

# *Waterworld*

Fish in Homeopathy

**Viktória Bodrogi**

**Emryss**

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# Introduction

I have practised homeopathy since 1983, and in the past 35 years have seen an explosion of provings, which has gradually evolved into a kingdom-centric knowledge base. We have taken to the skies, burrowed into the earth, learned plant evolution, and mined strange and precious minerals. On occasion we have leapt into imponderable realms, and right off the planet into the stars. Yet one kingdom has remained on the fringes of our exploration.

Rising from the dark inscrutable ocean depths comes Viktória Bodrogi's exploration of the Kingdom of Fish. Our materia medica is the richer for it. The information comes from provings and cured cases. Marine and freshwater vertebrates are brought together as a kingdom and treated as such in the search for sensations and symptoms common to the kingdom as a whole. Having established the overview of the physical and mental essence of 'fish remedy' patients, Viktória worked to find the subdivisions, which do not follow family lines, in order to pinpoint the remedies clearly. First she created two groups, of predatory and non-predatory fish. The predatory fish were further seen to fall into three sub-groups: on-the-move, migratory, and bottom-dwelling. The non-predatory group also fell into three: tropical fish, shoal-living fish and bottom-dwelling fish. And it seemed that each group had an outstanding characteristic: Angry, Homesick, Melancholic, Childish and Cheerful, Confused, and Quarrelsome.

This is a work which gives us a good grip on this little-known kingdom. Of course we have Jeremy Sherr's excellent proving of the unpronounceable Salmon. And Louis Klein has organised some provings that have been written up in journals, but until this point, there has been no dedicated Fish book. There are nineteen fish remedies (each one with full colour plate) and three fish-related toxins or extracts: Evolution of fish, anatomy, pathology, sensation and function and the Overview, maximum information in minimum space, that is common to many of Emryss's books. Medicines will be found here for Alzheimer's, autism, dyslexia, skin and eating disorders, and musculoskeletal difficulties. Cases illustrate the language, strategies and pathology of patients needing a fish remedy.

This is the first materia medica devoted to the Fish Kingdom, a complementary volume to Jo Evans's *Sea Remedies*, which deals exclusively with invertebrates. Welcome to Waterworld.

Jenni Tree, Fulbeck, 2018.

# Glossary

*Actinopterygii*: ray-finned fishes

*Anadromous*: means ‘upward-running’ (of a fish such as the salmon) migrating up rivers from the sea to spawn. Hatching and a juvenile period occur in freshwater. This is followed by migration to and maturation in the ocean. Adult fish then migrate back up rivers in order to reproduce in freshwater habitats.

*Benthopelagic*: (English) Living and feeding near the bottom as well as in midwaters or near the surface. Feeding on benthic as well as free swimming organisms. [[www.fishbase.org/glossary/Glossary.php?q=benthopelagic](http://www.fishbase.org/glossary/Glossary.php?q=benthopelagic)]

*Catadromous*: means ‘downward-running’. Fish born in a marine environment and migrate to freshwater to mature, returning to the sea to spawn. (Eels. Females spend their lives largely in freshwater, while males live primarily in the brackish water of estuarine areas. Individuals breed in the seas and die after spawning once.)

*Cypriniformes*: minnows or carp, goldfish

*Demersal*: adjective (chiefly of fish) living close to the floor of the sea or a lake. “demersal fish”

*Diadromous*: fish species that spend part of their life in freshwater and part in salt water. Because of their ability to tolerate a variety of salinity regimes, diadromous species are also described as euryhaline, meaning “broadly salty.”

*Iteroparous*: multiple reproductive cycles over the course of a fish’s lifetime.

*Oceanodromous*: of a fish - migratory in salt water.

*Phototaxis*: the bodily movement of a motile organism in response to light, either towards the source of light (*positive phototaxis*) or away from it (*negative phototaxis*).

*Polygynandrous*: spawning as a group, releasing eggs and sperm in a group

*Potamodromous*: Applied to fish that undertake regular migrations in large freshwater systems.

*Scutes*: bony plates rather than scales, armouring a fish’s body.

# 1. Study

## 1.1. FOREWORD

The purpose of my study was to collect the many worldwide fish provings and to collate them into one summary in order to understand the essence of the fish. There is a range of studies of different animal groups, but the fish group is missing. We know that the fish was the first vertebrate and all the others, amphibious, reptile, bird and mammal, developed from it. It seems that the progenitor of vertebrates deserves our homeopathic attention. Why is it that up until now we have not come to a consensual understanding of the essence of fish energy? This study takes a first step in this direction, yet many questions will undoubtedly remain.

During my research I discovered some fish remedies in the Kent and Boeninghausen repertories. I received a lot of provings from different countries and realised that something had happened with this theme around the 1990s.\*

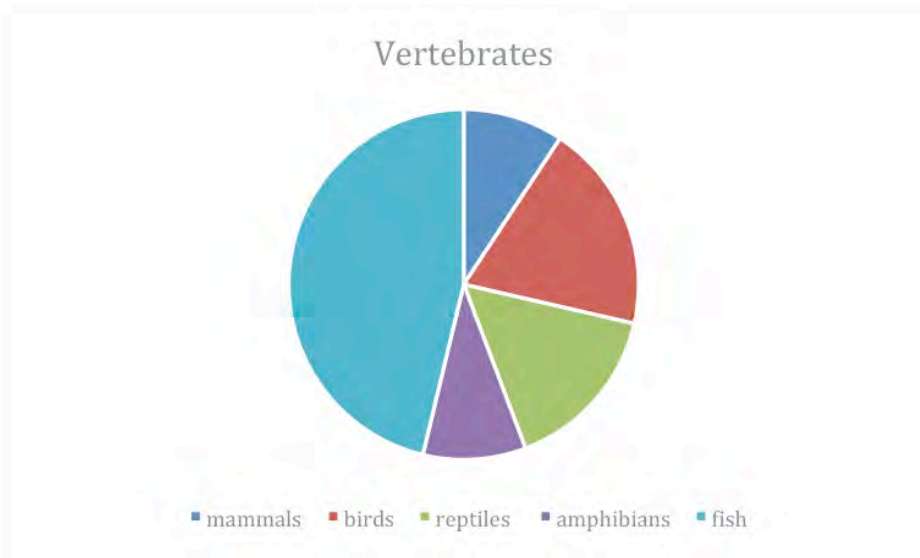
Fish currently have limited use in homeopathy, with just a few individual remedies well understood. The best-known fish remedies of the nineteenth century are *Gadus morrhua* (cod) and *Oleum jecoris* [cod liver oil]. *Oncorhynchus tshawytscha* [Chinook Salmon] is a well-known twentieth century proving.

Fish are ancient animals, more than 420 million years old. They have survived many climate changes and geological ages and they are still with us. According to a report from the *International Union for Conservation of Nature*, 2014, a comprehensive compilation of vertebrates reveals a species total of 5,513 mammals, 10,425 birds, 10,038 reptiles, 7,302 amphibians, and 33,249 fishes. That's nearly the half of the combined total of all mammals, birds, reptiles, and amphibians. When we refer to 'fish' we are referring to 49,99% of all the known species on Earth with backbones. Given these numbers, I started to think about the fact that we have a lot of magnificent remedies from the other vertebrates: we cure a lot of diseases with them and help people to find healing with these homeopathic remedies, without side

## Waterworld - Fish in Homeopathy

effects. But we have little literature from the biggest group of all, from fish. They do not show themselves. They are somehow invisible animals, living in a hidden world, yet existing together with the other vertebrates and with humans on the same planet.

\* (The use of alternative medicine in the west began to rise from the 1970s, and then grew explosively beginning in the 1990's. In the early 1980's several states in the USA re-established homeopathic licensing boards. In Europe the Central Council of Homeopathy and the Committee for Homeopathy were established in 1990. Non-prescription homeopathic medicines, forms of self-dosing, became popular in the late 1990's. From the 1980s many homeopathic schools, colleges, complementary academies and universities were established around the world. The number of professional homeopathic healers increased and new research had begun.)



[1 - diagram of vertebrates]

From my study I gathered information about nineteen different fish, and two others that are not really fish, but related remedies. From these provings and triturations I was able to postulate a fish remedy essence. Gradually the hidden, silvery fish kingdom will become visible, and the Fish remedies can take their place in our pharmacopeia.



## 1.2. GROUP ANALYSIS IN HOMEOPATHY

The group analysis approach to homeopathy is not new. Farrington used kingdom analysis in 1880 and Leeser used periodic table information in 1935. However it was not until the 1990s that the first modern application of group analysis began to emerge. Group analysis is an attempt to identify a mechanism for understanding groups of related remedies according to natural classification of the various sources used in homeopathic practice. The prime movers of group analysis of the modern era are Jan Scholten and Rajan Sankaran. Scholten has defined group analysis as the process of looking at a group of remedies and extracting what is common from that group. Scholten realised that homeopathic practitioners have generally used symptoms as almost the only guide to the remedy, without really considering the source of the drug. It is, however, becoming very clear that the symptomatology of any drug is intimately related to the source it is drawn from, and that each drug has in it the essence of its source.

## 1.3. KINGDOM ANALYSIS IN HOMEOPATHY

Since homeopathic remedies come from the natural world, they can also be categorised into the kingdoms of nature, plant, animal and mineral. People who need remedies from animal sources will have different characteristics and types of symptoms from people who need remedies from mineral or plant sources. Rajan Sankaran developed this idea in his book, *The Substance of Homeopathy*. Since studying with Sankaran, we have come to believe that categorising according to kingdom can be a very useful, if not vital, tool in finding the correct remedy for the patient. In figuring out the characteristics that we might expect from remedies in the different kingdoms, it is important to look at the characteristics of the members of each kingdom as they appear in nature.

Animals move around, looking for food, water, sex, a safe place to sleep, warmth, and protection from the elements. Animals, mammals particularly, are social and hierarchical by nature, often with elaborate mating rituals. According to Sankaran, the main theme of animals is competition. They may compete for food, mates, territory, or superiority. Animals demonstrate the principle of survival of the fittest with tooth and claw, or by more subtle means, in humans, with deceit, sarcasm, industriousness, etc. Animals need to draw attention to themselves. They try to be attractive, beautiful, sexy and

better than those around them. Animals have issues of attractiveness, and even the complaints that bring them to the homeopath often have to do with their beauty, the attractiveness of their skin or hair, their sexual functioning, weight and other issues which affect their competition with others. People who need animal remedies usually dress attractively, with clothes that are distinctive in their colour or design. Jewellery will be worn to attract attention. Animal people are animated, expressive and full of life. They are alert and quick to act and react. They make contact easily with other people. Their eyes are striking and attractive. They are aggressive, pushy and competitive, and may attack if provoked. Jealousy and envy are strong in animals. They compete for social position and will stop at nothing to be the best. The person may even move like an animal or make growling, hissing, or scratching motions and sounds. Animal-like career choices are often adventurous, competitive and designed to show off their best attributes, or the superiority of their products or services. Their speech is typically vivid and excited. They are talkative, communicate easily. Their ability to connect people and to keep other people's attention is remarkable. Their handwriting and signature can be conspicuous, which catches attention. It looks striking, distinctive, sharp and aggressive; is lively, bold and appears self-confident.

People with animal energy have issues of domination and being dominated. An animal that is not making it will have feelings of inferiority and worthlessness. In any competition there are winners and losers. Animals fear loss of power, mates and territory; isolation, neglect and rejection. Sankaran also writes of the split, in people who need animal remedies, between the higher human nature and the lower animal nature. These people may relate to other people as 'humans'; somehow different from themselves as an animal. "I just don't understand how humans think." "Why are humans so inhumane?"

Or within oneself there can be a despising of the animal part by the human part – a sort of Jekyll and Hyde phenomenon. The animal part is seen as malicious, deceitful, aggressive, and jealous, while the human part is seen as nurturing, loving, warm, friendly and playful. This split can lead to feelings of antagonism with oneself, duality and confusion of identity.

Animal remedies are complex and have lots of issues going on at the same time. There are multiple modalities. Cravings are often for meat, fish and milk. And sea remedies can also be highly intolerant of these proteins.

*Thanks to the following for information:*

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Rajan Sankaran from *Discovering your Animal, Mineral or Plant Nature*.

## 2. Fish in our Life

### 2.1. FISH IN ANCIENT MYTHOLOGY AND IN CULTURE

The fish was sacred in Greco-Roman mythology, where it held the symbolic meaning of change and transformation. We see this in the myth of Aphrodite and Eros when they turned themselves into fish in order to escape from the ferocious Typhon.

In Christianity, the fish is a symbol of abundance and faith as observed in the Biblical story of the loaves and fishes. There are also several Biblical references to Christ and his disciples being 'fishers of men'. Here, man is represented as the transformational fish and the ocean is a symbol of the abyss of sin in which man finds himself.



In Christianity the fish symbol is a pictorial representation of the Greek word *ichthys*, which itself was used as an acronym for *Iesous Christos, Theou Yios, Soter*, meaning 'Jesus Christ, God's Son, Saviour'. [<https://en.wikipedia.org/wiki/Ichthys>]

Pagan traditions recognised the fish as a feminine symbol of fertility and an attribute of the Goddess. Water is a natural emblem of the flow of the Divine Mother principle, and as such, all creatures of the water (including fish) are aspects of the fertility and power of the female deity.

As an ancient Celtic symbol, the symbolic meaning of fish (salmon, specifically) dealt with knowledge, wisdom, inspiration and prophecy. Ancient Celts believed the salmon derived its wisdom from consuming sacred hazel nuts that dropped into the Well of Wisdom (The Well of Segais). Further, they believed that eating this salmon would mean gaining both wisdom and poetic inspiration.

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In ancient Eastern Indian mythology, the fish is a symbol of transformation and creation. This is observed in the ancient flood myth in which Vishnu transformed himself into a fish (Matsya) to save the world from a great flood. In this form, he guided King Manu's boat to safety.

Ancient African creation myths tell of Mangala, the creator, planting seeds in the cosmic womb. From these seeds two fish erupted, and were set forth into the cosmos upon the waters of creation. We see from this myth the symbolic meaning of fish yet again deals with fertility and creativity by embodying a new phase of initial life.

In Norse and ancient European cultures, the fish had symbolic meanings of adaptability, determination, and the flow of life. It was observed by these cultures that fish often display enormous attributes of adaptability in the wild, and they adopted these characteristics for themselves.

Enki, in Sumerian mythology, was a mischievous god of wisdom, magic and incantations who resides in the ocean under the earth. He was half man and half fish.

In China, the fish is symbolic of unity and fidelity as it is noted that fish (particularly koi) often swim together in pairs. With this in mind, fish are often given as wedding gifts in the form of charms or figurines to present the newly wed couple with an auspicious sign of fidelity and perfect union. They also represent fertility and abundance due to their ability to reproduce in speed and volume.

Furthermore, in Buddhism, the fish symbolises happiness and freedom.

## 2.2. FISH IN ASTROLOGY

**Strengths:** Compassionate, artistic, intuitive, gentle, wise, and musical.

**Weaknesses:** Fearful, overly trusting, sad, desire to escape reality; can be a victim or a martyr.

Pisces likes: Being alone, sleeping, music, romance, visual media, swimming, spiritual themes.

Pisces dislikes: Know-it-alls, being criticised, the past coming back to haunt, cruelty of any kind.

Pisces is symbolised by two fish swimming in opposite directions. Pisces often feel as if they are being pulled in different directions, making it difficult to make concrete decisions.

It's a pair of Fish, a symbol that prompts others to suggest that these people 'go with the flow' and 'don't make waves'. Pisces alternate between reality and non-reality in keeping with their introspective natures; their voyage between consciousness and an unconscious dream state says much about their intuitive, almost psychic natures. Pisces are compassionate, charitable and will quickly put the needs of others ahead of their own. Pisces is a sensitive sign—both sensitive to criticism and sensitive to others' feelings. Easily touched by human suffering. They believe in people, are deeply hurt by compassionless human behaviour, and have a hard time saying no. Rude realities are avoided either through escapist behaviour or self-delusion. Pisces retreat into their own world, self-pitying and giving pep talks to themselves.

Pisces-influenced people feel a great deal, and also feel misunderstood much of the time. They're not quite pushovers, but they're certainly sensitive. They can also be quite romantic, dreaming up delicious treats for their lover. Hopefully, any kindness will be reciprocated, because the Fish can certainly turn blue if they're not. Pisces are generally gentle, easy-going people, who are on the shy and reticent side. Some find Pisces' tendency to be late for appointments, spaced-out behaviour, and absent-mindedness amount to irresponsibility.

### 2.3. MARINE BIOLOGICAL HISTORY

Without water there is no life. Water is life. Life began in a fresh water pond nearly 2.5 billion years ago in the form of cyanobacteria. Those bacteria used light, water, and carbon dioxide to produce oxygen and biomass. These species got their start on Earth in freshwater systems on continents and gradually evolved to exist in brackish water environments, then higher salt ones, marine and hyper saline (salt crust) environments.

In the Cambrian era (543-488 million years ago) the first invertebrates developed in the oceans. The first vertebrates, fish-like creatures, appeared in the Ordovician age (488-444 million years ago). Later the fish evolved and multiplied in the Silurian era (444-416 million years ago). So we can say that vertebrate life began with the fish.

Water is the fluid of almost every living organism.

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An ovum comprises 80% water and the fertilised egg comprises 96% water.

Water makes up about 71% of the Earth's surface. To break the numbers down, 96.5% of all the Earth's water is contained within the oceans as salt water, while the remaining 3.5% is freshwater lakes and frozen water locked up in glaciers and the polar ice caps.

The adult human body averages approximately 65% water. The brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%.

Water is essential for life to start and to be sustained. It is in the water that we find fish. As water is life itself, we can say that fish are creatures that breathe life.

In the search for extra-terrestrial life, humans search for water. Without water there can be no life. If water is found, then life is a possibility.

Underwater we can find hills and valleys, plants and animals. So almost everything is the same underwater as on land. Only one thing is different: the denizens of water get 'life' more intensively.

Which animals are at home in the sky and the earth? Yes, the birds. But can they stay in the sky for a very long time without landing? Swifts and certain sea birds apart, birds have to sleep on land. Fish can subsist in both deep and shallow water. They have the ability to swim to deeper and shallower places. They can remain in either environment for many days. They can perceive darkness and light, as do many animals. Some fish can leave the water for days and breath the air; some can even fly a little. What wonderful creatures they are. In fish there is everything: sky and earth, water and air. But they are different. Are they animals? Can we put them into the animal kingdom?

Earthly life began in water. Animals moved from water to land; but many of them returned to the water. When fish crawled on to the land again and accommodated to the land environment, snakes, possessing the rudiments of legs and feet appeared.

How can we classify or define the fish? Fish can swim in water, but so do a number of land animals. Swimming is not dependent on an organ or a skeletal formation; it is just a mode of the activity of fish. The world's waters are full

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of strange and fascinating creatures. Some fish are weird and alien-looking, seeming to come from another world. Some of these splendid creatures of the sea feature mesmerising looks and unique features that make them stand out among their peers. Fish are a perfect example of biodiversity, since they come in countless shapes, colours and sizes. In their own perfection.





*Acipenser Transmontanus*

## 7. *Materia Medica* *and Provings*

### **ACIPENSER TRANSMONTANUS**

#### **Classification:**

Kingdom: Animalia. Phylum: Chordata. Class: Actinopterygii.

Order: Acipenseriformes. Family: Acipenseridae. Genus: Acipenser. Species: Acipenser transmontanus.

**Homeopathic name:** Acipenser transmontanus

**Abbreviation:** Acip-t.

**Common name:** White sturgeon

**Etymology:** Acipenser: Latin, acipenser = sturgeon, transmontanus: The specific name is derived from the Latin acipenser (sturgeon), trans (beyond), and montanus (mountain)

**Proving:** By Doug Brown, May 2009, Portland, Oregon. Eight people participated in the proving, three men and five women.

#### **In Nature:**

**Environment:** Marine; freshwater; brackish; demersal; anadromous; depth range 1-122m

**Distribution:** Eastern Pacific: Alaska Bay to Monterey, California, USA. Landlocked in Columbia River drainage, Montana, and perhaps Lake Shasta in California, USA. Translocated to lower Colorado River, Arizona in USA.

**Biology and biography:** Sturgeons are classified as a bony fish, but actually are more cartilaginous than bony, their internal bone structure being more like a shark's, and the body armoured with bony plates [scutes] rather than scales. Can grow to six metres and over 800kg. Long-lived [100-150 years] and slow growing, white sturgeon appeared in the fossil record 170 million years ago and remains relatively unchanged today. Spends most of its time in the sea,

usually close to shore; on the bottom of slow-moving rivers, bays, and estuarine areas. Enters estuaries of large rivers and moves far inland to spawn in gravelly areas of fast-running water or rapids. Individuals larger than 48.3 cm feed mainly on fishes, perhaps following a sockeye salmon run. Juveniles vacuum up molluscs, larvae and small invertebrates, using their barbels to locate prey, making up for the poor eyesight, and the extendable mouth to suck them up.

## SUMMARY

**Main polarities:** Sturgeon people are hard workers, leaders.

Heavy armour outside with an inner fragility. Their aggression and hard-heartedness is balanced by an awareness of the feminine, the desire to achieve a balance of feminine and masculine inner forces.

**Sensation:** Constriction of the heart with downward pressure, oppression and difficulty breathing. Awareness of jaw and mouth.

Containment, enclosure, detachment, separation from the group.

Heaviness. Awareness of bones, structure and muscles.

Wall around which it is impossible to travel.

**System affinities:** Musculoskeletal system. Cardiovascular and respiratory symptoms. Gastrointestinal system.

**Clinical affinities:** Back pain. Injuries. Angina. Dyspnoea. Asthma. Nausea. Acne-like eruption.

## GENERALITIES

**Sensation:** Hypoglycaemic. Suffering.

**Function:** Desire for chocolate. Desire for alcohol. Heaviness.

## MIND

**Sensation:** Cut off. Detachment. Floating. Heaviness. Light. Melodramatic. Separation from group.

**Function:** Aggressive. Angry. Calm. Dreamy. Humour. Inward. Irritable. Joking. Laugh. Lack of attentiveness. Lack of respect to others. Lazy. Mindless. Negligence. *Nostalgia*. *Observing*. Peaceful. Quiet. Sadness. Thinking is too heavy. Tired. Unpleasant. Weepy. Yawning.

**Delusion:** Being in own bubble. Being on a drug. Feeling like an outsider. Outside view. Time is a transformation.

## DREAM

Animals. Children. Dark-haired woman. Fighting. Killing. Ocean. Predator I am. Violent.



## EYE

**Function:** Blurry vision.

## MOUTH

**Function:** Jaw pain. Metallic taste. Tingling around the mouth.

## THROAT

**Function:** Asthmatic cough.

## RESPIRATION

**Sensation:** Difficult breathing.

## CHEST

**Sensation:** Downward pressure.

**Function:** Constriction.

## STOMACH

**Sensation:** Disgust.

**Function:** Nausea. Stomach ache.

**Drink aversion:** Alcohol. Hard liquor.

**Food desire:** Chocolate.

## URINARY

**Function:** Frequent urination.

## BACK

**Sensation:** Being injured.

**Function:** Pain

## SKIN

**Function:** Acne-like eruption. Pimples.

### **CASE from Viktoria Bodrogi, Hungary.**

Male 15 years old, Attention deficit disorder

He has problems with his attention. During the class he hears what the teacher says but can't follow the idea, because he loses the thread easily. His mind slides down and he starts to think of other things.

He has got friends, but not many. He prefers to be alone. He does not search for friends,

usually the friends find him. In company he mostly holds himself back, preferring be alone. He is usually slow. He is not in a hurry. He is a kind of idle man. He knows what to do, but does not care. He just does what he is interested in.

In company he does not understand how to behave, how to speak and how to handle situations. He wants to do good and act well but somehow he always gets it wrong. The others always say: "Come on, I don't believe you did this or said that."

He also has problems with concentration.

He easily forgets things, doesn't remember where he put his coat, or what he was asked for. He does not show his emotions; he is not enthusiastic about anything. When something happens around him (birthday parties, competitions) he acts like a little child. He does not like to be touched.

He is interested in electronics and mechanical things, for example vacuum trains and GPS. He always wants to know how things work.

He does not like to move; prefers to stay at home. When he goes outside he has to have something challenging to do. For example: to find the way back by leaving the signed route, and not to follow the signs.

His birth was slow, too. His mother's labour was ten days late. The labour was very slow; she thought her son was too lazy to be born.

His mother said her son lives in his own world. When she wants to hold her son's hand it feels like a dead fish. He lives in his thoughts, and it's hard for him to change to other activities.

### *Main complaints:*

Difficulties in understanding

Difficulties in concentration

Difficulties in learning

Difficulties in writing

Difficulties in speaking, cannot find the right words, cannot express himself well

Difficulties in making decisions

Makes mistakes in reading; he changes the letters

Does not tolerate others

He is calm

Can't show his emotions

Sensitive to light

Not talkative

Introvert

*Desire:* sweet

## 7. Materia Medica And Provings

### *Modalities:*

- > alone
- > music, makes him dance
- > covering
- > water
- < motion
- < massage, and touch
- < evening

### *RX: Acipenser transmontanus*

Follow up: after eight months. He is doing well in school. He can follow the lesson; he has good grades. He is much more open and able to show his emotions and able to tell his parents what he wants.



*Ameiurus Nebulosus*



## **AMEIURUS NEBULOSUS**

### **Classification**

Kingdom: Animalia. Phylum: Chordata. Class: Actinopterygii.

Order: Siluriformes. Family: Ictaluridae. Genus: Ameiurus. Species: Ameiurus nebulosus.

**Homeopathic name:** Ameiurus nebulosus

**Abbreviation:** Ame-n.

**Common name:** Brown bullhead. Catfish. Common catfish.

**Etymology:** Ameiurus: Greek, a = without + Greek, meiouros, -os, -on = without tail; nebulosus: nebulosus meaning clouded, in relation to mottled and grey colouring

**Proving:** By Katalin Horváth MD., 2000.

**Remedy Source:** Trituration was made of blood, mucus, thorn, swimmer, gill, moustache, liver, pharynx, 11 provers took place.

### **In Nature**

**Environment:** Freshwater; brackish; demersal; depth range to 40m. Temperate; to 37°C [tolerant of a wide range of environmental conditions.]

**Distribution:** It has been introduced outside of its native range in North America to other areas of North America, Europe, Asia and Pacific islands (i.e. New Zealand, Hawaii). It was likely spread primarily for recreational angling opportunities.

**Biology:** They are bottom-dwelling fish. They are very tolerant fish, and are able to live in muddy water, with warmer temperatures and in water with lower levels of oxygen, which reduce competition from other fish. They are omnivorous, so will eat almost anything, from grains and other plant matter to insects, dead or living fish, and crustaceans.

The eight barbels on their heads are sensitive to touch and chemical stimuli. They are without scales. Length to 50cm and weight from 0.5-3.6kg. Both parents remain to fan fertilised eggs, and to chase predators from hatched larvae for almost a month. Lifespan: about 8 years. The bullhead lives in schools, and produces sounds during aggressive encounters or disturbances called an alarm response.

### **SUMMARY**

**Main polarities:** Euphoria and impassivity.

**Sensation:** Wants to be alone with the feeling of vulnerability and ready to



act with anger

**System affinities:** Digestive system. Nervous system.

**Clinical affinities:** Eating disorders. Menopause. PMS.

## GENERALITIES

**Sensation:** Tired. Excited. Chills.

**Function:** Muscle twitching.

## MIND

**Sensation:** Huff. Angry. Anger. Killing. Alone. Vulnerability.

**Function:** Calm. Cheerful. Euphoria. Nonchalance. Impassivity. Slowed down.

## DREAM

Swimming. Swim in the pool, which gets dry. Water battles. Big moustache is growing on face.

## SLEEP

**Function:** Sleep difficulties.

## FACE

**Sensation:** Numbness. Rush of blood.

**Function:** Twitching around the lip. Numbness in lips.

## HEAD

**Sensation:** Rush of blood. Dullness. Numbness. Pins and needles.

**Function:** Headache >eating.

## STOMACH

**Sensation:** Emptiness.

**Function:** Hunger. Nausea. Ache >eating. Increased hunger.

## RECTUM

**Function:** Diarrhoea. Constipation in morning. Soft stool. Urging for stool without success.

## SKIN

**Function:** Burning sensation without any eruption. Numbness. Shiver.

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