

# EDITORIAL

## Dear readers,

The performance-based society in which we now live is in a process of radical transformation as a result of the increasing penetration of information technology. Like a giant octopus, work burrows its tentacles ever deeper into our consciousness and our private lives via the ubiquitous medium of smartphones. When we completely identify with work and discipline, duty and rules, we are in the rigid cage of the Iron series, in which everything is experienced in terms of performance and efficiency. This is the “usual madhouse of everyday life”, as described in Ulrich Welte’s comprehensive overview of the fourth series of the periodic table. As in his book on the Silver series, Welte presents a series of fascinating cases featuring all the elements of the Iron series, from Kalium to Krypton in various compounds. He also gives a lucid explanation on how to work with the stages of the periodic table, using Scholten’s pioneering system.

A series of contributions on the individual stages and elements supplements and consolidates this overview, and so clarifying the approaches of Jan Scholten and Rajan Sankaran in the homeopathic use of the periodic table. The Indian homeopath’s school emphasizes more strongly the themes of protection and security of the fourth series. This comes out very clearly in Anne Schadde’s article on Germanium and the loss of security of stage 14, as well as Willi Neuhold’s piece on Scandium, stage 3, which still finds itself in an early stage of protection.

Two contributions by Karim Adal and Jürgen Hansel with case histories on erectile dysfunction show how people can define themselves in performance terms, even in the most intimate areas of life. With the pronounced fear of failure found especially in stage 5; “sex is like work,” as a Vanadium patient puts it. In stage 6, sexuality becomes a challenge that must be mastered. In Adal’s casetaking, this one-sided fixation is fundamentally transformed during homeopathic treatment with Chromium metallicum.

The metals of the fourth series are better known than the ones mentioned so far, especially the leading element Iron. Together with its typical characteristics, Mike Keszler also describes some examples of rare salts, such as Ferrum muriaticum and silicatum. Wyka Feige introduces us to both Cobaltum nitricum and Cobaltum muriaticum. The homeopathic veterinarian, Geoff Johnson, presents special aspects of Cuprum in two dogs. Angelika Bolte and Jörg Wichmann’s take on Zincum metallicum offer us a fresh perspective on a familiar remedy. Using a case history, the two authors present Andreas Holling’s model of the periodic table, which relies on an understanding of the periodic table based on sensations rather than on themes.

Whereas most of the contributions in this issue of SPECTRUM concern homeopathic work on the periodic table, Jeremy Sherr

and his wife Camilla follow the traditional route of the remedy proving. In this way, they have gathered symptoms and themes of the rare elements of the Iron series, such as Scandium, Gallium, Germanium, and the enigmatic Krypton. Franz Swoboda is interested in the tension between classical materia medica and the modern system of the elements. In a case of Manganum, stage 7, he balances the rather negative Hahnemannian picture of this remedy with the more positive aspects found in Scholten.

The usual madhouse of performance-based society as reflected in the typical themes of the Iron series is of course not restricted homeopathically to the remedies of this series. There are analogues in the Plant and Animal kingdoms. Bhawisha Joshi regards insects, spiders, crustaceans, as well as the mallows, pumpkins and crucifers as typical representatives of the fourth series.

In Jan Scholten’s Plant theory, however, the Fabanae class has its focus on the fourth series of the periodic table, especially the subclass 644.00 – Fabidae (44 refers to the fourth series). Martin Jakob shows how we can find a suitable Plant remedy for people who show themes of the Iron series but are too complex for a Mineral remedy, using four cases of rare Plant remedies from the order of the 644.20 – Malpighiales. In contrast to the other articles, these examples demonstrate how much more complex and challenging it is to work with the Plant theory rather than with the periodic table.

This issue of SPECTRUM not only presents a further dutiful chapter of our current materia medica but also efficiently helps our readers to appreciate the new homeopathic methodologies. Let’s hope you will not find any errors.

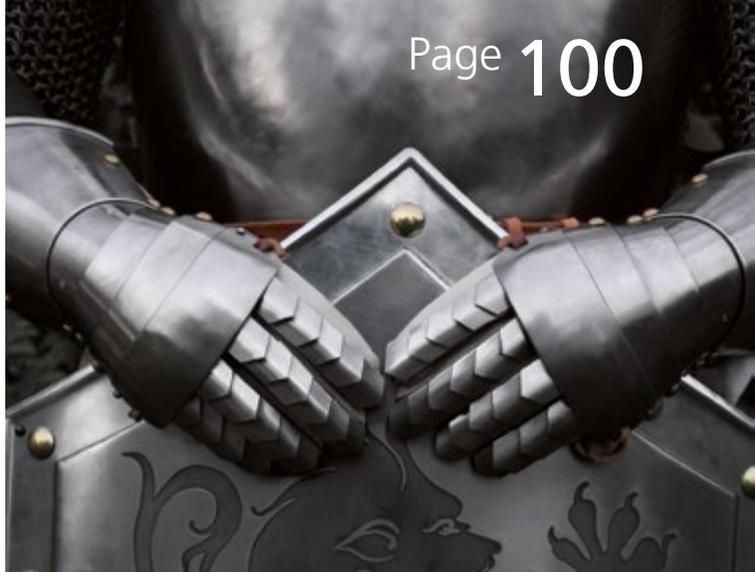
## Christa Gebhardt & Dr Jürgen Hansel

Chief editors





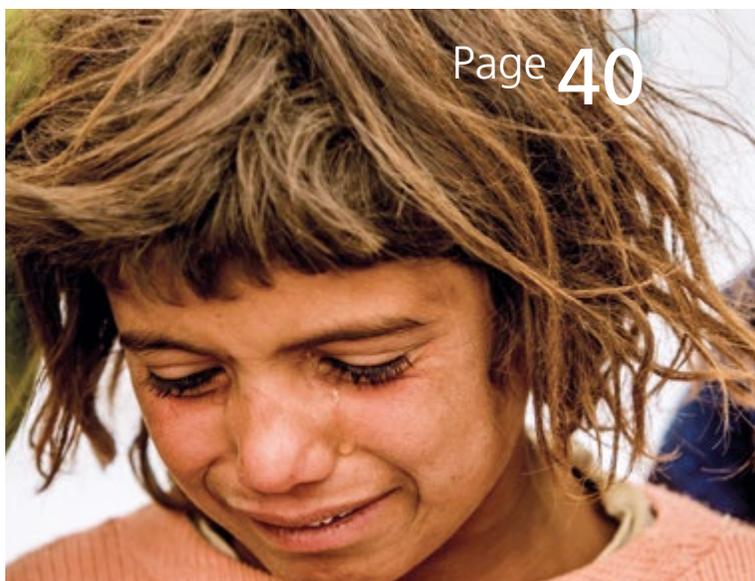
Unconcentrated: Scandium only occurs together with other minerals.



Protective shield: our immune system needs the elements of the Iron series.



Linum usitatissimum: the versatile flax has a multitude of uses.



Fleeing: Manganum and the extremes of hating and helping.

Ironman: the triathlon competition with the trademarked name for men as tough as iron who are strong and resilient with tremendous stamina and staying power.



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# THE USUAL MADHOUSE OF EVERYDAY LIFE

From Kalium to Krypton – an overview of the Iron series

AUTHOR | Ulrich Welte

**SUMMARY:** the Iron series is the fourth row of the periodic table and the first with all 18 stages fully developed. This comprehensive overview, using Jan Scholten's Element theory, describes the development of the themes in this series from stage to stage: work, duty, routine, iron discipline, order, rules, norms, control, perfectionism with a fear of errors and the associated feelings of guilt. These common themes are expressed to different degrees depending on the position of the individual elements in the Iron series. This article uses concise and vivid cases from the author's own practice to illustrate the system of the stages and their typical life situations. They demonstrate the practical application of the periodic table, as well as the role of salts, in homeopathic treatment.

**KEYWORDS:** Acidum hydrobromicum, Arsenicum, Bromium, Calcium, Calcium boratum, Calcium selenicosum, Chromium, Chromium sulfuricum, Cobaltum, Cuprum, Cuprum arsenicosum, elements, Ferrum, Ferrum aceticum, Ferrum silicum, Gallium, Gallium iodatum, Gallium muriaticum, Gallium nitricum, Germanium, Iron series, Kalium, Kalium carbonicum, Kalium ferrocyanatum, Krypton, Manganum, Manganum silicatum, Niccolum, Niccolum sulfuricum, periodic table, Scandium, Scandium bromatum, Selenium, Titanium, Vanadium, Vanadium muriaticum, Zincum, Zincum carbonicum

**The Iron series in the periodic table:** the Iron series is the fourth and middle row of the periodic table. In homeopathic terms, it is the center of life, surrounded by childhood and youth (Carbon and Silicium series) on the one hand, and the gray hair of maturity and old age (Silver and Gold series). In the Iron series, life is at its fullest – the usual madhouse of everyday life with all the joys and sufferings of the adult world of work and career; workers, farmers, employees, and the middle classes.

The stages or periods of the periodic table proceed through their specific themes along the spectrum of growth, zenith, and decline in a maximum of 18 stages. The Iron series is the first one to have all of the 18 stages fully differentiated.

## THEMES OF THE IRON SERIES

Work, rules, and iron discipline determine life. Standardized approaches are preferred.

One has duties and rights, and everyone must perform their assigned tasks.

Teamwork ensures that more can be achieved than on one's own. Above all, one should be normal and behave appropriately. It is best not to stand out too much. What are the others thinking about me?

Life is centered on the company, the firm or the factory.

Other typical, manageable settings are the school, village or small town: everyone knows everybody else and everyone has their place.

**Boom and bust of the Iron series in 18 stages:** the stages of the Iron series are illustrated here in the form of cases.<sup>1</sup> The case descriptions are real-life examples taken from our practice and show the practical and straightforward application of Element theory and how this can be used to heal sick people. The combination of series and stage pinpoints the optimal remedy.



Disused blast furnace at the Völklinger Hütte in Germany  
copyright | Jürgen Weiland

I will give a brief characterization of each remedy together with its typical life situation.

### THE IRON SERIES IN DETAIL

They have outgrown the confines of the parental family (Carbon and Silicium series) and are now grown-up. Life already got serious for them at school, where they were prepared for “life” (*non scholae, sed vitae*: we do not learn for school but for life). The social discipline that is initiated in the microclimate of the family (as the “nucleus of the state”) with the Silicium series is now extended at school to “real life” and is completed in the larger setting of the workplace, the family; they set up with their partner as an organization with rules and duties, or in the communal structure of a village. School and apprenticeship are preparations for the real Iron series. The emphasis of this series is the drilling of rules and discipline.

Teamwork teaches them team spirit, the rules of work and career, and social duties and rights. Much is required to become a contributing member of society. Basic trust is learned in childhood (Carbon series), in youth, the sensitivity to loving relationships is developed (Silicium series) and the Iron series includes the practice of the rules required for the coming of age and the founding of your own family. An adult member of society has a sense of duty and acts accordingly.

**Rules, order, measures:** the everyday life of the Iron series is characterized by routine and a predetermined order, grounded in the power of social custom. So, the working day starts with the commute to the office or factory, and the weekend is a time for well-deserved relaxation, where you can really let your hair down in the safe disguise of fancy dress. At work, your colleagues monitor you and in return you monitor them. Everyone knows everybody else. You have to follow social rules and abide by social norms. If others see you doing something wrong, you will be corrected. Severe violations are invariably accompanied by pangs of conscience and feelings of guilt.

A bad conscience is the result of contravening the rules; fear of the police is an example. Feelings of guilt are typical of the Iron series. They are at their strongest in stage 17 (Bromium) because you have been kicked out of the team, which meant everything to you.

In the fitness center, you will use the iron dumbbells or you will go training with the football club. There is bragging when drinking at the bar. The members of your circle of friends are au fait with the technical details, they like going to the home improvement center, and prefer pop music or brass band music.

The booming mechanical music of monotonous techno is also characteristic of this series. Your squad is a well-oiled machine, running like clockwork, marching to the beat, and capable of unleashing a storm of enthusiasm. Machines, technology, and all things mechanical kindle great fascination. Men can tinker with their models for hours on end, messing around with their cars or motorbikes or standing in admiration at building sites to check the work in progress. The little ones love to play along too and can reel off horsepower figures or ride their go-carts until they drop with exhaustion.

**Work:** the tried-and-tested techniques are standardized and follow unified standards. Early on, the training is straightforwardly mechanical but later on, those with experience can develop a very high level of skill in their trade or handicraft. It is a genuine pleasure to watch an accomplished welder, cabinetmaker or mechanic at work, and to see the astounding level of precision reached. Many a digger driver can operate their enormous excavators with such silky smoothness that they can lift an egg off the ground without shattering it. Every movement of the hand is perfect so that the resulting product functions flawlessly.

The Iron series depends on teamwork. A hundred men well trained as a team can achieve vastly more than one. Yet, it should not be forgotten that it is often a single person, such as the coach (Silver series) or the manager (Gold series), who is responsible for coordinating this flawless cooperation.

In a contented society, most people find pleasure and contentment playing their part in a well-oiled machine, doing their best to fulfill their allotted task and thereby contributing to the greatness of their country and its people.

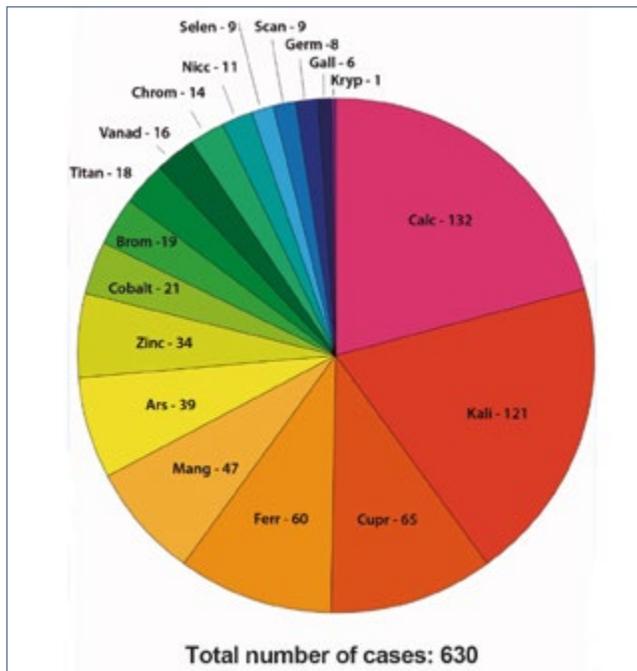
**Typical illnesses of the Iron series:** problems of the blood (anemia), muscles (illnesses of the locomotor system, motility of the vessels and intestine, spastic bronchitis, asthma), and of the digestive system, particularly stomach, gall bladder, and pancreas (gastritis, cholecystitis, pancreatitis, diabetes, and so on).

**Elements of the Iron series by frequency in our practice:** the total number of successfully treated patients of the Iron series in our practice in Kandern is 630 good or very good cases. As you can see from the graphic, the Calcium and Kalium compounds comprise the great majority of cases. The classic Iron series remedies, such as Calcium, Kalium, Cuprum, Ferrum, Manganum, Arsenicum, and Zincum dominate.

The elements of the Iron series are not used in their elemental form in most cases but rather as salts or compounds. We have

### ELEMENTS OF THE IRON SERIES BY STAGE

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Kali	Calc	Scan	Titan	Vanad	Chrom	Mang	Ferr	Cob	Nicc	Cupr	Zinc	Gall	Germ	Ars	Sel	Brom	Krypt



121 cases of the Kalium salts, for example, with 13 different compounds (Kali-c, Kali-fcy, Kali-m, Kali-p, etc).

**Elements and their natural compounds, "salts":** the most important point in remedy selection is to find the right element, with the salt playing a secondary role, where it represents an aspect of the case requiring treatment. Such secondary themes can be typical types of reaction, as well as constitutional factors. The cases described in this article provide ample illustration of this.

**Refinement of the remedy by color:** further differentiation can be achieved with the color preference. If this also fits, it generally indicates that an excellent remedy has been found because the color reflects the underlying emotional state of the patient – the vegetative resonance, as it were. The closer the remedy represents the current situation plus the overall state, the more effective it will be. In other words, the more a remedy reflects the acute and chronic state of the patient, the more comprehensive an effect it will have.

The fact that almost all salts of an element have a closely similar favorite color shows that the basic element is the determinant factor in the remedy. The Iron salts generally prefer pink. This basic theme varies only slightly, as in the Kalium salts, which prefer light, mid, or dark blue: Kali-br, very light pastel blue 15A; Kali-p light blue 15B; Kali-c mid-blue 15C; Kali-i dark blue 15D; Kali-m very dark blue 15E.

## 1 KALIUM

### Stage 1: spontaneous beginning – an impulsive start

Beginning. Spontaneous. Straightforward. Naive. Instinctive. Impulsive. Rash. Simple. Foolish. One-sided. Lonely. Alone.

Abandoned. Total. Unconditional. Manic. Unpredictable. All or nothing. Yes or no. One.

**Iron serie:** Work. Rules. Discipline. Standardized. Complete a task. Teamwork. Be normal, as is right and proper. Inconspicuous. What do the others think of me? Company, firm, factory; village, small town: everyone knows everybody else, everyone has their place.

**KALIUM – STAGE 1:** the strength of the disciplined Iron series is further strengthened by the impulsiveness of stage 1. Kalium fulfill their tasks impulsively without asking much, with a very strong sense of duty because they have no hidden agenda. Just work without asking questions: they do not reflect very much, they just do it. Impulsively demand discipline.

### Kalium carbonicum and Kalium sulfuricum

**Case 1: developmental delay, otitis media with effusion, sinusitis, enuresis.**

Ten-month-old boy with pasty skin (Carb) and bloated face, especially under the eyes (Kali). He has had spastic bronchitis for the last three months, coughs every night towards morning (Kali), < lying; with much mucous discharge. His nose is blocked. He suffers delayed development, does not crawl, does not sit, and does not talk. He is ticklish (I asked about this typical Kali symptom for confirmation). His mother, an earthy Iron series type, had diabetes during the pregnancy with congested kidney, and she delivered the boy prematurely by Cesarean section. She evidently has a poor opinion of homeopathy and just wants something for the cough.

He is given *Kalium carbonicum* LM6 daily. Just a few days after the remedy, he starts talking, crawling and sitting up. After eight days, the bronchitis improves and his cough disappears. The mucous production normalizes too and he can breathe more easily through his nose. After six weeks, he is given a dose of *Kali-c* 200C. He is then symptom-free for two years until he gets a croupy cough with otitis media and effusion, and he also suddenly starts wetting the bed again at night. He seems to have no boundaries and just runs off impulsively (stage 1). He comes to his mother in the night at 2:00 and 5:00, wanting to be rocked. He is now old enough to express a color preference: blue 15C, the color of the Kalium salts.<sup>2</sup>

So, he is given *Kalium sulphuricum* 12D daily (Kali-s is well indicated for otitis media with effusion). With this, he is complaint-free and remains well for a long time without coughing or bedwetting at night. His mother brings him again at the age of nine for recurrent sinusitis with otitis as the antibiotics prescribed by the ENT doctor have stopped working. He has also got balanitis (inflammation of the glans) and a skin rash. The mother only brings her child to us when conventional medicine fails. Kali-s 12D daily helps again and the improvement is sustained.

**Kalium-ferrocyanatum**

**Yellow prussiate of potash is an excellent remedy for severe bleeding of the uterus.**

Kali-f-cy, molecular formula  $K_4Fe(CN)_6$ , is a potassium-iron compound with six cyanide anions.

**Clinical:** hypermenorrhea or metrorrhagia, also severe uterine bleeding during the period, especially when associated with anemia, possibly accompanied by cyanosis.

**Signature:** the German name for yellow prussiate of potash is “Blutlaugensalz,” meaning “blood leach salt,” a term from the old alchemists. They heated blood with bones, horn, and other substances containing protein (= nitrogen) together with iron filings and potassium carbonate (potash). The residue was leached with water, crystallizing to prussiate of potash.

**Case 1: episode of continuous bleeding with severe blood loss.**

For the last ten days, she has suffered extreme continuous bleeding with severe blood loss and large clumps being flushed out, accompanied by increasing weakness and paleness. She is a wiry fifty-year-old woman in the menopause, working in a trucking company. She has her department well under control (Fe): everyone is pulling together (Fe), getting their work done with pleasure and gusto. She has an impulsive disposition (stage 1) with a strong sense of duty (Iron series). She is constantly in a rush (stage 8) and she turns up the pressure (Ferrum). Everything has to happen in no time at all, including her medical treatment. She likes blue 15-16C (Kali) but dislikes the airy and footloose yellow-green 24 C.

First, I try *Ratanhia* but the effect is minimal. Then, as a conventional emergency treatment, she is given methylethylergometrine via intramuscular injection. This reduces the bleeding to that of a normal menses. The next day, I prescribe *Kali-f-cy* 200C. She immediately senses a soothing effect, both the feeling of weakness and invalidity disappear, and the bleeding stops. The next day, things get even better with a general sense of improvement. After a few weeks, she has a relapse. She would like the injection again as it helped the first time (typical Iron series). Instead, I give her *Kali-f-cy* 200C again and she is disappointed not to be given the injection. Might a placebo effect delay any improvement? No, the remedy helps nevertheless within 2-3 hours. This time, she realizes the effect of the remedy and expresses respect. In subsequent years, she requires *Kali-f-cy* on several occasions, which helps each time.

Other good remedies that she had previously taken were *Citrus decumana* (stage 8 of the Rutaceae, the group of the happy creators: “hi ho, hi ho, it’s off to work we go”); she cannot tolerate grapefruit, and *Angustura*, also stage 8 of the Rutaceae. Plant code 655.41.08.

**Case 2: severe menopausal bleeding with cramps of lower abdomen and diarrhea.**

Fifty-year-old woman with severe menopausal bleeding and lower abdominal cramps in the Cesarean section scar. For the

last two days, she also had diarrhea, up to five times per hour, with tenesmus during stool. Pain and diarrhea only in the daytime, nothing at night (diarrhea daytime, tenesmus during diarrhea: Kali among others).

She is an impatient woman, industrious, who applies pressure, Iron-like. Since she likes blue 15-16C, a Kalium salt is indicated (Ferrum prefers pink). The main remedy for massive metrorrhagia is *Kali-f-cy*, so she is given this as an hourly dose of 30C. The effect kicks in after two hours: the cramps cease on the afternoon of the same day, and she feels better. The next day, she has recovered her enthusiasm and gets stuck in to things again.

**Case 3: hypermenorrhea with large myomas.**

Twenty-nine-year-old woman with very strong period bleeding due to large myomas. She declines an operation because she wants to have children. For the last four weeks, she has had continuous bleeding with anemia (Hb below 9). She has already been given iron infusions. *Kali-f-cy* is recommended to her by one of our patients with severe bleeding and who was helped by it. The bleeding stopped after the remedy. We saw the patient later, when she came to the practice for other complaints.

**2 CALCIUM****Stage 2: shy and adapting – defining one’s position**

Shy. Seek protection. Defining one’s position. Where am I here? Yielding. Covering. Overwhelmed. Observed. Criticized. Conformist. Indecisive. Support. Stabilize. Harden. Two.

**Iron series:** Work. Rules. Discipline. Standardized. Complete a task. Teamwork. Be normal, as is right and proper. Inconspicuous. What do the others think of me? Company, firm, factory; village, small town: everyone knows everybody else, everyone has their place.

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**CALCIUM – STAGE 2: the conformist aspect of the Iron series – what others think of them – is accentuated further by stage 2. Calcium is so hardened in its adaptation that it seems to have lost touch with itself in the attempt to fit in with the group. A club can provide protection and escape. You submit to the discipline of a company and do whatever they ask. The team decides the rules and you have to just obey. Act normal and fit in, then everything will be fine.**

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