

HOMEOPATHY & PSYCHIATRY

ANXIETY & PANIC
A PEM Perspective



DR MAHESH GANDHI

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INTRODUCTION

Every person, at some time, throughout his lifespan has experienced the feeling of anxiety. Anxiety is an unpleasant emotional state; it can include fear. Anxiety can be seen as a state of arousal.

Anxiety can be defined as a pathological state characterized by a feeling of dread and is accompanied by somatic signs like hyperventilation, sweating, palpitations, shortness of breath, etc., that indicate a hyperactive autonomic nervous system. It is differentiated from fear, which is a response to a known cause.

Some people suffer from a lot of anxiety over long periods of time, which controls them and makes their lives difficult. These conditions are called Anxiety Disorders and they need treatment.

Here, the individual is constantly worried or fearful about situations or things that normally wouldn't bother him or others.

Anxiety Disorders are highly prevalent and fairly uniform across cultures. They are the most common of all mental disorders. About 1 in 20 people have Anxiety Disorder at any one time. Some people have features of more than one type of Anxiety Disorder. Close to 30 percent develop one of the disorders at some point in their lives, but only around one-fifth of these individuals seek treatment. Women are more likely to have Anxiety Disorder than men.

Symptoms of Acute anxiety attacks include sweating, shaking and tremors, palpitations, shortness of breath, hyperventilating, racing heart beats, tingling in hands and feet, feeling of impending doom, feeling that he is having a heart attack. There are more, but these are the usual symptoms.

The symptoms of chronic anxiety can be continual tiredness or exhaustion, inability to relax, lack of confidence, low self-esteem, fear of public places, fear of socializing, frequent feelings of irrational anxiety or fear, compulsive behavior, worrying about making mistakes, regular nightmares, disturbed sleep patterns,

excessive crying, headaches, stomach problems, diarrhea, nausea, aching muscles and so on.

What distinguishes fear from anxiety?

Fear and anxiety have become such strong synonyms that people have a hard time differentiating the two. According to Freud, Anxiety is the fear of unknown, when a person cannot describe what he is afraid of. When a person is able to describe exactly what he is afraid of, the term Fear is used. Fear is a state of immediate alarm in response to a serious threat to one's well-being. Anxiety is a state of alarm in response to a vague sense of threat or danger. Both fear and anxiety have the same physiological features: increase in respiration, perspiration, muscle tension, etc. When danger threatens, the flight or fright response that it generates, is protective. However, when it is triggered in inappropriate situations, or when it is too severe, long lasting or incapacitating, it can lead to the development of Anxiety Disorders.

What exactly do we mean by anxiety?

Anxiety is one of the less welcome sides of man's superiority over the animals. It stems from the consciousness of his own being. Man has the freedom to make choices about his future and to plan ahead. He also needs to develop his own personality and to create an identity for himself in an environment. All this he has to do where the means for such self-fulfillments are always insufficient. This existential anxiety becomes pathological through symptoms.

There are two different approaches to understanding the Mechanisms of Anxiety: one, Biodynamic and the other, Psychodynamic. These two approaches should complement rather oppose one another. Anxiety is the cry of the self in the process of *becoming*. The Homeopath uses the Psychodynamic approach. Administration of an anti-anxiety drug has a biochemical impact, but this should not be sufficient in itself. When a doctor prescribes an anti-anxiety drug, he should always encourage the patient to talk and look within. Homeopathy can be of a great help in this direction. Drug

therapy when used, should be a means rather than an end in itself. The patient must use his anxiety as a tool to further his personal evolution.

TYPES OF ANXIETY DISORDERS

- A) Panic Disorder and Agoraphobia
- B) Generalized Anxiety Disorder (GAD)
- C) Specific & Social Phobia
- D) Obsessive Compulsive Disorder (OCD)
- E) Acute Stress Disorders (ASD)
- F) Post-traumatic Stress Disorder (PTSD)

These are among the most prevalent psychiatric conditions. They produce excessive morbidity and functional impairment. These are various disorders where anxiety is a main symptom. An Anxiety Disorder is diagnosed, when the anxiety symptoms significantly interfere with one's normal day-to-day activities. This happens when the anxiety causes a lot of distress to the individual or it comes in his way of functioning personally, socially or professionally.

Panic Disorder

Panic disorder affects about 2% to 3% of people at some point in their life. It usually begins during adolescence or early adulthood but any age can be affected.

It is an Anxiety Disorder characterized by recurrent unexpected panic attacks. Panic attacks are sudden periods of intense fear that may include palpitations, sweating, shaking, shortness of breath, numbness, or a feeling that something really bad is going to happen. The maximum degrees of symptoms occur within minutes. There may be ongoing worries about having further attacks and avoidance of places where attacks have occurred in the past. The cause of panic disorder is unknown.

It is discussed at length later in the book.

Generalized Anxiety Disorder (GAD)

GAD affects about 4% of the population at some point in their life.

It is characterized by excessive, uncontrollable and often irrational worry. There is an apprehensive expectation about events or activities. They typically anticipate disaster, and are overly concerned about everyday matters such as health issues, money, death, family problems, friendship problems, interpersonal relationship problems or work difficulties. This excessive worry often interferes with daily functioning.

Individuals may exhibit a variety of physical symptoms, including feeling tired, fidgeting, headaches, numbness in hands and feet, muscle tension, difficulty swallowing, upset stomach, vomiting, diarrhea, breathing difficulty, difficulty concentrating, trembling, irritability, sweating, restlessness, sleeping difficulties, hot flushes, rashes, and inability to fully control the anxiety. These symptoms must be consistent and ongoing, persisting for at least six months, for a formal diagnosis of GAD.

It is discussed at length later in the book.

Phobic Anxiety Disorders

Phobia is a strong fear or dread of a thing or event. The fear is out of proportion to the reality of the situation and coming near or into contact with the feared situation causes anxiety. Sometimes even thinking of the feared situation causes anxiety. Therefore, the person ends up avoiding the situation, which can restrict his life and cause suffering.

Social Phobia

It is also known as *Social Anxiety Disorder*. It is possibly the most common phobia. The person becomes very anxious about what other people may think of him, or how they may judge him.

He fears meeting people or performing in front of other people, especially strangers. He fears that he will act in an embarrassing way and that others will think that he is stupid, inadequate, weak, foolish, crazy, etc. He avoids such situations as much as possible. If he gets into such feared situation, he becomes very anxious and distressed.

Social phobia significantly impairs work and social function. Social phobia is also associated with high rates of substance abuse and, like all anxiety disorders, with depression.

This topic will be discussed at length in an upcoming book.

Other Specific Phobias

There are many other phobias related to a specific thing or situation. For example:

Agoraphobia

Claustrophobia

Animal Phobia

Acrophobia- extreme and irrational fear of heights

Obsessive Compulsive Disorder (OCD)

OCD consists of recurring obsessions, compulsions, or both.

Obsessions are recurrent and persistent thoughts, images, or impulses that causes the person anxiety or disgust. They are intrusive and inappropriate, causing marked anxiety and distress. They are not just excessive worries about life problems. The person tries to ignore or suppress them and recognizes them as a product of his mind. Common obsessions are fears about dirt, contamination, germs, disasters, violence, etc.

Compulsions are thoughts or actions that a person feels he must do or repeat. These are repetitive behaviors like washing, ordering, checking, etc. or are they can be mental acts like praying and counting. The person feels driven to perform them. They are aimed at preventing or reducing distress or preventing some dreaded

event or a situation. Usually a compulsion is a response to ease the anxiety caused by an obsession. Examples of compulsions include repeated cleaning, checking, counting, touching, or hoarding objects.

The person recognizes that the obsessions and compulsions are excessive and unreasonable. They cause marked distress and are time consuming. They also significantly interfere with the person's normal routine. There are various clinical presentations of OCD.

This disorder too will be dealt with at length in one of my later books.

Acute Stress Reaction (ASR)

It is a psychological condition arising in response to a terrifying or traumatic event, or witnessing a traumatic event that induces a strong emotional response within the individual. It is also called as a psychological shock, mental shock, or just shock. ASR may develop into delayed stress reaction, known as PTSD if that particular stress is not correctly managed. Re-living and avoiding reminders of an aversive event characterize ASR. There is also generalized hyper-vigilance after initial exposure to a traumatic event. ASR is differentiated from PTSD as a disorder that precedes it, and if symptoms last for more than one month, it will develop into PTSD. It can thus be thought of as the acute phase of PTSD.

ASR must be accompanied by the presence of dissociative symptoms, which largely differentiate it from PTSD. Dissociative symptoms include a sense of numbing or detachment from emotional reactions, a sense of physical detachment, such as seeing oneself from another perspective, decreased awareness of one's surroundings, the perception that one's environment is unreal or dreamlike, and the inability to recall critical aspects of the traumatic event.

In addition to the characteristic dissociative symptoms, ASR shares many of the symptoms with PTSD. These include:

The experience or witnessing of a threatening event that resulted in intense fear or horror.

The re-experiencing of the event by means of flashbacks, recurrent thoughts or dreams, and distress when reminded of the event.

The avoidance of stimuli that serve as reminders of the event, such as feelings, thoughts, places, individuals and activities.

Anxiety, including restlessness, difficulty in sleeping and concentrating, and hyper-vigilance.

A significant disruption in normal social or work functioning.

Post-Traumatic Stress Disorder (PTSD)

PTSD may follow a severe trauma such as a serious assault or a life-threatening accident. Anxiety is only one symptom that may come and go. It is interesting to note that fairly ordinary traumatic events can produce post-traumatic stress disorder and only a subset of people exposed to the same traumatic event actually develop post-traumatic stress disorder.

The main symptoms of PTSD are:

Recurring thoughts, memories, images, dreams, or flashbacks of the trauma, which are distressing.

The person tries to avoid thoughts, feelings, conversations, places, people, activities or anything else, which may trigger memories or thoughts of the trauma.

Feeling emotionally numb and detached from others.

His outlook for the future is often pessimistic.

He may lose interest in activities that he used to enjoy.

There is increased arousal that he did not have before the trauma. This may include difficulty sleeping, being irritable, difficulty concentrating, and increased vigilance.

HOMOEOPATHIC AND PERSONAL EVOLUTION MODEL APPROACH IN PANIC DISORDERS

Many anxious patients respond incompletely, for a short duration or not at all to Allopathic medication or time-limited therapies. Many suffer from the side effects of the medication or develop dependence on some of them. Numerous patients who are left with enduring anxiety inevitably find their way to Homeopathy for an answer.

We as homeopaths following the *Personal Evolution Model* believe that though we are all humans, we are also in many ways different from each other. The focus of our treatment is on these differences that makes the individual unique and different from others. Each one of us is expressing a different *Evolutionary Stage* in his life. We are here in this world to learn our unique lessons and contribute something unique to this universe depending on our personal stage of evolution. Each one of us sees life differently based on our inner program. Our inner state has an energy pattern that resonates with the energy pattern of something in this universe. Mostly we share this pattern with a substance from the Mineral, Plant, Fungi or Animal kingdom. This substance expresses the same stage of evolution as that person but in a different kingdom. This inner program becomes our Basal-self or the Other Song. It becomes our inner software, which determines how and what we see in this world. We look for the answers to treat the person's anxiety in his inner software. This software determines the type of psychodynamics that goes on in a person's psyche. Study of the Anxiety disorders thus presents a unique opportunity to understand the relation between nature and nurture.

All of the patient's words, concerns, and preoccupations must be considered in relation to how each might be related to the patient's experience of anxiety. Every word, thought, and action has meaning. Free association, words, fantasies, thoughts, and particularly nonverbal communications, attitudes, anticipations, and desires, as expressed to the homeopath, take us to the remedy.

The homeopath offers a benign, empathic, nonjudgmental, supportive relationship and encourages curiosity regarding the patient's feelings and thoughts, without attempting to discourage or minimize the patient's perception of reality, or behaviorally negate any of the patient's perceptions or feelings. The goal is to create emotional room for the patient to allow for and contemplate on the inner experiences that he may otherwise feel is too shameful or guilt producing to dwell upon. Gradually, a process unfolds where cognitions, visceral reactions and responses become more available for consideration. As the patient's ideas, feelings, and perceptions are shared, they can be gradually clarified.

Repeatedly clarifying that the patient has a particular feeling or is thinking about a certain topic, allows both the patient and homeopath to ponder further. As the clarification process occurs, the homeopath concurrently becomes more aware of his attitudes and feelings toward the patient.

The focus of homeopathic treatment is the entire life; the drama of interpersonal and familial experiences that occurs in the context of temperament, biologic predisposition, and one's own unique developmental experiences. The terrors and fears of human life become woven into the fabric of an individual's psyche. Life presents real risks that must be faced to handle adaptive living. Dealing with enduring psychological patterns and fears is a daunting task.

The homeopath ignores the trappings of science and instead focuses on trying to get inside the head and heart of individual in order to make sense of the relationships, experiences and how they see the world. Recognizing recurring patterns helps people see the ways in which they avoid distress or develop defense mechanisms as a method of coping so that they can take steps to change those patterns. All the theories in psychology that see human functioning based upon the interaction of drives and forces within the person, particularly the unconscious, and between the different structures of the personality, is of great relevance.

STEPS IN CASE-TAKING

While taking the history, it is very important to let the case patiently unfold itself. Carefully note the patient's exact words, expressions and gestures. We also ask the patient to describe his:

Nature from childhood

Fears

Interests and hobbies

Sensitivities

Stressful and joyous situations

Dreams

Generalities

Note the issues that are important to the patient and which he spontaneously talks about. This can help us know the row in the mineral kingdom or the column in the plant kingdom.

Note his coping strategy and behavior; is it that of the womb stage, infant, child, adult or an old person?

See if you can come to the 'inner age' of the patient.

Observe if you can assess the predominant Elements in the case—look for qualities of Air, Water, Fire or Earth.

Look for pointers in Kingdom analysis that will aid in mapping the case on the Mineral, Plant or Animal chart.

Explore the chief complaint with its sensation and modalities. The gestures and expressions become very important here. The peculiarities are important.

Doodle, Free association may help in coming to the source as well.

If miasm is clear, it should be taken into account.

Genius of the case should be covered by the genius of the remedy

Remedy selection using the understanding based on PEM

Repertorization should be used where there is availability of PQRS symptoms

Posology knowledge to choose the right potency

Case management with timely follow-ups, and repetition of dosage or counseling when required.

It is important to let the patient speak spontaneously and use all the approaches required based on the availability of symptoms.

Case Illustration 8

Case of a 28 years old female patient

P: I get electric sensation in my body all the time. It is difficult for me to be with people. I cannot drive my car. I fear I will fall down while I am standing or walking. I feel insecure. Lights, especially red light appears very bright to my eyes.

D: Tell me more.

P: This started 7 years ago. I had been to a psychotherapist. I didn't take allopathic medicine. I feel vibrations and energies around me and I am tired of them. The world seems too wide, opened up. If I look at certain things, I feel I am fighting it with my eyes. If I am seeing a vase, I don't have to touch with my hands; my eyes can touch and feel the material just by looking at it.

D: Tell more.

P: I feel I am beyond my body; my consciousness feels energy fields around me. I am also in my body, but this field is beyond me. I dislike vibrations in my body. It is as if I am sitting on a washing machine that is switched on.

There are almost no borders between her and things around her. From developmental perspective, this could represent an early stage of development, when the personal borders are still diffuse and one functions from a state of being where there is an experience unity with things around. This is more of an early 'not formed' state. With development, the form gets more distinct and clearer. This form reflects one's Ego or the level of individuation. We also see that she experiences a lot of sensations. This is often seen in cases belonging to Plant Kingdom. If she needs an animal remedy then it is most likely to be a remedy from the Invertebrates.

D: Describe this more.

P: If I see space around, I see it as bright but with little spots. Vibrations and rotations happen all over my body. I feel it in my body, but it comes from the energy field around me. Vibrations don't go away even with physical activity; it begins as soon as I

wake up.

D: How does it bother you?

P: I don't want to see the world in such bright colors. It is very annoying to feel these vibrations and electricity all the time.

D: How did it start?

P: When I was 21, I was lying on the bed, reading a book. I had stress and I felt a huge pressure within. It blew up and I started feeling vibrations very intensely. I had an out of body experience, like astral projection. I didn't know what was happening.

D: Tell me more.

P: I could see myself in 2 places; like I could see myself brushing teeth and at the same time playing piano. This caused immense fear. I was treated with medications, but my symptoms and experiences did not go.

D: How did it bother you?

P: It was very inconvenient due to vibrations, to be in my body. It feels like many thin needles in skin with electrical vibrations.

D: Tell me about your nature.

P: I studied economics in oil and gas industry and then pursued a Master's degree. Then I studied psychology to understand myself.

D: Tell more about your nature.

P: All my life I was a dancer. I read many things to find an answer to solve my problem. I am very active, very patient. I do many things to develop myself, write poems. I love reading and writing. Earlier I was laughing all the time; I was happy.

D: Are you sensitive by nature?

P: Yes, I am sensitive, I feel people around me. I can feel my friend as 'me' and then feel their emotions. I don't smoke or drink. I dislike rough energies. I can sense many things. When I look at plants or stones I can feel their soul, as if alive. I love yoga, but not often. I love ballet and ballroom dancing.

D: Tell me some of your fears.

P: My biggest fear is that I will fall on the floor and die; I will lose consciousness from so much vibrations and information coming inside. I feel my soul will leave my body; I am afraid of that. At times when astral body goes out of my control, I may go away from my body and I fear that I will not come back. This experience makes me feel that I am going crazy. Just like a butterfly that has legs, but has wings too. In astral projection, I saw that my astral body is very bright. It is like leaving the physical body and seeing things.

D: Can you describe this a little more?

P: A butterfly has a physical body and it also has wings and legs. I too have physical body, legs, hands and now wings too, since my consciousness has widened and my astral body can leave my physical body.

D: Tell me some dreams.

P: I sleep very well. I dance in dreams sometimes. I also see scary dreams. Every time, I have a different dream. I get signs in dreams, additional information of what is going to happen.

D: What are your interests and hobbies?

P: I love color therapy. I am studying that since I like colors. If I choose a particular color, it helps me understand myself. I choose colors that are connected with my joy, happiness and my etheric body. For example, red color feels like a playful energy to my soul.

D: What else?

P: I love sewing and I make pictures with sewing. I express myself through dancing.

D: Do you have any fears?

P: I am afraid of going deep in water, as I had once fallen into the water as a child. In darkness I feel somebody can come. I fear dentist, because of pain. I wanted to be successful in studies. I fear that somebody will criticize me. I have an elder brother. He took care of me as my parents were working. I love him. My mother is a teacher of literature; and father is a businessman. I have very good parents.

D: What homeopathic remedies have you taken so far?

P: As a child took Naja 6c for a month.

Follow up: one year later on Skype

P: I am definitely better than before, but still some things need to be corrected.

D: What is better?

P: I don't feel strong vibrations in my body. I just feel a mild sensation of electricity like little needles sometimes. I am definitely better. I feel myself softer in the body, more comfortable than before. When I was looking within myself, I saw that I had two main fears, fear of death and fear of becoming crazy. I don't have these fears anymore.

D: Is the sensation of electricity as much as before?

P: It is very less for sure. I still feel that the light is bright, though not as severely as before. I do use sun glasses when I go out in summers.

D: What do you mean by, 'I am softer in body'?

P: Before I felt tightness in my body. It was tight and uncomfortable. It is difficult to describe. It was like when you wear tight shoes and you want to take them off. It is not so anymore. I accept my body and my life now. I accept that I live in this body. This slight feeling of needles and electricity needs to be corrected and improved; but at least I accept that I am here. I don't want to escape. Before I felt uncomfortable in the body, like when you wear a dress you don't like.

D: What about the vibrations?

P: Tickling like little needles. Before, I hated that. I didn't understand the core nature. Now I just describe it but before, it was worse. I believe one day it will not be there. I feel the improvement.

D: Any other change in you?

P: You mean personally? It is good. I have my experience in the body. My soul has some new feelings, new meetings, I feel I was at

kindergarten when I saw you the first time and now I am at school. I feel my soul will continue to live, in this body or next life body, I don't know. I understand I have had past lives, I remember some of them. I feel death is changing into something new, so there is no fear in me.

D: Since when did you have this fear?

P: I would say since I was 21. Now I am 29. I was afraid of Psychiatrists, because I feared they would take me to a place where all crazy people live. I think it was fear of death again.

D: Why?

P: It is so difficult to say. It means I wouldn't live my normal life.

D: Let's say if you were in a mental hospital, what would be your experience?

P: I would realize that I am sick, crazy and it is bad. I need to solve this problem.

D: Do you have claustrophobia?

P: A little bit, I feel it when there is traffic and there are many cars around me; because of all the city lights, I feel tired. Before I met you, I had this feeling that I am tight in the body and I want to leave. Now it doesn't bother me as much but I am afraid of it, when I imagine myself closed in a dark room. It is again fear of death.

D: What was this fear?

P: My soul will die. I will stop breathing and I will go away from my body. When I was a student, when I was 18-20, I got a glimpse of my past lives. I was lying on the bed and I thought I was somewhere in the 15th century. I felt myself wearing another dress. My hair was curly. It was so obvious for me. I was shocked. I felt it was in another country. You know you are a doctor working with patients. I felt I was someone else before. It was a long time ago. I know people don't understand this, so I don't tell it to a lot of people.

D: Tell me more.

P: It is like I have my history in this life, I am 29 years old. In the last past life experience with my friend, I remember I was a man and

he was a woman. We were in a relationship. I felt I knew him from past. I could feel myself, but I had an experience in another time. It is not a hallucination. I just know it. Now it is better. I felt scared before. Now when I have these memories, I feel it is something that is not studied well. While I am talking now, I feel emotional and I feel tears will come. It is an understanding with your remedy that I am alive, I am in this body and that I am breathing.

D: Is it out of joy?

P: Yes. I realize that my problem can be and is to a large extent solved, I am feeling my life more and this to me is a touching experience. I can laugh, I can cry and I can look at the world.

D: How were you before?

P: I felt so sensitive, that I wondered, why am I in this body? Now, it is like a new chance to feel things that I wouldn't appreciate before. Now it is touching and I feel like crying because I can experience it despite the little electricity that I still feel. I am alive.

Remedy: Blue Morpho

Potency: 200c

She took it once every two weeks

PEM Understanding

This patient gives us many sensations that we find in Plant Kingdom. We see similar sensation in the Invertebrate Sub-kingdom of Animal Kingdom. We do not see any obvious animal themes in this case, but she compares herself to a butterfly. It is difficult to explain her case completely by any one plant remedy. The case is very complex, which also indicates the probability that she could need a remedy from the Animal Kingdom.

She is connected with past lives. The metamorphosis or transformation from one birth to another is seen in this case. Her borders are not well defined. She feels connection with everything around her. She gave the feeling of being tight in the body. The

butterfly has to come out of the cocoon and fly into the world. The experience of being in the cocoon could be of feeling tight.

There are several remedies in homeopathy from different butterflies. Each butterfly represents a specific stage of development. *Limenitis bredowii californica* or the California Sisters have the theme of unprotected adolescence. Here is a case of butterfly with issues predominantly of *womb* stage of development. She feels connected with the other world, connected with everything around and the sensory inputs are felt very strongly as in a remedy from the womb stage. We saw similar sensitivity to brightness and noise in a case of Boron from Mineral Kingdom. She says that for her the world is too wide and open. It is as if she is just coming out of the womb or the cocoon and looking at the world for the first time. Everything is bright, everything is too much and she is vibrating, which was not so when she was in the cocoon.

Blue Morpho is a South American Butterfly. It has wings of an amazing iridescent blue color. The underside of the wing is dull brown and the butterfly can suddenly almost disappear by folding its wings as the blue disappears. This remedy has the same issue as Hydrogen- *Do I exist or not?* The ability to be seen and then to disappear from sight is strong in Morpho. There is a strong desire to be noticed by others in this remedy.

The caterpillar of this butterfly feeds on trees of the legume family whereas adults drink fruit juice. Many plants from this legume family produce blue colour. This idea of blue is expressed in the Postpartum blues or depression following birth of a child for which remedies from this plant family are effective. Many remedies from this family have to do with *cyanosis* (blue colour) as the one of the main issues of this family is *congestion*. We see that this butterfly feeding on these plants is also of blue colour.

Remedies from Leguminosae family have something to do also with existential insecurity. This family belongs to the infancy stage of development. This is a stage for receiving unconditional love. In this stage the child needs to feel secure about his existence. If the

parents are neglectful, rejecting, cold or perhaps even abusive, the infant instead learns mistrust and comes to feel that the world is an undependable, unpredictable and possibly a dangerous place. He feels persecuted and the world is not safe for him. There is a constant feeling of danger to him from others. This theme of Leguminosae is also shared with this butterfly.

This patient is experiencing things at the sensation level. She feels scattered at various places. This sensation is similar to the one we see in Baptisia, which belongs to Leguminosae family. The butterflies probably share many issues in common with the plants on which they feed. Baptisia feels scattered and she must collect all the pieces immediately. Allen describes the confusion and disconnection in Baptisia as- cannot confine his mind; sort of wild, wandering feeling. Mind seems weak and confused, as if drunk. Baptisia has following rubrics that fit in this case:

Fear: dark

Fear: death, of

Confusion, identity, as to his, duality, sense of

Delusion, identity, errors of personal

Duality, sensation of

Delusion, divided, two parts, into

Delusion, double, he is

Delusion, imagination, body, body parts: arms, separated from the body

There is a lot of pent-up energy in this remedy. This energy is associated with a shimmering and vibration. This was an important reason for choosing the remedy over other butterflies. There is also a sensation of instability as everything is constantly perceived as changing. This sensation comes from the air quality seen in all butterfly remedies. In this case, we see that she does not just transform once but again and again.

We see duality- between the mind and the body and between the physical world and the spiritual world. She talks about being inside or outside her body. She sees herself in two places at the same time.

There is love for beauty, bright colors in this remedy, especially bright blue. They love dressing up and there is a desire to buy bright and beautiful clothes, they want to show off and be seen. She loves color therapy. She loves ballet, which is also seen commonly in butterfly remedies.

This remedy represents the stage of a butterfly coming out of the cocoon. Inside everything is tight and she wants to leave her body and be free. This makes you think of Hammemalidae too. Whenever there is a case where you are considering prescribing a remedy from the Hammemalidae Subclass, quickly think of butterflies too along with molluscs.

Ballet dancing, vibrations, bright colors all are good pointers towards a butterfly remedy and then she talked about her being like a butterfly.
