

0.1.4 Foreword Lou Klein

Hahnemann, trained as a medical translator, researcher and chemist, was at the forefront of science as it was known in his time. In the beginning of homeopathy's introduction, he led a fervor of pioneering activity and introduced many substances as homeopathic remedies. These were carefully identified and classified as best they could be by the standards of the time, as Hahnemann was a stickler for careful methodologies. Many of his students and followers, such as Hering and Kent, went on to prolifically introduce remedies and clinical concepts in order to advance homeopathy.

But as an allopathic "scientific method" took over medicine at the beginning of the 20th century, homeopathy's growth and momentum lagged. Relative to the time that passed and the developments in science and medicine, minimal evolution and progress in the homeopathic profession was made. There were many reasons for this, notwithstanding the attack on homeopathy from without by allopaths claiming their territory and from within homeopathy where an anachronistic conservative even dogmatically religious ethic took over. Few new homeopathic remedies or techniques were introduced into homeopathy and old systems of classification were relied upon to define and relate what small number of remedies had already been introduced and used.

In the 1970s, there was a renaissance of homeopathy and somewhat of an incremental advancement. Still, no one took on the arduous task of attempting to define homeopathy in the context of the advancement that had been made in science particularly when it came to systematic classification in the periodical table of elements and biological taxonomy.

Then along came Jan Scholten. Trained as a chemist, scientist and medical doctor (with also a fine appreciation of art and a keen understanding of patients) Jan Scholten has, in a few short years, done a remarkable job of bringing homeopathy in line with the advances of taxonomy and modern understanding. This new book, *Wonderful Plants*, is a testimony to his zealous efforts to bring homeopathy into the 21st century.

In this astounding book, there is a corrected and comprehensive scientific classification of homeopathic plant remedies into modern Apg botanical classifications. As well, Jan Scholten has introduced over 100 new plant remedies himself and also has expounded on new provings from other homeopaths and groups. These remedies fill the gaping holes in our homeopathic *Materia medica* considering that certain plentiful and important plant families are not represented by even one homeopathic remedy from that particular family.

But more importantly, I know that Jan Scholten has a fervent desire to

cure and help sick people by applying these new remedies. This is really what motivates this book. As a result, there is a system in this book that is richly complex and dense, which will help us to apply both these newly discovered, as well as our long-standing, plant homeopathic remedies accurately.

I know that Jan's previous books with its methodology of selecting mineral elemental homeopathic remedies have served my patients very well. In this new book because of the complexity of a biological living plant and the patient needing a plant remedy, the matrix that was utilized in the original books on elements has some new twists and turns. The systematic approach for selecting plant remedies found in this book builds on the foundational Scholten periodic table schema and adds new components.

And like the learning curve of utilizing all his newly introduced periodic table elements, this book presents a similar challenge to the homeopath. But can you imagine the joy of clearing many cases that did not respond to our limited number of plant remedies as well as having a more precise and systematic way of finding those and new plant remedies? This makes the journey through this book worth it. It represents another evolutionary leap forward for the homeopathic profession.

Lou Klein, Bowen Island

0.1.5 Foreword Pieter Kuiper

'Wonderful Plants' is not a book, it's a 'Work'.

Jan Scholten has distinguished himself repeatedly before, but most distinctive has been his clarification of the Periodic System of Elements for practical use in homeopathy, including the so precious Lanthanides.

What he has presented with his previous 'Homeopathy and the Elements' is in fact unveiling specific Laws in Nature behind the Periodic System. These Laws reveal a kind of structure of Nature in the form of the 7 Series and the 18 Stages as a universal principle. The Series and Stages represent the true intrinsic character of the building blocks of Nature with all their existing combinations, described in terms of our era.

This 'Work' has already inspired many homeopaths all over the world and lead to many a cure.

And now, in 'Wonderful Plants', we are shown that these Laws of Nature behind the organization of the Mineral Kingdom are just the same principles behind the magic world of the Plant Kingdom. This even applies within all its specific Phyla, Orders and Families. We see

the same 7 Series appear with similar traits and characteristics. The Stages also come back as the so called Phases and Subphases within the Series, but they distinguish every plant within its own Plant family as well.

Hence, these Laws and principles, which are to be found on a large scale in the Kingdoms and on a smaller scale in Classes and even Plant families, appear to be like a 'fractal', a concept well known in physics.

Like in the Periodic System, this may imply that we could predict what character or idea a specific Plant family, unknown in homeopathy, might represent. And though the Plant kingdom is far more complex than the Mineral kingdom, all those different pictures of the great variety of Plant Phyla, Classes, Orders and Families are now embedded in a clear taxonomic system.

As a friend and colleague I know Jan since 1986. He was the first participant to arrive when I organised the seminar for George Vithoukias on Alonissos.

Since then he not only developed as an eminent homeopath but he also became an expert in botany and taxonomy.

Before, during or after the seminars he presented all over the world, he visited dozens of botanical gardens where he made thousands of pictures of plants. But apart from making and organizing these pictures he incessantly proved many a plant himself with the direct aim to understand the nature of the enormous variety within the Plant kingdom. We can read about these pictures in his newly published 'Sense Provings'.

It is impressive to see how many years have been necessary to establish all the clarifications from the intuitive notions Jan already had about the Plant kingdom from the beginning. I remember he explained more than 15 years ago how the Series from the Mineral kingdom could also be applied to discriminate the organisation of the Plant kingdom. And even at that time the Stages were used to distinguish the different plants within their family.

In his practice he kept on applying all these ideas intuitively and methodically through the years. More and more difficult cases were solved or even cured by completely unknown remedies.

Just read some of those hundreds of cases which witness and illustrate the clear and methodical approach of how to prescribe remedies from the Plant kingdom.

After reading the book myself, including all the cases, I noticed he also honours Hahnemann in the sense that in almost every case the mental-emotional picture of the problem of the patient chiefly determined the selection of the remedy (§ 211 Organon).

To present us the complete pictures of specific plants, families and orders in such a logic and detailed taxonomic system, fitting the problems of our time, is therefore truly a 'Work'.

A more complete and living Materia Medica of the Plant kingdom has

never been created before and it could well be The Book of the future of homeopathy.

I consider it as a great honour to introduce 'Wonderful Plants' to the homeopathic world of today.

Pieter Kuiper, Bussum.

0.1.6 Introduction

Development

This book has come a long way. As far back as 1996 I gave my same first seminar on one of the plant families, the Asteraceae.

The reason it took so long has several reasons. The first is that the Plant kingdom is a complex matter, much more complex than the Mineral kingdom.

A second reason is that the relationships in the Plant kingdom are less sure than in the Mineral kingdom. Fortunately this has changed in the last decades with the classification of the Apg group.

A third reason is that only a few plants are very well known in homeopathy, some are known a little but the vast majority are unknown in homeopathy.

Challenge

Discovering the general pattern behind the Plant kingdom was quite a challenge. I was searching for the general pattern, the understanding that gives a blueprint for the whole Kingdom. I have had recurrent thoughts of publishing what I had discovered already but felt that it would be like the book "Homeopathy and Minerals" for the Mineral kingdom. It would have given ideas but would lack the general understanding. I have the feeling that the pattern explained in this book gives a good understanding of the Plant kingdom. It makes differentiation and analysis possible to a large extent.

Wonderful Plants

I gave the book the title Wonderful Plants. This expresses my feeling about plants. They are wonderful; wonderful to see and experience and wonderful in their gifts to humanity. In the old days plants were often seen as the true healers and have been the forefront of the healing methods. The healing effects of plants are truly wonderful.

Plant theory

I have given the classification presented in this book the name Plant theory. The need for a name to address the theory became evident in the course of the process.

Process

This book has been a long process. It is a process of contracting and expanding, generalising and specialising, gathering and throwing away, sifting out what is important and discarding the rubbish. It is to

be compared with a shamanistic, alchemistic process. It is like the expression: Creation is something one has to undergo, to be subordinate to.

Progress

This book and the theory in it is a work in progress. There are still many small families that are unknown in homeopathy and thus are placed in the classification with uncertainty. The Stages of many species have not been given firm ground when there are no good cases. Additions and corrections will be needed over time. But in my opinion the Plant theory is quite well grounded by now and good prescriptions are made with it that otherwise would be impossible. The Plant theory feels good as it is; it is simple in its principles and gives good results. It will widen the range of remedies tremendously.

Evaluation

Where does this book stand? Compared with the old Materia Medica it has made huge steps forward. Many more remedies are represented and the essence of remedies can be deduced from the classification. On the other hand when compared with the ideal Materia Medica is still far from perfect. Many remedies are still not represented and there are errors in Stages and symptoms. But the Plant theory brings forth an understanding of remedies far deeper than before and makes prescriptions possible that were impossible in the past.

Classification

What is different about this book is that, although other current books discuss plant remedies in families and modern classifications, here we set them out in their classification grouping, rather than alphabetically as in a Materia Medica. This way we can see the themes running through the various levels of the different orders. This gives us an overview similar to what we get from viewing the remedies in the periodic table of the elements according to their series and stage. This has been a major task of compilation following extensive experience in the clinic and the input of many people. But it is only a beginning. More information will be added as we discover it, and details will be refined as they become clear. And you, the reader, can help in this task by sending in your experiences too!

666.45 Astereae

Series: Hydrogen, Carbon, Silicon, Iron, Silver series and Lanthanides; emphasis on Lanthanides.

Clades: Astereae; Asterales; Campanulidae.

Phase: 4; Subphase: 5.

Astereae, 170 genera; ± 3000 species.

Gnaphalieae: ± 1300 species; Everlastings; Pussy's-toes tribe;

Antennarias are found in groups which can be all-female colonies, all-male colonies and also mixed colonies.

Calenduleae: 8 genera; 120 species.

Taxonomy

Astereae is a Tribe of the Subfamily Asteroideae of Asteraceae. It forms a clade together with Gnaphalieae, Calenduleae and Anthemideae. The placement of Inuleae and Plucheae is unsure, sometimes as an early diverging lineage of Asteroideae near Astereae, sometimes near Heliantheae in the broad sense.

In the Plant theory Asteroideae is split in four clades Heliantheae, Astereae, Senecioneae and Anthemideae. Astereae is placed in Subphase 5, together with the Subfamilies Gnaphalieae, Calenduleae, Inuleae, Plucheae. Anthemideae is split off from that clade and placed in its own Subphase 7.

Introduction

The central theme is that of respect. They feel they have an inner strength and dignity, that they have many talents and are very good observers. They have an enthusiasm that can bring them far. But often their qualities are not very well seen by others, be it their parents, friends, teachers or authorities.

When they feel sure and strong, they can be boasting, sometimes even forcing and controlling others. They can sometimes overshoot their own sensitivities. They feel better and greater than others.

When they are weak and unsure, they get the feeling of being walked over. They feel that they are not seen, overlooked or that others just run over them as unimportant persons or persons standing in the way.

They can endure much, become silent, go inside and live their own internal life. They are able to survive where others would have given up or died. They shrink to survive. They are often very refined, having a kind of fragility. They are often not able to cope with the rough world.

They expect others to understand their refinement but many do not.

So they have to shrink their place and take less room as they cannot stand up fiercely for themselves. When others degrade them they start doubting themselves. They can hardly imagine that others do not understand their sensitivity and wisdom.

Mind

They feel unappreciated, not valued for what they do and are.

They are often abused by others.

Enthusiasm, cheerful, excitement; funny.

Competitive; ambitious.

Strength, force, energetic.

Desire for company, friends.

Fear: disease; narrow places, tunnels, tubes, caves.

Dreams: dead people, relatives, friends; cannot find a toilet.

Body

Urinary: cystitis.

Astereae Stages

2. *Antennaria neglecta*
2. *Antennaria dioica*, *Gnaphalium dioicum*
4. *Blumea balsamifera*
4. *Blumea odorata*
5. *Chrysothamnus nauseosus*
5. *Solidago virgaurea*
5. *Solidago californica*
5. *Solidago speciosa*
5. *Gnaphalium polycephalum*
6. *Ammobium alatum*
6. *Helichrysum stoechas*
6. *Grindelia robusta*
6. *Grindelia squarrosa*
6. *Helichrysum arenarium*
6. *Leontopodium alpinum*, *Gnaphalium leontopodium*
6. *Leontopodium nivale*
7. *Bellis perennis*
8. *Calomeria amaranthoides*
9. *Conyza canadensis*, *Erigeron canadensis*
9. *Erigeron philadelphicus*
9. *Erigeron acer*
10. *Eurybia macrophylla*
10. *Aster*
11. *Inula helenium*
11. *Inula conyzae*
12. *Calendula officinalis*
12. *Calendula arvensis*
12. *Brachycome multifida*
12. *Calocephalus multiflorus*
13. *Pulicaria dysenterica*
13. *Pulicaria vulgaris*
16. *Haplopappus baylahuen*
17. *Pluchea indica*
17. *Calochortus monophyllus*

666.45.02 Antennaria dioica

Gnaphalium dioicum

Series: Hydrogen, Carbon, Silicon, Iron, Silver series and Lanthanides;
emphasis on Lanthanides.

Clades: Astereae; Asterales; Campanulidae.

Phase: 4; Subphase: 5.

Stage: 2.

English: Mountain Everlasting; Catsfoot; Cudweed; Stoloniferous
Pussytoes. French: Pied de chat.

Botany: can reproduce without fertilisation.

Introduction

They want to keep their dignity and respect which is difficult in the situation they live in. They can feel degraded and belittled by their parents, friends, teachers or authorities. They feel powerless to act on it. Their solution is to become invisible, to hide and go their own way in secret. They feel very precisely that it is incorrect what is done to them, knowing their own value and talent. It is only that they are too weak to resist criticism and beatings.

Mind

He does not understand the opposite sex, affection, sees only sex.

No self-reliance, no self-confidence.

Anger, < < being forbidden or impressed.

Ailments from admonitions.

Defiant, naughty, < reprimands, admonitions, being forbidden.

Obstinate, angry, bossy.

Worse from laughing, anger.

Desires to have a red rag with him.

General

Weather: < heat; > mountain.

Time: < 3 am.

Aversion: soup.

Discharge: blood.

Body

General: immune system undermined.

Fever: high, <- eating, drinking, + redness cheeks, eyes, upper lips,
nose, + abdomen pain, -> stool + icy cold feet but -> uncovering feet.

Ears: otitis.

Nose: sinusitis, frontalis; hayfever, sneezing.

Throat: sore; subacute pharyngitis; hoarse.

Mouth: inflammation; < < dentition, late.

Lungs: cough + vomiting.

Stomach: belching, < < after eating, + weeping; hiccough < < laughing.

Rectum: diarrhoea, like spinach.

Urinary: cystitis, after influenza; urine scanty, frequent.

Limbs: O-legs.

Skin: wounds.

Antennaria dioica, Case

Woman, 40, cystitis.

She has recurrent cystitis with pain in her abdomen and bladder, burning, as though beaten black and blue. Once she had a miscarriage after a cystitis. She has menorrhagia and metrorrhagia. A clairvoyant told her it came from her youth, her mother never having been happy with her. Her mother wanted to have children but choked on the burden of them. She was very critical, full of norms and values, very talkative. No one dared to object to her. As a child she effaced herself, trying to do her best, hoping that then all would go well. But her mother was very good in sabering her down, very clever in finding the weak spot of others. In puberty she opposed her mother, as the only one of 4 children. Her father was a good and quiet man but too weak for her mother. She left home early.

She is a teacher. She is often unsure about her teaching and afraid it will go wrong or the students will not listen. She is afraid of losing her grip.

She has a tendency to adapt, to be sweet so that others will give her affection. She is discontented with herself, easily nervous. As a child she could have outburst of anger after having suppressed her emotions too long. She is not assertive, especially with strangers. She has a swollen liver for 10 years, a yellow skin, swollen abdomen, some pain in her liver. She has abdominal pains from stress, > breathing deeply, > lying bend, < anger, > warmth.

She has had fevers with tonsillitis, otitis, meningitis, dermoid cyst in her left ovary.

Weather: chilly; -> sun, <- grey.

Time: < 7 am.

Desire: fruit, dried, dates; sweets; vegetables, raw.

Aversion: spicy, sharp; fat.

Dream: swimming in a long, boring canal, meeting no one.

Analysis

Carbon series: wanted and unwanted child.

Lanthanides: -> sun, <- grey; opposed her mother.

Phase 4: father was good.

Asteraceae: beaten black and blue; fevers; miscarriage.

Subphase 5: outburst of anger; mother very talkative, sabering others down.

Stage 2: unsure; adapt; effaced herself.

Follow up

A year after starting with the *Antennaria dioica* she is doing much better, emotionally and physically.

666.45.05 Gnaphalium polycephalum

Series: Hydrogen, Carbon, Silicon, Iron, Silver series and Lanthanides; emphasis on Lanthanides.

Clades: Astereae; Asterales; Campanulidae.

Phase: 4; Subphase: 5.
Stage: 5.

English: Cudweed; Old Balsam; Sweet-scented Everlasting Flower;
White Balsam.

Introduction

They have an inner dignity and refinement that is often not seen and understood, not by their parents, spouse, teachers or managers. That means that they are often bypassed, neglected and walked over. They do not have the power to do anything against it. They try to divert the problems, avoiding the difficulties as they feel too weak to manage the conflict. They also feel too weak to leave the situation and thus keep on enduring the stressful state, hoping for the better. In all this they still maintain their own individuality and go their own way as far as they can without getting into an open conflict. By hiding themselves it is possible to maintain their own dignity and autonomy. They feel empty, lacking energy and power to address the situation. It is their philosophical understanding and spiritual trust that makes it possible to endure so much.

Mind

Tendency to injure himself.
Increased sexual passion.
No self-reliance, no self-confidence, insecure.
Feels guilty easily.
Insecure, withdrawal, not knowing how to react, -> not reacting.
Feeling of being walked over.
Energy: weak, cannot resist being overruled, have to tolerate it.
They do not show emotions.
Feeling of not being seen, being overlooked.
Perfectionism, wants to do things right.
Dream: lying in a coffin and everyone walks over her.

General

Physical: < walking; < lying; > flexing limbs; > sitting.
Weather: < cold damp.
Time: < 5 pm; periodicity.
Aversion: appetite and taste are lost.
Discharge: blood.

Body

Energy: languid, exhausted, < morning.
Fever: colds, fevers, night-sweats.
Vertigo: giddy, especially after rising from recumbent position.
Head: headache, > washing in cold water, > bathing, > cold applications; migraine, > vomiting, < chocolate, + vision of yellow spots; pain in occiput, dull, continuous pain, < 3 pm, < waking; full temples.
Eyes: shooting pains in eye balls.
Nose: sinusitis. frontal; hayfever.

Face: dull, heavy expression; bloated appearance; intermittent pains of superior maxillary.

Mouth: parched; toothache, < heat; taste flat, sweetish, sickening, badly; tongue long white fur, > cold water.

Chest: pains, darting from side to side.

Stomach: vomiting and purging; nausea, belching; hiccough.

Abdomen: distended; pain, colic; flatulence borborygmus, windy belching; rumbling, < before breakfast.

Rectum: offensive diarrhoea with colic, < morning, < summer; stool pale, dark, watery, copious, offensive; cholera in children; coecum sensitive; constipation; debility in anus.

Urinary: polyuria; bladder full, = urination; pain kidneys.

Male: irritated prostate, pain; pain extending along cord to testicles.

Female: menses chocolate-brown, painful, scanty, dysmenorrhoea; pelvis heavy, full; uterus bruised, sore, heavy, bearing down, prolapsed, displacement, < standing, < walking, < sudden jar; relaxation of vaginal tissue; leucorrhoea.

Back: chronic backache, lumbar, > resting on back, + numbness in lower part of back and weight in pelvis.

Limbs: ! sciatica, pain neuralgic, numbness, formication, > sitting on bended knees, > drawing limbs up, > flexing limbs; rheumatism, pain ankle, legs, as if joints lacked oil; pains, cramps in calves, feet, < in bed; gouty pains in big toes, nodules; neuralgia anterior leg; debility arms.

Skin: wounds; acne.

Gnaphalium polycephalum, Case

Woman, 35, backache.

She started to have a backache and scoliosis in puberty. She was put in a plaster cast which was horrible. She had operations on her hernia with sciatica and later spondylodesis, which she found very severe and heavy. She had to lie on her back for six weeks and was bound to the bed. She had a hallucination that she was lying in a coffin and everyone walked over her. She was so afraid that she sat up with all the bindings. The nurses came and fought her back down. It all felt humiliating. She has pains everywhere in muscles and joints, worse from exertion and at the end of menses. Her backache was with sciatica, a deep neuralgic pain and numbness extending to her toes, worse lying on her back, sitting, better from warmth. She could have a high fever of 40°C, feeling very hot. She has bone pains, like needles inside her.

She had other operations: removal of appendix, cyst on the right ovary, diverticulum; dysplasia of the uterus; benign cyst from left breast; exostosis from left side of head.

She had a miscarriage and two Caesarian sections.

She had severe migraines in puberty, especially after parties, < chocolate.

She has trouble with bladder and intestines after surgery. She has vomiting, > > sleep, saw everything green and yellow.

She has a vaginal infection twice a year.

Her birth was problematic: born a month early, three pounds, in fleece and unexpectedly as the second of the twins; already then she was walked all over.

Her husband was not very loving and protecting. Once when she was very ill with severe vertigo and could not even walk, he did not care for her or even the children.

She is very sensitive and refined. She works as a therapist for children.

She is obedient but goes her own way quietly. She avoids conflict and gets what she wants in other ways.

Weather: chilly; likes the sun; aversion winter, foggy wet weather; better hot shower.

Time: < 5 pm.

Desire: cheese, farinaceous, fruit.

Aversion: fat, eggs !, Brussels sprouts, meat, milk, fish.

Colour preference: 16B, 2AB.

Analysis

Lanthanides: individuality, therapist.

Asteraceae: high fever; bone pains; goes her own way.

Stage 5: avoids conflicts; obedient; quietly goes her own way.

Gnaphalium polycephalum: sciatica with numbness; being walked over.

Follow up

She is been on the remedy for six years.

She is increasingly able to stand up for herself and towards her husband.

She was hit by a ball on the beach and had vertigo again.

After that, she divorced her husband.

Her backaches are also improving, though she thought they never could change.

Ten years later she takes Gnaphalium from time to time and it continues to help her. Homeopathy, orthomolecular support, meditation and Buddhism certainly have helped her. Gnaphalium helps her a strong to feel strong in herself.