

Animal, Plant & Mineral Remedies

The majority of remedies we use in Homoeopathy come from plant, mineral or animal sources. 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.

- **Plants:** most remedies are derived from plants. They tend to have less control of their emotions, more under the sway of life. Sensitivity.
- **Minerals:** including organic and inorganic chemicals; salts, acids and metals. They tend to be more structured and organised. They have a profound effect on the body's metabolism and on the psyche.
- **Animals:** instinctual, more cunning and able to hide or cover up. It's about survival. The behavioural characteristics and idiosyncrasies of the animal are reproduced in someone needing the remedy.

What follows is a simplified description of how the Homoeopath decides the kingdom. Let's say three people come in with migraine headaches. The first needs an animal remedy and might describe her headaches as "like something is coming to get me" or "it's eating me up" or "it feels like someone is hitting me with a hammer". This person is describing the sensation of a need to survive and of being attacked by something with intent to kill or do harm to them.

A person needing a mineral might describe the same kind of headache as "I can't stand up to it", "I crumple when it comes on" or "I cannot function in any way" or even "I can't focus enough to work". They are describing their own lack in the face of the migraine. The focus is on structure in life..... income, work, standing up or not, and so on.

The person needing a plant remedy describes their migraine as "feels like my head is constricting or getting smaller", "like my head is in a vice". For this person, the experience of the migraine is a consistent feeling or its opposite and thus a plant remedy.

Dr. Rajan Sankaran says: "We all have two songs in us...one is the human song or the story of our lives filled with joy, grief, struggle and so on. The other song is the animal, plant or mineral song. The job in finding the remedy is to work like an archeologist...carefully removing the human song to see what is left. We then find the substance in nature (animal, plant or mineral) that matches the words of the second song, the remedy that will stimulate the return of health".

People needing plant remedies will tend to be like plants in some way, and people needing animal remedies will be like animals. The basic quality of a plant is sensitivity. Plants stay in one

place and must be sensitive to the environment in order to adapt to the changes around them. People who need plant remedies are often soft, sensitive, attempting to adjust to the people and environment around them. They are passive, emotional, easily hurt, changeable, and lack structure. Just as plants can spread out into the available space, absorbing what is necessary for life, these people are more diffuse by nature, wandering in thought and speech, guided by their emotions, looking for support and nurturing. They are often creative and artistic. Their writing may look irregular, or disorganised, with rounded letters.

In conversation people needing plant remedies wander from subject to subject, seemingly disorganised, incomplete, talking about themselves and others as well. Their dress is often flowery or connected with plants in some way, colourful, soft and flowing, even for men. They seem soft, emotional and easily hurt. Relations with other people may be difficult or too much, because of their sensitivity and need to adapt.

Some common plant remedies include *Pulsatilla*, *Staphysagria*, *Lycopodium*, *Colocynthis*, *Ignatia*, *Nux Vomica*, *Drosera*, *Agaricus*, *Aconite*, *Belladonna*, *China*, *Stramonium*, *Arnica*, *Ruta*, and *Rhus tox*.

Now think of animals, from protozoa to elephants. Animals move around, looking for food, water, sex, a good place to sleep, warmth, and protection from the elements. Animals are social and hierarchical by nature, often with elaborate mating rituals and the main theme 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, like making a sarcastic remark. Animals draw attention to themselves by trying to be attractive, beautiful, sexy and better than those around them. Animals have issues of attractiveness and issues that affect their competition with others. They usually dress attractively, choosing distinctive colour or design and jewellery that attracts 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. They can be 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. Animal-like career choices are often adventurous, competitive and designed to show off their best attributes, or why their products or services are superior. Their handwriting looks striking, distinctive, sharp and aggressive.

Animals have issues of domination and being dominated, if they are not 'making it' they can have feelings of inferiority and worthlessness. Animals fear loss of power, mates and territory, isolation, neglect and rejection. They are complex and have a lot of issues going on at the same

time with multiple modalities. Cravings are often for meat, fish and milk.

Animal remedies come from mammal's milk, snake and spider venoms, insect venom and secretions or products of other animals. Included are *Sepia*, *Tarentula*, *Lachesis*, *Naja*, *Apis*, *Lac caninum*, *Lyssin*.

Minerals, from salt to gold, are inanimate substances and are far more structured than animals and plants. The issues of minerals are usually one-dimensional, usually having to do with one or two issues i.e. structure, organisation, safety and security, specific relationships, finances, or performance. Minerals are slower than plants and animals, more measured and organised. They dress neatly and functionally.

Mineral people describe their complaints in an orderly way, using lists, with facts and figures, percentages and chronological order. They are likely to say, "My arthritis started on August 15th, 1982 with a pain in the little finger of my left hand". Or that they are 35% better after taking the remedy for 10 days. "My blood glucose was 212, but now it has come down to 163".

Minerals can often be found in jobs like accountant, engineer, computer programmer, mathematician, scientist, manager and quality control or time management consultant where a structured, ordered mind is needed for success. They are steady, reliable and conscientious. There is a high need for performance and achievement with feelings of responsibility and duty, the idea of competition is not as strong.

Problems come for minerals when they fail to perform or maintain the area of life that is necessary for their security. If they lose their homes, health, relationships, jobs or money, if they are unable to maintain order and function in their lives, they may go to pieces. Mineral people tend to be concerned with what they have and what they could lose, and their relationships with those around them.

Minerals have issues with the structure of their body breaking down as in arthritis, skin disease or dental decay, neurological problems or difficulties with the functions of a particular area of the body like the heart or liver. Problems with the minerals in the body, like electrolyte balance, i.e. cramps or osteoporosis from calcium/magnesium imbalance or heart or kidney problems from sodium/potassium ratio imbalance can also occur.

Next month we will explore **aetiology** - otherwise called causation.