overwhelming sadness. He is extremely irritable and wants to be alone.

There is hopelessness, the despair of recovery, and depression (Boericke 2013). He has suicidal tendencies.

He feels as being poor and thinks his business is going to be a failure, though it is prosperous (Phatak 2016). He has fear of fire, being alone and becoming insane. He is averse to work. Children are very fretful day and night. They are peevish, irritable, noisy, and easily startled. He has severe ailments from even slight emotions. His mind is dull and clouded. He has difficulties in thinking. He is restless a few days before a thunderstorm.

(iv) *Triticum vulgare (Wheat)(2)*.

There is oversensitivity to criticism, especially indignation (Scholten *et al.* 2016). There is depression of varying degrees usually with low confidence, weeping, and tiredness. He has mood swings, and is irritable, with irrational emotions. He lacks motivation, and has poor concentration and memory, and feels as if drugged or sleepy. He is short tempered, with internal restlessness, and dissatisfaction. He lacks confidence and desires to be alone.

(v) *Abies Canadensis (Hemlock spruce)(1)*.

He is quiet, careless, but easily fretted (Clarke 1991). He is fretful or quiet and careless (Phatak 2016).

(vi) *Abroma augusta* “no information obtained”/so *Cinnabaris (Red sulphide of mercury)(1)* is used.

They feel they have to achieve a lot in order to be loved (Scholten 1996). They think that their partner or friends will not love them if they do not reach a high position. There is suppressed irritability. He is angry, has impulses to commit murder. He is worse for being offended. He can be haughty, impatient, gloomy, or suicidal. He is absent-minded, confused, forgetful, rigid, or insane.

(vii) Aids nosode “no information obtained”/so *Digitalinum* (Foxglove)(1) used.

He is agitated and irritable (Clarke 1991). There are hallucinations. He is unhappy and disappointed. He is unable to focus or to fix his attention, or to take in what he reads. He can be hilarious sometimes.

(viii) *Antimonium tartaricum* (Tartrate of antimony and potash)(1).

There is great despondency (Boericke 2013). He fears to be alone. There is muttering, delirium and stupor. The child will not be touched without whining.

He has bad humour (Phatak 2016). He is frightened at every trifle. There is apathy or is easily annoyed. He wants to be left alone. He despairs of recovery. He is depressed and complains of numerous suffering.

(ix) *Bitis arietans arietans* (Puff adder)(1).

He is bad-tempered and has a voracious appetite (Sankaran 2010). He has an increase in sexual drive. There is a spaced-out feeling, lethargy, fatigue, drug-like feelings, swollen sensations, and chilliness. They feel spacey and disconnected, detached, or removed from reality. They feel separated from their environment or from their body, feeling left out of the group.

(x) *Cassia sophora* “no information obtained”/so *Drosera rotundifolia* (Sundew)(1) used.

He is easily angered (Phatak 2016). He cannot concentrate on one subject, so he must change to something else. He is restless and anxious when alone. He is extremely uneasy. There is a delusion, he thinks he is persecuted. He fears to be alone and is

suspicious of his friends. He imagines he was being deceived by spiteful envious people. He is inclined to suicide by drowning.

3.2.13 BFRs mental symptoms: Fear they can be violent, to themselves and others.

3.2.13.1 *Repertory/Rubric: (a) Mind, fear, injury, others* (Schroyens 2014).

3.2.13.2 *Homoeopathic remedies (4 remedies):*

(i) *Androctonus ameurruxi hebreaus* (Israeli fat-tailed spider)(1).

He is depressed and destructive and did not care if things were broken. He is averse to his normal work, wants to quit and avoid work (Vyas 2015). He feels detached from his surroundings. He has a changeable mood, one moment he is extremely friendly, nice and amiable, then irritable. He has a terrible uncontrolled temper.

They are irresolute and capricious (Ross 2018). They do not know what they really want, or need, except for their complaint and to make others suffer. Their senses are easily excited bordering on painfulness. They are very suspicious and have difficulties in trusting others. They also have a difficult relationship with their own instinct. They often perceive pleasure coming from satisfying their physical needs as something like a sin. They perceive people around them as enemies. They are averse to touch or physical contact, it becomes dangerous for them and can cause a violent reaction.

(i) *Argentum nitricum* (Nitrate of silver)(1).

He thinks his understanding will and must fail (Boericke 2013). He is fearful and nervous. He has the impulse, to jump out the window. He is trembling and faints easily. He is depressed with the apprehension of serious disease. Time passes slowly. He has a weak memory. There is an error of perceptions. He is impulsive, that he wants to do things in a hurry.

He is tormented by strange ideas and emotions (Phatak 2016). He is fearsome. He fears evil, crowds, passing a certain point, high buildings, and the dark. He falters in speech, gait, and erection of things. He has lost ambition. He believes that he is despised by his family and that all undertakings will fail. He has an impulse to jump

when crossing a bridge or from a window. There is a loss of memory. He is irrational, he sees strange things and comes to strange conclusions. He does foolish things.

(ii) *Natrium muriaticum* (Chloride of sodium)(1).

There is a mental cause of diseases (Boericke 2013). He has ill effects from grief, fright, and anger. There is depression with chronic diseases. He is aggravated by consolation. He is irritable and gets into a passion for trifles. He is awkward and hasty. He wants to be alone to cry. He has tears with laughter.

He is hateful to the person who offended him (Phatak 2016). She is sad during menses, without cause. She is reserved and easily angered. There is hypochondria. She weeps bitterly or wants to be alone to cry. She weeps involuntarily without cause. She is cheerful, laughs, sings, and dances, which alternates with sadness. She dwells on the past unpleasant memories. She fears or dreams of robbers. She is awkward in talking, hasty, and drops things from nervous weakness. She is revengeful. He thinks he is pitied for his misfortunes and weeps. Females are averse to men.

(iii) *Osmium oxydatum* (Osmium tetroxide)(1).

They are haughty, impatient, and restless, or shy, relentless, and crying (Scholten 1996). They are easily irritable, and get angry, obstinate and scream, worsened by being offended. They are absent-minded, confused, rigid, and insane. They have obsessive thoughts of the past. They have fear of murder, being murdered, suicide and death.

3.2.14 *Repertory/Rubric: (b) Mind, injuring himself, fear to be left alone (lest he should injure himself)* (Schroyens 2014).

3.2.14.1 *Homoeopathic remedies (8 remedies):*

(i) *Cimicifuga racemosa* (Black snake-root)(2).

There is a sensation of a dark cloud enveloping her (Boericke 2013). There is great depression, with the dream of impending evil. She fears to ride in a closed carriage, of

being obliged to jump out. She has visions of rats, mice. There is delirium tremens; he tries to injure himself. There is mania followed by the disappearance of neuralgia.

He has the desire to wander from place to place (Phatak 2016). She is irritable, the least thing which goes wrong makes her crazy. She is nervous, fidgety, excitable and jerky. She is depressed and talkative, with a constant change of subjects. She is suspicious. She has gloomy forebodings, of death, insanity, and impending death. She thinks she is going crazy. He fears that those in the house will kill him. She has a deathly fear of rats. She takes no interest in housework. She is suspicious, she wouldn't take her medicine. Mental symptoms are ameliorated by diarrhoea or menses, aggravated by rheumatism.

(ii) *Mercurius solubilis hahnemanni* (Quicksilver)(2).

She desires to kill people that contradict her (Kent 2008). There are impulses to kill or commit suicide. She has the impulse to commit suicide or to be violent. She is fearful that she will lose her reason and carry the impulses out. There are imbecility and insanity.

There is great anguish, and restlessness, changing from place to place (Boericke 2013). He is agitated, with fear of losing the reason, or with excessive internal torment, worse in the evening or in bed at night. He has a feeling as if he has committed some crime. In post-partum mania, she wants to throw her child in the fire. There is moral dejection, with great listlessness, discouragement, the dread of labour, and disgust for life. There is great indifference to everything. He does not even care to eat. He desires to flee at night when he is anxious. He is ill-humoured, the disposition to be angry, and to fly into a passion. He is quarrelsome, mistrustful, suspicious, and repugnant to the conversation. He groans and moans continually. There is discouragement, the dread of labour, and disgust to life.

(iii) *Natrium sulphuricum* (Sulphate of sodium)(2).

He is saddened by lively music (Boericke 2013). He is depressed with periodic attacks of mania. There are suicidal tendencies. He must restrain himself from committing suicide. He dislikes to speak, or spoken to.

He is sensitive and suspicious (Phatak 2016). There is sadness which is aggravated by music, or being subdued to light or sitting near a stained glass window. He has a fear of crowds and evil. He has suicidal impulses and has to use self-control to prevent shooting himself. He is cheerful after passing a stool. Mental troubles arise from injury to the head or ill effect of falls.

(iv) *Alumina (Oxide et Aluminum-Argilla)*(1).

They are low-spirited, and with fear of loss of reason (Boericke 2013). He is confused as to personal identity. He is hasty and hurried. Time passes slowly. The mood is variable. He is better as the day advances. There is a suicidal tendency when he sees knives or blood.

There is the illusion of being larger, numb, smooth, or heavy (Phatak 2016). He is hasty but slow in executing hence he makes mistakes in speaking and writing. There is a depressive mental state. He fears his own impulses, the sight of a knife or blood. When he sees or states something he has the feeling as though another person had said or seen it. It feels as though he was placed in another person and could see only then. He views everything in a sad light.

(v) *Argentum nitricum (Nitrate of silver)*(1).

He thinks his understanding will and must fail (Boericke 2013). He is fearful and nervous. He has an impulse, to jump out the window. He is trembling and faints easily. He is depressed with the apprehension of serious disease. Time passes slowly. He has a weak memory. There is an error of perceptions. He is impulsive, that he wants to do things in a hurry.

He is tormented by strange ideas and emotions (Phatak 2016). He is fearsome. He fears evil, crowds, passing a certain point, high buildings, and the dark. He falters in speech, gait, and erection of things. He has lost ambition. He believes that he is

despised by his family and that all undertakings will fail. He has an impulse to jump when crossing a bridge or from a window. There is a loss of memory. He is irrational, does strange things, and comes to strange conclusions. He does foolish things.

(vi) *Arsenicum album* (Arsenious Acid-Arsenic Trioxide)(1).

There are great anguish and restlessness (Boericke 2013). He changes places continually. He has fear of death, or of being left alone. There is great fear with cold sweat. He thinks it is useless to take medicine. He is suicidal. There are hallucinations of smell (olfactory), and sight (visual). Despair drives him from place to place. He is miserly, malicious, and selfish. He lacks courage. He is sensitive to disorder and confusion.

He is oversensitive, anxious, fastidious, and fault finding (Phatak 2016). There are anguish and despair of recovery. He has fear of, death from starvation, or financial loss. There are violence and self-torture. She pulls her hair, bites her nails. He tears his own body. He is depressed. He fears to be left alone, lest he does himself bodily harm. He has delirium tremens, imagining the house is full of thieves, and he jumps and hides. He sees ghosts day and night. She groans, moans and weeps during menses. Her desire exceeds her needs. He does not want to meet his acquaintances, thinks he has offended them. There is burning in eyes, with acrid lachrimation, and intense photophobia.

(vii) *Kola* (Kola-nut) “no information obtained”.

(viii) *Sepia* (Inky secretion of Cuttlefish)(1).

She is indifferent to those she loved best (Boercke 2013). She is averse to work, and/or family. She is irritable and easily offended. She dreads to be alone. She is very sad. She weeps when telling symptoms. She is miserly and anxious in the evening.

She wants to commit suicide (Phatak 2016). She is nervous, such that she wants to hold on to something or she should scream. She says and does strange things. Nobody knows what she will do next. She has an anxious fear of trifles. She is averse to her family, those loved best, company, sympathy, and yet dreads to be alone. She is sad

about her health and domestic affairs. She constantly worries, frets, and cries about her health and domestic affairs. She is sexually minded. She takes pleasure in teasing others. She feels unfortunate without cause. Women hate men. She sits quietly and answers either with “yes” or “no”. Her symptoms are worse, before menses, in pregnancy, abortion, sexual excess, morning and evening.

3.2.15 BFRs mental symptom: Women – irrational feelings related to their monthly cycle.

3.2.15.1 *Repertory/Rubric: (a) Mind, irritability, menses, before* (Schroyens 2014).

3.2.15.2 *Homoeopathic remedies:*

(i) **Folliculinum (Ovary’s follicle sarcode)(3).**

All symptoms are worse from ovulation to menses (Hall 2008). She is weepy and depressed, or hyperactive. She is indecisive, with panic attacks, and mood swings. She is aggressive, followed by apathy, and inability to tolerate noise, touch or heat. There is low or high libido.

(ii) **Aurum muriaticum natronatum (Sodium chloroaurate)(1).**

There is palpitation in young girls (Boericke 2013). The cervix is indurated, and there is ulceration of the neck of womb and vagina.

There is premenstrual syndrome; she is insane before menses (Maharaj 2017). She fears rejection. There is the delusion that she can be or will be rejected or put down by others. She feels she is treated unjustly, being criticised, reprimanded, laughed at, or over-looked. She is cautious with people and feels she’s bothering them. She feels forsaken and rejected by her mother. There is delusion her mother is dead.

(iii) **Aurum Sulphuricum (Auric sulphide)(1).**

She has a desire for solitude (Clarke 1991). There is utter disgust for life. She has irregular menstruation with sensitiveness of uterus to touch.

She fears heights, falling, murder, suicide, being murdered, death, or heart disease (Scholten 1996). She is bored and complaining. She is critical and angry, worse for offense and contradiction. Her mood or symptoms are bad with menses, in pregnancy, and during and after giving birth.

(iv) *Causticum* (Hahnemann's Tinctura acris sine Kali)(1).

She is sad and hopeless (Boericke 2013). Least things make her cry. She is intensely sympathetic. Ailments are from long-lasting grief or sudden emotions. Thinking of her ailments aggravates, especially haemorrhoids. Menses delay, cease only at nights and flow only during the day.

There is hopelessness, and despondency (Phatak 2016). She has convulsions from suppressed menses and eruptions. There is dysmenorrhoea, with tearing pains on the back and thighs. She is ambitionless and wants to die. There are anxious forebodings aggravated in the twilight. She is suspicious, mistrustful, and absent-minded. She looks at the dark side. She lacks control and balance. She is whining, and sad. Her menses are late and profuse. She is anxious, sad, weak, and dreams during menses.

(v) *Chamomilla* (German chamomile)(1).

She is impatient and intolerant of being spoken to or interrupted (Boericke 2013). She is extremely sensitive to every pain and always complaining. She is spiteful and snappish.

She is quarrelsome and vexed at every trifle (Phatak 2016). She has convulsions from suppressed menses or eruptions. She is averse to being spoken to or touched or being looked at. She omits words while writing and speaking. She suddenly becomes capricious, quarrelsome, and obstinate before menses. She is hasty and hurried, and cannot bear anyone near her. There is membranous dysmenorrhoea at puberty. She has vertigo during menstruation. Women who do not suffer from period pains develop dysmenorrhoea from anger or emotions, with sexual desire.

(vi) *Lycopodium clavatum* (Club moss)(1).

There are depression and fear to be alone (Boericke 2013). Little things annoy her, with extreme sensitivity. She is averse to undertaking new things. She is headstrong and haughty when sick. She has a loss of self-confidence. She is hurried when she eats. She has a constant fear of breaking down under stress. She is apprehensive and has a weak memory and confused thoughts. She spells and writes the wrong words and syllables. She is sad in the morning on waking up. Her menses are too late, too long and profuse, with dryness of the vagina and painful coition.

She is fearsome, dreads of men and the presence of new persons, and of everything, even the ringing of a doorbell (Phatak 2016). She becomes sad or cheerful and merry on hearing distant music. She is hateful, miserly, indecisive, distrustful and suspicious. There is dysmenorrhoea which is violent and causes her to faint. Menses are suppressed for months.

(vii) *Natrum muriaticum* (Chloride of sodium)(1).

She is hateful to the person who offended her (Phatak 2016). She is sad during menses, without cause. She is reserved and easily angered. They have hypochondriacal tendencies. She weeps bitterly or wants to be alone to cry. She weeps involuntarily without cause. She is cheerful, laughs, sings, and dances, which alternates with sadness. She dwells on the past unpleasant memories. First menses are delayed. There is dysmenorrhoea with convulsions.

(viii) *Nux vomica* (Poison nut)(1).

She is very irritable, sensitive to all impressions (Boericke 2013). She cannot bear noises, odours, light. She does not want to be touched. She feels as if time passes too slowly. Even the least ailment affects her greatly. She is disposed to reproach others. She is sullen and fault-finding. She has dysmenorrhoea with pain in sacrum and constant urging to stool.

She is angry and impatient, cannot stand the pain (Phatak 2016). She is mad with anger and cries. She has a fiery temperament. She is nervous and excitable. She is averse to

work, fears poverty. She is spiteful, nagging, and violent. She has suicidal, and/or homicidal impulses. She fears knives lest she should kill herself or others. Girls are frightfully apprehensive about getting married. She is hypochondriacal, depressed, or delirium tremens. She cannot bear conversation or reading. She gets angry when consoled. She is head-strong and self-willed. She has fainting spells during menses. All old symptoms are aggravated after menses. There is dysmenorrhoea with cramps that extends to the whole body.

(ix) *Pulsatilla pratensis* (Wind flower)(1).

She weeps easily, timid and/or irresolute (Boericke 2013). She fears in the evening for darkness, to be alone, and ghost. She likes sympathy. She is easily discouraged. She has a morbid dread of the opposite sex. There is religious melancholy. She is highly emotional. Menses are suppressed when her feet get wet. She has diarrhoea during or after menses.

She is disgusted at everything (Phatak 2016). She is easily offended. She craves sympathy. She is dread of the opposite sex she thinks sex is a sinful act. She is easily moved to tears and laughter, after eating. She is capricious, miserly, and suspicious. She answers “yes” or “no” by nodding the head. She imagines that certain article of food is not good for the human race. She is saddened by bad news. She develops mania from suppressed menses. She is worse for sun, evening, thunderstorm, and rest. Menses are delayed at puberty. She has dysmenorrhoea with menses that is too late or scanty.

(x) *Sepia* (Inky secretion of cuttlefish)(1).

She is indifferent to those she loved best (Boercke 2013). She is averse to work, and/or family. She is irritable and easily offended. She dreads to be alone. She is very sad. She weeps when telling symptoms. She is miserly and anxious in the evening. Pelvic organs are relaxed as if everything would escape through the vulva. She just sits with limbs crossed to prevent protrusion of pelvic organs.

She wants to commit suicide (Phatak 2016). She is nervous, such that she wants to hold on to something or she should scream. Her symptoms are worse before menses. Menses are absent at puberty or after weaning. She says and does strange things. Nobody knows what she will do next. She has an anxious fear of trifles. She is averse to family, to those she loved best, company and sympathy, and yet dreads to be alone. She is sad about her health and domestic affairs. She constantly worries, frets, and cries about her health and domestic affairs. She is sexually minded. She takes pleasure in teasing others. She feels unfortunate without cause. Women hate men. She sits quietly and answers either with “yes” or “no”. Her symptoms are worse, before menses, in pregnancy, abortion, sexual excess, morning and evening.

3.2.15 Repertory/Rubric: (b) Mind, irritability, menses, during (Schroyens 2014).

3.2.15.1 Homoeopathic remedies:

(i) *Chamomilla* (German chamomile)(2).

She is impatient, intolerant of being spoken to or being interrupted (Boericke 2013). She is extremely sensitive to every pain and always complaining. She is spiteful and snappish. There is uterine haemorrhage, with profuse discharge of clotted dark blood, with labour-like pains.

She is quarrelsome and vexed at every trifle (Phatak 2016). She is averse to being spoken to or touched or being looked at. She omits words while writing and speaking. She suddenly becomes capricious, quarrelsome, and obstinate before menses. There is membranous dysmenorrhoea, especially in puberty. She is hasty and hurried, and cannot bear anyone near her. She has dysmenorrhoea from anger or emotions, with sexual desire.

(ii) *Nux vomica* (Poison-nut)(2).

She is very irritable, sensitive to all impressions (Boericke 2013). She cannot bear noises, odours, and light. She does not want to be touched. She feels as if time passes too slowly. Even the least ailment affects her greatly. She is disposed to reproach

others. She is sullen and fault-finding. There is dysmenorrhoea with pain in sacrum, and constant urging to stool.

She is angry and impatient, cannot stand the pain (Phatak 2016). She is mad with anger and cries. She has a fiery temperament. She is nervous and excitable. She is averse to work, fears poverty. She is spiteful, nagging, and violent. She has suicidal, and/or homicidal impulses. She fears knives lest she should kill herself or others. Girls are frightfully apprehensive about getting married. She is hypochondriacal, depressed, or has delirium tremens. She cannot bear conversation or reading. She gets angry when consoled. There is dysmenorrhoea that feels like cramps, extending to the whole body. She is head-strong and self-willed. She has fainting spells during menses. All the old symptoms are aggravated after menses.

(iii) *Sulphur* (Sublimated sulphur)(2).

She is forgetful, and with difficulties in thinking (Boericke 2013). There is childish peevishness in grown people. Menses are preceded with a headache. She is irritable, depressed and very selfish with no regard for others.

There is a strong impulsive tendency to suicide by drowning or leaping from a window (Phatak 2016). Epileptic fits are aggravated during menses. She feels she is giving the wrong things to people causing their death. She weeps without cause, or with the slightest provocation, worse for consolation. Her menses are irregular, scanty, black, foul smelling and acrid, making parts sore.

(iv) *Aconitum napellus* (Monkshood)(1).

There is great fear, anxiety, and worry accompany every ailment, however trivial (Boericke 2013). There is delirium which is characterized by unhappiness, worry, and fear. She fears death but believes she will soon die. She predicts the moment, hour or day of her death. She fears the future, crowd, crossing the street. There is restlessness and tossing about. She has tendencies to startle easily, with acute imaginations, and is clairvoyant. She is intolerant to pain, it drives her crazy. Music is unbearable, it makes her very sad. She thinks her thoughts come from the stomach and that parts of her body

are abnormally thick. She feels as if what has been done was a dream. Her menses are too profuse, with a nose bleed. Menstruations are suppressed from fright or cold. She is frenzied on the appearance of menses.

She fears touching others passing by (Phatak 2016). With fear she screams, moans, gnaws the fists, bites nails, wants to die. She is terror-stricken. She imagines some parts of her body are deformed. She cannot bear the reflection of the sun from the snow. She is worse for sleeping in the sun, noise, and light. Menses are suppressed from fright, or cold, in plethoric patients. She is worse for menses. She has maniacal fury, on the appearance of menses.

(v) *Aethusa cynapium* (Fool's parsley)(1).

She is restless, anxious, and crying (Boericke 2013). She sees rats, cats, dogs. She has the inability to think, to fix the attention, from over-studying. There is idiocy which alternates with fury. She has lancinating pains on her sexual organs, and menses are watery.

She wants to jump out of bed or window (Phatak 2016). She has the inability to think or fix attention from over study. There is idiocy which alternates with fury. Her menstruations are watery with pimples on external parts, itching on getting warm.

(vi) *Ammonium carbonicum* (Carbonate of ammonia)(1).

She is forgetful, ill-humoured, and gloomy during stormy weather (Boericke 2013). There is un-cleanliness. Talking and hearing others affects her greatly. She is sad and weepy unreasonably. Her menses are too frequent, profuse, clotted and black.

She is peevish and fretting as if a committed crime (Phatak 2016). She is worse for cold, cloudy days, during menses, damp cold, and raw cold open air. Her menses are accompanied with colicky pain and hard difficult stool, with fatigue, especial of thighs, yawning and chilliness. Menses flow more at night, followed by dyspnoea or weakness.

(vii) *Aranea diadema* (Papal-cross spider)(1).

There is nervousness, despondency, and longing for death (Phatak 2016). Symptoms are worse for exact periodicity. She yawns and vomits during the menstrual cycle. There are lumbo-abdominal neuralgia, with vomiting and yawning, during the menstrual cycle. Her menses are too early and too copious.

(viii) *Asa foetida* (Gum of the stinkasand)(1).

She is dissatisfied with herself and complains about her ailments (Clarke 1991). She is hysterical, restless, and anxious. She is ill-humoured, irritable and over-sensitive.

She is hysterical from sudden suppressed discharged (Phatak 2016). She faints when in pain. She craves sympathy. She faints when she thinks she has taken medicine. Mammae are turgid with milk in non-pregnant ladies.

(ix) *Belladonna* (Deadly nightshade)(1).

Patient lives in a world of his own, engrossed by spectres and visions and oblivious to surrounding realities (Boericke 2013). There is a hallucination of seeing monsters, hideous faces. She has delirium, sees frightful images, she is furious, has rage, bites, strikes, and desire to escape. There is perversity with tears. She disinclines to talk. There can be loss of consciousness. There is a downward sensation of force as if all the viscera would protrude at genitals. Menses and lochia are very offensive and hot. Menstruations are increased, bright red, too early, and profuse.

There is acuteness of all senses (Phatak 2016). She talks fast and she is very restless and has tearing mania. She spits on the faces of other persons. She has fear of imaginary things, is quarrelsome. She weeps easily, his desire to hide. She has cravings for snuff. Her menses are bright, red, with clots and offensive.

(x) *Berberis vulgaris* (Barberry)(1).

There is difficult mental labour requiring close thinking (Phatak 2016). The least interruption breaks the chain of thoughts. Objects seem twice as large as natural. She is apathetic and indifferent. There is an absence of enjoyment of coition and has

dysmenorrhoea with blood looking like a gray serum. There are urinary symptoms with menses and leucorrhoea.

3.2.16 BFRs: Aspen.

3.2.16.1 BFRs mental symptoms: Apprehension for which there appear to be no logical reasons.

3.2.16.2 *Repertory/Rubric: Mind, anxiety, causeless* (Schroyens 2014).

3.2.16.3 *Homoeopathic remedies:*

(i) ***Bryonia alba* (Wild hops)(3).**

He is exceedingly irritable (Boericke 2013). Everything puts him out of humour. There is delirium, he wants to go home. He talks about business. He wants to be left alone (Phatak 2016). He desires for things which he rejects when they are offered. He is apprehensive and dreads of the future. He is dull, the despair of being cured, with fear of death.

(ii) *Argemone pleicantha* “no information obtained/so *Spongia toasta* (Roasted sponge)(1) is used.

There are anxiety and fear (Boericke 2013). Every excitement increases the cough. He has an irresistible desire to sing, with excessive mirth, followed by depression (Boericke 2016). He is anxious, and fear death. He is anxious with suffocation. There is timidity, fear, and terror.

(iii) *Cassia sophera* “no information”/so *Tabacum* (Tobacco)(1) used.

He is very despondent, forgetful, and dissatisfied (Boericke 2016). He is morose, and indifferent, with a sensation of extreme wretchedness (Phatak 2016). He feels as if someone is coming to arrest or murder him.

(iv) *Chironex fleckeri* “no information”/so *Tarentula Hispanica* (Spanish spider)(1) is used.

There is a sudden alteration of mood (Boericke 2013). He has destructive impulses. She must busy herself or walks. She is sensitive to music, and averse to company, but wants someone present around. She is ungrateful and discontented.

He is averse to colours, black, red, yellow, and green (Phatak 2016). She is erratic, crafty, cunning, selfish, and hateful. There are fits of nervous laughter then followed by screams. She is hysterical when there is an audience, when attention is directed to her. She desires to strike herself or others. She has a strong pathology to steal (kleptomania).

- (v) Filix mas “no information obtained”/so *Thallium metallicum* (Thallium metal) used.

He easily gets offended and is aggravated by an offense (Scholten 1996). He fears heights, falling, being murdered, death, suicide, and/or crowd. He is absent-minded and confused. He cannot concentration. He is rigid and insane.

- (vi) *Kalium arsenicosum* (Potassium arsenite/Fowler’s Solution)(1).

They feel they always have to do their duty otherwise things will go very wrong (Scholten 1996). They never stop, they cannot afford to rest and are afraid to risk their job or their career. It is their duty to work in a controlled and precise manner. They have a sense that if they make a mistake it may result in someone being wrongly condemned, to pay a fine or give up his job. They are fearful, which is felt in the stomach. They fear diseases, cancer, heart disease, thieves, burglars, criticism, opposition, and being poisoned or murdered. They are nervous. They are irritable, cannot tolerate mistakes, either in themselves or others. Their irritability is worse for contradiction and insult.

- (vii) *Oscilococcinum* “no information obtained”/so *Triticum vulgare* (Wheat)(1) used.

There is oversensitivity to criticism, especially indignation (Scholten et al 2016). There is depression of varying degrees usually with low confidence, weeping, and tiredness. He has mood swings, and irritable, with irrational emotions. He lacks motivation, has poor

concentration and memory, and feels as if drugged or sleepy. He is short tempered, with internal restlessness, and dissatisfaction. He lacks confidence and desires to be alone.

(viii) *Oxalis acetosella* (no information obtained).

(ix) Phosphorus(1).

There is great lowness of spirits (Boericke 2013). He is easily vexed. He is fearful as if something were creeping out of every corner. He is clairvoyant. There is a great tendency to startle. He has a loss of memory. He is over-sensitive to external impressions. He dreads of death when alone. His brain feels tired. He is insane, with an exaggerated idea of one's own importance. He is restless and fidgety. He can be hyposensitive, and indifferent.

He will uncover his body and exposes his genitals (Phatak 2016). He is easily angered and vehement from which he afterward suffers. He is anxious, fears to be alone, at dusk, he fears ghosts. He has fear of thunderstorms, and anxious about the future. He is quickly prostrated by unpleasant impressions. He is timid and irresolute. He is depressed, disinclines to work, study and/or converse. He is weary of life. He shed tears or has attacks of involuntary laughter. He destroys everything, spits at nurses, or kisses who comes near him. He is anxious and restless, he cannot sit or stand still for a moment especially in the dark or dusk. He is photophobic, high sensitivity to light.

(x) *Sabadilla* (Cevadilla seed)(1).

He is nervous, timid and easily startled (Boericke 2013). He has erroneous notions about himself. He imagines that he is very sick, his parts are shrunken, she is pregnant, or that she has cancer. He is so miserable and timid (Phatak 2016). He has fixed ideas about himself. He imagines that his limbs are crooked, his chin elongated, or one side is larger than the other.

3.2.17 BFRs mental symptom: Apprehension of unknown future events.

3.2.17.1 *Repertory/Rubric: Mind, anxiety, future, about* (Schroyens 2014).

3.2.17.2 *Homoeopathic remedies:*

(i) ***Bryonia alba (Wild hops)(3).***

He is exceedingly irritable (Boericke 2013). Everything puts him out of humour. There is delirium, he wants to go home. He talks about business. He wants to be left alone (Phatak 2016). He has a desire for things which he rejects when offered. He is apprehensive and dread of the future. He is dull, despairs of being cured, with fear of death.

(ii) ***Calcii carbonas/Calcareo carbonicum (Carbonate of lime)(3).***

He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, and diseases. He is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium state. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she would run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(iii) ***Chininum sulphuricum (Sulphite of quinine)(3).***

He has fits of anxiety, and great anger, sometimes in the morning while in bed, obliging him to get up sooner than he would (Clarke 1991). There is anxiety after midnight with cries and a necessity for getting up. There is great moral depression, speechlessness, and discouragement. He is inclined to despair and to weep. He is morose and ill-

humoured, yawning and an extreme dislike to labour. There is anxious excitement after taking coffee or wine. He is nervous and has lost power to name objects (Phatak 2016).

(iv) Cicuta virosa (Water hemlock)(3).

He has strange desires to eat coal (Clarke 1991). He is anxious and is deeply affected by mournful stories. He is discontent and ill-humoured, suspicious and mistrustful. He thinks himself as a young child. There is delirium with singing, and dancing, with funny gestures (Boericke 2013). Everything appears strange and terrible to him. He feels like a child, he confounds the present with the past. There is epilepsy, with moaning and whining during seizures. He is depressed, has a stupid feeling, and is indifferent. He has vivid dreams. He is mistrustful.

He is excessively affected by sad stories (Phatak 2016). She mistrusts and shuns men. She despises others. He feels as if he was in a strange place. There is mania, with a dancing, laughing and ridiculous gesture. He is sad when he sees others happy. He falls to the ground and rolls about with or without convulsions. He does not remember what has happened. He does not recognise anybody but answers well.

(v) Phosphorus(3).

There is great lowness of spirits (Boericke 2013). He is easily vexed. He is fearful as if something were creeping out of every corner. He is clairvoyant. There are great tendencies to startle. He has a loss of memory. He is over-sensitive to external impressions. He is dread of death when alone. His brain feels tired. He is insane, with an exaggerated idea of one's own importance. He is restless and fidgety. He can be hyposensitive, and indifferent.

He will uncover his body and exposes his genitals (Phatak 2016). He is easily angered and vehement from which he afterward suffers. He is anxious, fears to be alone, at dusk, and of ghosts. He has a fear of thunderstorms and is anxious about the future. He is quickly prostrated by unpleasant impressions. He is timid and irresolute. He is depressed, disinclines to work, study or converse. He is weary of life. He shed tears or has attacks of involuntary laughter. He destroys everything, spits at nurses, or kisses

who comes near him. He is anxious and restless, he cannot sit or stand still for a moment especially in the dark or dusk. He is photophobic, (high sensitivity to light).

(vi) *Spongia tosta* (Roasted Sponge)(2).

He has fear and anxiety (Boericke 2013). Every excitement increases cough. He has an irresistible desire to sing, followed by sadness (Phatak 2016). He fears the future and is tired of life. He has fear of death by suffocation. There is timidity, fear, and terror. He is despondent with loss of sexual power.

(vii) *Aloe Socotrina* (Socotrine Aloe)(2).

He is dissatisfied and angry about himself (Phatak 2016). There are aversions to mental labour. He hates people and repels everyone. He is ill-humoured, aggravated in cloudy weather, or with constipation. She thinks that she would die in a week. Life is a burden to him. He trembles from the sound of music and other noises.

(viii) *Anacardium orientale* (Marking nut)(2).

He has fixed ideas (Boericke 2013). He hallucinates, he thinks he is possessed of two-person or wills. He has anxiety when walking as if he is pursued. There are profound depression and hypochondriasis, with tendencies of using violent language. There are brain-fag and memory impairment. He is absent-minded and is easily offended. He is malicious and seems bent on wickedness. He lacks confidence in himself or others. He is suspicious. He is clairvoyant, he hears voices far away, or of the dead. There is an absence of all moral restraint. There is senile dementia.

There is an illusion of duality, he believes he is with other people or others are behind him (Phatak 2016). She has a delusion, her husband and children are not hers. There is no reality in anything, all appears like a dream. He apprehends trouble from anything. There is a senseless talk. She screams loudly as if to call someone. There is religious mania. She has a bad memory. She suddenly forgets names, those around her, and what she has. She lacks self-confidence. She desires to swear and curse. She has fear of paralysis, and despair of getting wet. There are contradictory impulses, she laughs at serious things, or remain serious when anything laughable occurs. He has suicidal

tendencies by shooting himself. He sees everyone's face in the mirror except his own. He is hard-hearted and cruel. He refuses to eat for fear of being poisoned.

(ix) *Aurum muriaticum natronatum* (Sodium chloroaurate)(2).

There is premenstrual syndrome; she is insane before menses (Maharaj 2017). She fears rejection. There is delusion; she can be or will be rejected or put down by others. She feels she is treated unjustly, being criticised, reprimanded, laughed at, or overlooked. She is cautious with people and feels she's bothering them. She feels forsaken and rejected by her mother. There is delusion her mother is dead.

(x) *Aurum sulphuricum/Sulphuratum* (Auric sulphide)(2).

He desires solitude and is disgusted about life (Clarke 1991). There is delusion he is superior, alone, or neglecting duty (Scholten 1996). He is absent-minded, confused, forgetful, rigid, and insane. He fears heart disease, heights, falling, crowds, being murdered. He dreams of heights, falling, erotic, death, killing, fire, dark, quarrels. He is irritable, critical, and angry, worse for offenses or contradiction.

3.2.18 BFRs mental symptom: "Spooked out" feeling in the dark or strange places.

3.2.18.1 *Repertory/Rubric: (a) Mind, anxiety, dark, in* (Schroyens 2014).

3.2.18.2 *Homoeopathic remedies:*

(i) *Stramonium* (Thorn-apple)(2).

He has a strange idea about the formation of his body, that it is ill-shapen, elongated, or deformed (Kent 2008). He has strange feelings concerning his physical state. There are all sorts of illusions and hallucinations. He sees ghosts, animals, angels, departed spirits, or devil but knows they are not real, and later he is confident about it. He has these hallucinations, especially in the dark. At times he has an aversion to a bright light which is painful, and again he must sit and look into an open fire, but this may cause cough and other symptoms.

He is devout, earnest, beseeching and talks endlessly (Boericke 2013). There is loquacity, garrulous, laughing, singing, and swearing. He prays and rhymes. He sees ghosts, hears voices, and talks with spirits. There are rapid changes from joy to sadness. He is violent and lewd. He has delusion about his identity; he thinks himself tall, double, or a part missing. There is religious mania. He cannot bear solitude or darkness. He must have light and company. The sight of water or anything glittering brings on spasms. There is delirium with a desire to escape.

Child wakes up terrified, knows no one, scream with fright, and clings to those near him (Phatak 2016). He is dread of darkness and has a horror for glistening objects. He sees animals jumping sideways out of the ground or running to him. He cannot tolerate the talk of others. There is a self-accusation. He talks in foreign tongues. He thinks his limbs are separated from him. He has fear and anxiety on hearing water run. He is averse to all fluids. There is mania; he tears his clothes with teeth. He has a tendency of exposing himself. He wants to kill people or himself. Wife thinks her husband has neglected his duty, man thinks his wife is unfaithful. He has anxiety when going through a tunnel. His symptoms are worse for glistening objects, after sleep especially in the dark, and cloudy days.

(ii) *Cannabis indica* (Hashish)(2).

He seems to have two existence or to be conscious of two states, or to exists in two spheres (Kent 2008). He fears death, going insane, and the dark. There are anger and sadness. He passes from the rational to the irrational in rapid succession, back and forth. He forgets words and ideas. He is unable to finish his sentences. He desires for, and dread of water. He has shocks in the brain on waking up or has palpitations during sleep, or pressing pain in the heart with suffocation the whole night.

There is excessive loquacity, and exuberance of spirits (Boericke 2013). Time seems too long, seconds seem like ages. He is constantly theorising. He has anxious depression and constant fear of becoming insane. He has mania, and must constantly move. He is very forgetful, cannot finish a sentence. He is lost in delicious thought. He has uncontrollable laughter. There is delirium tremens. He is clairvoyant. There are

emotional excitement and rapid change of mood. He cannot realise his identity. There is chronic vertigo as if floating. He is sleepy but is unable to fall asleep. He has nightmares, dreams of dead bodies.

There is lectophobia, fear of going to bed (Phatak 2016). Distance seem immense to him. He laughs immoderately at serious remarks or at mere trifles. He laughs and weeps. He hears voices, bells or music. He is ecstatic and feels heavenly. He thinks everything is unreal. When he speaks it seems as though someone else is speaking. He moans and cries. The symptoms are worse for darkness, liquor, coffee, and tobacco. He craves for light.

(iii) *Pulsatilla pratensis* (Wind flower)(2).

She weeps easily, timid and is irresolute (Boericke 2013). She fears in the evening for darkness, to be alone, and ghost. She likes sympathy. Children like fuss and caresses. She is easily discouraged. She has a morbid dread of the opposite sex. There is religious melancholy. She is highly emotional.

She is disgusted at everything (Phatak 2016). She is easily offended. She craves sympathy. She is dread of the opposite sex she thinks sex is a sinful act. She is easily moved to tears and laughter, after eating. She is capricious, miserly, and suspicious. She answers “yes” or “no” by nodding the head. She imagines that certain article of food is not good for the human race. She is saddened by bad news. She develops mania from suppressed menses. She is worse for sun, evening, thunderstorm, and rest.

(iv) *Aethusa cynapium* (Fool's parsley)(1).

She is restless, anxious, and crying (Boericke 2013). She sees rats, cats, and dogs. She has the inability to think, to fix the attention, from over-studying. There is idiocy which alternates with fury. Her symptoms are worse for evenings, and between 3 to 4 a.m. (early morning). She wants to jump out of bed or window (Phatak 2016). There is a weakness of mind and body. He is weak, nervous and prostrated from overworking. His symptoms are worse in hot weather, dentition, evenings and between 3 to 4 a.m.

(v) *Aurum iodatum* “no information obtained”/so Phosphorus(1) is used.

He is fearful as if something were creeping out of every corner (Boericke 2013). There is a great tendency to startle. He dreads of death when alone. He is worse in the evening and during a thunderstorm.

He is anxious, fears to be alone at dusk (Phatak 2016). He has feared for ghosts, about his future, and as if something is creeping out of every corner. He is worse for weather changes, dusk, morning and evening.

(vi) *Calcii carbonas/Calcarea carbonicum* (Carbonate of lime)(1).

He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, and/or diseases. He is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she would run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous. His symptoms are worse for change of weather to cold, or in a full moon.

(vii) *Carbo animalis* (Animal charcoal)(1).

He is whining, desire to be alone, sad and reflective (Phatak 2018). He avoids conversation. He weeps during meals and is easily frightened. He is homesick. He has fear of the dark, worse for closing the eyes.

(viii) *Carbo vegetabilis* (Vegetable charcoal)(1).

He is averse to the darkness (Boericke 2013). There is a fear of ghosts. He has a sudden loss of memory. There is slowness in thinking, indolence, anxiety, and irritability

(Phatak 2016). He is unhappy and dejected. He is indifferent and hears everything without pleasure or pain. He has a fear of ghosts. He is sluggish, stupid, and lazy. He is easily frightened or startled. He is averse to darkness.

(ix) Hypothalamus “no information obtained”/so *Rhus toxicodendron* (Poison ivy)(1).

He is extremely restless, with continued changing of position (Boericke 2013). He has a fear of being poisoned. There is great apprehension at night, and cannot remain in bed.

He is inclined to weep which is worse at night, without knowing the cause (Phatak 2016). He is forgetful, cannot remember the most recent events. There is fear aggravated at night.

(x) *Natrum muriaticum* (Chloride of sodium)(1).

There is mental or psychic causation of diseases (Boericke 2013). He has ill effects from grief, fright, and anger. There is depression with chronic diseases. He is aggravated by consolation. He is irritable and gets into a passion for trifles. He is awkward and hasty. He wants to be alone to cry. He has tears with laughter.

She is hateful to the person who offended her (Phatak 2016). She is sad during menses, without cause. She is reserved and easily angered. There is hypochondria. She weeps bitterly or wants to be alone to cry. She weeps involuntarily without cause. She is cheerful, laughs, sings, and dances, which alternates with sadness. She dwells on the past unpleasant memories. She fears or dreams of robbers. She is awkward in talking, hasty, and drops things from nervous weakness. She is revengeful. He thinks he is pitied for his misfortunes and weeps. Females are averse to men. Retunes and weeps. Females are averse to men.

3.2.19 (Continuation of BFRs' spooked out feeling in strange places) *Repertory/Rubric: (b) Mind, fear, strange places, of* (Schroyens 2014).

3.2.19.1 *Homoeopathic remedies* (1 remedy):

(i) *Carcinosinum* (Nosode from Carcinoma)(1).

Hearing of bad news or diagnosis of a potentially fatal disease has a tremendous blow to his vital force (Hall 2018). He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness.

3.2.20 BFRs remedy: Red Chestnut.

3.2.20.1 BFRs mental symptom: Worry for the safety of others, particularly those that are close to them.

3.2.20.2 *Repertory/Rubric: Mind, fear, happen, something will* (Schroyens 2014).

3.2.20.3 (a) *Family, to his*.

3.2.20.4 *Homoeopathic remedies:*

(i) *Ambra grisea* (Ambergis – a Morbid secretion of the whale)(1).

The presence of other persons aggravates his symptoms (Kent 2008). He goes through the trial of one death after another in the family, and there seems to be nothing remaining.

He is dread of people, and desire to be alone (Boericke 2013). He cannot do anything in the presence of others. He is intensely shy and blushes easily. Music causes him to weep. He despairs and loathes life. He has lost love for life. He is loquacious, restless, and easily excited. He thinks time passes slowly. There is thinking difficulty in the morning in old people. He dwells upon unpleasant things.

His memory is impaired, slow to comprehend (Phatak 2016). He is dreamy, awkward, and imagines diabolic faces or sights. He is depressed and sits for days weeping. He is dread of people, and desire to be alone. He is averse to laugh.

(ii) *Arsenicum album* (Arsenious acid)(1).

There are great anguish and restlessness (Boericke 2013). He changes place continually. He has a fear of death and being left alone. There is great fear with cold sweat. He thinks it is useless to take medicine. He is suicidal. There are hallucinations of smell (olfactory), and sight (visual). Despair drives him from place to place. He is miserly, malicious, and selfish. He lacks courage. He is sensitive to disorder and confusion.

He is oversensitive, anxious, fastidious, and fault finding (Phatak 2016). There are anguish and despair of recovering. He has fear of, death from starvation or financial loss. There is violence, self-torture, and she pulls her hair and bites her nails, he (men) tears his own body. He is depressed. He fears to be left alone, lest he does himself bodily harm. He has delirium tremens, imagines the house full of thieves, and he jumps and hides. He sees ghosts day and night. She groans, moans, and weeps during menses. Her desire exceeds her needs. He does not want to meet his acquaintances, thinking he has offended them. There is burning in eyes, with acrid lacrimation, and intense photophobia.

(iii) *Calcii carbonas* (Carbonate of lime)(1).

He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, and diseases. He is forgetful, confused, low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she would run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(iv) *Calcarea sulphuric* (Plaster of Paris)(1).

There is the delusion that others think she is not nice and beautiful (Scholten 1993). She has fear and delusion of being ugly or thought of being ugly. He is in a continuous state of apprehension (Kent 2008). He fears death, fears that some evil will befall him. He is full of hatred of people who do not agree with him. He fears misfortune and going insane.

He is hurried and despises those who do not agree with him (Phatak 2016). He grumbles that his value is not understood by others. He sits and meditates over imaginary misfortune.

(v) *Carcinosinum* (Nosode of cancer)(1).

Hearing of bad news or diagnosis of a potentially fatal disease has a tremendous blow to his vital force (Hall 2018). He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness.

(vi) *Causticum* (Hahnemann's Tinctura acris sine Kali)(1).

There is hysteria which is gradually increasing (Kent 2008). She loses all control of herself and says foolish things. She becomes extremely sensitive to noise, or touch. She startles from the slightest noise. He fears death, fear that something will happen to his family. He always anticipates some dreadful event.

The child does not want to go to bed alone (Boericke 2013). Least things make him cry. He is sad and hopeless. He is intensely sympathetic. There are ailments from long-lasting grief and sudden emotions. Thinking of complaints aggravates, especially haemorrhoids.

He is despondent and wants to die (Phatak 2016). He is ambitionless. There is mental fatigue. He has chorea; he weeps and laughs. He laughs before, or during spasms. She

is conscious-stricken as if she had committed some crime. There is sadness, and whining mood. There is spoonerism; he confounds letter and syllables.

(vii) Phosphorus(1).

He is homesick (Scholten 1993). The homesickness stems from the loss of contact. He has lots of friends, feels relaxed in their company, and communication just flows naturally. When he is away from home, he misses the usual contact with his neighbours and friends, so it makes him homesick. He is nervous and restless. There is great imagination that makes him think all things could wrong.

There is great lowness of spirits (Boericke 2013). He is easily vexed. He is fearful as if something were creeping out of every corner. He is clairvoyant. There is a great tendency to startle. He has a loss of memory. He is over-sensitive to external impressions. He dreads of death when alone. His brain feels tired. He is insane, with an exaggerated idea of one's own importance. He is restless and fidgety. He can be hyposensitive, and indifferent.

He will uncover his body and exposes his genitals (Phatak 2016). He is easily angered and vehement from which he afterward suffers. He is anxious, fears to be alone, at dusk, he fears ghosts. He has fear of thunderstorms, and anxious about the future. He is quickly prostrated by unpleasant impressions. He is timid and irresolute. He is depressed, disinclines to work, study and/or converse. He is weary of life. He shed tears or has attacks of involuntary laughter. He destroys everything, spits at nurses, or kisses who comes near him. He is anxious and restless, and cannot sit or stand still for a moment especially in the dark or dusk. He is photophobic, high sensitivity to light.

(viii) Psorinum (Scabies vesicle)(1).

His business is prosperous, yet he feels as if he is going to a poor house, or that he has sinned away his day of grace (Kent 2008). He has no joy or realization of benefits. He takes no joy in his family. He is extremely irritable and wants to be alone. He becomes dizzy and wants to go home and lie down.

He is hopeless and despairs of recovery (Boericke 2013). There is deep and persistent depression. He is religious. There are suicidal tendencies. He feels poor, and business is going to be a failure, though he is prosperous (Phatak 2016). He has fear of fire, being alone, or of becoming insane. He is averse to work. He has severe ailments from slight emotions. He is peevish, irritable, noisy and easily startled. He is restless for days before a thunderstorm. He is dull with a clouded mind.

(ix) *Sepia* (Inky secretion of cuttlefish)(1).

She is indifferent to those she loved best (Boercke 2013). She is averse to work, or family. She is irritable and easily offended. She dreads to be alone. She is very sad. She weeps when telling symptoms. She is miserly and anxious in the evening.

She wants to commit suicide (Phatak 2016). She is nervous, such that she wants to hold on to something or she should scream. She says and does strange things. Nobody knows what she will do next. She has an anxious fear of trifles. She is averse to family, to those loved best, company, sympathy, and yet dreads to be alone. She is sad about her health and domestic affairs. She constantly worries, frets, and cries about her health and domestic affairs. She is sexually minded. She takes pleasure in teasing others. She feels unfortunate without cause. Women hate men, and men hate women. She sits quietly and answers either with “yes” or “no”.

(x) *Tuberculinum bovinum* (A nucleo-protein, a nosode from tubercular abcess)(1).

There is a contradictory character of mania and depression, insomnia and stupor (Boericke 2013). He is irritable, especially on waking up. He fears dogs, animals in general. He desires to use foul language, to curse and swear.

He is sensitive to music, every trifle irritates, worse in waking up (Phatak 2016). He has fits of violent temper and wants to fight. He throws anything at anyone even without a cause. He is dissatisfied, always wants a change, and wants to travel. He wants to do something different or even to find a new doctor. He is weary of life. He is averse to mental work and is reckless. There is confusion, and everything in the room seems

strange. He has nocturnal hallucinations and awakes frightened. He is anxious and hopeless. There is loquacity during fever.

3.2.21 *Repertory/Rubric: (b) Mind, fear, happen, something will, husband that he would not return* (Schroyens 2014).

3.2.21.1 *Homoeopathic remedies (6 remedies):*

(i) *Platina (Platinum)(2)*.

There is an irresistible impulse to kill (Boericke 2013). She is arrogant and proud. There is self-exaltation, with contempt for others. She is wary of everything. Everything seems changed. Physical symptoms disappear as mental symptoms develop.

She laughs at the wrong times (Phatak 2016). She is unkind, abrupt and quarrelsome. There is a disordered sense of proportion; objects seem smaller, strange or frightful. She screams for help. She looks with disdain at everyone and everything. She feels tall and stately. She is proud and erotic. She whistles, dances and sings. She feels alone and deserted. She thinks her husband will never return, something will happen to him.

(ii) *Arsenicum album (Arsenious acid)(1)*.

Arsenicum persons tend to be very responsible people (Scholten 1996). With the loss of their job, by either the firm went bankrupt or they did not do their job properly they also feel they have also lost their position in society. They are afraid of thieves and burglars. They fear that their house and business will be robbed and that the fruit of their effort will be taken away. They are afraid of letting go of their possessions.

She has been thinking about religious matters until she becomes insane (Kent 2008). She has the delusion that she has sinned away her day of grace, the biblical promise of salvation do not apply to her, there is no hope for her, and she is doomed to punishment.

There are great anguish and restlessness (Boericke 2013). He changes places continually. He has fear of death, and of being left alone. There is great fear with cold sweat. He thinks it is useless to take medicine. He has suicidal tendencies. There are

hallucinations of smell (olfactory), and sight (visual). Despair drives him from place to place. He is miserly, malicious, and selfish. He lacks courage. He is sensitive to disorder and confusion.

He is oversensitive, anxious, fastidious, and fault finding (Phatak 2016). There are anguish and despair of recovering. He has fear of, death from starvation, financial loss. There is violence, self-torture, pulls her hair, bites her nails, he (men) tears his own body. He is depressed. He fears to be left alone, lest he does himself bodily harm. He has delirium tremens, imagining the house full of thieves, and he jumps and hides. He sees ghosts day and night. She groans, moans, and weeps during menses. Her desire exceeds her needs. He does not want to meet his acquaintances, thinking he has offended them. There is burning in eyes, with acrid lacrimation, and intense photophobia.

(iii) *Baryta carbonica* (Carbonate of baryta)(1).

They feel that they are small and worthless (Scholten 1993). The theme can be that the father might have lost his job and his social status and probably his financial position. This could also be that the father is rather weak and not able to cope with life, so the family may feel that it is better not to talk about him.

She has fears that something is going to happen (Kent 2008). The more he thinks of the complaints the more it gets worse. There are premature old aging and brain fog from prolonged mental work.

There is a loss of memory, and mental weakness (Boericke 2013). He has lost confidence in himself. There are senile dementia and confusion. He is shy of strangers. There are childishness and grief over trifles.

He is slow to grasp (Phatak 2016). He is absurd and backward. He groans from every little thing. There is increasing mental weakness. She forgets her errands or words in her mouth. She is mistrustful. He thinks his legs are cut off and he is walking on his knees. The child does not want to play but sits in the corner doing nothing. Children cannot remember and learn. He thinks he is being laughed at and made fun of. He

hides behind the furniture and keeps the hands over the face, peeping through the fingers. There is talking mania, during menses, in young girls.

(iv) Causticum (Hahnemann's Tinctura acris sine Kali)(1).

There is hysteria which is gradually increasing (Kent 2008). She loses all control of herself and says foolish things. She becomes extremely sensitive to noise, or touch. She startles from the slightest noise. He fears death, fear that something will happen to his family. He always anticipates some dreadful event.

The child does not want to go to bed alone (Boericke 2013). Least things make him cry. He is sad and hopeless. He is intensely sympathetic. There are ailments from long-lasting grief and sudden emotions. Thinking of complaints aggravates, especially haemorrhoids.

He is despondent and wants to die (Phatak 2016). He is ambitionless. There is mental fatigue. He has chorea; he weeps and laughs. He laughs before, with, or spasms. She is conscious-stricken as if she had committed some crime. There is a sad, whining mood. There is spoonerism; he confounds letter and syllables.

(v) Sepia (Inky secretion of cuttlefish)(1).

She is indifferent to those she loved best (Boercke 2013). She is averse to work, and/or family. She is irritable and easily offended. She dreads to be alone. She is very sad. She weeps when telling symptoms. She is miserly and anxious in the evening.

She wants to commit suicide (Phatak 2016). She is nervous, such that she wants to hold on to something or she should scream. She says and does strange things. Nobody knows what she will do next. She has an anxious fear of trifles. She is averse to family, and those loved best, company, sympathy, and yet dreads to be alone. She is sad about her health and domestic affairs. She constantly worries, frets, and cries about her health and domestic affairs. She is sexually minded. She takes pleasure in teasing others. She feels unfortunate without cause. Women hate men, and men hate women. She sits quietly and answers either with "yes" or "no".

(vi) Vanilla aromantica “no information obtained”.

3.2.22 BFRs mental symptom: Fear the worst if things do not happen as anticipated.

3.2.22.1 *Repertory/Rubric: Mind, fear, terrible is going to happen, something* (Schroyens 2014).

3.2.22.2 *Homoeopathic remedies:*

(i) Calcii carbonas/Calcarea carbonica (Carbonate of lime)(2).

He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, and diseases. He is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she would run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(ii) Calendula officinalis (Marigold)(2).

He is shocked and feels hurt and insulted (Sankaran 2007). He fears to be hurt, touched or approached. At the other hand he can be touching, hurtful, and cruel to others. He is protective to others to see they do not get hurt.

He is extremely nervous, easily frightened, startles easily, and with fright (Phatak 2016).

(iii) Lyssinum/Hydrophobinum (Saliva of rabid dog)(2).

He fears to become mad (Boericke 2013). He is worse for emotions, bad news, or thinking of fluids. There is hypersensitiveness of all senses. He has a violent temper to

do reckless things, such as throwing a child through the window (Phatak 2016). He has strange notions and apprehension. He is rude, abusive, bites, and strikes.

(iv) *Amylenum nitrosum* (Amyl nitrite)(1).

There is anxiety as if something might happen, and so he must have fresh air (Phatak 2016).

(v) *Carcinosinum* (Nosode of cancer)(1).

Hearing of bad news or diagnosis of a potentially fatal disease has a tremendous blow to his vital force (Hall 2018). He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness.

(vi) *Cimicifuga racemosa* (Black snake-root)(1).

There is a sensation of cloud enveloping her (Boericke 2013). There is great depression, with the dream of impending evil. She fears to ride in a closed carriage, of being obliged to jump out. She has visions of rats, mice. There is delirium tremens; he tries to injure himself. There is mania followed by the disappearance of neuralgia.

He has a desire to wander from place to place (Phatak 2016). She is irritable; the least thing which goes wrong makes her crazy. She is nervous, fidgety, excitable and jerky. She is depressed and talkative, with a constant change of subjects. She is suspicious. She has gloomy forebodings, of death, insanity, and/or of impending death. She thinks she is going crazy. He fears that those in the house will kill him. She has a deathly fear of rats. She takes no interest in housework. She is suspicious, she wouldn't take her medicine. Mental symptoms are ameliorated by diarrhoea or menses, aggravated by rheumatism.

(vii) *Elaps corallines* (Coral-snake)(1).

He has a desire for a company as if something horrible might happen (Sankaran and Shah 2010). He is depressed (Boericke 2013). He imagines he hears someone talking.

He dreads to be left alone. He fears rain. He can speak but cannot understand his speech. He fears stroke (apoplexy). He shudders from least contradiction, or with pricking (Phatak 2016). He has a horror of rain. He is angry at himself and does not wish to be spoken to.

(viii) *Flouricum acidum* (Hydrofluoric acid)(1).

He is indifferent towards those he loved best (Boericke 2013). He has the inability to realize responsibilities. He is elated and full of fun. He has an impulse to walk fast, with a necessity to be always on the move (Phatak 2016). He is averse to his own family, to those he loved best. He becomes interested and converses pleasantly with strangers. He stands on the street ogling the women as they pass by. He has great lust. He sits silently, does not want to utter a single word, and does not answer when questioned.

(ix) *Fumaricum acidum* “no information obtained”/so *Medorrhinum* (The gonorrhoeal nosode)(1).

He fears to go insane (Boericke 2013). He has difficulties in concentration. He is nervous and restless. She has fears in the dark and of someone behind her. He is apprehensive, anticipates events (Phatak 2016). He feels far off, as though things are done today occurred a week ago. He cannot speak without weeping and tells it over and over again.

(x) *Ignatia amara* (St. Ignatius bean)(1).

There is a changeable mood (Boericke 2013). He is depressed, sad, and tearful. He is silently brooding. He is not communicative. He sighs and sobs after grief, shock, or disappointment.

He is alert, oversensitive and nervous (Phatak 2016). He is highly emotional. She weeps and laughs by turns, laughs when she ought to be serious. There is inward weeping and enjoys being sad. He is angry with himself. He desires to be alone. He is intolerant of contradiction and reprimands. He has fear of thieves, of trifle, of things coming near him. Girls faint easily, every time they go to church. They fall in love with married men. She has a sensation as if she had been fasting for a long time. She is

hurried during menses, no one can do things fast enough for her. She looks about the bed as if to find something. She delights to bring on her fits and produce a scare or a scene. She thinks she has neglected her duty. She fears of robbers at night.

3.2.23 BFRs mental symptom: Imagining that some harm has befallen their loved ones.

3.2.23.1 *Repertory/Rubric: Mind, delusion, dreadful has happened, something (1 remedy)* (Schroyens 2014).

3.2.23.2 *Homoeopathic remedy:*

(i) *Medorrhinum* (The gonorrhoeal nosode)(1).

There is a presentiment of death (Kent 2008). She has frightened sensation on waking up as if something dreadful had happened. She is anxious about her salvation.

He has a weak memory (Boericke 2013). He loses the thread of conversation. He cannot speak without weeping. Time passes too slowly. He is in a great hurry. He is hopeless of recovery. He has difficulties in concentration. He fears to go insane. He is nervous and restless. She fears in the dark, and of someone behind her. There is depression with suicidal thoughts.

He is apprehensive and anticipates events (Phatak 2016). He feels far off, as though things are done today occurred a week ago. He is cross during the day but merry at night. He dreads of saying wrong things. He feels life is unreal, everything is unreal. Everything startles her.

3.3 BFRs group: Over-care for the welfare others.

3.3.1 BFRs: Chicory.

3.3.1.1 BFRs mental symptoms: Children constantly in need of attention, don't like to be on their own, and are clingy.

3.3.1.2 *Repertory/Rubric: Mind, clinging, children, in* (Schroyens 2014).

3.3.1.3 *Homoeopathic remedies:*

(i) Borax veneta (Borate of sodium)(3).

He startles at every noise, on hearing unexpected news, from music, and from excitement (Kent 2008). There is extreme anxiety, especially with motions which have downward directions, rocking, being carried downstairs, or laid down (Boericke 2013). He has anxious facial expression during the downward motions; he startles and throws up hands when he is laid down, as if afraid of falling. He is excessively nervous, he is easily frightened. He is sensitive to sudden noises. He has violent fright from the sound of a gun, even at a distance. He has a fear of thunderstorm.

He is nervous, anxious, fidgety, and fickle (Phatak 2016). He is irritable before stool, but cheerful and happy after. Babies cry and scream, when nursing, or before passing stools or urine. Children awake, and suddenly scream, hold the sides of cradle, without any apparent cause. He does not wish to do anything. All mental symptoms are ameliorated at 11 p.m. change from one business to another, or from one room to another. He fears of being infected by some contagious disease.

(ii) Stramonium (Thorn-apple)(3).

He has a strange idea about the formation of his body, that it is ill-shapen, elongated, and deformed (Kent 2008). He has strange feelings concerning his physical state. There are all sorts of illusions and hallucinations. He sees ghosts, animals, angels, departed spirits, devil and knows they are not real, but later he is confident about it. He has these hallucinations, especially in the dark. At times he has an aversion to bright light which is painful, and again he must sit and look into an open fire, but this may cause cough and other symptoms.

He is devout, earnest, beseeching and ceaselessly talking (Boericke 2013). There is loquacity, garrulous, laughing, singing, and swearing. He prays and rhymes. He sees ghosts, hears voices, and talks with spirits. There are rapid changes from joy to sadness. He is violent and lewd. He has delusion about his identity; he thinks himself tall, double, a part missing. There is religious mania. He cannot bear solitude or darkness. He must have light and company. The sight of water or anything glittering brings on spasms. There is delirium with a desire to escape.

Child wakes up terrified, knows no one, scream with fright, and clings to those near him (Phatak 2016). He is dread of darkness and has a horror for glistening objects. He sees animals jumping sideways out of the ground or running to him. He cannot tolerate the talk of others. There is a self-accusation. He talks in foreign tongues. He thinks his limbs are separated from him. He has fear and anxiety on hearing water run. He is averse to all fluids. There is mania, he tears his clothes with teeth. He has a tendency of exposing himself. He wants to kill people or himself. Wife thinks her husband has neglected his duty, man thinks his wife is unfaithful. He has anxiety when going through a tunnel.

(iii) *Bismuthum/Bismuthum subnitricum* (Precipitated sub-nitrate of bismuth)(2).

He is discontented, morose and complaining (Clarke 1991). There is inconsistency. He is averse of being alone. He desire company (Boericke 2013). He cannot bear solitude. He complains about his condition. There are anger and discontentment.

(iv) *Gelsemium sempervirens* (Yellow jasmine)(2).

He desires to be quiet, to be left alone (Boericke 2013). There is dullness, languor, and listlessness. He is apathetic regarding his illness. He is delirious on falling asleep. He has emotional excitement, and fears that lead to bodily ailments. He has bad effects from fear, fright, or exciting news. Child startles and grasps the nurse and scream, as if afraid of falling. He has stage fright.

He is confused and acts as if crazy (Phatak 2016). He desires to be quiet or left alone. He wants to throw himself from a height. He is dread of falling, death, or ordeal. He gives answers slowly. There is cataleptic immobility, pupils dilated, and eyes closed but

conscious. His ailments are from the effect of grief. She cannot cry. She broods over her loss.

(v) *Antimonium tartaricum* (Tartrate of antimony and potash)(1).

There are fears of heights, narrow spaces, being alone, performance, or medical examinations (Scholten 1996). He feels better for clinging to another person. He is irritable, cross, moody, grumpy, angry, quarrelsome, and violent, worse for humiliation, to be looked at or touched, or being held.

He fears to be alone (Boericke 2013). There is muttering, delirium, and stupor. The child will not be touched without whining. He is dull and confused, with vertigo.

He has bad humour, and fear of being alone (Phatak 2016). He is frightened at every trifle. He clings to persons attending to him. He despairs over his recovery. There are depression and complaints about numerous suffering.

(vi) *Baryta carbonica* (Carbonate of baryta)(1).

He feels small and worthless (Scholten 1993). The feeling of being inferior is so great that he is shy. He has fears that something is going to happen (Kent 2008). The more he thinks of the complaints the more it gets worse. There are premature old aging and brain fag from prolonged mental work. There is a loss of memory, and mental weakness (Boericke 2013). He has lost confidence in himself. There are senile dementia and confusion. He is shy of strangers. There are childishness and grief over trifles.

He is slow to grasp (Phatak 2016). He is absurd and backward. He groans from every little thing. There is increasing mental weakness. She forgets her errands or words in her mouth. She is mistrustful. He thinks his legs are cut off and he is walking on his knees. The child does not want to play but sits in the corner doing nothing. Children cannot remember and learn. He thinks he is being laughed at and made fun of. He hides behind the furniture and keeps the hands over the face, peeping through the fingers. There is talking mania, during menses, in young girls.

(vii) *Cina maritima* (Dusty miller)(1).

The child is aggravated by being looked at (Kent 2008). They become worse from seeing strangers. The child takes a moderate supper and dreams all night, jerks and twitches in sleep. He rouses up in a fright and talks excitedly, about what he has dreamt, thinking it is real. There is delirium tremens; he sees dogs, phantoms and frightful things.

This is a children's remedy (Boericke 2013). The child is very cross, ill-humoured, doesn't want to be touched, crossed or carried. He desires many things but rejects everything offered. He has an abnormal consciousness as if has committed some evil deeds. Children desire to be rocked (Phatak 2016). He is uneasy and distressed all the time. Children have convulsions when they are scolded or punished. They are nervous.

(viii) *Cuprum metallicum* (Copper metal)(1).

They are kind and please every person (Scholten 1993). They are afraid of doing things wrong. They stick strictly to the rules and expect others to do the same. There is delirium, incoherency of speech, and loss of memory (Kent 2008). He is spiteful, violent, weeping, or shrieking. He goes into a convulsion with a shriek, described as of bellowing of a calf, at one point.

There is nervousness, and uneasiness (Phatak 2016). He says words not intended. He weeps violently, with piercing shrieks. There is convulsive laughter, delirium, with cold sweat. He fears people and shuns everybody. He is afraid of anybody who approaches him. He is confused, with a sense of losing consciousness. He has raged, and wants to attack and bites bystanders. He is malicious. He is manic, he bites, beats, and tears things. He imitates and mimics other people.

(ix) *Kalium carbonicum* (Carbonate of potassium)(1).

He is irritable to the very highest degree (Kent 2008). He quarrels with his family. He never wants to be alone. If compelled to remain alone in the house, he is wakeful, sleepless, or his sleep is full of horrible dreams. He is never at peace, is full of imaginations and fear.

He is despondent, with alternating moods (Boericke 2013). He is very irritable and full of fear. He has anxiety that is felt in the stomach. He has a sensation as if the bed is sinking. He never wants to be left alone. He is never quiet or contented. He is obstinate and hypersensitive to pain, noise, and touch.

He is peevish, easily startled when touched, especially on feet (Phatak 2016). He has fear of the future, ghosts, or death. He is anxious about his own disease. She weeps much and is very irritable.

(x) *Lycopodium clavatum* (Club moss)(1).

He is depressed and afraid to be alone (Boericke 2013). He has a constant fear of breaking down under stress. He is apprehensive. There is sadness in the morning on waking up. He wakes up angry, sad and anxious (Phatak 2016). He has a loss of self-confidence from anticipation. He is averse to undertaking new things. He can be domineering, and exacting, or reserved and despairing.

3.3.2 BFRs mental symptom: Emotionally needy, manipulative, and excessively interfering.

3.3.2.1 *Repertory/Rubric: Mind, manipulative* (Schroyens 2014).

3.3.2.2 *Homoeopathic remedies:*

(i) *Pulsatilla pratensis* (Wind flower)(2).

She is tearful, plethoric, and generally has little credit for being sick from her appearance (Kent 2008). Yet she is nervous, fidgety, changeable, easily led and easily persuaded. She is easily irritated, extremely touchy, always feels little or fears she will be belittled. There is depression, sadness, weeping, despair, and religious despair. She imagines the company of the opposite sex is dangerous to imagine, or dangerous to do certain things well established in society as good for the human race. She imagines milk is not good to drink, so she will not take it. She imagines that certain articles of diet are not good for the human race. She is averse to marriage. She thinks it is evil to have sexual intercourse with her husband and abstains from it.

She weeps easily and is timid and irresolute (Boericke 2013). She fears in the evening for darkness, to be alone, and ghost. She likes sympathy. Children like fuss and caresses. She is easily discouraged. She has a morbid dread of the opposite sex. There is religious melancholy. She is highly emotional.

She is disgusted at everything (Phatak 2016). She is easily offended. She craves sympathy. She is dread of the opposite sex she thinks sex is a sinful act. She is easily moved to tears and laughter, after eating. She is capricious, miserly, and suspicious. She answers “yes” or “no” by nodding the head. She imagines that certain article of food is not good for the human race. She is saddened by bad news. She develops mania from suppressed menses. He is worse for sun, evening, thunderstorm, and rest.

(ii) Sulphur(2).

He is forgetful (Boericke 2013). He has difficulties in thinking. There is delusion; he thinks rags are beautiful, thinks he is immensely wealthy. He is busy all the time. There is childish peevishness in grown people. He is very selfish, has no regard for others. There is religious depression. He is averse to business. He is too lazy to arouse himself. He imagines giving wrong things to people, causing their death.

He is lazy, hungry and always tired (Phatak 2016). He is a hopeful dreamer. He is mean, prying, and easily excited. There are foolish happiness and pride. He thinks himself in possession of beautiful things, everything looks pretty which he takes a fancy to. There is a strong tendency to religious and philosophical reveries, with fixed ideas. There is disgust, up to nausea about any effluvia arising in his body. He dislikes having anyone near him. He is tired of life. There are strong impulsive tendencies to suicide by drowning or leaping from a window. He is averse to do mental or physical work. He wishes to touch something, but with the inability to do so.

(iii) Cotyledon umbilicus (Pennywort)(1).

There is a disagreeable sensation on waking up running down the back of right thigh and leg, with a feeling as though, there were no foot (Clarke 1991). He felt his head as exceedingly light for some time.

There is a lost, confused feeling (Boericke 2013). He could not articulate for some time after waking. He has felt as if parts of his body were absent.

(iv) *Lachesis muta* (Bushmaster snake)(1).

She suspects that they are contriving to injure her, and she will resort to any scheme to see if they were not talking of her to her detriment (Kent 2008). She imagines that her children and husband are trying to damage her. There is apprehension about the future. She thinks she is going to have heart disease and is going insane, and that people are contriving to put her in an asylum. She imagines her relatives are trying to poison her and she refuses to eat.

There is great loquacity (Boericke 2013). He is amative, sad in the morning. He has no desire to mix with the world. He is restless and uneasy. He does not wish to attend to business. He wants to be off somewhere all the time. He is jealous. He is suspicious, with a nightly delusion of fire. There are religious insanity and derangement of time sense.

There are compelling delusions (Phatak 2016). She thinks herself under superhuman control. She thinks she is dead and preparations are underway for her funeral. She thinks she is pursued, hated and despised. There are persistent erotic ideas, without ability. She is malice, and mischievous. There is mania from over-studying. She feels full of poison. She fears going to sleep and lying down or the heart will stop. She is averse to marry. She talks, whistles, and makes odd motions. During spasms, she crawls on the floor, spits often, hides, laughs or is angry. She predicts the future correctly. She is proud, lazy, and hateful.

(v) *Sanicula aqua* (The water of Sanicula springs, Ottawa)(1).

Children are headstrong, obstinate, and touchy (Phatak 2016). She has a constant desire to look behind. She is irritable, least word or action would upset her. She mis-constructs everything. She is cross which quickly alternates with playfulness. She is dread of downward motion. She fears the dark. She does not want to be touched. She is restless and desires to go from place to place.

(vi) *Silicea terra (Silica)*(1).

He is forgetful, worse during examination (Scholten 1996). He is absorbed by occupation and reading. There is monomania, which is worse for trifles. He is precise, punctual, mathematical, and is a perfectionist. He is refined, delicate, aristocratic, and artistic. He fears needles, injection, trifles, narrow spaces, not waking up from sleep, failures, and examinations. They are too much tied to the family. He insists everyone obeys the rules, leaving little individual freedom to his children and partner.

(vii) *Staphysagria (Starvesacre)*(1).

She is easily excitable, easily aroused to anger, but seldom manifest it (Kent 2013). She becomes speechless from suppressed indignation. She fakes illnesses. She gets easily angered with indignation. He is indifferent, low-spirited and dull after onanism.

She is impetuous, hypochondriac, sad, and has a violent outburst of passion (Boericke 2013). She is very sensitive as to what others say about her. She dwells on sexual matters. She prefers solitude. She is peevish. The child cries for many things and refuses them when offered.

She is gloomy and petulant, throws things around (Phatak 2016). She has unsatisfied sexual urges. She is snappy, sensitive mentally and physically. She is irritable, nervous, excitable, and violent. There is great indignation about things done by him or others. He grieves about the consequences. He believes he will lose his fortune, his wife will leave him. It is ill-effect from scolding or punishment in children. There is a want for self-control. He fears or afraid of his image.

(viii) *Tarentula hispanica (Spanish spider)*(1).

There is an alteration of mood (Boericke 2013). She has destructive impulses. She must constantly be busy or walks. She is sensitive to music. She is averse to a company but wants someone present. She is so ungrateful and dissatisfied.

She is averse to colours, black, red, yellow, and green (Phatak 2016). She dances up and down. She has fits of nervous laughter then screams. She lacks control, with

changing of mood. She is erratic, impulsive, crafty and cunning. There is moral deprivation. She is selfish, hateful, and throws things away. She is destructive, destroys whatever she can lay her hand on, and tears her clothes. There is malingering; she is hysterical when there is an observer when attention is directed to her, she begins to twitch, feigns fainting, but looks sideways to observe the effect on those around her. She desires to strike herself or others. She laughs, mocks, runs, dances gesticulate, jokes cries, or sings till her voice is hoarse or exhausted. She has a desire to take things which do not belong to her (kleptomania).

(ix) *Thuja occidentalis (Arbor vitae)*(1).

He has fixed ideas, as if a strange person were at his side, as if soul and body were separated, or as if something is alive in his abdomen (Boericke 2013). There is emotional sensitiveness; music causes weeping and trembling.

He thinks his body is fragile, made of glass (Phatak 2016). He feels as of being in the hands of a stronger power. He is hurried with ill-humour. He talks hastily and swallows words. He is sad and averse to life. He is over-excited, angry or anxious about trifles. He is nervous and begins to twitch on the approach of strangers. He cannot concentrate. Insane women will not be approached or touched. There is a fear of seeing green stripes. Her speech is slow, has to hunt for words. She is irritable, jealous, and quarrelsome, towards her husband or mother, but controls herself when amongst strangers and doctors. There is mental depression, after childbirth. She walks in a circle in the room.

(x) *Tuberculinum (Nosode from tubercular abscess)*(1).

There are contradictory characteristics, mania and depression, and, insomnia and stupor (Boericke 2013). He is irritable, especially on awakening. He is depressed. He fears animals, especially dogs. He has a desire to use a foul language, curse and swears.

He is sensitive to music, every trifle irritates, worse on awakening (Phatak 2016). He has fits of violent temper, wants to fight. He throws anything at anyone, even without

cause. He is dissatisfied, always wants a change, and does not want to remain in one place for long. He wants to do something different or even to find a new doctor. He is weary of life. He is reckless. He whines and complaints with every little ailment. He is confused everything in the room looks strange. He has nocturnal hallucinations and awakes frightened. He has an abundance of ideas (Maharaj 2017). He has a good memory, quick to respond and quick to comprehend.

3.3.3 BFRs mental symptom: Self-pity and resentment if their efforts are not appreciated.

3.3.3.1 *Repertory/Rubric: Mind, pities herself* (Schroyens 2014).

3.3.3.2 *Homoeopathic remedies:*

(i) **Calcii carbonas (Calcium carbonate)(3).**

She is convinced that she is insane, or about to become insane, that she is weak-minded (Kent 2008). She thinks people look at her suspiciously, and she looks at them suspiciously and wonders why they do not say something to her about it. She feels as if she can run up and down, and scream.

She is apprehensive which is worse towards the evening (Boericke 2013). She has a fear of loss of reasoning, misfortune, or diseases. She is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. She is averse to work or exertion.

She is forgetful and learns poorly (Phatak 2016). She is depressed and has a doubting mood. She fears disaster, insanity or being watched/observed. She fears to be excited by reports of cruelty. She is cautious. There is confusion, she misplaces words and expresses herself wrongly. She has visions, of fire, murder, rats, and mice, when in delirium. She sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. She is easily frightened or offended. She feels as if she would run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(ii) *Aurum muriaticum natronatum* (Sodium chloroaurate)(2).

There is premenstrual syndrome; she is insane before menses (Maharaj 2017). She fears rejection. There is delusion; she can be or will be rejected or put down by others. She feels she is treated unjustly, being criticised, reprimanded, laughed at, or overlooked. She is cautious with people and feels she's bothering them. She feels forsaken and rejected by her mother. There is delusion her mother is dead.

(iii) *Staphysagria* (Stavesacre)(2).

She is easily excitable, easily aroused to anger, but seldom manifest it (Kent 2008). She becomes speechless from suppressed indignation. She gets easily angered with indignation. He is indifferent, low-spirited and dull after masturbation (onanism).

She is impetuous, hypochondriac, sad, and has a violent outburst of passion (Boericke 2013). She is very sensitive as to what others say about her. She dwells on sexual matters. She prefers solitude. She is peevish. The child cries for many things and refuses them when they are offered.

She is gloomy and petulant, throws things around (Phatak 2016). She has unsatisfied sexual urges, in windows. She is snappy, sensitive mentally and physically. She is irritable, nervous, excitable, and violent. There is great indignation about things done by others or self. He grieves about the consequences. He believes he will lose his fortune, his wife will leave him. It is ill-effect from scolding or punishment in children. There is a want for self-control. He fears or is afraid of his image.

(iv) *Agaricus muscarius* (Toad stool-bug agaric)(1).

He sings, and talks, but does not answer (Boericke 2013). He jumps from one topic to another. He is indifferent and averse to work. He is fearless. He is delirious characterised by singing, shouting, and muttering. He rhymes and prophesies. It begins with paroxysm of yawning. There is increased cheerfulness, courage, loquacity, and exalted fancies. He has great mental excitement, incoherent speech, and gaiety which alternate with depression. He has lost perception of relative size of objects. He takes long steps and jumps over small objects as if they were trunks of trees, a small hole

appears as a frightful chasm, and spoonful of water seems like an immense lake. He has increased physical strength, can lift heavy loads. There is furious raging delirium. He screams, raves, and wants to injure himself.

He makes verses (Phatak 2016). He embraces and kisses hands. He is selfish. He is dull and dizzy as if drunk. He is morose, self-willed, stubborn, and slow in learning to walk and talk. He knows no one, throws things. Pressure on spine causes involuntary laughter. He cannot do anything new, and cannot do his routine work.

- (v) Aids nosode “no information obtained/so *Carcinosinum* (Cancer nosode)(1) used.

Hearing of bad news, and/or diagnosis of a potentially fatal disease has tremendous blow to his vital force (Dr Hall 2018). He has extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has anger of being ill. There is restlessness.

- (vi) *Androctonus amoreuxii hebraeus* (Israeli fat-tailed scorpion)(1).

He is depressed and destructive, and did not care if things were broken. He is averse to his normal work, wants to quit and avoid work (Vyas 2015). He feels detached from the surroundings. He has a changeable mood, one moment he is extremely friendly, nice and amiable, then irritable after. He has a terrible uncontrolled temper.

They are irresolute and capricious (Ross 2018). They do not know what they really want, or need, except for their complaint and to make others suffer. Their senses are easily excited bordering on painfulness. They are very suspicious, and have difficulties in trusting others. They also have a difficult relation with their own instinct. They often perceive pleasure coming from satisfying their physical needs as something like a sin. They perceive people around them as enemies. They are averse to touch or physical contact, it becomes dangerous for them and can cause violent reaction.

(vii) *Anthraquinone* “no information obtained”/so *Germanium metallicum* (*Germanium*)(1) used.

They love hiding behind formalities (Scholten 1996). They try all sorts of ways to avoid being held responsible. They push responsibilities to someone else. They feel misunderstood and useless compared to their colleagues. They are weak, empty, hopeless, helpless, gloomy, and doomed. They are absent-minded, confused, makes mistakes in writing and speaking (dyslexia).

(viii) *Aurum sulphuricum* (*Auric sulphide*)(1).

She desire solitude (Clarke 1991). There is disgust for life.

They are too serious and too absorbed by their work to be able to create a gentle and loving atmosphere (Scholten 1996). The lack of love and warmth makes them feel lonely. They feel let down by their partner or their friends who have deserted them and it hurts their pride. They starts to neglect themselves, get depressed, wear depressing clothes and even commit suicide. They are absent minded, confused, forgetful, rigid, and insane. They are irritable, critical, worse for offence and contradiction.

(ix) *Bambusa arundinacea* “no information obtained”/so *Graphites* (*Black lead*)(1).

He becomes very restless when attempting close mental work, and there is marked dread of mental work (Kent 2008). The mental depression is extreme, and it is made worse by music. Her sadness is so great that she thinks only of death and salvation. Her moods are constantly changing, while she may recall all events of youth, recent events are forgotten. She is extremely fretful and impatient, irritable about trifles and very critical.

There is great tendency to startle (Boericke 2013). He is timid, and indecisive. Music makes her weep. He is apprehensive and despondent.

He is sad, fearsome, irresolute, and hesitant at trifles (Phatak 2016). He has impulsivity to groan. He is dread of work. He is fidgety while sitting at work. He is miserable and unhappy. She weeps miserably to music without cause. Children are impudent, teasing,

and laughing at reprimands. He thinks of nothing but death. He remembers all events of youth, but recent events are forgotten.

(x) *Cadmium iodatum* (Cadmium iodide)(1).

There is loss of honour (Scholten 1996). Once they cannot live up to the expectations, they tend to collapse in depression. They cannot defend themselves and they feel overwhelmed by their enemies. She is forgetful about details, and forgets where she put things. She mistakes rooms and time. There is a lack of concentration. She is confused, and absent-mindedness. She fears heights, narrow spaces, and making of speeches.

3.3.4 *Repertory/Rubric: Mind, delusion, appreciated, she is not* (Schroyens 2014).

3.3.4.1 *Homoeopathic remedies:*

(i) *Aids nosode* “no information obtained”/so *Pulsatilla pratensis* (Wind flower)(1).

She is tearful, plethoric, and generally has little credit for being sick from her appearance (Kent 2008). Yet she is nervous, fidgety, changeable, easily led and easily persuaded. She is easily irritated, extremely touchy, always feels belittled or fears she will be belittled. There is depression, sadness, weeping, despair, and religious despair. She imagines the company of the opposite sex is dangerous to imagine, or dangerous to do certain things well established in society as good for human race. She imagines milk is not good to drink, so she will not take it. She imagines that certain articles of diet are not good for human race. She is averse to marriage. She thinks it is evil to have sexual intercourse with her husband and abstain from it.

She weeps easily, and is timid and irresolute (Boericke 2013). She fears in the evening for darkness, to be alone, and ghost. She likes sympathy. Children like fuss and caresses. She is easily discouraged. She has morbid dread of the opposite sex. There is religious melancholy. She is highly emotional.

She is disgusted at everything (Phatak 2016). She is easily offended. She craves sympathy. She is dread of the opposite sex she thinks sex is a sinful act. She is easily moved to tears and laughter, after eating. She is capricious, miserly, and suspicious.

She answers “yes” or “no” by nodding the head. She imagines that certain article of food is not good for the human race. She is saddened by bad news. She develops mania from suppressed menses. He is worse for sun, evening, thunderstorm, and rest.

(ii) *Androctonus amoreuxii hebreus* (Israeli fat-tailed scorpion)(2).

He is depressed and destructive and did not care if things were broken. He is averse to his normal work, wants to quit and avoid work (Vyas 2015). He feels detached from his surroundings. He has a changeable mood, one moment he is extremely friendly, nice and amiable, then irritable. He has a terrible uncontrolled temper.

They are irresolute and capricious (Ross 2018). They have a strong desire to be seen, to be watched, and in case of suffering, to be pitied. They want to show to the others how much they are suffering and as they have an idea that they suffer because of their environment (which is their family and society), that never allowed them to show and express their own basic needs. So they are taking revenge for this by making others feel guilty. They don't know what they really want, or need, except for their complaint and to make others suffer. Their senses are easily excited bordering on painfulness. They are very suspicious and have difficulties in trusting others. They also have a difficult relationship with their own instinct. They often perceive pleasure coming from satisfying their physical needs as something like a sin. They perceive people around them as enemies. They are averse to touch or physical contact, it becomes dangerous for them and can cause a violent reaction.

(iii) *Carcinosinum* (Cancer nosode)(2).

Hearing of bad news, and/or diagnosis of a potentially fatal disease has a tremendous blow to his vital force (Hall 2018). He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness.

(iv) *Hamamelis virginiana* (Witch-hazel)(2).

He is depressed in mind, also after emissions, with a regrettable mind (Clarke 1991). He is forgetful, with no desire to study or work (Phatak 2016). He wants the respect due to him, shown. He is irritable.

(v) *Palladium metallicum* (Palladium)(2).

She is fond of the opinion of others, and much weight is laid on their judgment (Clarke 1991). Her pride is easily wounded. She imagines herself to be neglected. Depressing news worsens all her symptoms. She is excited and impatient when she has a headache. She feels time passes too slowly.

They like to get all the attention and praises (Scholten 1996). They want to hear they have done well and like to be flattered. Their conviction that they are brilliant and talented can easily turn into pride. They have no doubt that they are brilliant and talented but they sometimes doubt whether others will realise this fact.

There is a weeping mood (Boericke 2013). She has pride and gets easily offended. She is inclined to use violent language. She keeps up brightly when in a company, but much exhausted afterward, with pain aggravated.

She loves approbation; she seeks the good opinion of others and attaches great importance to them (Phatak 2016). She is easy prey to slights, real or imaginary. She has wounded pride and fancied neglect. She sometimes vents in violent expressions. Depressing news aggravates all her symptoms. Time passes too slowly.

(vi) *Thuja occidentalis* (Arbor vitae)(2).

He has fixed ideas, as if a strange person were at his side, as if soul and body were separated, or as if something is alive in his abdomen (Boericke 2013). There is emotional sensitiveness; music causes weeping and trembling.

He thinks his body is fragile, made of glass (Phatak 2016). He feels as of being in the hands of a stronger power. He is hurried with ill-humour. He talks hastily and swallows words. He is sad and averse to life. He is over-excited, angry or anxious about trifles.

He is nervous and begins to twitch on the approach of strangers. He cannot concentrate. Insane women will not be touched or approached. There is a fear of seeing green stripes. Her speech is slow, has to hunt for words. She is irritable, jealous, and quarrelsome, towards her husband or mother, but controls herself when amongst strangers and doctors. There is mental depression, after childbirth. She walks in a circle in the room.

(vii) Argentum nitricum (Silver nitrate)(1).

Argentum nitricum persons are assertive type and have to preserve their creative talent to prove themselves otherwise they won't be able to assert themselves (Scholten 1996). They are delusional that they are neglected by family, everything has changed at home, failure or falling.

He thinks his understanding will and must fail (Boericke 2013). He is fearful and nervous. He has impulses, to jump out the window. He trembles and faints easily. He is depressed with the apprehension of serious disease. Time passes slowly. He has a weak memory. There is an error of perceptions. He is impulsive, that he wants to do things in a hurry.

He is tormented by strange ideas and emotions (Phatak 2016). He is fearsome. He fears evil, crowds, passing a certain point, high buildings, and the dark. He falters in speech, gait, and erection of things. He has lost ambition. He believes that he is despised by his family and that all undertakings will fail. He has impulses to jump when crossing a bridge or from a window. There is a loss of memory. He is irrational, does strange things, and comes to strange conclusions. He does foolish things.

(viii) Aurum metallicum (Gold metal)(1).

His characteristic aspect is the "people", to guard them, his "flock" (Scholten 1996). He may sometimes act superior, especially when others try to take liberties. He cannot let down a person or the task entrusted into his care. He holds on power and responsibility. He fears heights, falling, murder, being murdered, suicide, heart disease, devil, God. He dreams of heights, falling, death, killing, fire. He has delusions; he is superior, alone,

neglecting his duty. They are haughty, cheerful, bored, gloomy, and suicidal by jumping from a high building, jumping in front of a train, or a running car. He has delusions of being alone, superior, or neglecting his duty.

There is a feeling of self-condemnation and utter worthlessness, with increased blood pressure, thorough disgust of life, and thoughts of suicide (Boericke 2013). He talks of committing suicide. There is a great fear of death. He is peevish and vehement at least contradiction. He is anthropophobic (fear of people). There are mental derangement and constant rapid questioning without waiting for a reply. He cannot do things fast enough. He is oversensitive to noise, light, excitement, and confusion.

There is intense hopeless depression and disgust of life (Phatak 2016). He has suicidal anguish. He weeps, pray, and reproaches self from heart disease. He jumps from one topic to another. He has a weak memory. He has violent hysteria, with desperate actions. She does everything wrong and thinks she had neglected something; her friends, her duty. He has hemiopia; upper half of objects are invisible. He is photophobic (oversensitivity to light).

(ix) *Capsicum annuum* (Cayenne Pepper)(1).

There is excessive peevishness (Boericke 2013). He is homesick, with sleeplessness, and disposition to suicide. He wants to be left alone. There is delirium.

There is capricious and changeable mood (Phatak 2016). He is homesick with a red face and sleeplessness. He is clumsy, awkward, and runs into everything. He is irritable, angry, and easily offended. He is joyful and sings, yet at slightest cause he gets angry. He is always on the look-out for insults. If she wants a certain thing, she will oppose, if proposed by someone else. She laughs and weeps alternately.

(x) *Platinum metallicum* (Platina/platinum metal)(1) .

There is sadness especially in the evening, with strong inclination to weep often (every second day), alternating with excessive gaiety (Clarke 1991). She has an involuntary inclination to whistle and sing, or weep. She cries loudly for help. She thinks she stands alone in the world. She has a great fear of death, which she believes it's near,

accompanied by trembling, palpitation of the heart, and obstructed respiration. There are dread and horror sensation. She has fear with trembling of hands and feet, and confusion of ideas, as if all persons approaching were demons. She is apathetic, indifference and absent-minded. She has impulses to kill her own child, husband, on seeing a knife.

There is an irresistible impulse to kill (Boericke 2013). She is arrogant and proud. There is self-exaltation, with contempt for others. She is wary of everything. Everything seems changed. Physical symptoms disappear as mental symptoms develop.

She laughs at the wrong times (Phatak 2016). She is unkind, abrupt and quarrelsome. There is a disordered sense of proportion; objects seem smaller, strange or frightful. She screams for help. She looks with disdain at everyone and everything. She feels tall and stately. She is proud and erotic. She whistles, dances and sings. She feels alone and deserted. She thinks her husband her husband will never return, something will happen to him.

3.3.5 BFRs mental symptom: Feeling of inner emptiness.

3.3.5.1 *Repertory/Rubric: Mind, delusion, emptiness* (Schroyens 2014).

3.3.5.2 *Homoeopathic remedies:*

(i) **Cocculus indicus (Indian Cockle)(3).**

He sits as if wrapped in deep, sad thoughts, and does not take notice of anything (Clarke 1991). There is a loss of will and power to decide on any action.

He is capricious, heavy and stupid (Boericke 2013). Time passes too quickly. He is absorbed in a state of thinking of pleasant things (reveries). He is inclined to sing irresistibly. His mind is benumbed and slow to comprehend. There is profound sadness. He cannot bear contradiction, speaks hastily, and very anxious about the health of others.

Her thoughts are fixed on one unpleasant subject (Phatak 2016). She sits as if absorbed in deep and sad thoughts and observes nothing about her. She has sudden

anxiety, and things seem unreal. She is easily offended, and cannot bear contradiction. He is delusional, sees something alive on the wall, floor, chairs, etc. He fears death and unknown danger.

(ii) Pulsatilla pratensis (Wind flower)(3).

She is tearful, plethoric, and generally has little credit for being sick from her appearance (Kent 2008). Yet she is nervous, fidgety, changeable, easily led and easily persuaded. She is easily irritated, extremely touchy, always feels belittled or fears she will be belittled. There is depression, sadness, weeping, despair, and religious despair. She imagines the company of the opposite sex is dangerous to imagine, or dangerous to do certain things well established in society as good for the human race. She imagines milk is not good to drink, so she will not take it. She imagines that certain articles of diet are not good for the human race. She is averse to marriage. She thinks it is evil to have sexual intercourse with her husband/wife (man) and abstain from it.

She weeps easily and is timid and irresolute (Boericke 2013). She fears in the evening for darkness, to be alone, and ghost. She likes sympathy. Children like fuss and caresses. She is easily discouraged. She has a morbid dread of the opposite sex. There is religious melancholy. She is highly emotional.

She is disgusted at everything (Phatak 2016). She is easily offended. She craves sympathy. She is dread of the opposite sex she thinks sex is a sinful act. She is easily moved to tears and laughter, after eating. She is capricious, miserly, and suspicious. She answers “yes” or “no” by nodding the head. She imagines that certain article of food is not good for the human race. She is saddened by bad news. She develops mania from suppressed menses. She is worse for sun, evening, thunderstorm, and rest.

(iii) Sepia (Inky secretion of cuttlefish)(3).

There is an absence of joy with an inability to realise that things are real (Kent 2008). She has no affection for the delightful things of life. Life has nothing in it for her.

She is indifferent to those she loved best (Boercke2013). She is averse to work, and family. She is irritable and easily offended. She dreads to be alone. She is very sad. She weeps when telling symptoms. She is miserly and anxious in the evening.

She wants to commit suicide (Phatak 2016). She is nervous, such that she wants to hold on to something or she should scream. She says and does strange things. Nobody knows what she will do next. She has an anxious fear of trifles. She is averse to family, those loved best, company, sympathy, and yet dreads to be alone. She is sad about her health and domestic affairs. She constantly worries, frets, and cries about her health and domestic affairs. She is sexually minded. She takes pleasure in teasing others. She feels unfortunate without cause. Women hate men, and men hate women. She sits quietly and answers either with “yes” or “no”.

(iv) *Caladium sequinum* (American arum)(2).

He is low spirited and has gloomy thoughts (Clarke 1991). There is forgetfulness. He is very irritable and depressed. He is confused, cannot concentrate the mind. He is apprehensive and careful about his health.

He is very forgetful, and cannot remember (Kent 2008). All day long he finds himself looking at the things that he should have done. It has simply escaped his mind and forgotten them. He is absent-minded. There is prostration of mind and inability to perform intellectual work. He is forgetful with mental and physical prostration from sexual excess or tobacco poisoning. He stands on the street corner and lust upon passing girls. He is extremely nervous, awakes all night with strong sexual desire (lascivious) thoughts, apprehensive, with fear of the future and of catching diseases which are not around.

He is restless, cannot control himself after smoking (Phatak 2016). He refuses to take medicine. He is forgetful and nervous. He fears catching disease. He is afraid of his own shadow. There is foolish boldness.

(v) *Gelsemium sempervirens* (Yellow jasmine)(2).

He is greatly irritable, does not want to be spoken to (Clarke 1996). There are unconnected ideas. He cannot follow an idea for any length of time. If he attempts to think consecutively, he is attacked by a painful vacant feeling of the mind.

He desires to be quiet, to be left alone (Boericke 2013). There is dullness, languor, and listlessness. He is apathetic regarding his illness. He goes into delirium on falling asleep. He has emotional excitement, and fears that lead to bodily ailments. He has bad effects from fear, fright, or exciting news. Child startles and grasps the nurse and scream, as if afraid of falling. There is stage fright.

He is confused and acts as if crazy (Phatak 2016). He desires to be quiet or left alone. He wants to throw himself from a height. He is dread of falling, death, or ordeal. He answers slowly. There is immobile stiffness of the body (catalepsy), dilated pupils, and with closed eyes but conscious. There are ailments from the effect of grief. She cannot cry. She broods over her loss.

(vi) *Ignatia amara* (St. Ignatius bean)(2).

There are changeable moods (Boericke 2013). He is depressed, sad, and tearful. He is silently brooding. He is non-communicative. He sighs and sobs after grief, shock, or disappointment. He is alert, oversensitive and nervous (Phatak 2016). He is highly emotional. She weeps and laughs by turns, laughs when she ought to be serious. There is inward weeping, and enjoyment of being sad. He is angry with himself. He desires to be alone. He has an intolerance of contradiction and reprimands. He has fear of thieves, of trifle, of things coming near him. Girls faint easily, every time they go to church.

They fall in love with married men. She has a sensation as if she had been fasting for a long time. She is hurried during menses, no one can do things fast enough for her. She looks about the bed as if to find something. She delights to bring on her fits and produce a scare or a scene. She thinks she has neglected her duty. She fears of robbers at night.

(vii) *Kalium bromatum* (Bromide of Potash)(2).

He is anxious apprehensive and inquisitive about his health and fears not to be cured (Clarke 1996). He fears in the evening, in bed. He has peevish humour, and is discontent and impatient. He is dread of labour. He shrieks about imaginary appearances. He becomes easily startled, the tendency to startle when touched, especially feet.

There is a profound depressive delusion feeling of moral deficiency (Boericke 2013). He has religious depression and has the delusion of conspiracies against him. He imagines he is singled out as an object of divine wrath. He has a loss of memory. He must do something or move about. He gets fidgety. He has a fear of being poisoned. He has amnesic aphasia and can pronounce any words told, but also cannot speak otherwise. He has night terrors with horrid illusions. There is an active delirium.

There are depressive delusions, thinking he will commit some great crime (Phatak 2016). He is remorse, wrings hands, or burst into tears. He is slow, hesitant, omits or mixes up words in talking and writing. There is suicidal mania with trembling.

(viii) *Kalium carbonicum* (Carbonate of potassium)(2).

He is irritable to the very highest degree (Kent 2008). He quarrels with his family. He never wants to be alone. If compelled to remain alone in the house, he is wakeful, sleepless, or his sleep is full of horrible dreams. He is never at peace and is full of imaginations and fear.

He is despondent, with alternating moods (Boericke 2013). He is very irritable and full of fear. He has anxiety that is felt in the stomach and a sensation as if the bed is sinking. He never wants to be left alone. He is never quiet or contented. He is obstinate and hypersensitive to pain, noise, and touch.

He is peevish, easily startled when touched, especially on feet (Phatak 2016). He has fear of the future, ghosts, and death. He is anxious about his own disease. She weeps much and is very irritable.

(ix) *Kola* “no information obtained”/so Ammonium carbonicum (Carbonate of ammonia)(1).

He cannot tolerate injustice, rebels against society and all its values, and becomes violent and aggressive (Scholten 1993). He becomes cynical and reserved as he gets older, disappointed on his earlier youth ideals because he thinks the society is rotten and corrupt. When it becomes clear that everything is not as ideal as he thought, he becomes disappointed and bitter.

They are forgetful, ill-humoured, and gloomy during stormy weather (Boericke 2013). Talking and hearing others talk affects them greatly. They are sad and weepy.

He is depressed, with weakness of intellect (Phatak 2016). He frets as if a crime has been committed. There is a weakness of memory, aggravated by vexation. There is poor hygiene, he is unclean.

(x) *Muriaticum acidum (Muriatic Acid).*

He is irritable and peevish (Boericke 2013). There is fretful loud moaning, great restlessness, and sad. He suffers in silence. He is introverted, sad, and taciturn (Phatak 2016). He is irritable and muttering.

3.3.6 BFRs: Vervain.

3.3.6.1 BFRs mental symptom: Unconscious belief that it's their responsibility to take care of everything.

3.3.6.2 *Repertory/rubric: Mind, duty, too much sense of duty* (Schroyens 2014).

3.3.6.3 *Homoeopathic remedies:*

(i) ***Calcii carbonas/calcareo carbonica (Calcium carbonate)(3).***

There is a delusion that others will see their confusion (Scholten 1993). *Calcarea carbonica* persons are unsure of themselves but do not show it. They comply with all the norms and values to prevent others to think negative about them. They work very hard to show others that they have something positive to contribute to society.

He is convinced that he is insane, or about to become insane, that he is weak-minded (Kent 2008). He thinks people look at him suspiciously, and he looks at them suspiciously, and he wonders why they do not say something to him about it. She feels as if she can run up and down, and scream. He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, and/or diseases. He is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she would run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(ii) **Kalium carbonicum (Carbonate of potassium)(3).**

Carbon series group analysis includes themes like being successful in life through hard work, being a central figure (father), a shining hero (Scholten 1996). Kalium metallicum essence is simply to work to do his duty.

He is irritable to the very highest degree (Kent 2008). He quarrels with his family. He never wants to be alone. If compelled to remain alone in the house, he is wakeful, sleepless, or his sleep is full of horrible dreams. He is never at peace and is full of imaginations and fear.

He is despondent, with alternating moods (Boericke 2013). He is very irritable and full of fear. He has anxiety that is felt in the stomach. He has a sensation as if the bed is sinking. He never wants to be left alone. He is never quiet or contented. He is obstinate and hypersensitive to pain, noise, and/or touch.

He is peevish, easily startled when touched, especially on feet (Phatak 2016). He has fear of the future, ghosts, and/or death. He is anxious about his own disease. She weeps much and is very irritable.

(iii) Nitricum acidum (Nitric acid)(3).

They have lost everything they have worked hard for, what they have built (Scholten 1996). They have a feeling that they have to exhaust all possibilities of enjoyment. They keep fighting for their opportunities, they do not give up. He is irritable, hateful, vindictive, and headstrong (Boericke 2013). He is hopeless and despairs. He is sensitive to noise, pain, touch, and jar. He fears death.

There is profanity, cursing, using vulgar language (Phatak 2016). He has quarrelsome delirium; he talks with spirits in other tongues. He is confused. His thoughts vanish after the exertion of mind. There is despondency and taciturn. He refuses consolation on his misfortune. He is anxious about his disease. He fears cholera. There is no disposition to work or to perform any serious business. He weeps from the discontent of himself. He is easily frightened.

(iv) Triticum vulgare (Wheat)(3).

There is oversensitivity to criticism, especially indignation (Scholten et al 2016). There is depression of varying degrees usually with low confidence, weeping, and tiredness. He has mood swings and is irritable, and with irrational emotions. He lacks motivation, has poor concentration and memory, and feels as if drugged or sleepy. He is short tempered, with internal restlessness, and dissatisfaction. He lacks confidence and desires to be alone.

(v) Arsenicum album (Arsenious acid)(2).

They feel they are losing everything they have worked hard for, what they have built up (Scholten 1996). They have a feeling that they are failures and it hurts them. They are good at sacrificing by giving a lot to others. They might give so much that they regarded/become a martyr. This tactic of sacrificing by giving can be characterised by the belief that, if they give something small, they will receive something big.

She has been thinking about religious matters until she becomes insane (Kent 2008). She has the delusion that she has sinned away her day of grace, the biblical promise of salvation do not apply to her, there is no hope for her, and she is doomed to punishment.

There are great anguish and restlessness (Boericke 2013). He changes place continually. He has a fear of death, of being left alone. There is great fear with cold sweat. He thinks it is useless to take medicine. He is suicidal. There are hallucinations of smell (olfactory), and sight (visual). Despair drives him from place to place. He is miserly, malicious, and selfish. He lacks courage. He is sensitive to disorder and confusion.

He is oversensitive, anxious, fastidious, and fault finding (Phatak 2016). There are anguish and despair of recovering. He has fear of, death from starvation, financial loss. There is violence, self-torture, pulls her hair, bites her nails, he (men) tears his own body. He is depressed. He fears to be left alone, lest he does himself bodily harm. He has delirium tremens, imagines the house full of thieves, and he jumps and hides. He sees ghosts day and night. She groans, moans, and weeps during menses. Her desire exceeds her needs. He does not want to meet his acquaintances, thinks he has offended them. There is burning in eyes, with acrid lacrimation, and intense photophobia.

(vi) *Kalium sulphuricum* (Pottasium sulphate)(2).

They have an idea that it is their task/duty to give joy and happiness to others (Scholten 1993). They want to offer real help, especially to the sick. They have joy and are content if they have made others to feel happy. They feel they have a duty to help their marriage. Once they have made a choice of partner, they do everything to stand by them, to help through periods of adversity or sickness.

He is easily angered and obstinate (Kent 2008). He seems to be thinking of something far away. He is anxious in the evening in bed, during the night, and on waking. He is averse to work, to business and to company. There is dullness of mind, discouragement, and discontentment with everything. He is frightened at trifles and

forgets what he was about to do and say. He is always in a hurry as if excited. He is impatient and impetuous. She is very irritable in the morning on waking up, in the evening, and during menses. He shrieks and startles easily. He walks in his sleep. He startles easily from fright, on falling asleep, and during sleep. He is indisposed to talk. He talks in sleep.

He is hurried, irritable, and frightened at trifles (Phatak 2016). He desires to lie down, but lying down aggravates, so he must walk for relief. He desires and rejects things.

(vii) *Natrum sulphuricum* (Sulphate of sodium)(2).

They have an idea that they stand alone in matters of love (Scholten 1993). They feel that they do not know what love is, or that they are not allowed to experience it. Another version of themes of the remedy can be that they feel bound to their partners. They feel duty bound for their partner, children and the rest of the family. They feel very responsible for their family and their partner, which makes them feel restricted.

He is saddened by lively music (Boericke 2013). He is depressed, with periodical attacks of mania. He has suicidal tendencies; he must exercise restraint to prevent shooting himself. There is an inability to think, and he dislikes to speak or to be spoken to.

He is sensitive and suspicious (Phatak 2016). There is sadness aggravated by music or subdued light, or sitting near a stained glass window. He has fear of the crowd, and of evil. Mental troubles arise from injury to the head or ill effects of falls. He does not want to speak and feels that nobody should talk to him. He is depressed, and cheerful after stools.

(viii) *Sepia* (Inky secretion of cuttlefish)(2).

There is an absence of joy with an inability to realise that things are real (Kent 2008). She has no affection for the delightful things of life. Life has nothing in it for her. She is indifferent to those she loved best (Boercke 2013). She is averse to work, and/or family. She is irritable and easily offended. She dreads to be alone. She is very sad. She weeps when telling symptoms. She is miserly and anxious in the evening.

She wants to commit suicide (Phatak 2016). She is nervous, such that she wants to hold on to something or she should scream. She says and does strange things. Nobody knows what she will do next. She has an anxious fear of trifles. She is averse to family, those loved best, company, sympathy, and yet dreads to be alone. She is sad about her health and domestic affairs. She constantly worries, frets, and cries about her health and domestic affairs. She is sexually minded. She takes pleasure in teasing others. She feels unfortunate without cause. Women hate men, and men hate women. She sits quietly and answers either with “yes” or “no”. She feels homebound, burdened by childbearing, children rearing, and housework (Maharaj 2017).

(ix) *Thuja occidentalis (Arbor vitae)(2).*

He has fixed ideas, as if a strange person were at his side, as if soul and body were separated, or as if something is alive in his abdomen (Boericke 2013). There is emotional sensitiveness; music causes weeping and trembling.

He thinks his body is fragile, made of glass (Phatak 2016). He feels as of being in the hands of a stronger power. He is hurried with ill-humour. He talks hastily and swallows words. He is sad and averse to life. He is over-excited, angry or anxious about trifles. He is nervous and begins to twitch on the approach of strangers. He cannot concentrate. Insane women will not be touched or approached. There is a fear of seeing green stripes. Her speech is slow, has to hunt for words. She is irritable, jealous, and quarrelsome, towards her husband or mother, but controls herself when amongst strangers and doctors. There is mental depression, after childbirth. She walks in a circle in the room.

(x) *Agaricus muscarius (Toad stool/bug agaric)(1).*

He sings, and talks, but does not answer (Boericke 2013). He jumps from one topic to another. He is indifferent and averse to work. He is fearless. He is deliriously characterised by singing, shouting, and muttering. He rhymes and prophecies. It begins with a paroxysm of yawning. There is increased cheerfulness, courage, loquacity, and exalted fancies. He has great mental excitement and incoherent talking, and immoderate gaiety that alternate with depression. He has lost perception of the relative

size of objects. He takes long steps and jumps over small objects as if they were trunks of trees, a small hole appears as a frightful chasm, and a spoonful of water seems like an immense lake. He has increased physical strength, can lift heavy loads. There is furious raging delirium. He screams, raves, and wants to injure himself.

He makes verses (Phatak 2016). He embraces and kisses hands. He is selfish. He is dull and dizzy as if drunk. He is morose, self-willed, stubborn, and slow in learning to walk and talk. He knows no one, throws things. Pressure on the spine causes involuntary laughter. He cannot do anything new, cannot do his routine work.

3.3.7 BFRs mental symptom: They are perfectionists.

3.3.7.1 *Repertory/Rubric: Mind, fastidious* (Schroyens 2014).

3.3.7.2 *Homoeopathic remedies:*

(i) ***Aloe sacotrina (Aloe)(3).***

She is disinclined to move, and that life is a burden (Kent 2008). He hates people and repels everyone. He is extremely excitable when under the influence of pain, and the pains are generally in the abdomen.

He is dissatisfied and angry about himself (Phatak 2016). There is a disinclination to mental labour. He hates people, repels everyone. He is ill-humoured, aggravated in cloudy weather, or with constipation. She thinks that she would die in a week. Life is a burden to him. He trembles from the sound of music and other noises.

(ii) ***Arsenicum album (Arsenious acid)(3).***

She has been thinking about religious matters until she becomes insane (Kent 2008). She has the delusion that she has sinned away her day of grace, the biblical promise of salvation do not apply to her, there is no hope for her, and she is doomed to punishment.

There are great anguish and restlessness (Boericke 2013). He changes place continually. He has a fear of death, of being left alone. There is great fear with cold sweat. He thinks it is useless to take medicine. He is suicidal. There are hallucinations

of smell (olfactory), and sight (visual). Despair drives him from place to place. He is miserly, malicious, and selfish. He lacks courage. He is sensitive to disorder and confusion.

He is oversensitive, anxious, fastidious, and fault finding (Phatak 2016). There are anguish and despair of recovering. He has fear of, death from starvation, financial loss. There is violence, self-torture, pulls her hair, bites her nails, he (men) tears his own body. He is depressed. He fears to be left alone, lest he does himself bodily harm. He has delirium tremens, imagines the house full of thieves, and he jumps and hides. He sees ghosts day and night. She groans, moans, and weeps during menses. Her desire exceeds her needs. He does not want to meet his acquaintances, thinks he has offended them. There is burning in eyes, with acrid lacrimation, and intense photophobia.

(iii) Kalium sulphuricum (Potassium sulphate)(3).

He is easily angered and obstinate (Kent 2008). He seems to be thinking of something far away. He is anxious in the evening in bed, during the night, and on waking. He is averse to work, to business and to company. There is dullness of mind, discouragement, and discontentment with everything. He is frightened at trifles and forgets what he was about to do and say. He is always in a hurry as if excited. He is impatient and impetuous. She is very irritable in the morning on waking up, in the evening, and during menses. He shrieks and startles easily. He walks in his sleep. He startles easily from fright, on falling asleep, and during sleep. He is indisposed to talk. He talks in sleep.

He is hurried, irritable, and frightened at trifles (Phatak 2016). He desires to lie down, but lying down aggravates, so he must walk for relief. He desires and rejects things.

(iv) Natrum silicicum/silicate (Sodium silicate)(3).

They do not like to talk about themselves, because they are afraid that their image will collapse (Scholten 96). They are afraid that anything they say about themselves will be used against them. Their image is very important to them and they try to cultivate it by

hard work and studying intensely. They like to appear as if they can manage very well by themselves, as someone who is full of confidence who will handle anything that comes his way. They are absorbed in their occupation or reading. He is precise, punctual, calculating, and perfectionist.

(v) *Anacardium orientale* (Marking nut)(2).

He is persuaded by his evil will to do acts of violence and injustice but is withheld and restrained by goodwill (Kent 2008). He has fixed ideas (Boericke 2013). He hallucinates, he thinks he is possessed of two-person or wills. He has anxiety when walking as if he is pursued. There are profound depression and hypochondriac, with tendencies of using violent language. There are brain-fag and memory impairment. He is absent-minded and very easily offended. He is malicious and seems bent on wickedness. He lacks confidence in himself or others. He is suspicious. He is clairvoyant, he hears voices far away, or of the dead. There is an absence of all moral restraint. There is senile dementia.

There is an illusion of duality, he believes he is with other people or others are behind him (Phatak 2016). She has delusion, her husband and/or children are not hers. There is no reality in anything, all appears like a dream. He apprehends trouble from anything. There is a senseless talk. She screams loudly as if to call someone. There is religious mania. She has a bad memory. She suddenly forgets names, those around her, what she has. She lacks self-confidence. She desires to swear and curse. She has a fear of paralysis, the despair of getting wet. There are contradictory impulses, she laughs at serious things, or remain serious when anything laughable occurs. He has suicidal tendencies by shooting himself. He sees everyone's face in the mirror except his own. He is hard-hearted and cruel. He refuses to eat for fear of being poisoned.

(vi) *Aurum muriaticum natronatum* (Sodium chloroaurate)(2).

There is premenstrual syndrome; she is insane before menses (Maharaj 2017). She fears rejection. There is delusion; she can be or will be rejected or put down by others. She feels she is treated unjustly, being criticised, reprimanded, laughed at, or over-

looked. She is cautious with people and feels she's bothering them. She feels forsaken and rejected by her mother. There is delusion her mother is dead.

(vii) *Aurum sulphuricum* (Auric sulphide)(2).

He desires solitude (Clarke 1991). There is disgust for life. They are too serious and too absorbed to their work to be able to create a gentle and loving atmosphere (Scholten 1996). The lack of love and warmth makes them feel lonely. They feel let down by their partner or their friends who have deserted them and it hurts their pride. They start to neglect themselves, get depressed, wear depressing clothes and even commit suicide. They are absent-minded, confused, forgetful, rigid, and insane. They are irritable, critical, worse for offense and contradiction. They are haughty (behaving in an unfriendly way towards other people because he thinks that he is better), complaining, and bored.

(viii) *Carcinosinum* (Cancer nosode)(2).

They have a high degree of honour, honesty, and integrity (Hall 2018). They are conscientious in business, work, and study. They have sympathy for the welfare of others and are devoted to caring for others. They do not complain about their own illness.

Hearing of bad news, and/or diagnosis of a potentially fatal disease has a tremendous blow to his vital force. He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness.

(ix) *Causticum* (Potassium hydrate)(2).

They have high ideals; they want to fight injustice and abuse, to stop it happening in the rest of the world (Scholten 1996). This has come as compensation for the feeling of being used and abused. There is hysteria which is gradually increasing (Kent 2008). She loses all control of herself and says foolish things. She becomes extremely

sensitive to noise, or touch. She startles from the slightest noise. He fears death, fear that something will happen to his family. He always anticipates some dreadful event.

The child does not want to go to bed alone (Boericke 2013). Least things make him cry. He is sad and hopeless. He is intensely sympathetic. There are ailments from long-lasting grief and sudden emotions. Thinking of complaints aggravates, especially haemorrhoids.

He is despondent and wants to die (Phatak 2016). He is ambitionless. There is mental fatigue. He has chorea; he weeps and laughs. He laughs before, or with spasms. She is conscious-stricken as if she had committed some crime. There is a sad, whining mood. There are spoonerisms; he confounds letter and syllables.

(x) Graphites (Black lead).

He becomes very restless when attempting close mental work, and there is a marked dread of mental work (Kent 2008). The mental depression is extreme, and it is made worse by music. Her sadness is so great that she thinks only of death and salvation. Her moods are constantly changing, while she may recall all events of youth, recent events are forgotten. She is extremely fretful and impatient, irritable about trifles and very critical.

There is a great tendency to startle (Boericke 2013). He is timid and unable to decide. Music makes her weep. He is apprehensive, despondent, with indecision. He is sad, fearsome, irresolute, and hesitant at trifles (Phatak 2016). He is impulsive to groan. He is dread of work. He is fidgety while sitting at work. He is miserable and unhappy. She weeps miserably to music without cause. Children are impudent, teasing, and laughing at reprimands. He thinks of nothing but death. He remembers all the events of youth, but recent events are forgotten.

3.3.8 BFRs mental symptoms: They are incensed by injustice.

3.3.8.1 *Repertory/Rubric: Mind, injustice, cannot support* (Schroyens 2014).

3.3.8.2 *Homoeopathic remedies:*

(i) **Carcinosinum (Cancer nosode)(3).**

They have a high degree of honour, honesty, and integrity (Hall 2018). They have sympathy for the welfare of others and are devoted to caring for others. They are sensitive in nature and fear offending others.

Hearing of bad news, and/or diagnosis of a potentially fatal disease has a tremendous blow to his vital force (Hall 2018). He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness.

(ii) **Causticum (Potassium hydrate)(3).**

They have high ideal; they actually want to fight injustice and abuse, to stop it happening in the rest of the world (Scholten 1996). This is compensation that came about for feeling used and abused. There is hysteria which is gradually increasing (Kent 2008). She loses all control of herself and says foolish things. She becomes extremely sensitive to noise, or touch. She startles from the slightest noise. He fears death, fear that something will happen to his family. He always anticipates some dreadful event.

The child does not want to go to bed alone (Boericke 2013). Least things make him cry. He is sad and hopeless. He is intensely sympathetic. There are ailments from long-lasting grief and sudden emotions. Thinking of complaints aggravates, especially haemorrhoids.

He is despondent and wants to die (Phatak 2016). He is ambitionless. There is mental fatigue. He has chorea; he weeps and laughs. He laughs before, with, or spasms. She is conscious-stricken as if she had committed some crime. There is a sad, whining mood. There is spoonerism; he confounds letter and syllables.

(iii) **Staphysagria (Stavesacre)(3).**

She is easily excitable, easily aroused to anger, but seldom manifest it (Kent 2008). She becomes speechless from suppressed indignation. She gets easily angered with indignation. He is indifferent, low-spirited and dull after masturbation (onanism).

She is impetuous, hypochondriac, sad, and has a violent outburst of passion (Boericke 2013). She is very sensitive as to what others say about her. She dwells on sexual matters. She prefers solitude. She is peevish. The child cries for many things and refuses them when they are offered.

She is gloomy and petulant, throws things around (Phatak 2016). She has unsatisfied sexual urges, in windows. She is snappy, sensitive mentally and physically. She is irritable, nervous, excitable, and violent. She has feelings of great indignation about things done by others or by self. She grieves about the consequences. He believes he will lose his fortune, his wife will leave him. It is ill-effect from scolding or punishment in children. There is a want for self-control. He fears or afraid of his image.

(iv) **Aurum sulphuricum (Auric sulphide)(2).**

He desires solitude (Clarke 1991). There is disgust for life. They are too serious and too absorbed by their work to be able to create a gentle and loving atmosphere (Scholten 1996). They feel responsible for their partner and are very protective of them. They also feel responsible for their marriage, and may even want to keep it intact when there is little love left. If their partner breaks off the relationship they feel as if they are being dropped into a deep hole. The lack of love and warmth makes them feel lonely. They feel let down by their partner or their friends who have deserted them and it hurts their pride. They start to neglect themselves, get depressed, wear depressing clothes and even commit suicide. They are absent-minded, confused, forgetful, rigid, and insane. They are irritable, critical, worse for offense and contradiction.

(v) **Dulcamara (Bitter-sweet)(2).**

There is mental agitation, great impatience, and restlessness (Clarke 1991). He has a desire for different things, which he rejects as soon as they are obtained. He is inclined

to scold, without being angry. He is confused, cannot find the right word, and cannot concentrate his thoughts (Phatak 2016). He is depressed and easily becomes delirious with pain. He has a difficult speech.

(vi) Folliculinum (Sarcode of ovary's follicle)(2).

She feels she is controlled by another and feels out of sort with her rhythms (Hall 2018). She is living out someone's expectations. She becomes the rescuer, addicted to rescuing people. She has forgotten who she is, and has no individuality.

All symptoms are worse from ovulation to menses. She is weepy and depressed, or hyperactive. She is indecisive, has panic attacks, and mood swings. She is aggressive, followed by apathy, and inability to tolerate noise, touch or heat. There can be low or high libido.

(vii) Hamamelis virginiana (Witch-hazel)(2).

He is depressed in mind, also after emissions, with a regrettable mind (Clarke 1991). He is forgetful, with no desire to study or work (Phatak 2016). He wants the respect due to him, shown. He is irritable.

(viii) Ignatia amara (St. Ignatius bean)(2).

There is a changeable mood (Boericke 2013). He is depressed, sad, and tearful. He is silently brooding. He is not communicative. He sighs and sobs after grief, shock, and/or disappointment. He is alert, oversensitive and nervous (Phatak 2016). He is highly emotional. She weeps and laughs by turns, laughs when she ought to be serious. There is inward weeping and enjoys being sad. He is angry with himself. He desires to be alone. He has an intolerance to contradiction and reprimands. He has fear of thieves, of trifle, of things coming near him. Girls faint easily, every time they go to church. They fall in love with married men. She has a sensation as if she had been fasting for a long time. She is hurried during menses, no one can do things fast enough for her. She looks about the bed as if to find something. She delights to bring on her fits and produce a scare or a scene. She thinks she has neglected her duty. She fears of robbers at night.

(ix) *Kalium iodatum* (Iodide of Potassium)(2).

They have to do their duty in order to create a place in the world for themselves (Scholten 1996). They have to work and fulfill their task in order to have a right to existence. When they cannot do their duty they feel down and non-cheerful. They have a feeling that their right to exist has been taken away from them.

He is half mad all night (Clarke 1991). He is talkative and full of jokes. There are sadness and anxiety. He has fright for every trifle, every little noise startles him. He is apprehensive and tearful in the evening. He is irritable and irascible, especially towards his children. He weeps from the slightest cause. He dreads the return of dawn, and the trivial details of the life seem unsupportable.

He is sad, irritable, anxious, with a harsh temper (Boericke 2013). He is harsh tempered and cruel (Phatak 2016). He cannot think, is nervous and must walk. He has a bad temper and is abusive, and despondent. He is talkative, disposed to jest.

(x) *Kola* “no information obtained”/so *Natrum muriaticum* (Sodium chloride)(2) used.

The ailments are from grief, fright, or anger (Boericke 2013). There is depression, particularly in chronic disease. She is worse for consolation. She is irritable, gets into a passion with trifles. He is hateful to the person who had offended him (Phatak 2016). He dwells on the past unpleasant memories. He is revengeful.

3.3.9 BFRs remedy: Vine.

3.3.9.1 BFRs mental symptom: Tendency to overbearing, dominating.

3.3.9.2 *Repertory/Rubric: (a) Mind, haughty* (Schroyens 2014).

3.3.9.3 *Homoeopathic remedies:*

(i) Lycopodium clavatum (Club moss)(3).

He is obstinate and easily gets angry (Clarke 1991). He is envious, arrogant, overbearing, and reproachful. He is disposed to being very haughty when sick, mistrustful, and does not understand anything he says.

He is depressed, afraid to be alone (Boericke 2013). Little things annoy him. He is extremely sensitive. He is averse to undertake new things. He is headstrong and haughty when sick. There is a loss of self-confidence. He is hurried when eating. He has a constant fear of breaking down under stress. He is apprehensive, with weak memory, and confused thoughts. He spells or writes the wrong words and syllable. There is failing brain power. He cannot bear to see anything new. He cannot read what he writes. There is sadness in the morning on waking up.

She is afraid of men, or of his image (Phatak 2016). She is sensitive, weeps when thanked, or meeting a friend. She is fearsome; dread of men, presence of a new people, of everything, even ringing of the doorbell. He weeps on hearing distant music, or cheerful and merry. He is hateful and miserly. He has anxious thoughts as if he's about to die. He is averse to people, he flies even from his children.

(i) Platina (Platinum metal)(3).

She has pride and over-estimation of self (Kent 2008). She imagines that she is of high born family and that her friends and relatives are of lowly origin, and she looks down upon them. She imagines that her body is large and that the bodies of others are small, in comparison to her own. She is moody and sulky over slight vexations. She imagines she does not belong to this race and becomes insane over religious matters. She takes on insanity; becomes a sexual pervert, utters unchaste speech and trembles.

There is an irresistible impulse to kill (Boericke 2013). She is arrogant and proud. There is self-exaltation, with contempt for others. She is wary of everything. Everything seems changed. Physical symptoms disappear as mental symptoms develop.

She laughs at the wrong times (Phatak 2016). She is unkind, abrupt and quarrelsome. There is a disordered sense of proportion; objects seem smaller, strange or frightful. She screams for help. She looks with disdain at everyone and everything. She feels tall and stately. She is proud and erotic. She whistles, dances and sings. She feels alone and deserted. She thinks her husband her husband will never return, something will happen to him.

(ii) Sulphur(3).

He has difficulties thinking and very forgetful (Boericke 2013). There are delusions; thinks rags are beautiful and that he is immensely wealthy. He is busy all the time. There is childish peevishness in grown people. He is selfish, with no regards for others. There is religious depression. He is averse to business. He loafs, too lazy to arouse himself.

He is dull, difficult, and thinking (Phatak 2016). He cannot find proper words when talking or writing. He is a hopeless dreamer. He is mean, prying, and easily excited. He has foolish happiness and pride. He thinks himself in possession of beautiful things, or immensely wealthy. He has a strong tendency to religious and philosophical reveries, with fixed ideas. He disgusts up to nausea about any effluvia arising in his body. He is obstinate and dislikes to have anyone near him. He has a strong impulsive tendency to suicide by drowning or leaping from a window. He is fault finding, sad, and absent-minded. There is philosophical mania, he wants to know who made this or that and how. He tries to reason without any hope of discovery or possible answer.

(iii) Veratrum album (White Hellebore)(3).

He is depressed, with stupor, and mania (Boericke 2013). He sits in a stupid manner. He notices nothing. He is sullen indifferent. There is a frenzy of excitement, he shrieks, and curses. She has puerperal mania. She wanders aimlessly in the house. There is the

delusion of impending misfortunes. He has mania with a desire to cut and tear things. There are attacks of pain, with delirium driving him to madness. He curses and howls all night.

He prays, curses, and shrieks in turn (Phatak 2016). He has mania alternating with taciturn. There are insanity and remorse. He is restlessly busy. He is deceitful, never speaks the truth. She kisses everybody, before menses. He despairs about the position in society. He feels very unlucky. She sings, whistles, and laughs. There is malingering, she thinks herself pregnant. She has nymphomania, embraces everybody even objects. She is anguish and fears death. She despairs of her salvation. She imagines the world is on fire. He swallows his own excrement.

(iv) Causticum (Potassium hydrate)(2).

They have high ideal; they actually want to fight injustice and abuse, to stop it happening in the rest of the world (Scholten 1996). This is compensation that came about for feeling used and abused.

There is hysteria which is gradually increasing (Kent 2008). She loses all control of herself and says foolish things. She becomes extremely sensitive to noise, or touch. She startles from the slightest noise. He fears death, fear that something will happen to his family. He always anticipates some dreadful event.

The child does not want to go to bed alone (Boericke 2013). Least things make him cry. He is sad and hopeless. He is intensely sympathetic. There are ailments from long-lasting grief and sudden emotions. Thinking of complaints aggravates symptoms, especially haemorrhoids.

He is despondent and wants to die (Phatak 2016). He is ambitionless. There is mental fatigue. He has chorea; he weeps and laughs. He laughs before, with, or spasms. She is conscious-stricken as if she had committed some crime. There is a sad, whining mood. There is spoonerism; he confounds letter and syllables.

(v) Graphites (Black lead)(2).

They feel they are the centre of their own world (Scholten 1996). Their sense of self-worth is well developed. They may feel that in spite of all the fault they are still fine. They display a dignified behaviour. They applied themselves steadily to their task. They feel a need for well-defined and unchanging values to hold on to. They adapt their parents or grandparents' views of life and are quite happy to carry the tradition. They may get stuck and can't adapt to new things. They would rather not listen to new ideas because it would only disturb the way they have always done things.

He becomes very restless when attempting close mental work, and there is a marked dread of mental work (Kent 2008). The mental depression is extreme, and it is made worse by music. Her sadness is so great that she thinks only of death and salvation. Her moods are constantly changing, while she may recall all events of youth, recent events are forgotten. She is extremely fretful and impatient, irritable about trifles and very critical.

There is a great tendency to startle (Boericke 2013). He is timid and unable to decide. Music makes her weep. He is apprehensive, despondent, with indecision. He is sad, fearsome, irresolute, and hesitant at trifles (Phatak 2016). He is impulsive to groan. He is dread of work. He is fidgety while sitting at work. He is miserable and unhappy. She weeps miserably to music without cause. Children are impudent, teasing, and laughing at reprimands. He thinks of nothing but death. He remembers all the events of youth, but recent events are forgotten.

(vi) Hyoscyamus niger (Henbane)(2).

He imagines that he is pursued, that people have turned against him, that his friends are no longer his (Kent 2008). He talks as if he were talking to himself, but he really imagines that someone is sitting by his side, to whom he is talking to. Sometimes he talks to dead folks, recalls past events with those who have departed. He calls up, a dead sister or wife as if the person were present.

She is very suspicious (Boericke 2013). She is talkative, obscene, with lascivious mania. She uncovers herself and she is jealous and foolish. She is a great hilarity that she's inclined to laugh at everything. She is delirious, with an attempt to run away. There is low, muttering speech. She has carphologia; constantly picks on her clothes. There is deep stupor.

Females are erotic, they expose their genitals (Phatak 2016). She does foolish things and behaves like she's mad. She talks, laughs, sings, babbles, and quarrels. He fears to be alone or being pursued. He has hydrophobia, fear of water. He fears being poisoned or being bitten. He is restless, jumps out of bed, and wants to escape. He has raged with a desire to strike, bite, fight, insult, scolds, and to kill. He is speechless from fright. He thinks he is not at home. He talks with imaginary persons or dead people. He imagines things are animals. He fears of being bitten by a beast. He does comical acts. He has a phobia of syphilis.

(vii) *Ipecacuanha* (Ipecac root)(2).

He cannot endure the least noise (Clarke 1991). Children cry and howl. There are anxiety and fear of death. He is morose, with contempt for everything. He has a disdainful humour. He has the desire for a number of things, without knowing exactly which. He is irritable and disposed to be angry. Ailments are from mortification or vexation, with indignation. He is impatient. He holds everything in contempt, and desires others should do the same (Phatak 2018). Children cry, screams, howls and are hard to please them.

(viii) *Lachesis muta* (Bushmaster snake)(2).

She has a tendency to mock others and is full of ridiculous ideas (Sankaran and Shah 2010). She uses humour to show others their faults or weakness (satire). She is jealousy, quarrelsome, reproachful and scolds. She uses sarcasm to mock others. She enjoys making fun of someone (jesting).

She suspects that they are contriving to injure her, and she will resort to any scheme to see if they were not talking of her to her detriment (Kent 2008). She imagines that her

children and husband are trying to damage her. There is apprehension about the future. She thinks she is going to have heart disease and is going insane, and that people are contriving to put her in an asylum. She imagines her relatives are trying to poison her and she refuses to eat.

There is great loquacity (Boericke 2013). He is amative, sad in the morning. He has no desire to mix with the world. He is restless and uneasy. He does not wish to attend to business. He wants to be off somewhere all the time. He is jealous. He is suspicious, with a nightly delusion of fire. There are religious insanity and derangement of time sense.

There are compelling delusions (Phatak 2018). She thinks herself under superhuman control. She thinks she is dead and preparations are underway for her funeral. She thinks she is pursued, hated and despised. There are persistent erotic ideas, without ability. She is malice, and mischievous. There is mania from over-studying. She feels full of poison. She fears going to sleep and lying down or the heart will stop. She is averse to marry. She talks, whistles, and makes odd motions. During spasms, she crawls on the floor, spits often, hides, laughs or is angry. She predicts the future correctly. She is proud, lazy, and hateful.

(ix) *Palladium metallicum* (Palladium metal)(2).

They are convinced that they are brilliant and talented, and this can easily turn into pride (Scholten 1996). They love appearing in front of an audience, being with large groups of people, they feel better when admired. They speak highly of a person who has made it in life. They may become dictatorial towards newcomers. They like to get all the attention and praises. They want to hear they have done well and they like to be flattered.

She is fond of the opinion of others, and much weight is laid on their judgment (Clarke 1996). Her pride is easily wounded. She imagines herself to be neglected. Depressing news worsens all her symptoms. She is excited and impatient when she has a headache. She feels time passes too slowly.

There is a weeping mood (Boericke 2013). She has pride and gets easily offended. She is inclined to use violent language. She keeps up brightly when in a company, but much exhausted afterward, with pain aggravated.

She loves approbation; she seeks the good opinion of others and attaches great importance to them (Phatak 2016). She is easy prey to slights, real or imaginary. She has wounded pride and fancied neglect. She sometimes vents in violent expressions. Depressing news aggravates all her symptoms. Time passes too slowly.

3.3.10 Repertory/Rubric: (b) Mind, dictatorial (Schroyens 2014).

3.3.10.1 Homoeopathic remedies:

(i) Lycopodium clavatum (Club moss)(3).

He is obstinate and irascible (Clarke 1996). He is envious, arrogant, overbearing, and reproachful. He is disposed to being very haughty when sick, mistrustful, and does not understand anything he says.

He is depressed, afraid to be alone (Boericke 2013). Little things annoy him. He is extremely sensitive. He is averse to undertake new things. He is headstrong and haughty when sick. There is a loss of self-confidence. He is hurried when eating. He has a constant fear of breaking down under stress. He is apprehensive, with weak memory, and confused thoughts. He spells or writes the wrong words and syllable. There is failing brain power. He cannot bear to see anything new. He cannot read what he writes. There is sadness in the morning on waking up.

She is afraid of men, or of his image (Phatak 2016). She is sensitive, weeps when thanked, or meeting a friend. She is fearsome; dread of men, presence of a new people, of everything, even ringing of the doorbell. He weeps on hearing distant music, or cheerful and merry. He is hateful and miserly. He has anxious thoughts as if he's about to die. He is averse to people, he flies even from his children.

(ii) *Aurum sulphuricum* (Auric sulphide)(2).

They are haughty (behaving in an unfriendly way towards other people because one thinks is better than others), complaining, rigid, and irritable (Scholten 1996). They are too serious and too absorbed to their work to be able to create a gentle and loving atmosphere.

(iii) *Camphora officinalis* (Camphor)(2).

There is anxiety with fretfulness, great anguish, and discouragement (Clarke 1991). He is afraid of his own thoughts. He is quarrelsome and with combative humour. He is delirious with a confusion of ideas.

He wants to jump out of bed or window (Phatak 2016). He does not want anyone near him. Nothing satisfies him. He is excited, talks constantly, and scolds in indecent language. He screams and calls for help. He is in a state of frenzy, and hysteria. She scratches, spits, bites, and tears her clothes.

(iv) *China officinalis* (Peruvian bark)(2).

There is ill-humour with the disposition to hurt other people's feelings (Clarke 1991). He deems himself unfortunate and ill-used by the whole world. He has contempt for everything.

There is a weakness of mind (Kent 2008). He has the inability to think or remember. He is full of fear at night and fears animals, dogs, or creeping things. He wants to commit suicide but lacks courage. He lies at night making plans, theorizing, building air castles, thinking of the wonderful things he is going to do someday. In the morning he wonders how he could have thought such foolish things. After sleep, his mind is clear and looks more philosophically on the affairs of life. He dreads work. He is apathetic, indifferent, low spirited, silent, and disinclined to think.

He is disobedient, stubborn, and contempt for everything (Phatak 2016). He makes mistakes in speech and writing. There is loss of control over the mind. He is reluctant to speak.

(v) Cuprum metallicum (Copper metal)(2).

They are very afraid of doing things wrong (Scholten 1996). They tend to stick strictly to rules and expect others to do the same. If someone does not follow the rules they will tell. They easily feel insulted or criticised and quickly take offense and get very angry.

There is delirium, incoherency of speech, and loss of memory (Kent 2008). He is spiteful, violent, weeping, or shrieking. He goes into a convulsion with a shriek, described as of bellowing of a calf, at one point.

There are fixed ideas, and he is malicious and morose (Boericke 2013). There is nervousness, and uneasiness (Phatak 2016). He says words not intended. He weeps violently, with piercing shrieks. There is convulsive laughter, delirium, with cold sweat. He fears people and shuns everybody. He is afraid of anybody who approaches him. He is confused, with a sense of losing consciousness. He has raged, and wants to attack and bites bystanders. He is malicious. He is manic, he bites, beats, and tears things. He imitates and mimics other people.

(vi) Dulcamara (Bitter-sweet)(2).

There is mental agitation, great impatience, and restlessness (Clarke 1991). He has the desire for different things, which he rejects as soon as they are obtained. He is inclined to scold, without being angry. He is confused, cannot find the right word, and cannot concentrate his thoughts (Phatak 2016). He is depressed and easily becomes delirious with pain. He has a difficult speech.

(vii) Flouricum acidum (Hydroflouric acid)(2).

They love to be noticed by everyone, to be a person to look up to (Scholten 1996). They are very arrogant, but cannot stand the arrogance of other people. They hate hierarchies and the thought that other people might have some power over them fills them with horror. They are ruthless and are not interested in what others may think of them. They do not care about norms and values and can cheat and lie if it suits their purpose. They are narcissists. They can become ruthless criminals or sex maniacs.

(viii) Kola “no information obtained”/so Platina (Platinum metal)(2) used.

They are the natural leaders (Scholten 1996). Their authority attracts other people and they become the centre of the group without being questioned. When they are in charge of the business it flourishes. They may become arrogant because of success. They are haughty. They may become very disdainful to all lesser and weaker people.

She has pride and over-estimation of self (Kent 2008). She imagines that she is of high born family and that her friends and relatives are of lowly origin, and she looks down upon them. She imagines that her body is large and that the bodies of others are small, in comparison to her own. She is moody and sulky over slight vexations. She imagines she does not belong to this race and becomes insane over religious matters. She takes on insanity; becomes a sexual pervert, utters unchaste speech and trembles.

There is an irresistible impulse to kill (Boericke 2013). She is arrogant and proud. There is self-exaltation, with contempt for others. She is wary of everything. Everything seems changed. Physical symptoms disappear as mental symptoms develop.

She laughs at the wrong times (Phatak 2016). She is unkind, abrupt and quarrelsome. There is a disordered sense of proportion; objects seem smaller, strange or frightful. She screams for help. She looks with disdain at everyone and everything. She feels tall and stately. She is proud and erotic. She whistles, dances and sings. She feels alone and deserted. She thinks her husband her husband will never return, something will happen to him.

(ix) Medorrhinum (The gonorrhoeal nosode)(2).

He is forgetful of facts, of what he has read, facts, figures, and names (Kent 2008). Time moves too slowly, and he thinks everybody moves too slowly. He is in a constant hurry, in such a hurry that he gets out of breath. She thinks someone is standing behind her, and she hears whispering. She sees faces that peer at her from behind the furniture. He is impulsive, rude, mean, or cruel (Phatak 2016). He is cross throughout the day but merry at night.

(x) *Mercurius solubilis* (Quicksilver)(2).

They want to hold on to power at any cost, but they feel they are being threatened (Scholten 1996). This makes them overreact in an effort to maintain control. They become dictatorial and will not tolerate any contradiction or insult. The thirst of power turns them into real tyrants (using the tactic of divide and rule).

There is hastiness, hurried, restless, anxious, and impulsive disposition (Kent 2008). She desires to kill people contradicting her. There are impulses to kill, or commit suicide. He has sudden anger with impulses to do violence.

He is so mistrustful (Boericke 2013). He is inclined to catch passing strangers by the nose (Phatak 2016). He is indifferent to everything and does not even care to eat. He is weary of life. He is selfish, impulsive, cruel, and manipulative, wants his own way (Maharaj 2016). He can be a jester or dictator. He is paranoid and fears death, darkness, cemetery, and ghosts.

3.3.11 BFRs mental symptom: They find it very hard to hear another's point of view.

3.3.11.1 *Repertory/Rubric: Mind, dogmatic* (Schroyens 2014).

3.3.11.2 *Homoeopathic remedies:*

(i) *Kalium carbonicum* (Carbonate of potassium)(3).

He is irritable to the very highest degree (Kent 2008). He quarrels with his family. He never wants to be alone. If compelled to remain alone in the house, he is wakeful, sleepless, or his sleep is full of horrible dreams. He is never at peace and is full of imaginations and fear.

He is despondent, with alternating moods (Boericke 2013). He is very irritable and full of fear. He has anxiety that is felt in the stomach. He has a sensation as if the bed is sinking. He never wants to be left alone. He is never quiet or contented. He is obstinate and hypersensitive to pain, noise, and/or touch.

He is peevish, easily startled when touched, especially on feet (Phatak 2016). He has fear of the future, ghosts, and/or death. He is anxious about his own disease. She

weeps much and is very irritable. He is rigid, dogmatic, conserved and stoic (Maharaj 2017). He sticks to routine and values good morals. He is reliable, stable, conscientious and responsible.

(ii) *Bryonia alba* (Wild hops)(1).

He is exceedingly irritable (Boericke 2013). Everything puts him out of humour. There is delirium, he wants to go home. He talks about business. He wants to be left alone (Phatak 2016). He has a desire for things which he rejects when offered. He is apprehensive and dread of the future. He is dull, despairs of being cured, with fear of death.

He talks of business always (Maharaj 2017). He is methodical, calculative and follows the logic. He is supportive and provides financial security. He is not romantic and is emotionally flat.

(iii) *Camphora officinalis* (Camphor)(1).

There are anxiety and extreme fear (Kent 2008). He fears people, strange spheres, and of the dark. He imagines the dark is filled with ghosts. He dare not come out of bed in the dark. Everything that moves is a ghost and the objects in the room become alive and terrify him.

He is excited, talks constantly, and scolds in the indecent language (Phatak 2016). Nothing satisfies him. He does not like anyone near him. She has a feeling that she is going to die, and gets relieved when she finds herself alive. She gets into a state of frenzy, and hysteria; she scratches, spits, bites, and tears her clothes. She closes her eyes and answers no questions.

(iv) *Causticum* (Potassium hydrate)(1).

They feel being used and abused (Scholten 1996). They have high ideal; they want to fight injustice and abuse, to stop it happening in the rest of the world. They feel that a great wrong has been done to them personally and while they are very indignant about

it they are not prepared to do much about it. They are demanding without making an effort to improve the situation.

There is hysteria which is gradually increasing (Kent 2008). She loses all control of herself and says foolish things. She becomes extremely sensitive to noise, or touch. She startles from the slightest noise. He fears death, fear that something will happen to his family. He always anticipates some dreadful event. He is hopeless and feels that something is hanging over him and that something bad is going to happen.

The child does not want to go to bed alone (Boericke 2013). Least things make him cry. He is sad and hopeless. He is intensely sympathetic. There are ailments from long-lasting grief and sudden emotions. Thinking of complaints aggravates symptoms, especially haemorrhoids.

He is despondent and wants to die (Phatak 2016). He is ambitionless. There is mental fatigue. He has chorea; he weeps and laughs. He laughs before, with, or spasms. She is conscious-stricken as if she had committed some crime. There is a sad, whining mood. There are spoonerisms; he confounds letter and syllables.

(v) *Conium maculatum* (Poison hemlock)(1).

There is hysteria, and hypochondria, with nervousness (Kent 2008). He is averse to being near people and to talk to passers-by, instead, he is inclined to seize hold of and abuses them. He is depressed, timid, averse to society, but afraid of being alone (Boericke 2013). He has lost interest in business or study and has no interest in anything.

She is sad, dissatisfied with herself and the surroundings (Phatak 2016). She cannot think after using her eyes. She cares very little for things, so she makes useless purchases, and waste or ruin them. She is superstitious, indifferent, and unable to sustain the mental effort.

(vi) *Cuprum metallicum* (Copper)(1).

They are afraid of doing things wrong (Scholten 1996). That is why they stick strictly to rules, and they expect others to do the same. They tell if someone does not follow the rules. They can get very aggressive and will kick, punch, shout, scream and break things when angry.

There is delirium, incoherency of speech, and loss of memory (Kent 2008). He is spiteful, violent, weeping, or shrieking. He goes into a convulsion with a shriek, described as of bellowing of a calf, at one point. There are fixed ideas, and he is malicious and morose (Boericke 2013).

There is nervousness, and uneasiness (Phatak 2016). He says words not intended. He weeps violently, with piercing shrieks. There is convulsive laughter, delirium, with cold sweat. He fears people and shuns everybody. He is afraid of anybody who approaches him. He is confused, with a sense of losing consciousness. He has raged, and wants to attack and bites bystanders. He is malicious. He is manic, he bites, beats, and tears things. He imitates and mimics other people.

(vii) *Dulcamara* (Bitter-sweet)(1).

There is mental agitation, great impatience, and restlessness (Clarke 1991). He has a desire for different things, which he rejects as soon as they are obtained. He is inclined to scold, without being angry. He is confused, cannot find the right word, and cannot concentrate his thoughts (Phatak 2016). He is depressed and easily becomes delirious with pain. He has a difficult speech.

(viii) *Ferrum metallicum* (Iron metal)(1).

She always had the feeling that she had to do everything correctly from the beginning (Scholten 1996). She is afraid that other people would be stronger than her, that they would push her aside, and that she would not count. That is why she always wants to keep an eye on everything. She is firm, perseveres, and stood her ground.

He is confused and tearful (Kent 2013). He is depressed, despondent and weary. He has anxiety from the slightest cause and irritable. The least noise, like the crackling of paper, sets him wild. It brings on nervous excitement and restlessness, and he must get up and move. She gets excited from the slightest opposition. There is anxiety, with throbbing on the epigastrium (Clarke 1991). She is anxious as if she has committed a crime. She is gaiety, alternating with sadness, every other day.

They are very sensitive to criticism (Scholten 1996). They get irritable from any form of control, critical remarks, and to people or objects that are in the way. They cannot stand chaos and noise, even the slightest noise such as the rustling of paper irritates them. They do not give up, they are brave, robust, steadfast, straight and to the point. They feel they have to take a stand for something, to brace themselves and not to give in, but to go on with what they had planned.

(ix) *Kalium bichromium* (Bichromate of potash)(1).

He is ill-humoured and low spirited (Clarke 1991). He is averse to mental and physical exertion. They live for their family, and they have to have the perfect little family (Scholten 1996). Everything has to look nice. He is indifferent, indolent and has a phobia of people (anthropophobia) (Phatak 2016).

(x) *Lachesis muta* (Bushmaster snake)(1).

She suspects that they are contriving to injure her, and she will resort to any scheme to see if they were not talking of her to her detriment (Kent 2008). She imagines that her children and husband are trying to damage her. There is apprehension about the future. She thinks she is going to have heart disease and is going insane, and that people are contriving to put her in an asylum. She imagines her relatives are trying to poison her and she refuses to eat.

There is great loquacity (Boericke 2013). He is amative, sad in the morning. He has no desire to mix with the world. He is restless and uneasy. He does not wish to attend to business. He wants to be off somewhere all the time. He is jealous. He is suspicious,

with a nightly delusion of fire. There are religious insanity and derangement of time sense.

There are compelling delusions (Phatak 2016). She thinks herself under superhuman control. She thinks she is dead and preparations are underway for her funeral. She thinks she is pursued, hated and despised. There are persistent erotic ideas, without ability. She is malice, and mischievous. There is mania from over-studying. She feels full of poison. She fears going to sleep and lying down or the heart will stop. She is averse to marry. She talks, whistles, and makes odd motions. During spasms, she crawls on the floor, spits often, hides, laughs or is angry. She predicts the future correctly. She is proud, lazy, and hateful.

3.3.12 BFRs remedy: Beech.

3.3.12.1 BFRs mental symptom: Personality – criticism, judgemental, intolerance.

3.3.12.2 *Repertory/Rubric: Mind, censorious* (Schroyens 2014).

3.3.12.3 *Homoeopathic remedies:*

(i) **Arsenicum album (Arsenious acid)(3).**

There are great anguish and restlessness (Boericke 2013). He changes place continually. He has fear of death, and/or of being left alone. There is great fear with cold sweat. He thinks it is useless to take medicine. He is suicidal. There are hallucinations of smell (olfactory), and sight (visual). Despair drives him from place to place. He is miserly, malicious, and selfish. He lacks courage. He is sensitive to disorder and confusion.

He is oversensitive, anxious, fastidious, and fault finding (Phatak 2016). There are anguish and despair of recovery. He has fear of, death from starvation, financial loss. There are violence and self-torture. She pulls her hair, bites her nails. He tears his own body. He is depressed. He fears to be left alone, lest he does himself bodily harm. He has delirium tremens, imagines the house full of thieves, and he jumps and hides. He sees ghosts day and night. She groans, moans and weeps during menses. Her desire exceeds her needs. He does not want to meet his acquaintances, thinks he has

offended them. There is burning in eyes, with acrid lacrimation, and intense photophobia.

(ii) **Graphites (Black lead)(2).**

He applies himself steadily to tasks, undisturbed by anything or anyone (Scholten 1996). He has a very stable personality with a well-developed sense of self-worth. They easily become prey of outside influences. They easily get upset by all sort of minor incidents. A mere trifle becomes a huge problem for them. They tend to hang on to their possessions. They cling to things that represent the old family tradition like a house or farm. They may even become selfish. They are timid, indecisive and uncertain.

He becomes very restless when attempting close mental work, and there is a marked dread of mental work (Kent 2008). The mental depression is extreme, and it is made worse by music. Her sadness is so great that she thinks only of death and salvation. Her moods are constantly changing, while she may recall all events of youth, recent events are forgotten. She is extremely fretful and impatient, irritable about trifles and very critical.

There is a great tendency to startle (Boericke 2013). He is timid and unable to decide. Music makes her weep. He is apprehensive, despondent, with indecision. He is sad, fearsome, irresolute, and hesitant at trifles (Phatak 2016). He is impulsive to groan. He is dread of work. He is fidgety while sitting at work. He is miserable and unhappy. She weeps miserably to music without cause. Children are impudent, teasing, and laughing at reprimands. He thinks of nothing but death. He remembers all the events of youth, but recent events are forgotten.

(iii) **Natrum silicicum/silicatum (Sodium silicate)(3).**

They are impulsive in their dealing with the family (Scholten 96). Their image is very important to them and they try to perfect it through hard work and intense studying. They tend to be a perfectionist to such an extent that they get lost in details and become obsessed with the thought of making a mistake. They do not consult other people for advice, as they feel they have to do everything by themselves. They can get very upset

by the slightest thing. An innocent remark made by someone in the family is enough to make them very angry. They are obsessed and tend to hide behind their obsession with details. They are artistic, refined, and delicate, and are pessimistic. They are precise, punctual, and are perfectionists. They can be absorbed in their occupation or reading.

(iv) Sulphur(3).

They may be untidy, dirty and disorderly (Scholten 1996). At the other hand, they can be very tidy, clean and orderly at work but very messy at home. They are often loners, like philosophers or tramps in rags. He has no thought of anybody's wishes or desires but his own (Kent 2008). Everything that he contemplates is for the benefit of himself.

He is very forgetful (Boericke 2013). He has difficulties in thinking. There are delusions; he thinks rags are beautiful, or that he is immensely wealthy. He is busy all the time. There is childish peevishness in adults. He is very selfish with no regards for others. He is so irritable and very much lazy.

He is mean, prying, and easily excited (Phatak 2016). There is a strong tendency to religious and philosophical reveries, with fixed ideas. He dislikes having anyone near him.

(v) Symphytum officinale (Knitbone)(3)

He suffers ailments from reverse misfortunes, setback; suffering misfortune (Vermeulen 2019). Children suffer ailments from anger, mortification, domination, quarrelling, remorse, and rudeness of others. She is averse to males, and to others laughing. He is cheerful to music. There is delusion that her arms and legs do not belong to her. She is delusional that she is a newborn in this world, and behaves like a child. He is quarrelsome, censorious, wants to fight. She feels timid in appearing in public.

(vi) Veratrum album (White hellebore)(3).

He hunts up other people's weak sides and reproaches them (Clarke 1991). He uses strong language on the slightest provocation. There is depression, with stupor and mania (Boericke 2013). He has the delusion of impending misfortune. There is mania,

with the desire to cut and tear things. There is a frenzy of excitement, he shrieks, and curses. There is haughtiness (Phatak 2016). He is deceitful, never speaks the truth. He talks about the faults of others or scolds.

(vii) *Arnica montana* (Leopard's bane)(2).

He is morose, wants to be left alone, and does not want to be approached (Kent 2008). He does not wish to enter into conversation. The injured person becomes irritated, insists there is nothing wrong with him and sends helpers away. He wants to be left alone, does not want to be bothered, and does not want to be spoken to.

He fears touch or the approach of anyone (Boericke 2013). He has a fear of open space (agoraphobia) after mental strain or shock. He has a fear of being struck or touched (Phatak 2016). He says he is feeling well in serious cases. He is hopeless and indifferent. He experiences violent attacks of anguish-angina pectoris. He sits as if in deep thoughts.

(viii) *Baryta carbonica* (Carbonate of baryta)(2).

They feel that they are small and worthless (Scholten 1996). The feeling of inferiority is so great that they are very shy. He feels worthless at all levels. They think they will be ridiculed by others. The child will hide behind the furniture when strangers come into the house (Kent 2008). The child will hide as of shame of something or as if afraid. He imagines he is being talked about.

He thinks he is being laughed at and made fun of (Phatak 2016). He is irresolute, mistrustful, and shy of strangers. He hides behind the furniture and keeps the hands over the face, peeping through the fingers. He has a loss of self-confidence.

(ix) *Bromium metallicum* (Bromine)(2).

There is fear of failure, being opposed, criticism, alone, dark, ghosts, and water (Scholten 1996). He is quarrelsome, angry, and shouting. There are delusions of being pursued, going insane, things jumping up and down on the floor.

There is the delusion that strange people are looking over his shoulder (Boericke 2013). He is averse to every kind of work, to reading (Kent 2008). She takes no interest in household duties. She becomes indifferent and very tired.

(x) *Causticum* (Potassium hydrate)(2).

There are restlessness, apprehension and great anger (Clarke 1991). He has a mistrust of the future. He is quarrelsome. He is averse to work. He is suspicious, mistrustful, and absentminded (Phatak 2016). They feel they are being used and abused (Scholten 1996). They fight the injustice and abuse, to stop it happening in the rest of the world. The child does not want to go to bed alone (Boericke 2013). Least things make her cry. He is intensely sympathetic. He is ambitionless, hopeless, and despondent, and wants to die (Phatak 2016). She is conscious-stricken as if committed some crime.

3.3.13 BFRs mental symptom: Sensitive to criticism from others.

3.3.13.1 *Repertory/Rubric: Mind, sensitive, criticism, to* (Schroyens 2014).

3.3.13.2 *Homoeopathic remedies:*

(i) *Carcinosinum* (Cancer nosode)(3).

They have a high degree of honour, honesty, and integrity (Hall 2018). They have sympathy for the welfare of others and are devoted to caring for others. They are sensitive in nature and fear offending others.

Hearing of bad news, and/or diagnosis of a potentially fatal disease has a tremendous blow to his vital force (Hall 2018). He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness. He is sensitive criticism and reprimand.

- (ii) Vanilla aromantica “no information obtained”/so Cuprum muriaticum (Oxychloride of copper) is used.

They desperately try to hold on to relationships (Scholten 1996). They are very serious and responsible and feel they have to do it all on their own. They feel nobody gives them any care and attention, so they feel sorry for themselves and can result in complaining behaviour. They don't like to hear others complain, particularly children. They are easily frightened. They have fear of criticism, opposition, approached, looked at, touched, or going mad.

- (iii) Alumina silicata “no information obtained”/so Mercurius solubilis (Quicksilver)(1) is used.

They want to hold on to power at any cost but they feel they are being threatened (Scholten 1996). This makes them overreact in an effort to maintain control. They become dictatorial and will not tolerate any contradiction or insult. Their thirst for power turns them into tyrants, using the technique of 'divide' and 'rule'. Their tendency to control is based on their fear that others will try and oppose them and rob them their power. They feel terribly alone as a leader because there is nobody they can trust, everybody has turned into an enemy. They feel betrayed by everyone. There are delusions; everyone is his enemy, is alone, criminals or being in hell. They are haughty, hasty, indifferent, and discontented.

He changes place constantly (Phatak 2016). He is restless and sweaty. He has fear of a desire to escape. He has an uncontrollable desire to travel far away. He is suspicious. He desires to kill persons who contradict him (Kent 2008). He has impulses to kill or to commit suicide.

- (iv) Ammonium carbonicum (Carbonate of ammonia)(1).

The theme in the group analysis of the remedy is that of disappointed resentment towards the father (Scholten 1993). They grew up with the view that their father is so almighty, but develop a more critical view to the father as they grew up. It has become clear that he is not perfect as was once believed. They might tend to have an increasing

grudge against society and the meaning of life. They cannot tolerate injustice and abuse of values in society. They become disappointed later in life on their old ideas, now they think society is rotten and corrupt. They are averse to talk or to go out. They are censorious, abusive, cursing, hatred, malicious, and have anger from contradiction.

He is forgetful, ill-humoured, and gloomy during stormy weather (Boericke 2013). Talking and hearing others talk affects him greatly. She is oversensitive about what she hears other people say (Kent 2008). Her ailments/complaints are from listening to others talking.

There is sadness, with the disposition to weep, apprehensions and anger, which often disappear towards the evening (Clarke 1991). There is excessive gaiety. He is disobedient and unruly.

(v) *Angustura vera* (Bark of galipea cusparia)(1).

He is timid with a tendency to panic (Clarke 1991). He is ill-humoured and dissatisfied. He easily gets offended. There are extreme excitement and gaiety.

(vi) *Arsenicum sulphuratum flavum* “no information obtained”/so *Aurum sulphuratum* (Auric sulphide)(1) is used.

He is absent-minded, confused, forgetful, rigid, and insane (Scholten 1996). He is very critical, and angry, aggravated by offense and contradiction. He is haughty, cheerful, bored, complaining, worried, or suicidal by jumping from a high building or driving a car against a wall. He desires solitude (Clarke 1991). He has disgust for life.

(vii) *Aurum metallicum* (Gold)(1).

They ignore other people's opinions and good advice (Scholten 1996). But when their subordinates/inferiors turn against them and accuse them of negligence they feel terribly offended. They are haughty, critical, angry and worse for offense or contradiction.

There is a feeling of self-condemnation and utter worthlessness (Boericke 2013). He is peevish and vehement at least contradiction. He imagines he has lost the affection of

his friends, and this makes him weep (Clarke). He sees obstacles everywhere. She is sad and feels all is against her, life is undesirable, and thoughts of death alone give her pleasure. He longs to see people he is too close to, loved ones or relatives. There is self-reproach, and self-criticism (Phatak 2016).

He imagines he deserves to be reproached in consequence of having neglected his duty (Kent 2008). Ailments are from grief, disappointed love, fright, anger, contradiction, and/or mortification.

(viii) *Aurum muriaticum* (Chloride of gold)(1).

They have a heavy task of being a good mother and holding on to a responsible job at the same time (Scholten 1996). They can take a lot because they are strong and do not easily give up. They are haughty, critical, angry, and worse for offense and contradiction. There is a delusion, they have neglected their duty.

His mind dwells upon his broken health until he becomes low-spirited and desires death (Kent 2008). He loathes his life. He is weeping and averse to his occupation. He is extremely irritable, nothing can be done to please him. He frets constantly.

(ix) *Baryta carbonica* (Carbonate of baryta)(1).

They feel they are small and worthless (Scholten 1996). Their feeling of inferiority is so great that they are shy. They think they will be ridiculed by others. They are shy and hiding.

He thinks he is being laughed at and made fun of (Phatak 2016). He is irresolute, mistrustful, and shy of strangers. He hides behind the furniture and keeps the hands over the face, peeping through the fingers. He has a loss of self-confidence.

The child will hide behind the furniture when strangers come into the house (Kent 2008). The child will hide as of shame of something or as if afraid. He imagines he is being talked about.

(x) Calcii carbonas/Calcarea carbonica (Calcium carbonate)(1).

There is a delusion that others will see that he does not know what is meaningful, what is worth (Scholten 1996). Children are often not very sure of themselves. This has been caused by continuous criticism they get from adults. They are sensitive to criticism. They are timid, shy, withdrawn and fearful.

He is apprehensive, worse towards the evening (Boericke 2013). He fears a loss of reasoning, misfortune, and contagious diseases. He is suspicious (Phatak 2016). He thinks people look at him suspiciously, and he looks at them suspiciously. She imagines someone is walking behind her. She is easily offended and/or frightened.

3.3.14 BFRs: Rock Water.

3.3.14.1 BFRs mental symptom: They set themselves very high standard.

3.3.14.2 *Repertory/Rubric: Mind, pompous* (Schroyens 2014).

3.3.14.3 *Homoeopathic remedies:*

(i) Platina (Platinum metal)(3).

They are the natural leaders (Scholten 1996). Their authority attracts other people and they become the centre of the group without being questioned. When they are in charge of the business flourishes. They may become arrogant because of success. They are haughty. They may become very disdainful to all lesser and weaker people.

There are pride and overestimation of one' self (Kent 2008). She imagines that she is of a high born family and that her friends and relatives are of lowly origin, and she looks down upon them. She thinks her acquaintances are inferior to her. She imagines that her body is large and that the bodies of other people are smaller in comparison to her own. She is in a contemptuous mood, anxious and serious over matters that are not serious. She is irritable about trifles, moody and sulky over slight vexations.

(ii) Lycopodium clavatum (Club moss)(2).

He is headstrong and haughty (Boericke 2013). There is depression with fear when alone. He cannot bear to see anything new. He has a constant fear of breaking down under stress. He is domineering, exacting, and reserved (Phatak 2016). He is misanthropic; dislikes of people, distrustful, fault finding, and suspicious.

(iii) *Veratrum album* (White hellebore)(2).

He hunts up other people's weak sides and reproaches them (Clarke 1991). He uses strong language on the slightest provocation. There is depression, with stupor and mania (Boericke 2013). He has the delusion of impending misfortune. There is mania, with a desire to cut and tear things. There is a frenzy of excitement, he shrieks, and curses. There is haughtiness (behaving in an unfriendly way towards other people because one thinks is better than them) (Phatak 2016). He is deceitful, never speaks the truth. He talks about the faults of others or scolds.

(iv) *Belladonna* (Deadly nightshade)(1).

He is full of imaginations, sees ghosts, spirits, officers, and wild things (Kent 2008). He is very restless (Phatak 2016). He bites, strikes, and tears things. He sees monsters and hideous faces. He spits on the faces of other people and is quarrelsome.

(v) *Calcii carbonas/Calcareo carbonica* (Calcium carbonate)(1).

There is a delusion that others will see that he does not know what is meaningful, what is worth (Scholten 1996). Children are often not very sure of themselves. This has been caused by continuous criticism they get from adults. They are sensitive to criticism. They are timid, shy, withdrawn and fearful.

He thinks he is going insane, and that other people are observing his state of mind, and keeps that in mind most of the time (Kent 2008). He thinks of it daytime and gets greatly roused up over it. He is obstinate (Boericke 2013). He is suspicious, thinks people look at him suspiciously, and he looks at them suspiciously (Phatak 2016). He sits and thinks about little affairs that amount to nothing.

(vi) *Cannabis indica* (Hashish)(1).

There is an exaltation of spirit with mirthfulness (Kent 2008). He seems to have two existence, or to be conscious of two states, or exist in two spheres. He is constantly theorizing (Boericke 2013). Time seems too long, seconds seem like ages, and few yards seem like so much distance.

(vii) *Cuprum metallicum (Copper)*(1).

He has fixed ideas of imaginary occupations at which he believes he is one of the employee/worker (Clarke 1991). He can be malicious and morose, with a proud bearing, and at times interrupted by craziness. There are attacks of rage and wants to bite bystanders.

They desperately try to hold on to relationships (Scholten 1996). They are very serious and responsible and feel they have to do it all on their own. They feel nobody gives them any care and attention, so they feel sorry for themselves and can result in complaining behaviour. They don't like to hear others complain, particularly children. They are easily frightened. They have fear of criticism, opposition, approached, looked at, touched, or going mad.

(viii) *Ferrum metallicum (Iron metal)*(1).

They persevere in their job (Scholten 1996). They are firm, brave, robust, steadfast, and straight to the point. They carry on regardless of how difficult the task is. They take a stand and do not give in but carry on with what they have planned. They want the product of their labour to last a long time. In order to perform their task well, they have to go on about it in an orderly manner. They are very sensitive to criticism and consider it as a direct form of opposition, and it makes them angry. They tend to work hard for examinations, and constantly have the feeling that there is a lot to be done before they are ready.

(ix) *Ferrum magneticum (Loadstone)*.

There is indecision and long reflection before he undertakes anything (Clarke 1991). He feels he is someone important and self-sufficient.

- (x) Glonoinum “no relevant information with regard to the requirement of the subheading”/so Phosphorus is used.

There is the delusion that he is alone and isolated on a little island (Scholten 1996). There is a total absence of contact. He has to make lots of friends in order to feel secure in society. He is full of curiosity and desires to travel. To him, communication is better than no communication. He has to learn many new things, like using new tools or a new language. He is sympathetic.

The mind may be overactive or extremely passive with loss of memory (Kent 2008). There is insanity with an exaggerated idea of one's own importance (Boericke 2013). He is excitable, easily angered and vehement from which he afterward suffers (Phatak 2016). There is depression with disinclination to work, study, and/or to converse. There is insanity with the delusion of grandeur; the exaggerated idea of one's own importance.

3.3.15 BFRs mental symptom: They impose very strict discipline upon themselves.

3.3.15.1 *Repertory/Rubric: Mind, self-control, increased* (Schroyens 2014).

3.3.15.2 *Homoeopathic remedies:*

- (i) Arsenicum album (Arsenious acid)(1)

There is great sensibility and scrupulousness of conscience, with gloomy ideas, as if one had offended the world (Clarke 1991). He feels very indignant about the fact that the end of his career or studies is insight (Scholten 1996). He feels abused, as he always has done his best and now to be cast aside. He is precise and meticulous at work with the hope to prevent further losses.

There is religious insanity, with the delusion that she has sinned away her day of grace, the biblical promise of salvation do not apply to her, and there is no hope, so she is doomed to punishment (Kent 2008).

His general sensibility is increased (Boericke 2013). He is sensitive to disorder and confusion. He does not want to meet his acquaintances, because he thinks he has

offended them. He has fixed ideas and hallucinations (Phatak 2016). He sees ghosts day and night.

(ii) *Aurum metallicum (Gold)(1)*.

They hold on to power and responsibility (Scholten 1996). They feel they have to keep the organisation intact and that their employees have to keep their job. They feel they must protect the organisation from ruin. They want to hold on to their own position as a leader. They feel very important in their position at the top, and they want to be treated accordingly. They tend to be precise and fastidious so that they must know that everything is being done properly. They are able to foresee problems and get responses to get them out of the way immediately.

(iii) *Calcii carbonas/Calcareo carbonica (Calcium carbonate)(1)*.

He is convinced that he is insane, or about to become insane, that he is weak-minded (Kent 2008). He thinks people look at him suspiciously, and he looks at them suspiciously, and he wonders why they do not say something to him about it. She feels as if she can run up and down, and scream. He is apprehensive which is worse towards the evening (Boericke 2013). He has a fear of loss of reasoning, misfortune, and/or diseases. He is forgetful, confused and low-spirited and slight mental exertion produces hotness in the head. He is averse to work or exertion.

He is forgetful and learns poorly (Phatak 2016). He is depressed and has a doubting mood. He fears disaster, insanity or being watched/observed. He fears to be excited by reports of cruelty. He is cautious. There is confusion, he misplaces words and expresses himself wrongly. He has visions, of fire, murder, rats, and mice, when in delirium. He sits and thinks of little affairs that amount to nothing, or sits and breaks sticks all day long. He is easily frightened or offended. She feels as if she would run up and down and scream. Children are afraid of everything they see. They are self-willed and mischievous.

(iv) *Carcinosinum* (Cancer nosode)(1).

They have a high degree of honour, honesty, and integrity (Hall 2018). They have sympathy for the welfare of others and are devoted to caring for others. They are sensitive in nature and fear offending others. Hearing of bad news, and/or diagnosis of a potentially fatal disease has a tremendous blow to his vital force (Hall 2018). He has an extreme fear of death and anxiety about diseases. He fears the recurrence of cancer. He worries about the future. He has grief over all the losses involved in cancer; loss of health, loss of quality of life, and loss of the possibility of a future. He has the anger of being ill. There is restlessness. He is sensitive criticism and reprimand.

(v) *Folliculinum* (Sarcode of ovarian-follicle)(1).

She feels she is controlled by another and feels out of sort with her rhythms (Hall 2018). She is living out someone's expectations. She becomes the rescuer, addicted to rescuing people. She has forgotten who she is, and has no individuality.

All symptoms are worse from ovulation to menses. She is weepy and depressed, or hyperactive. She is indecisive, has panic attacks, and mood swings. She is aggressive, followed by apathy, and inability to tolerate noise, touch or heat. There can be low or high libido.

(vi) *Kalium carbonicum* (Carbonate of potassium).

He is irritable to the very highest degree (Kent 2008). He quarrels with his family. He never wants to be alone. If compelled to remain alone in the house, he is wakeful, sleepless, or his sleep is full of horrible dreams. He is never at peace and is full of imaginations and fear.

He is despondent, with alternating moods (Boericke 2013). He is very irritable and full of fear. He has anxiety that is felt in the stomach. He has a sensation as if the bed is sinking. He never wants to be left alone. He is never quiet or contented. He is obstinate and hypersensitive to pain, noise, and/or touch.

He is peevish, easily startled when touched, especially on feet (Phatak 2016). He has fear of the future, ghosts, and/or death. He is anxious about his own disease. She weeps much and is very irritable. He is rigid, dogmatic, conserved and stoic (Maharaj 2017). He sticks to routine and values good morals. He is reliable, stable, conscientious and responsible.

(vii) *Lycopodium clavatum* (Club moss)(1).

She is irritable and susceptible to cry (Clarke 1991). She is dread of men, desires to be alone or averse to solitude. There can estrangement and frenzy which manifest by being envious, reproachful, arrogant, and overbearing. He is disposed to be very haughty when sick, mistrustful, and does not understand anything one says to him.

He is extremely sensitive, little things annoy (Boericke 2103). He is averse to undertaking new things. There is confusion over daily affairs (Phatak 2016). He has a loss of self-confidence from anticipation and is averse to undertaking new things, yet when he undertakes it he goes through with ease and comfort. He is vehement and headstrong.

(viii) *Moschus* (Musk)(1).

They are self-willed, obstinate and selfish (Kent 2008). However, they pretend to be honest and truthful but their reported sensations are untrustworthy. There is uncontrollable laughter (Boericke 2013). She scolds, and has anxiety with palpitations, starting as if frightened. She has imaginary suffering (Phatak 2016). She has violent anger, talks excitedly, raves, scolds till mouth becomes dry, lips blue, eyes starring and falls unconscious.

(ix) *Natrum carbonicum* (Carbonate of sodium)(1).

They rather are alone in dignity, than feel denied by others (Scholten 1993). He does not need the appreciation of others anymore. They may feel being slighted, that they are worthless. He is alone in the appreciation of himself and holds on to dignity in silence. He feels he has to carry his dignity on his own and in silence. He thinks he is being denied by society. He feels completely ignored by the community, after all the

good he has done. He admits there is no sense in getting angry because nobody is taking notice. The only thing he can do then is to retire gracefully.

There is extreme fear from slightest noise or slam of a door (Kent 2008). The rattling of papers causes palpitations, irritations, and depression. Music causes a tendency to suicide, depression, weeping, and extreme fear. She can be lively and talkative (Phatak 2016). She is averse to society, even to her own family or husband. Playing on a piano causes her anxiety and trembling.

(x) *Natrum muriaticum* (Sodium chloride)(1).

There is a hysterical condition of the mind and body (Kent 2008). She is weeping alternating with laughter. There is irresistible laughter at unsuitable times. She is hateful to a person who offended her (Phatak 2016). She is cheerful, laughs, sing, dances, alternating with sadness. There is boisterous grief. She dwells on past unpleasant memories. She weeps involuntarily without cause, or cannot weep.

3.3.16 BFRs mental symptom: They deny themselves even the smallest luxury.

3.3.16.1 *Repertory/Rubric: Mind, self-denial (3 remedies)* (Schroyens 2014).

3.3.16.2 *Homoeopathic remedies:*

(i) *Agaricus muscarius* (Toad stool)(1).

There are mania and timidity, or fury, with a great display of strength (Clarke 1991). He becomes self-willed, obstinate and has much pride in self and on what he does (conceited) (Kent 2008). He also becomes silly, says foolish and silly things, sings and whistles at an inopportune time. He makes verses and prophecies. There is fearlessness (Boercke 2013). He is delirious which is characterised by singing, shouting, and muttering. He is morose and stubborn (Phatak 2016). The child is slow to learn to talk and walk. He becomes awkward and clumsy.

(ii) *Podophyllum peltatum* (May apple)(1).

There is great depression of spirit, sadness, and dejection everything goes wrong (Kent 2008). He is hopeless and thinks he may die or that he is going to become ill. He thinks

his disease will become chronic, that he has an organic disease of the heart and liver. He thinks he has sinned away his day of grace.

There are delirium and loquacity from eating acidic fruits (Boericke 2013). He is depressed in spirit. He is whining with loquacity during chill and fever, afterward, he forgets of what has happened (Phatak 2016).

(iii) *Staphysagria (Stavesacre)(1)*.

She is excitable, easily aroused to anger, but seldom manifest it (Kent 2008). She becomes speechless from suppressed indignation. She is angered with indignation. She is very sensitive as to what others say about her (Boericke 2013). There is great indignation about the things done by others or by her and grieves about the consequences (Phatak 2016). Her ailments are from reserved displeasure.

3.3.17 BFRs mental symptom: Self-punishing attitude.

3.3.17.1 *Repertory: Mind, contemptuous, self, of (7 remedies)* (Schroyens 2014).

3.3.17.2 *Homoeopathic remedies:*

(i) *Agathis australis* (no information obtained).

(ii) *Agnus castus* (The chaste tree)(1).

He is extremely absent-minded, is unable to recollect things (Clarke 1991). He finds it difficult to read or keep up a tract of thoughts. There is despairing sadness and is low spirited. He fears death. He keeps repeating that he will soon die. There is sadness with an impression of speedy death (Boericke 2013). He is forgetful and lacks courage. She says she will die soon and there is no use of doing anything (Phatak 2016).

(iii) *Aurum metallicum* (Gold)(1).

There is self-condemnation, continual self-reproach, self-criticism, and a constant looking into self (Kent 2008). She feels she does nothing right, everything is wrong, and nothing will succeed, and she is hopeless. He imagines he sees obstacles in his way everywhere. He is all the time imagining that he has neglected something, that he has neglected his friends. He imagines that he deserves reproach in consequence of having

neglected duty. He has neglected something, he is wrong, and evil, and has sinned away his day of grace, so he is not worthy of salvation.

There are feelings of utter worthlessness and profound despondency, with thorough disgust of life (Boericke 2013). He talks of committing suicide. He has a great fear of death and becomes peevish and vehement at least contradiction.

There is violent hysteria, with desperate actions, and thrashes oneself about (Phatak 2016). He reproaches and criticises himself.

(iv) *Copaiva officinalis* (Balsam of copaiva)(1).

There is depression with anxious sadness, and excessive sensitiveness of whole nervous system (Clarke 1991). She hates and avoids peoples (misanthrope). She loathes life at the same time fears death. She weeps on hearing a piano (Phatak 2016).

(v) *Falcon peregrinus disciplinatus* (no information obtained).

(vi) *Lac canninum* (Dog's milk)(1).

Every time a symptom appears she will fear and be anxious that some horrible disease has come upon her (Kent 2008). She has a fear of failure, diseases, fainting or falling downstairs (Hatherly 2010). She feels she is worthless. She is depressed and despondent, thinking that her disease is incurable and that whatever she says is a lie. Everything seems so dark around her. There is self-contempt. She has delusions that when she lies on the bed she does not seem to touch the bed, or she is wearing someone else's nose.

He is forgetful and makes mistakes in writing (Boericke 2013). He is despondent, thinks his disease is incurable. There are attacks of rage. He has visions of snakes. He thinks himself of a little importance.

(vii) *Thuja occidentalis* (Arbor vitae)(1).

There is emotional sensitiveness, music causes weeping and trembling (Boericke 2013). He imagines as of being in the hands of a strong power (Phatak 2016). There are fixed ideas as if a strange person is at his side as if soul and body were separated,

or as of a live thing inside him. He has delusion as if his body is fragile, made of glass. He is sad and loathes life. She gets nervous and begins to twitch on the approach of strangers. She is irritable, jealous, and quarrelsome to her husband or mother, but controls herself amongst strangers and doctors.

CHAPTER FOUR: DATA ANALYSIS

4.1 Introduction

This chapter highlights the homoeopathic remedies that were found when Bach Flower Remedies' mental symptoms were used as rubrics on homoeopathic repertory. The (homoeopathic) remedies are also grouped according to the sources they are obtained from. Explanation of the different sources of homoeopathic remedies which are (Wulfsohn 2017):

- (i) Plant, are the largest sources of homoeopathic medicines. Medicines are prepared from various plants, either whole or their parts.
- (ii) Animals, in this regards included, are all living creatures such as mammals, birds, reptiles, arthropoda, and those from ocean habitats like cetaceans, fish, jellyfish, and coral.
- (iii) Minerals are any remedy formed by any substance that is available in a periodic table as a single element or in combination.
- (iv) Sarcodes, are homoeopathic remedies prepared from healthy tissues/organs of a non-diseased animal.
- (v) Nosodes, are homoeopathic remedies prepared from diseased animal's discharges or tissues.
- (vi) Synthetics, are homoeopathic remedies prepared through homoeopathic methods, from pharmaceutical allopathic drugs.

Explanation of highlighting and numbering of homoeopathic remedies.

Remedies are highlighted in accordance with the degree of preference in homoeopathic repertories (Schroyens 2014). They are highlighted in bold, italic, and in small letters.

Remedies written/abbreviated in bold letters indicate the most preferred, in italic preferred, and small the list preferred.

The numbers that are written and in brackets after each remedy in the tables below indicates the degree of preference of a remedy in the repertory (Schroyen 2014). The number 1 represents list preferred remedy (written in small letters in the repertory), 2 preferred remedies (written in italic in the repertory), and 3 most preferred remedy (written in bold in the repertory).

The tables of content below are of the two groups of Bach Flower Remedies (BFRs), fear and overcare for the welfare of others, ten BFRs, mental symptoms of BFRs, and homoeopathic remedies obtained after repertory. The (homoeopathic) remedies are grouped into, minerals, plants, animals, and sarcodes/nosodes.

4.2 Bach Flower Remedies (BFRs) group: Fear.

4.2.1 Bach Flower Remedy: Rock Rose.

4.2.1.1 Bach Flower Remedy (BFRs) mental symptom: terror.

Table 4- 1: Ten Homoeopathic remedies for terror (Schroyen 2014).

Mineral/element remedies	Plant remedies	Animal remedies	Sarcodes/nosodes
(i) Kalium bromatum (3). (ii) Aurum bromatum (2). (iii) Kalium phosphoricum (2). (iv) Arsenicum album (1). (v) Calcareo carbonica (1).	(i) Cina maritima (2). (ii) Carbo vegetabilis (1). (iii) Triticum vulgare (2). (iv) Aconitum napellus (1). (v) Belladonna (1).		

4.2.1.2 BFRs mental symptom: extreme fear.

Table 4- 2: Two Homoeopathic remedies for extreme fear.

Mineral/element remedies	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Hydrogen (1).		(i) Androctonus amoreuxii (1).	

4.2.1.3 BFRs mental symptom: acute state of fear.

Table 4- 3: Ten Homoeopathic remedies for acute fear.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Argentum nitricum (1). (ii) Arsenicum album (2). (iii) Arsenicum iodatum (1). (iv) Baryta carbonica (1).	(i) Aconitum napellus (2). (ii) Arnica Montana (1). (iii) Cannabis indica (2). (iv) Ruta graveolens (2). (v) Tritic vulgare (2).	(i) Apis mellifica (1).	

4.2.1.4 BFRs mental symptom: nightmare.

Table 4- 4: Ten Homoeopathic remedies for nightmare.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes
(i) Aurum bromatum (1). (ii) Calcarea carbonicum (1).	(i) Cina maritime (2). (ii) Chamomilla (1). (iii) Stramonium	(i) Cicuta virosa (1).	

(iii) Carbo vegetabilis (2).	(2).		
(iv) Chloral hydratum (1).			
(v) Kalium bromatum (2).			
(vi) Kalium phosphoricum (2).			

4.2.2. Bach Flower Remedy (BFRs): Mimulus.

4.2.2.1 BFRs mental symptoms: unnecessary fear and worry of everyday life.

Table 4- 5: Ten Homoeopathic remedies for unnecessary fear and worry of everyday life, Granitum murvey replaced Sabadilla.

Mineral/element remedies.	Plant remedies.	Animal remedies	Sarcodes/nosodes.
(i) Arsenicum album (2). (ii) Calcarea flouratum (1). (iii) Chloralum hydratum (1). (iv) Granitum murvey (1). (v) Lacticum acidum (1). (vi) Phosphorus (1). (vii) Plumbum metallicum (1).	(i) Cannabis indica (1).	.	(i) Carcininum (1). (ii) Psorinum (1).

4.2.2.2 BFRs mental symptoms: Nervous.

Table 4- 6: Ten Homoeopathic remedies for nervous.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Ammonium picricum (2). (ii) Ammonium	(i) Aconitum napellus (3). (ii) Anacardium	(i) Ambra grisea (2). (ii) Lachesis	

valeriana (2).	(iii) orientale (2). Ignatia amara (3). (iv) Nux vomica (3). (v) Pulsatilla pratensis (3).	muta (3). (iii) Sepia (3).	
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4.2.2.3 BFRs mental symptoms: Shy and/or timid.

Table 4- 7: Ten Homoeopathic remedies for shy and/or timid.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Baryta carbonicum (3). (ii) Calcarea carbonica (3). (iii) Kalium carbonicum (3). (iv) Natrum carbonicum (3). (v) Petroleum (3). (vi) Phosphorus (3).	(i) Bryonia album (3). (ii) Gelsemium sempervirens (3). (iii) Lycopodium clavatum (3). (iv) Pulsatilla pratensis (3).		

4.2.2.4 BFRs mental symptom: Sensitive to loud noise.

Table 4- 8: Ten Homoeopathic remedies for sensitive to loud noise.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Borax veneta (3). (ii) Graphites (3). (iii) Kalium carbonicum (3). (iv) Nitric acidum (3).	(i) Aconitum napellus (3). (ii) Asarum europeum (3). (iii) Belladonna (3). (iv) China officinalis (3). (v) Coffea cruda (3). (vi) Conium maculatum (3).		

4.2.2.5 BFRs mental symptom: Sensitive to bright light.

Table 4- 9: Ten Homoeopathic remedies for sensitive to bright light.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Antimonium cruda (1). (ii) Arsenicum album (2). (iii) Aurum metallicum (1). (iv) Kalium phosphoricum (2). (v) Phosphorus (3).	(i) Aconitum napellus (2). (ii) Belladonna (3). (iii) Colchicum autumnale (2). (iv) Nux vomica (3). (v) Pulsatilla praetensis (2).		

4.2.3 BFRs: Cherry Plum.

4.2.3.1 BFRs mental symptom: They feel they are losing control of their mind.

Table 4- 10: Ten Homoeopathic remedies for feeling of losing control of their mind, Kalium phosphoricum replaced Ferrum picricum.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Calcareo carbonica (2).	(i) Aconitum napellus (2). (ii) Cannabis indica (3). (iii) Cimicifuga racemosa (3). (iv) Chelidonium majus (2). (v) Eupatorium perfoliatum (2). (vi) Ignatia	(i) Lac equinum (2).	(ii) Syphilinum (2).

	amara (2). (vii) Mancin ella (3).		
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4.2.3.2 BFRs mental symptom: Having a breakdown.

Table 4- 11: Ten Homoeopathic remedies for having a breakdown.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nososdes.
(i) Argentum metallicum (3). (ii) Aurum metallicum (3). (iii) Aurum sulphuricum (3). (iv) Carbolicum acidum (3). (v) Cuprum metallicum (3). (vi) Kalium phosphoricum (3).	(i) Baptisia tinctoria (3). (ii) Belladonna (3). (iii) Conium maculatum (3). (iv) Hyoscyamus niger (3).		

4.2.3.3 BFRs mental symptoms: They can be snappy, on edge, they want to scream.

Table 4- 12: Ten Homoeopathic remedies for snappy and on edge, Cinnabaris replaced Abroma augustua, Digitalinum replaced Aids nosodes, and Drosera rotundifolia replaced Cassia sophora.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nososdes.
(i) Antimmonium tartaricum (1). (ii) Cinnabaris (1).	(i) Abies canadensis (1). (ii) Chamomilla (2). (iii) Digitalinum (1). (iv) Drosera Canadensis (1).	(i) Bitis arient ans arient ans (1).	(i) Psorinum (2).

	(v) Dulcamara (2). (vi) Tritic vulgare (2).		
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4.2.3.4 BFRs mental symptoms: Fear they can be violent to others.

Table 4- 13: Ten Homoeopathic remedies for fear they can be violent to others

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Argentum nitricum (1). (ii) Natrium muriaticum (1). (iii) Osmium oxydatum (1).		(i) Androctonus ameurruxi (1).	

4.2.3.5 BFRs mental symptoms: Fear they can be violent, and to themselves.

Table 4- 14: Seven Homoeopathic remedies for Fear they can be violent, and to themselves.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Alumina (1). (ii) Argentum nitricum (1). (iii) Arsenicum album (1). (iv) Mercurius solubilis (2). (v) Natrum sulphuricum (2).	(i) Cimicifuga racemosa (2).	(i) Sepia (1).	

4.2.3.6 BFRs mental symptom: Women – irrational feelings related to their monthly cycle (before menses).

Table 4- 15: Ten Homoeopathic remedies for irrational feelings related to their monthly cycle (before menses).

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Aurum muriaticum (1). (ii) Aurum sulphuricum (1). (iii) Causticum (1). (iv) Natrum muriaticum (1).	(i) Chamomilla (1). (ii) Lycopodium clavatum (1). (iii) Nux vomica (1). (iv) Pulsatilla (1).	(i) Sepia (1).	(i) Folliculinum (3).

4.2.3.13 BFRs mental symptom: Women – irrational feelings related to their monthly cycle (during menses).

Table 4- 16: (Ten Homoeopathic remedies for irrational feelings related to their monthly cycle (after menses).

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Ammonium carbonica (1). (ii) Sulphur (2).	(i) Aconitum napellus (1). (ii) Aethusa cyanapium (1). (iii) Asa foetida (1). (iv) Belladonna (1). (v) Berberis vulgare. (vi) Chamomilla (2). (vii) Nux vomica (2).	(i) Aranea diadema (1).	

4.2.4 BFRs: Aspen.

4.2.4.1 BFRs mental symptoms: Apprehension for which there appear to be no logical reasons.

Nine Homoeopathic remedies. Spongia toasta replaced Argemone pleicantha, Tabacum replaced Cassia sophora, Tarentula hispanica replaced Chirone Fleckeri, Thallium metallicum replaced Felix mass, Triticum vulgare replaced Oscilococcinum, and no replacement for Oxalis acetosella

Table 4- 17: Nine Homoeopathic remedies for Apprehension for which there appear to be no logical reasons

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Kalium arsenicosum (1). (ii) Phosphorus (1). (iii) Thallium metallicum (1).	(i) Bryonia alba (3). (ii) Spongia toasta (1). (iii) Sabadilla (1). (iv) Tabacum (1). (v) Tritic vulgare (1).	(i) Tarantula hispanica (1).	

4.2.4.2 BFRs mental symptom: Apprehension of unknown future events.

Table 4- 18: Ten Homoeopathic remedies for apprehension of unknown future events.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Aurum muriaticum natronatum (2). (ii) Aurum sulphuricum (2). (iii) Calcarea carbonica (3). (iv) Chininum sulphuricum (3). (v) Phosphorus	(i) Aloe sacotrina (2). (ii) Anarcadium orientale (2). (iii) Bryonia alba (3). (iv) Spongia toasta (3).	(i) Cicuta virosa (3).	

(3).			
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4.2.4.3 BFRs mental symptom: “Spooked out” feeling in the dark or strange places.

Phosphorus replaced Aurum iodatum, and Rhus toxicodendron replaced Hypothalamus.

Table 4- 19: Ten Homoeopathic remedies for spooked out” feeling in the dark or strange places.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Calcarea carbonica (1). (ii) Carbo animalis (1). (iii) Carbo vegetabilis (1). (iv) Natrum muriaticum (1). (v) Phosphorus (1).	(i) Aethusa cyanapium (1). (ii) Cannabis indica (2). (iii) Pulsatilla pratensis (2). (iv) Rhus toxicodendron (1). (v) Stramonium (3).		

4.2.4.4 BFRs mental symptom: (d) “Spooked out” feeling in strange places.

Table 4- 20: One Homoeopathic remedy for Spooked out” feeling in strange places.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
			Carcinosin

4.2.5 BFRs remedy: Red Chestnut.

4.2.5.1 BFRs mental symptom: Worry for the safety of others, particularly those that are close to them.

Table 4- 21: Ten Homoeopathic remedies for worry for the safety of others, particularly those that are close to them.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcode/nosodes.
(i) Arsenicum alba (1). (ii) Calcarea carbonicum (1). (iii) Calcarea sulphuricum (1). (iv) Causticum (1). (v) Phosphorus (1).		(i) Ambra grisea (1). (ii) Sepia (1).	(i) Carcinosis (1). (ii) Psorinum (1). (iii) Tuberculinum (1).

Table 4- 22: Five Homoeopathic remedies for her husband will not return.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Arsenicum album (1). (ii) Baryta carbonicum (1). (iii) Causticum (1). (iv) Platina (2).		(i) Sepia (1).	

4.2.5.2 BFRs mental symptom: Fear the worst if things do not happen as anticipated.

Table 4- 23: Ten Homoeopathic remedies for something terrible is going happen.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Amylenum nitrosum (1). (ii) Calcarea carbonicum	(i) Calendula officinalis (2). (ii) Cimicifuga	(i) Elaps corallinus (1). (ii) Lyssin	(i) Carcinosis (1).

(2). (iii) Flouricum acidum (1). (iv) Fumaric acidum (1).	racemosa (1). (iii) Ignatia amara (1).	(2).	
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Table 4- 24: One Homoeopathic remedy for something dreadful has happened.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
			(i) Medorrhinum (1).

4.3 BFRs group: Over-care for the welfare of others.

4.3.1 BFRs: Chicory

4.3.1.1 BFRs mental symptoms: *Children constantly in need of attention, don't like to be on their own, clinging.*

Table 4- 25: Ten Homoeopathic remedies for Children constantly in need of attention, don't like to be on their own, clinging.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Antimonium tartaricum (1). (ii) Baryta carbonica (1). (iii) Borax veneta (3). (iv) Bismuthum subnitricum (2). (v) Cuprum metallicum (1). (vi) Kalium carbonica (1).	(i) Cina maritima (1). (ii) Gelsemium sepervirens (2). (iii) Lycopodium clavatum (1). (iv) Stramonium (3).		

4.3.1.2 BFRs mental symptom: Emotionally needy, manipulative, and excessively interfering.

Table 4- 26: Ten Homoeopathic remedies for emotionally needy, manipulative, and excessively interfering.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Sanicula aqua (1). (ii) Siliceae (1). (iii) Sulphur (2).	(i) Cotyledon umbilicus (1). (ii) Pulsatilla pratensis (2). (iii) Staphysagria (1).	(i) Lachesis muta (1). (ii) Tarentula hispanica (1).	(i) Thuja occidentalis (1). (ii) Tuberculinum (1).

4.3.1.3 BFRs mental symptom: Self-pity and resentment if their efforts are not appreciated. She pities herself.

Table 4- 27: Ten Homoeopathic remedies for self-pity and resentment if their efforts are not appreciated.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Aurum muriaticum natronatum (2). (ii) Aurum sulphuricum (1). (iii) Cadmium iodatum (1). (iv) Calcareo carbonica (3). (v) Germanium metallicum (1). (vi) Graphites (1).	(i) Agaricus muscarius (1). (ii) Staphysagria (2).	(i) Androctonus amareus (1).	(i) Carcinum (1).

4.3.1.4 Delusion that she is not appreciated.

Table 4- 28: Ten Homoeopathic remedies for delusion that she is not appreciated.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Argentum nitricum (1). (ii) Aurum metallicum (1). (iii) Platina (1). (iv) Palladium metallicum (2).	(i) Capsicum anuum (1). (ii) Hamamelis virginiana (2). (iii) Pulsatilla pratensis (2). (iv) Thuja occidentalis (2).	(i) Androctonus amureux ii (2).	(i) Carcinosinum (2).

4.3.1.5 BFRs mental symptom: Feeling of inner emptiness.

Table 4- 29: Ten Homoeopathic remedies for feeling of inner emptiness.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Ammonium carbonicum (1). (ii) Kalium bromatum (2). (iii) Kalium carbonicum (2). (iv) Muriaticum acidum (2).	(i) Caladium seguinum (2). (ii) Cocculus indica (3). (iii) Gelsemium sempervirens (2). (iv) Ignatia amara (2). (v) Pulsatilla pratensis (3).	(i) Sepia (3).	

4.3.2 BFRs: Vervain.

4.3.2.1 BFRs mental symptom: Unconscious belief that it's their responsibility to take care of everything.

Table 4- 30: Ten Homoeopathic remedies for unconscious belief.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Arsenicum album (2). (ii) Calcarea carbonica (3). (iii) Kalium carbonicum (3). (iv) Kalium sulphuricum (2). (v) Natrum sulphuricum (2). (vi) Nitricum acidum (3).	(i) Agaricus muscurius (1). (ii) Thuja occidentalis (2). (iii) Tritic vulgare (3).	(i) Sepia (2).	

4.3.2.2 BFRs mental symptom: They are perfectionists.

Table 4- 31: Ten Homoeopathic remedies for they are perfectionists.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Arsenicum album (3). (ii) Aurum muriaticum natronatum (2). (iii) Aurum sulphuricum (2). (iv) Causticum (2). (v) Graphites (2). (vi) Kalium sulphuricum (3). (vii)	(i) Aloe sacotrina (3). (ii) Anacardium orientale (2).		(i) Carcinosinum (2).

Natrum silicata (3).			
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4.3.2.3 BFRs mental symptoms: They are incensed by injustice.

Natrum muriaticum replaced Kola

Table 4- 32: Ten Homoeopathic remedies for incensed by injustice.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Aurum sulphuricum (2). (ii) Causticum (3). (iii) Kalium iodatum (2). (iv) Natrum muriaticum (2).	(i) Dulcamara (2). (ii) Hammamelis virginiana (2). (iii) Ignatia amara (2). (iv) Staphysagria (3).		(i) Carcinosinum (3). (ii) Folliculinum (2).

4.3.3 BFRs remedy: Vine.

4.3.3.1 BFRs mental symptom: Tendency to overbearing, dominating. They are haughty.

Table 4- 33: Ten Homoeopathic remedies for overbearing attitude.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Causticum (2). (ii) Graphites (2). (iii) Sulphur (3). (iv) Palladium (2). (v) Platina (3).	(i) Hyoscyamus niger (2). (ii) Lycopodium clavatum (3). (iii) Ipecacauna (2). (iv) Veratrum album (3).	(i) Lachesis muta (2).	

4.3.3.2 They are dictatorial.

Homoeopathic remedies Platina replaced Kola.

Table 4- 34: Ten Homoeopathic remedies for dictatorial

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Aurum sulphuricum (2). (ii) Cuprum metallicum (2). (iii) Flouricum acidum (2). (iv) Mercurius solubilis (2). (v) Platina (2).	(i) Camphora officinalis (2). (ii) China officinalis (2). (iii) Dulcamara (2). (iv) Lycopodium clavatum (3).		(i) Medorrhinum (2).

4.3.3.3 BFRs mental symptom: They find it very hard to hear another's point of view.

Table 4- 35: Ten Homoeopathic remedies for finding it hard to hear another's point of view.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcode/nosodes.
(i) Causticum (1). (ii) Cupricum metallicum (1). (iii) Ferrum metallicum (1). (iv) Kalium bichromium (1). (v) Kalium carbonicum (3).	(i) Bryonia alba (1). (ii) Camphora officinalis (1). (iii) Conium maculatum (1). (iv) Dulcamara (1).	(i) Lachesis muta(1).	

4.3.4 BFRs remedy: Beech.

4.3.4.1 BFRs mental symptom: Personality – criticism, judgemental, intolerance.

Germanium metallicum replaced Symphytum officinale.

Table 4- 36: Ten Homoeopathic remedies for personality

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Arsenicum album (3). (ii) Baryta carbonicum (2). (iii) Bromium metallicum (2). (iv) Causticum (2). (v) Graphites (3). (vi) Natrum silicata (3). (vii) Sulphur (3).	(i) Arnica Montana (2). (ii) Symphytum officinale (3) (iii) Veratrum alba (3).		

4.3.4.2 BFRs mental symptom: Sensitive to criticism from others.

Cuprum muriaticum replaced Vanilla aromantica, Mercurius solubilis replaced Alumina silicate, and Aurum sulphuricum replaced Arsenicum sulphuratum flavum.

Table 4- 37: Ten Homoeopathic remedies for sensitive to criticism

Mineral/elements remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Ammonium carbonicum (1). (ii) Aurum metallicum (1). (iii) Aurum muriaticum (1). (iv) Aurum sulphuricum (1). (v) Baryta carbonicum	(i) Angostura vera (1).		(i) Carcininum (3).

(1). (vi) Calacrea carbonica (1). (vii) Cupru m muriaticum (2). (viii) Mercuri us solubilise (1).			
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4.3.5 BFRs: Rock Water.

4.3.5.1 BFRs mental symptom: They set themselves very high standard.

Phosphorus replaced Glonoinum.

Table 4- 38: Ten Homoeopathic remedies for setting themselves very high standard

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Calcareo carbonica (1). (ii) Cuprum metallicum (1). (iii) Ferrum magneticum (1). (iv) Ferrum metallicum (1). (v) Phosphorus (1). (vi) Platina (3).	(i) Belladonna (1). (ii) Cannabis indica (1). (iii) Lycopodium clavatum (2). (iv) Veratrum alba (1).		

4.3.5.2 BFRs mental symptom: They impose very strict discipline upon themselves.

Table 4- 39: Ten Homoeopathic remedies for imposing strict self-discipline

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Arsenicum alba (1). (ii) Aurum metallicum (1). (iii) Calcareo	(i) Lycopodium clavatum (1). (ii) Moschus (1).		(i) Carcininum (1). (ii) Folliculinum (1).

carbonicum (1). (iv) Kalium carbonicum (1). (v) Natrium carbonicum (1). (vi) Natrium muriaticum (1).			
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4.3.5.3 BFRs mental symptom: They deny themselves even the smallest luxury.

Table 4- 40: Three Homoeopathic remedies for self-denied luxury.

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
	(i) Agaricus muscarius (1). (ii) Podophyllum peltatum (1). (iii) Staphysagria (1).		

4.3.5.4 BFRs mental symptom: Self-punishing attitude.

Falcon peregrinus disciplinatus and Agathis australis is not replaced.

Table 4- 41: Six Homoeopathic remedies for self-pushing attitude

Mineral/element remedies.	Plant remedies.	Animal remedies.	Sarcodes/nosodes.
(i) Aurum metallicum (1). (ii)	(i) Agnus castus (1). (ii) Copaiva officinalis (1).		(i) Lac caninum (1).

	(iii) Thuja occidentalis (1).		
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4.4 There are common homoeopathic remedies that appear for some of the mental symptoms under each Bach Flower Remedies.

(A) The common homoeopathic remedies for mental symptoms under Bach Flower Remedies (BFR) Rock Rose of the group of fear are:

(i) For mental symptoms: terror and acute state of fear:

Common homoeopathic remedies: Arsenicum album and Aconitum napellus.

(ii) For mental symptoms: terror, nightmare, and becoming rigid and petrified:-

Common homoeopathic remedy: Calcarea carbonica.

(B) The common homoeopathic remedies for mental symptoms under (BFRs) Mimulus of group of fear are:

(i) For mental symptoms: unnecessary fear and shy/timid:

Common homoeopathic remedy: Phosphorus.

(ii) For mental symptoms: nervous and shy/timid:

Common homoeopathic remedies: Pulsatilla pratensis.

(iii) For mental symptoms: nervous, sensitive to noise, and sensitive to bright light:

Common homoeopathic remedies: Aconitum napellus.

(C) The common homoeopathic remedies for mental symptoms under (BFRs) Cherry Plum of the group of fear are:

(i) For mental symptoms: terror and feeling of losing control:

Common homoeopathic remedies: Aconitum napellus and Calcarea carbonica.

- (ii) For mental symptoms: terror, feeling of losing control and irrational feelings during menses:

Common homoeopathic remedy: Aconitum napellus.

- (iii) For mental symptoms: terror, having a break down, and irrational feelings during menses:

Common homoeopathic remedy: Belladonna.

- (iv) For mental symptoms: terror and snappy.

Common homoeopathic remedy: Triticum vulgare.

- (v) For mental symptoms: fear they can be violent, and fear to be left alone, lest he injures himself:

Common homoeopathic remedy: Argentum nitricum.

- (vi) For mental symptoms: irrational feeling before menses, and fear of being left alone, lest he injures himself:

Common homoeopathic remedy: Sepia.

- (vii) For mental symptoms: irrational feelings before and during menses:

Common homoeopathic remedy: Nux vomica.

- (viii) For mental symptoms: irrational feelings before, and during mense, and being snappy.

Common homoeopathic remedy: Chamomilla.

- (D) The common homoeopathic remedies for mental symptoms that are under (BFRs) Aspen of the group of fear are:

- (i) For mental symptoms: anxiety causeless, and apprehension of unknown future events:

Common homoeopathic remedy: Bryonia album.

- (ii) For mental symptoms: the apprehension of unknown events, anxiety in the dark, and shaking and trembling:

Common homoeopathic remedy: Calcarea carbonica.

- (E) The common homoeopathic remedies for mental symptoms under (BFR) Red Chestnut of the group of fear are:

- (i) For mental symptoms: fear of strange places, worry about the safety of family, and fear that terrible thing is going to happen:

Common homoeopathic remedy: Carcinosinum.

- (ii) For mental symptoms: worry about the safety of family, and fear that terrible thing is going to happen:

Common homoeopathic remedies: Calcarea carbonica and Carcinosinum.

- (iii) For mental symptoms: worry about the safety of others, family, and that husband will not return:

Common homoeopathic remedies: Causticum and Sepia.

- (F) The common homoeopathic remedies for mental symptoms under (BFR) Chicory of the group, over-care for the welfare of others are:

- (i) For mental symptoms: constantly in need of attention, and feeling of inner emptiness:

Common homoeopathic remedy: Kalium carbonicum.

- (ii) For mental symptoms: emotional needy, manipulative, excessively interfering, delusion she's not appreciated and feeling of inner emptiness:

Common homoeopathic remedy: Pulsatilla pratensis.

- (iii) For mental symptoms: emotional needy, manipulative and excessively interfering, and self-pity and resentment:

Common homoeopathic remedy: Staphysagria.

- (iv) For mental symptoms: self-pity and resentment and delusion she's not appreciated:

Common homoeopathic remedies: Androctonus ameurexii and Carcinosinum.

- (G) The common homoeopathic remedies for mental symptoms under (BFRs) Vervain of the group, over-care for the welfare of others are:

- (i) For mental symptoms: perfectionist and unconscious belief that it's their duty to take care of everything:

Common homoeopathic remedies: Arsenicum album and Kalium sulphuricum.

- (ii) For mental symptoms: perfectionist and incensed by injustice:

Common homoeopathic remedies: Carcinosinum and Causticum.

- (H) The common homoeopathic remedies for mental symptoms under (BFRs) Vine of the group, over-care for the welfare of others are:

- (i) For mental symptoms: the tendency to overbearing, dominating and dictatorial:

Common homoeopathic remedies: Lycopodium clavatum and Platina.

- (ii) For mental symptoms: they find it hard to hear another's point of view and dictatorial:

Common homoeopathic remedy: Dulcamara.

- (iii) For mental symptoms: the tendency to overbearing, dominating and they find it hard to hear another's point of view:

Common homoeopathic remedies: Lachesis muta and Causticum.

- (I) The common homoeopathic remedies for mental symptoms under (BFRs) Beech for the group, over-care for the welfare of others are:

- (i) For mental symptoms: the personality of criticism, judgemental and intolerance, and sensitivity to criticism from others:

Common homoeopathic remedy: Baryta carbonica.

- (J) The common homoeopathic remedies for mental symptoms under (BFRs) Rock Water of the group, over-care for the welfare of others are:
 - (i) For mental symptoms: they set themselves very high standard and impose very strict discipline upon themselves:

Common homoeopathic remedies: *Lycopodium clavatum* and *Calcarea carbonica*.

CHAPTER FIVE: DISCUSSION OF RESULTS

5.1 Introduction

This chapter is comprised of the discussion of mental symptoms of Bach Flower Remedies of the two groups, fear and over-care for the welfare of others. The discussion is on the comparisons and contrasts of mental symptoms of Five Bach Flower Remedies under each of the two groups.

Bach Flower Remedies (BFRs) of the group of fear covers a wide range of different mental symptoms of fear characteristics. These fear characteristics are explained below under each Bach Flower Remedies.

Rock Rose (BFRs of fear) covers fears where there is terror, an extreme acute state of fear which is characterised by becoming rigid and shaking, that creates an urge to run. The person tends to panic in emergency situations and has terrifying nightmares.

Mimulus (BFRs of fear) is a remedy to use where there are mental symptoms such as unnecessary fear and worry of everyday life, sensitivity to loud noises, crowds and bright light. The person is nervous, shy and timid. They hesitate and blush when they feel vulnerable.

Cherry Plum (BFRs of fear) has a powerful irrational fear, feeling of losing control of mind and going insane. The person can be snappy, on edge, they want to scream. They can have a breakdown. They have fear, that they can characteristically be violent to themselves and others. Women have irrational feelings related to their menstrual cycle.

Aspen (BFRs of fear) experiences apprehension for which there seems to be no logical reason to. They have apprehension about the future unknown event. They have uneasy, spooke-out feelings in the dark and strange places. They are shaking and trembling or have a vague fluttering feeling in their tummy.

Red Chestnut (BFRs of fear) is fearful for the safety of others, particularly to those that they are close to. They fear the worst if things do not happen as anticipated. They imagine that some harm has befallen their loved ones. Their fear immediately vanishes when their family member returns home unharmed.

Bach Flower Remedies of the group over-care for the welfare of others shows different characteristics of mental symptoms under each BFRs as explained briefly below.

Chicory (BFRs of over-care for the welfare of others) people are possessive of those they care about. They want to keep their loved ones nearby to cling onto and to love. They can appear to be emotionally needy, manipulative, and excessively interfering. They easily fall into self-pity and resentment if their efforts of helping others are not appreciated. They have feelings of inner emptiness and feeling of being unwanted or unloved, that consciously drives them to use selfish and manipulative ways to get their needs met.

Vervain persons have an unconscious belief that it is their responsibility to take care of everything around them. They have high principles and ideals that they seek to convert others to, by sheer force of their will and enthusiasm. They are a perfectionist. They tend to overwork, driving themselves beyond what is reasonable. They can be fanatical and incensed by injustice.

Vine remedy has a tendency of overbearing and dominating. They believe they are right and need to control every situation. They can find it hard to hear another person's point of view. They intimidate those that are weaker than themselves without realising what they are doing. They have a personality that is bully, ruthless, and tyranny.

Beech remedy has a personality of criticism, intolerance, and judgemental to themselves and others. They are easily irritated by others' habits. They have a fixed outlook on life. They are very sensitive to criticism from others. It is difficult for them to learn from life's lessons.

Rock Water people set themselves very high standard and impose strict discipline upon themselves. They hope to set an example for others to follow by forcing themselves to

be saints or martyrs. They live a rigid lifestyle and often deny themselves even the slightest luxury. Their personality is of self-punishing character that creates deeply suppressed physical and emotional needs.

5.2 Comparisons/contrasts of Bach Flower Remedies (BFRs) mental symptoms.

Table 5- 1: Comparisons/contrasts of Five Bach Flower Remedies of the Fear group.

Rock Rose.	Mimulus.	Cherry Plum.	Aspen.	Red Chestnut.
Terror & extreme fear (Bach 2004).	Unnecessary fear and worry about everyday life (Nelson 2017).	Powerful irrational fear and feeling of losing control of mind, and going insane (Nelson 2017).	Apprehension for which there appear to be no logical reasons (Nelson 2017).	Fearful for the safety of others, particularly those they are close to (Bach 2004).
Fear that creates an urge to run.	Hesitant or blush easily when they feel vulnerable.	In a state of acute fear, they could be characteristically violent, to themselves or others.	An uneasy "spooked out" feeling in the dark or in strange places.	Fear the worst if things do not happen as anticipated.
Paralysed by fear or experience.	Nervous, shy and timid.	Having a break down.	Shaking, trembling, or vague fluttering feelings in the tummy.	Fear that immediately vanishes if the family member returns unharmed.

Table 5- 2: Comparisons/contrasts of Bach Flower Remedies of the group over-care for the welfare of others.

Chicory.	Vervain.	Vine.	Beech.	Rock Water.
Possessive of those they care about (Nelson 2017).	They have high principles and ideals that they seek to convert others too, by sheer force of their will & enthusiasm (Nelson 2017).	Tendency to overbearing and dominating (Bach 2004).	They are constantly critical, intolerant, and judgemental of themselves & others (Nelson 2017).	They impose very strict discipline upon themselves (Nelson 2017).
Wanting to keep the loved ones nearby to cling onto and to love.	They have an unconscious belief that it is their responsibility to take care of everything around them.	They believe they are right, need to take control of every situation.	Sensitive to criticism from others.	They hope to set an example for others to follow by forcing themselves to be saints or martyrs.
They can appear to be emotionally needy, manipulative, and excessively interfering.	They tend to overwork, driving themselves beyond what is reasonable.	They can find it very hard to hear another's point of view, and will intimidate others weaker than themselves without realising what they are doing.	They have a fixed outlook on life.	They impose very strict discipline upon themselves.
They have a personality of being selfish and manipulative if they feel	They are perfectionists.	Personality types that are ruthless, tyranny & bully.	Personality of criticism, judgemental and intolerance.	They live a very rigid life style, often denies themselves even the smallest luxury.

unwanted and unloved.				
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5.3. Comparison of/ and contrasting of mental symptoms, of common homoeopathic remedies obtained under each Bach Flower Remedies (BFRs).

5.3.1. Bach Flower Remedies (BFRs) of the group of fear: Rock Rose

5.3.1.2. *Homoeopathic remedies: Aconitum napellus, Arsenicum alba, and Calcarea carbonica.*

Table 5- 3: Comparisons/contrasts of BFRs Rock Rose with Homoeopathic remedies

BFRs: Rock Rose.	Homoeopathic remedies: Aconitum napellus.	Homoeopathic remedies: Arsenicum alba.	Homoeopathic remedies: Calcarea carbonica.
There is terror, and acute state of extreme fear (Bach 2004).	Fear is so intense (Phatak 2016).	The patient is extremely nervous, restless and anxious (Phatak 2016).	The patient has fear excited by reports of cruelties (Boericke 2013).
The patient becomes rigid, shaking or petrified (Nelson 2017).	The patient becomes frantic, screams, groans, gnaws the fist, bites the nails, and wants to die (Boericke 2013).	There is sudden intense fear, sudden great weakness from trivial causes and frequent fainting.	The patient has fears of disease, misery, disaster, insanity or being observed or watched.
There is fear that creates the urge to run away	There is great anxiety, agonizing fear and restlessness	The patient has anxiety with palpitation.	There is depression, sadness and is suspicious.

5.3.2. BFRs: Mimulus.

5.3.2.1. Homoeopathic remedies: *Phosphorus*, *Pulsatilla praetensis*, and *Aconitum napellus*.

Table 5- 4: Comparisons/contrasts of BFRs Mimulus and Homoeopathic remedies.

BFRs: Mimulus.	Homoeopathic remedies: <i>Aconitum napellus</i> .	Homoeopathic remedies: <i>Phosphorus</i> .	Homoeopathic remedies: <i>Pulsatilla praetensis</i> .
There is unnecessary fear and worry about everyday life (Bach 2014).	The patient's fear is so intense (Phatak 2016).	The patient is so fearful as if something were creeping out of every corner (Boericke 2013)	The patient fears in the evening to be alone (Phatak 2016).
The patient is Nervous, shy and/or timid.	There is great anxiety, agonizing fear and restlessness.	They are anxious, and fear being alone at twilight.	She fears the dark and ghosts and is timid, emotional, tearful, and craves sympathy (Boericke 2013).
The patient is sensitive to loud noises, crowds or bright light.	Mind is affected by such emotional factors, as fright, shock, and vexation.	They are excitable, easily angered and vehement, from which they afterwards suffer.	She is easily offended and discouraged.

5.3.3. BFRs: Cherry Plum.

5.3.3.1. *Homoeopathic remedies: Argentum nitricum, Aconitum napellus, Belladonna, Calcarea carbonica, Chamomilla, Nux vomica, Sepia, and Tritic vulgare.*

Table 5- 5: Comparisons/contrasts of BFRs Cherry Plum and Homoeopathic remedies.

BFRs: Cherry Plum.	Homoeopathic remedies: Argentum nitricum.	Homoeopathic remedies: Aconitum napellus.	Homoeopathic remedies: Belladonna.	Homoeopathic remedies: Calcarea carbonica.
The patient has powerful irrational fear (Bach 2004)	He is fearsome, nervous impulsive and hurried, yet timid and anxious (Phatak 2016).	The patient's fear is so intense (Phatak 2016).	He is wildly delirious, noisy, and cries out (Phatak 2016).	The patient fears disease, misery, disaster, insanity or being observed/watched (Boericke 2013)
They feel they are losing control of their mind, going insane (Nelson 2017).	The patient is tormented by strange ideas and emotions	There is great anxiety, agonizing fear and restlessness	The patient is very restless and talks fast.	There is depression, and sadness, and is suspicious and looks at others suspiciously.
They have a breakdown and can be snappy, on edge, they want to scream.	He has fear of impending evil, of crowds, passing a certain points of buildings and of dark.	Mind is affected by such emotional factors, as fright, shock, and vexation.	He sees monsters and hideous faces.	He is tired mentally and physically, from mental works and breaks down in a sweat, and becomes excited, irritable and disturbed (Kent 2008).

BFRs: Cherry Plum.	Homoeopathic remedies: Chamomilla.	Homoeopathic remedies: Nux vomica.	Homoeopathic remedies: Sepia.	Homoeopathic remedies: Tritic vulgare.
They can be snappy, on edge, they want to scream (Nelson 2017).	The patient has bad temper, is irritable and snappish (Boericke 2013)	The patient is angry and impatient (Phatak 2016). He has a fiery temperament and is spiteful	The patient is angry, sensitive, irritable, easily offended, and miserable (Boericke 2013)	They are oversensitivity to criticism, especially indignation (Phatak 2016).
Fear, they could be characteristically violent, to themselves or others	Mental and physical symptoms appear in paroxysms	He fears poverty	She is nervous so that she wants to hold on to something, or else she should scream.	There is depression of varying degrees usually with low confidence, weeping and tiredness.
Powerful irrational fear They feel they are losing control of their mind, going insane			There is anxious fear over trifles.	He has mood swings, and is irritable, and with irrational emotions.

5.3.4. BFRs: Aspen.

5.3.4.1. Homoeopathic remedies: *Bryonia alba* and *Calcarea carbonica*.

Table 5- 6: Comparisons/contrasts BFRs Aspen and Homoeopathic remedies.

BFRs: Aspen.	Homoeopathic remedies: <i>Bryonia alba</i> .	Homoeopathic remedies: <i>Calcarea carbonica</i> .
The patient experiences apprehension for which there appear to be no logical reasons (Nelson 2017)	He is apprehensive and dread for future (Boericke 2013).	The patient is easily frightened or offended, and is suspicious, and thinks people look at him suspiciously (Phatak 2016)
Apprehension of unknown future events.	The patient is very irritable and ugly in behaviour. Everything puts him out of humour	He is hopeless of ever getting well.
He has an uneasy “spooked out” feeling in the dark or strange places.	There is irrational talk or prattle of his business, aggravated after 3 p.m, and delirium commencing around 9 p.m (Kent 2008).	The patient is apprehensive, worse towards evening.

5.3.5. BFRs: Red Chestnut.

5.3.5.1. Homoeopathic remedies: *Calcarea carbonica*, *Carcinosinum*, *Causticum*, *Sepia officinalis*.

Table 5- 7: comparisons/contrasts of BFRs Red Chestnut and Homoeopathic remedies.

BFRs: Red Chestnut.	Homoeopathic remedies: <i>Clacarea carbonica</i> .	Homoeopathic remedies: <i>Carcinosinum</i> .	Homoeopathic remedies: <i>Causticum</i> .	Homoeopathic remedies: <i>Sepia officinalis</i> .
The patient is fearful for the safety of others (Bach 2004).	The patient fears disease, misery, disaster, insanity or being observed and/or watched (Phatak 2016)	He has extreme fear of death and anxiety about diseases (Boericke 2013)	He fears that something is going to happen to his family (Kent 2008).	She is indifferent to those she loved best and averse to occupation, and to her family (Boericke 2013)
He worries about the safety of others, particularly those that are close to him.	There is depression, and sadness.	He worries about the future.	He is hopeless, despondent and wants to die.	She is averse to her family and to company and yet dread to be alone (Phatak 2016)
Fear the worst if things do not happen as anticipated.	He imagines things, and thinks about little things that amount to nothing (Kent 2008).	Hearing of bad news, and/or diagnosis of a potentially fatal disease has tremendous blow to his vital force.	He fears death, and always anticipates some dreadful events.	She is nervous so that she wants to hold on to something, or else she should scream.

5.3.6. Bach Flower Remedies of the group of over care for welfare of others.

5.3.6.1. BFRs: *Chicory*.

5.3.6.2. *Homoeopathic remedies: Androctonus ameurexii, Carcinosinum, Kalium carbonicum, Pulsatilla praetensis, and Staphysagria.*

Table 5- 8: Comparisons/contrasts of BFRs and Homoeopathic remedies.

BFRs: <i>Chicory</i>	Homoeopathic remedies: <i>Androctonus ameurexii</i> .	Homoeopathic remedies: <i>Carcinosinum</i> .	Homoeopathic remedies: <i>Kalium carbonicum</i>
They are possessive of those they care about and they want to keep their loved ones nearby to cling onto and to love (Bach 2004).	He is suspicious, and finds it difficult to trust others and feels not understood by his family (Ross 2018).	They have sympathy for the welfare of others and are devoted to caring for others (Phatak 2016).	He quarrels with people who feeds and support him, and is never quiet or satisfied (Phatak 2016).
They can appear to be emotionally needy, manipulative, and excessively interfering.	They have a strong desire to be seen in case of suffering, to make others feel guilty as if it's their fault.	They have a high degree of honour, honesty, and integrity (Hall 2018).	They are very irritable and full of fear and imaginations, and never want to be left alone (Boericke 2013).
They easily fall into self pity and resentment if their efforts of helping others are not appreciated.	They have a special sense of being bullied and do things which they originally did not want to.	They do not complain about their own illness	They are never quiet or satisfied.

BFRs: Chicory.	Homoeopathic remedies: Pulsatilla pratensis.	Homoeopathic remedies: Staphysagria.
They are possessive of those they care about and want to keep their loved ones nearby to cling onto and to love (Bach 2004).	She is very touchy and craves sympathy (Phatak 2016)	There is great indignation about things done by others or by self (Phatak 2016).
They have a feeling of inner emptiness and a feeling of being unwanted or unloved that unconsciously drives them to use selfish and manipulative ways to get their needs met.	She is very irritable, miserly, suspicious, and feels slighted.	He believes he will lose his fortunes, or that his wife will leave him.

5.3.7. BFRs: Vervain.

5.3.7.1. Homoeopathic remedies: *Arsenicum album*, *Carcinosinum*, *Causticum*, and *Kalium sulphuricum*.

Table 5- 9: Comparisons/contrasts of BFRs Vervain and Homoeopathic remedies.

BFRs: Vervain.	Homoeopathic remedies: <i>Arsenicum alba</i> .	Homoeopathic remedies: <i>Carcinosinum</i> .
They have an unconscious belief that it is their responsibility to take care of everything around them (Bach 2004).	He is miserly, malicious, selfish, and lacks courage (Phatak 2016).	They have sympathy for the welfare of others and are devoted for caring for others (Phatak 2016).
They have high principles and ideals that they seek to convert others to, by sheer force of their will & enthusiasm (Nelson 2017).	He is fault finding, anguish and exacting.	They have a high degree of honour, honesty, and integrity (Hall 2018).

They are perfectionists.	The patient is fastidious and oversensitive.	They are conscientious in business, work, and study.
In acute state, they can be fanatical, zealous and incensed by injustice.	He is restless, violent, and suicidal.	They do not complain about their own illness.

BFRs: Vervain.	Homoeopathic remedies: Causticum.	Homoeopathic remedies: Kalium sulphuricum.
They have an unconscious belief that it is their responsibility to take care of everything around them (Nelson 2017).	He is oversympathetic (Phatak 2016).	He is impatient and impetuous (Phatak 2016).
They have high principles and ideals that they seek to convert others to, by sheer force of their will & enthusiasm.	He is hopeless, despondent, and ambitionless.	He is easily angered and obstinate.

5.3.8. BFRs: Vine.

5.3.8.1. Homoeopathic remedies: *Causticum*, *Dulcamara*, *Lachesis muta*, *Lycopodium clavatum*, and *Platina*.

Table 5- 10: Comparisons/contrasts of BFRs Vine and Homoeopathic remedies.

BFRs: Vine	Homoeopathic remedies: <i>Causticum</i> .	Homoeopathic remedies: <i>Dulcamara</i> .	Homoeopathic remedies: <i>Lachesis</i> .
Tendency to overbearing, dominating (Bach 2004)	He is oversympathetic (Kent 2008).	He scolds people without being angry (Phatak 2016).	He is suspicious and insanely jealous (Phatak 2016).
They believe they are right, need to take control of every situation.	He is so reserved, uncommunicative, unwilling to tell people about things (Phatak 2016).	He rejects things he asked for.	He is full of malice and is mischievous. Women dislike to marry.
They can find it very hard to hear another's point of view.	She is suspicious and mistrustful.	There is confusion, he cannot concentrate his thoughts.	There is compelling delusion; she thinks she is pursued, hated and despised.

BFRs: Vine	Homoeopathic remedies: <i>Lycopodium clavatum</i> .	Homoeopathic remedies: <i>Platina metallicum</i> .
Tendency to overbearing, dominating (Bach 2004).	He is domineering and exacting (Phatak 2016).	He is unkind, abrupt and quarrelsome (Phatak 2016).
Personality types that are ruthless, tyranny & bully (Nelson 2017).	He is haughty and headstrong, or have a loss of self-confidence (Boericke	She is haughty and unkind.

	2013).	
They believe they are right, need to take control of every situation.	He is vehement and headstrong.	He looks with disdain upon everyone and everything.

5.3.9. BFRs: Beech.

5.3.9.1 Homoeopathic remedy: Baryta carbonica.

Table 5- 11: Comparisons/contrasts of BFRs Beech and Homoeopathic remedies.

BFRs: Beech.	Homoeopathic remedies: Baryta carbonica.
Sensitive to the criticism from others (Bach 2004)	He thinks he is being laughed at and made fun of (Phatak 2016)
They are constantly critical, intolerant, and judgemental of themselves & others.	He has a loss of self-confidence. He is mistrustful.
Easily irritated by others' habits.	She forgets her errand or word in her mouth.
Difficult to benefits from life's lessons.	He is childish and has thoughtless behaviour.

5.3.10. BFRs: Rock Water.

5.3.10.1 Homoeopathic remedies: Calcarea carbonica and Lycopodium clavatum.

Table 5- 12: Comparisons of BFRs Rock Water and Homoeopathic remedies.

BFRs: Rock Water.	Homoeopathic remedies: Calcarea carbonica.	Homoeopathic remedies: Lycopodium clavatum.
They set themselves very high standard (Nelson 2017).	There is obstinacy (Boericke 2013).	He procrastinates, mental fatigued, forgetful and averse to undertake new things (Kent 2008).
They impose very strict discipline upon themselves.	He is forgetful and learns poorly (Phatak 2016).	There can be loss of self confidence, from anticipation (Phatak 2016).
They hope to set an example for others to follow by forcing themselves to be saints or martyrs.	He is apprehensive and averse to work or exertion (Boericke 2013).	He is averse to undertaking new things, yet when he undertakes it he goes through with ease and comfort.

Conclusion

In conclusion of the research, matching homoeopathic remedies are obtained when Bach Flower Remedies' mental symptoms are used as rubrics on homoeopathic repertory books. There are much similarities on comparisons of homoeopathic and Bach Flower Remedies though, BFRs are limited for prescription to patients' mental symptoms only, unlike homoeopathic remedies. Homoeopathic remedies have different potencies used for prescription, which can be beneficial to patients if combined with BFRs, which only have a single or one potency.

It can be possible for homoeopath practitioners to prescribe both homoeopathic remedies and BFRs as these treatment modalities compliment each other. BFRs can be

prescribed as the main remedy if a clinical diagnosis is concluded where patient's complaints match the mental picture of the remedy. More research need to be done to ascertain if different potencies of homoeopathic remedies can be prescribed in conjunction with BFRs remedies as the latter only have effect on the mental/emotional level. BFRs are regarded as safe and harmless to use, so more studies need to be done to understand the remedies activity with regard to hypersensitive, normative, and hyposensitives patients.

CHAPTER SIX: Research gaps, limitations and recommendations for further studies.

Bach Flower Remedies has only 38 remedies and 1 rescue remedy that is administered in the form of drops, in very low potencies. They do not have a direct effect on the physical but act on the mental and emotional level.

There are many homoeopathic remedies in different potencies, with some still being created. They are prescribed for physical, emotional and mental ailments. Homoeopathic remedies stimulate the vital force so that the body can heal itself.

In this research few mental symptoms of Bach Flower Remedies are used, and only ten of the most highlighted homoeopathic remedies were recorded and their mental symptoms studied. If more Bach Flower Remedies' mental symptoms are used as rubrics, more homoeopathic remedies can be obtained that can be prescribed in conjunction with Bach Flower Remedies. There is little or no information/data obtained on some of the found homoeopathic remedies. That can be attributed to limited resources used in the research study.

The computer repertory was non-functional at the time data for this research was collected. Data was collected using a manual repertory, which was time-consuming.

In the future, more BFRs mental symptoms can be used to be converted into rubrics to be used in the homoeopathic repertory. A fully functioning computer repertory must be used for data collection. More than ten most highlighted homoeopathic remedies need to be explored for each BFRs remedy.

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Appendix A: Bach Flower Remedies

Table 1:The two groups of Bach Flower Remedies and the names of Bach Flower Remedies under each group.

Bach Flower Remedies groups (Bach 2004).	Bach Flower Remedies (Bach 2004).
<ul style="list-style-type: none">• Fear	<ul style="list-style-type: none">• Rock Rose• Mimulus• Cherry Plum• Aspen• Red chestnut
<ul style="list-style-type: none">• Over-care for the welfare of others	<ul style="list-style-type: none">• Chicory• Vervain• Vine• Beech• Rock water

<ul style="list-style-type: none">• Red Chestnut	
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Appendix C Mental symptoms of Bach Flower Remedies of the group over-care for the welfare of others.

Table 3: Mental symptoms of Bach Flower Remedies of the group over-care for the welfare of others

Over-care for the welfare of others (Bach 2004).	Mental symptomatology (Nelson 2017).
<ul style="list-style-type: none"><li data-bbox="344 1102 492 1136">• Chicory <li data-bbox="344 1757 492 1791">• Vervain	<ul style="list-style-type: none"><li data-bbox="906 1102 1393 1171">• Possessive of those they care about.<li data-bbox="906 1178 1393 1247">• Wanting to keep the loved ones nearby to cling onto and to love.<li data-bbox="906 1253 1393 1346">• They can appear to be emotionally needy, manipulative, and excessively interfering.<li data-bbox="906 1352 1393 1482">• Easily fall into self-pity and resentment if their efforts of helping others are not appreciated.<li data-bbox="906 1488 1393 1684">• They have a feeling of inner emptiness and a feeling of being unwanted or unloved that unconsciously drives them to use selfish and manipulative ways to get their needs met. <li data-bbox="906 1766 1393 1896">• They have an unconscious belief that it is their responsibility to take care of everything around them.

	<ul style="list-style-type: none"> • This self-punishing attitude creates deeply suppressed physical & emotional needs.
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Appendix D: Mental symptoms of Bach Flower Remedies of the group of Fear

Table 4 Mental symptoms of Bach Flower Remedies of the group of Fear, which are converted into rubrics, and the matching homoeopathic remedies obtained after repertorization.

Bach Flower Remedies (Bach 2004).	BFRs mental symptoms and Homoeopathic Rubrics.	Matching homoeopathic Remedies (Schroyen 2014).
1. Fear <ul style="list-style-type: none"> • Rock Rose 	<ul style="list-style-type: none"> • Terror (Nelson 2017). • Repertory: Mind, fear, terror (Schroyen 2014). <ul style="list-style-type: none"> • Extreme fear (Nelson 2017). • Repertory: Mind, fear, extreme 	In bold: <ul style="list-style-type: none"> • Kalium-bromatum. In italic: <ul style="list-style-type: none"> • Aurum-bromatum. • Cina maritima. • Kalium-phosphoricum. • Tritic vulgare. • Vanilla aromantica/ Vanilla-planifolia. In small: <ul style="list-style-type: none"> • Aconitum napellus. • Arsenicum album. • Belladonna. • Calcii carbonas. In small (3 remedies): <ul style="list-style-type: none"> • Androctonus amoreuxii hebraeus.

	<p>(Schroyen 2014).</p> <ul style="list-style-type: none"> • Acute state of fear (Nelson 2017). • Repertory: Mind, fear, sudden (Schroyen 2014). <ul style="list-style-type: none"> • Nightmares (Nelson 2017). • Repertory: Mind, fear, terror, night <ul style="list-style-type: none"> • Becomes rigid, shaking or petrified by acute fear (Nelson 2017). • Repertory: Mind, fear, tremulous (Schroyen 2014). 	<ul style="list-style-type: none"> • <i>Hedera helix.</i> • <i>Hydrogenium.</i> <p>In italic:</p> <ul style="list-style-type: none"> • <i>Aconitum napellus.</i> • <i>Arsenicum album.</i> • <i>Cannabis indica.</i> • <i>Ruta graveolens.</i> • <i>Triticum vulgare.</i> • <i>Vanilla aromantica/</i> <i>vanilla planifolia.</i> <p>In small:</p> <ul style="list-style-type: none"> • <i>Apis mellifica.</i> • <i>Argenti nitras.</i> • <i>Arnica Montana.</i> • <i>Baryta carbonica.</i> <p>In italic:</p> <ul style="list-style-type: none"> • <i>Aurum-bromatum.</i> • <i>Carbo vegetalis.</i> • <i>Cina.</i> • <i>Kali-bromatum.</i> • <i>Kali-phosphoricum.</i> • <i>Stramonium.</i> <p>In small:</p> <ul style="list-style-type: none"> • <i>Calcii carbonas.</i> • <i>Chamomilla.</i> • <i>Chloralum</i> <i>hydratum.</i> • <i>Cicuta virosa.</i> <p>In bold:</p> <ul style="list-style-type: none"> • Gelsemium sempervirens. • Opium. <p>In italic:</p> <ul style="list-style-type: none"> • <i>Aurum metallicum.</i> • <i>Calcii carbonas.</i> • <i>Chamomilla.</i> • <i>Magnesium</i> <i>carbonicum.</i> • <i>Natrum carbonicum.</i> • <i>Platina.</i> • <i>Ruta.</i> <p>In small:</p>
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<ul style="list-style-type: none"> • Mimulus 	<ul style="list-style-type: none"> • Unnecessary fear and worry of everyday life (Nelson 2017). • Repertory: Mind, fear, causeless (Schroyen 2014). • Nervous (Nelson 2017). • Repertory: Mind, excitement, nervous (Schroyen 2014). • Shy and/or timid (Nelson 2017). • Repertory: Mind, timidity (Schroyen 2014). 	<ul style="list-style-type: none"> • Abrotanum. <p>In italic:</p> <ul style="list-style-type: none"> • <i>Arsenicum album.</i> <p>In small:</p> <ul style="list-style-type: none"> • <i>Calcarea flourica.</i> • <i>Cannabis indica.</i> • <i>Carcinosinum.</i> • <i>Chloralum hydratum.</i> • <i>Granitum murvey.</i> • <i>Lacticum acidum.</i> • <i>Phosphorus.</i> • <i>Plumbum metallicum.</i> • <i>Psorinum.</i> <p>In bold:</p> <ul style="list-style-type: none"> • Aconitum napellus. • Ignatia amara. • Lachesis muta. • Nux-vomica. • Pulsatilla pratensis. • Sepia officinalis. <p>In italic:</p> <ul style="list-style-type: none"> • <i>Ammonium picricum.</i> • <i>Ammonium valerianicum.</i> • <i>Ambra grisea.</i> • <i>Anacardium orientale.</i> <p>In bold:</p> <ul style="list-style-type: none"> • Baryta carbonica. • Bryonia alba. • Calcii carbonas. • Gelsemium sempervirens. • Kalium carbonicum • Lycopodium clavatum. • Natrii carbonas monohydricus. • Petroleum. • Phosphorus.
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<ul style="list-style-type: none"> Cherry Plum 	<ul style="list-style-type: none"> Sensitive to loud noise (Nelson 2017). Repertory: Mind, sensitive, noise, to (Schroyen 2014). <ul style="list-style-type: none"> Sensitive to bright light (Nelson 2017). Repertory: Mind, sensitive, light, to (Schroyen 2014). <ul style="list-style-type: none"> Powerful irrational fear (Nelson 2017). Repertory: Mind, fear, terror (Schroyen 2014). <ul style="list-style-type: none"> They feel they are losing control of their mind (Nelson 2017). Repertory: Mind, delusion, become insane; 	<ul style="list-style-type: none"> Pulsatilla praetensis. <p>In bold:</p> <ul style="list-style-type: none"> Aconitum napellus. Arum Europaeum. Belladonna. Borax veneta. coffea cruda. China officinalis. Conium maculatum. Graphites. Kalium carbonicum. Nitricum acidum. <p>In bold:</p> <ul style="list-style-type: none"> Belladonna. Nux vomica. Phosphorus. <p>In italic:</p> <ul style="list-style-type: none"> Aconitum napellus. Arsenicum alba. Colchicum autumnale. Pulsatilla. Kalium phosphoricum. <p>In small:</p> <ul style="list-style-type: none"> Antimonium crudum. Aurum metallicum. <p>(See Rock Rose, terror).</p> <p>In bold:</p> <ul style="list-style-type: none"> Cannabis indica. Cimicifuga racemosa. Mancinella. <p>In italic:</p>
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	<p>one will (Schroyen 2014).</p> <ul style="list-style-type: none"> • Having a breakdown (Nelson 2017). • Repertory: Mind, prostration (Schroyen 2014). • They can be snappy, on edge, they want to scream (Nelson 2017). • Repertory: Mind, irritability, easily (Schroyen 2014). • Fear they can be violent, to themselves or others (Nelson 2017). • Repertory: Mind, fear, injury, others; of injuring (Schroyen 2014). • Repertory: Mind, injuring, himself (fear to be left 	<ul style="list-style-type: none"> • Aconitum napellus. • Calcii carbonas. • Chelidonium majus. • Eupatoria perfoliatum. • Ignatia amara. • Lac equinum. • Syphilinum. <p>In bold:</p> <ul style="list-style-type: none"> • Argentum metallicum. • Aurum metallicum. • Aurum sulphuratum. • Baptisia tinctoria. • Belladonna. • Carbolicum acidum. • Conium maculatum. • Cuprum metallicum. • Ferrum picricum. • Hyosciamus niger. <p>In italic:</p> <ul style="list-style-type: none"> • Chamomila. • Dulcamara. • Psorinum. • Tritic vulgare. <p>In small:</p> <ul style="list-style-type: none"> • Abies Canadensis. • Abroma augusta. • Aids nosodes. • Antimonium tartaricum. • Bitis arietans arietans. • Cassia sophora. <p>In small (4 remedies):</p> <ul style="list-style-type: none"> • Androctonus amurreuxi hebraeus. • Argentum nitricum. • Natrium muriaticum. • Osmium oxydatum.
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<ul style="list-style-type: none"> Aspen. 	<p>alone, lest he should injure himself) (Schroyen 2014).</p> <ul style="list-style-type: none"> Women – irrational feelings related to their monthly cycle (Nelson 2017). Repertory: Mind, irritability, menses, before (Schroyen 2014). Repertory: Mind, irritability, menses, during (Schroyen 2014). Apprehension for which there appear to be no logical reasons (Nelson 2017). Repertory: Mind, anxiety, 	<p>In italic:</p> <ul style="list-style-type: none"> Cimicifuga racemosa. Mercurius solubilis hahnemanni. Natrium sulphuricum. <p>In small:</p> <ul style="list-style-type: none"> Alumina. Argentum nitricum. Arsenicum album. Kola. Sepia. <p>In bold:</p> <ul style="list-style-type: none"> Folliculinum. <p>In italic:</p> <ul style="list-style-type: none"> Aurum muriaticum natronatum. Aurum sulphuratum. Causticum. Chamomila. Lycopodium clavatum. Natrium muriaticum. Nux vomica. Pulsatilla. Sepia. <p>In italic:</p> <ul style="list-style-type: none"> Chamomila. Nux vomica. Sulphur. <p>In small:</p> <ul style="list-style-type: none"> Aconitum napellus. Aethusa cynapium. Ammonium carbonicum. Aranea diadema. Asa foetida. Belladonna. Berberis vulgaris. <p>In bold:</p> <ul style="list-style-type: none"> Bryonia alba. <p>In small:</p>
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<ul style="list-style-type: none"> • Red Chestnut. 	<p>causeless (Schroyen 2014).</p> <ul style="list-style-type: none"> • Apprehension of unknown future events (Nelson 2017). • Repertory: Mind, anxiety, future, about (Schroyen 2014). <ul style="list-style-type: none"> • “Spooked out” feeling in the dark or strange places (Nelson 2014). • Repertory: Mind, anxiety, dark, in (Schroyen 2014). <ul style="list-style-type: none"> • Repertory: Mind, fear, strange places, of (Schroyen 2014). 	<ul style="list-style-type: none"> • Argemone pleicantha. • Cassia sophera. • Chironex fleckeri. • Filix mas. • Kalium arsenicosum. • Oscilococcinum. • Oxalis acetosella. • Phosphorus. • Rhustoxicodendron. <p>In bold:</p> <ul style="list-style-type: none"> • Bryonia alba. • Calcii carbonas. • Chininum sulphuricum. • Cicuta virosa. • Phosphorus. • Spongia tosta. <p>In italic:</p> <ul style="list-style-type: none"> • Aloe. • Anacadium orientale. • Aurum muriaticum natronatum. • Aurum sulphuratum. <p>In bold:</p> <ul style="list-style-type: none"> • Stramonium. <p>In italic:</p> <ul style="list-style-type: none"> • Cannabis unknown species. • Pulsatilla praetensis. <p>In small:</p> <ul style="list-style-type: none"> • Aethusa cynapium. • Aurum iodatum. • Calcii carbonas. • Carbo animalis. • Carbo vegetalis. • Hypothalamus. • Natrium muriaticum. <p>(Only one remedy):</p> <ul style="list-style-type: none"> • Carcinosinum.
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	<ul style="list-style-type: none"> • Shaking & trembling (Nelson 2017). • Repertory: Mind, fear, tremulous (Schroyen 2014). • Worry for the safety of others, particularly those that are close to them (Nelson 2017). • Repertory: Mind, fear, happen, something will (Schroyen 2014). (i) Family, to his. (ii) Husband, that he would never return (only 6 remedies). • Fear the worst if things do not happen as anticipated (Nelson 2017). • Repertory: Mind, fear, terrible is going to happen, something (Schroyen 2014). • Imagining that some harm has befallen their 	<p>(Similar rubric under fear, Rock Rose).</p> <p>In small:</p> <ul style="list-style-type: none"> • Ambra grisea. • Arsenicum alba. • Calcii carbonas. • Calcareo sulphuric. • Carcinosinum. • Causticum. • Phosphorus. • Psorinum. • Sepia. • Tuberculinum bovinum. <p>In italic:</p> <ul style="list-style-type: none"> • Platina. <p>In small:</p> <ul style="list-style-type: none"> • Arsenicum alba. • Baryta carbonica. • Causticum. • Sepia. • Vanilla aromantica. <p>In italic:</p> <ul style="list-style-type: none"> • Calcii carbonas. • Calendula officinalis. <p>In small:</p> <ul style="list-style-type: none"> • Amylenum nitrosum. • Carcinosinum. • Cimicifuga racemosa. • Elaps corallinus. • Floricum acidum. • Fumaricum acidum. • Ignatia amara. • Limestone Burren. <p>In small:</p>
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	loved ones (Nelson 2017). <ul style="list-style-type: none"> • Repertory: Mind, delusion, dreadful has happened, something (1 remedy) (Schroyen 2014). 	<ul style="list-style-type: none"> • Medorrhinum.
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Table 3.5 Mental symptoms of Bach Flower Remedies of the group over-care for the welfare of others, which are converted into rubrics, and the matching homoeopathic remedies.

2. Over-care for the welfare others. <ul style="list-style-type: none"> • Chicory. 	<ul style="list-style-type: none"> • Children constantly in need of attention & don't like to be on their own, clinging (Nelson 2017). • Repertory: Mind, clinging, children, in (Schroyen 2014). 	In bold: <ul style="list-style-type: none"> • Borax veneta. • Stramonium. In italic: <ul style="list-style-type: none"> • Bismuthum. • Bismuthum subnitricum. • Gelsimium sempervirens. In small: <ul style="list-style-type: none"> • Antimonium tartaricum. • Baryta carbonica. • Cina maritime. • Cupricum metallicum. • Kalium carbonica. In italic: <ul style="list-style-type: none"> • Pulsatilla praetensis. • Sulphur.
	<ul style="list-style-type: none"> • Emotionally needy, 	

	<p>(Schroyen 2014).</p> <ul style="list-style-type: none"> • Feeling of inner emptiness (Nelson 2017). • Repertory: Mind, delusion, emptiness (Schroyen 2014). <ul style="list-style-type: none"> • Feeling of being unwanted or unloved (Nelson 2017). • Repertory: Mind, forsaken, beloved by his parents, wife, friends, feeling of 	<ul style="list-style-type: none"> • Aurum metallicum. • Capsicum annuum. • Platina. <p>In bold:</p> <ul style="list-style-type: none"> • Cocculus indicus. • Pulsatilla praetensis. • Sepia. <p>In italic:</p> <ul style="list-style-type: none"> • Caladium seguinum. • Gelsimium sempervirens. • Ignatia amara. • Kalium bromatum. • Kalium carbonica. • Kola. • Muriaticum acidum. <p>In bold:</p> <ul style="list-style-type: none"> • Pulsatilla praetensis. <p>In italic:</p> <ul style="list-style-type: none"> • Arsenicum alba. • Magnesium carbonicum. • Thuja occidentalis. • Triticum vulgare. <p>In small:</p> <ul style="list-style-type: none"> • Calcii carbonas. • Camphora officinalis. • Lac humanum. • Lycopodium clavatum. • Natrium muriaticum. <p>In bold</p> <ul style="list-style-type: none"> • Calcii carbonas. • Kalium carbonica. • Nitrium acidum. • Triticum vulgare.
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<ul style="list-style-type: none"> • Vervain. 	<p>being not (Schroyen 2014).</p> <ul style="list-style-type: none"> • Unconscious belief that it's their responsibility to take care of everything (Nelson 2017). • Repertory: Mind, duty, too much sense of duty (Schroyen 2014). <ul style="list-style-type: none"> • They are perfectionists (Nelson 2017). • Repertory: Mind, fastidious (Schroyen 2014). 	<p>In italic:</p> <ul style="list-style-type: none"> • <i>Arsenicum alba.</i> • <i>Kalium sulphuricum.</i> • <i>Natrium sulphuricum.</i> • <i>Sepia.</i> • <i>Thuja occidentalis.</i> <p>In small:</p> <ul style="list-style-type: none"> • <i>Agaricus muscarius.</i> <p>In bold:</p> <ul style="list-style-type: none"> • Aloe sacotrina. • Arsenicum alba. • Kalium sulphurica. • Natrium silicicum. <p>In italic:</p> <ul style="list-style-type: none"> • <i>Anacadium orientale.</i> • <i>Aurum muriaticum natronatum.</i> • <i>Aurum sulphuricum.</i> • <i>Carcinosinum.</i> • <i>Causticum.</i> • <i>Graphites.</i> <p>In bold:</p> <ul style="list-style-type: none"> • Carcinosinum. • Causticum. • Staphysagria. <p>In italic:</p> <ul style="list-style-type: none"> • <i>Aurum sulphuricum.</i> • <i>Dulcamara.</i> • <i>Folliculinum.</i> • <i>Hamamelis virginiana.</i> • <i>Ignatia amara.</i> • <i>Kalium iodatum.</i> • <i>Kola.</i> <p>In bold:</p> <ul style="list-style-type: none"> • Lycopodium
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	<ul style="list-style-type: none"> • They are incensed by injustice (Nelson 2017). • Repertory: Mind, injustice, cannot support (Schroyen 2014). <ul style="list-style-type: none"> • Tendency to overbearing, dominating (Nelson 2017). • Repertory: Mind, haughty (Schroyen 2014). <ul style="list-style-type: none"> • Repertory: Mind, dictatorial (Schroyen 2014). 	<p>clavatum.</p> <ul style="list-style-type: none"> • Platina. • Sulphur. • Veratrum alba. <p>In italic:</p> <ul style="list-style-type: none"> • Causticum. • Graphites. • Hyoscyamus niger. • Ipecacuana. • Lachesis muta. • Palladium metallicum. <p>In bold:</p> <ul style="list-style-type: none"> • Lycopodium clavatum. <p>In italic:</p> <ul style="list-style-type: none"> • Aurum sulphuricum. • Camphora officinalis. • China officinalis. • Cupricum metallicum. • Dulcamara. • Flouricum acidum. • Kola. • Medorrhinum. • Mercurius solubilis. <p>In bold:</p> <ul style="list-style-type: none"> • Dulcamara. • Podophyllum peltatum. <p>In italic:</p> <ul style="list-style-type: none"> • Causticum. • Lachesis muta. • Mercurius solubilis. <p>In italic:</p> <ul style="list-style-type: none"> • Anacadium orientale. • Arsenicum alba.
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<ul style="list-style-type: none"> Vine. 	<ul style="list-style-type: none"> They believe they are right (Nelson 2017). Repertory: Mind, positiveness (Schroyen 2014). They find it very hard to hear another's point of view (Nelson 2017). Repertory: Mind, dogmatic (Schroyen 2014). 	<ul style="list-style-type: none"> Aurum sulphuricum. Belladonna. Camphora officinalis. <p>In bold:</p> <ul style="list-style-type: none"> Kalium carbonica. <p>In small:</p> <ul style="list-style-type: none"> Bryonia alba. Camphora officinalis. Causticum. Conium maculatum. Cupricum metallicum. Dulcamara. Ferrum metallicum. Kalium bichromium. Lachesis muta. <p>In bold:</p> <ul style="list-style-type: none"> Arsenicum alba. Graphites. Natrium silicicum. Sulphur. Symphytum officinale. Veratrum alba. <p>In italic:</p> <ul style="list-style-type: none"> Arnica Montana. Baryta carbonica. Bromium metallicum. Causticum. <p>In small:</p> <ul style="list-style-type: none"> Alloxanum. Coriandrum sativum. Gardenia jasminoide. Radium bromatum. Selenium metallicum.
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	<ul style="list-style-type: none"> • Personality – criticism, judgemental, intolerance (Nelson 2017). • Repertory: Mind, censorious (Schroyen 2014). <ul style="list-style-type: none"> • Easily irritated by others' habits (Nelson 2017). • Repertory: Mind, irritability, people, with (Schroyen 2014). <ul style="list-style-type: none"> • Sensitive to criticism from others (Nelson 2017). • Repertory: Mind, sensitive, criticism, to (Schroyen 2014). 	<ul style="list-style-type: none"> • Tellurium metallicum. • Triosteum perfoliatum. • Venus mercenaria. <p>In bold:</p> <ul style="list-style-type: none"> • Carcinosinum. <p>In italic:</p> <ul style="list-style-type: none"> • Vanilla aromantica. <p>In small:</p> <ul style="list-style-type: none"> • Alumina silicata. • Ammonium carbonicum. • Angustura vera. • Arsenicum sulphuratum flavum. • Aurum metallicum. • Aurum muriaticum. • Baryta carbonica. • Calcii carbonas. <p>In bold:</p> <ul style="list-style-type: none"> • Platina. <p>In italic:</p> <ul style="list-style-type: none"> • Lycopodium clavatum. • Veratrum alba. <p>In small:</p> <ul style="list-style-type: none"> • Belladonna. • Calcii carbonas. • Cannabis indica. • Cupricum metallicum. • Ferrum metallicum. • Ferrum magneticum. • Glonoinum. <p>In small:</p> <ul style="list-style-type: none"> • Arsenicum alba. • Aurum metallicum.
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<ul style="list-style-type: none"> • Beech. 	<ul style="list-style-type: none"> • They set themselves very high standard (Nelson 2017). • Repertory: Mind, pompous (Schroyen 2014). <ul style="list-style-type: none"> • They impose very strict discipline upon themselves (Nelson 2017). • Repertory: Mind, self-control, increased (Schroyen 2014). <ul style="list-style-type: none"> • They deny themselves even 	<ul style="list-style-type: none"> • Calcii carbonas. • Carcinosinum. • Folliculinum. • Kalium carbonica. • Lycopodium clavatum. • Moschus. • Natrium carbonicum. • Natrium muriaticum. <p>In small:</p> <ul style="list-style-type: none"> • Agaricus muscarius. • Podophyllum peltatum. • Staphysagria. <p>In small:</p> <ul style="list-style-type: none"> • Agathis australis. • Agnus castus. • Aurum metallicum. • Copaiva officinalis. • Falcon peregrinus disciplinatus. • Lac canninum • Thuja occidentalis.
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<ul style="list-style-type: none"> • Rock Water. 	<p>the smallest luxury.</p> <ul style="list-style-type: none"> • Repertory: Mind, self-denial (3 remedies) (Schroyen 2014). • Self-punishing attitude. • Repertory: Mind, contemptuous, self, of (7 remedies) (Schroyen 2014). 	
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