

ABC Remedies

These ABC remedies, Aconite, Belladonna and Chamomilla, are common children's remedies and are needed for ailments that have sudden onset of acute symptoms with inflammation and a high temperature. These symptoms are produced in a child with high vitality in response to a strong disturbance.

Each body responds to a disturbance in accordance with their predisposed weaknesses and produces a characteristic and individual picture. It is this individual response and symptom picture that leads us towards the remedy and helps us to further understand the individual and the deeper remedies that suit them.

The chief characteristics of these three remedies differ in that Aconite results from a disturbance in the circulation and this is often accompanied by fear, whereas Belladonna draws the blood into the head resulting in turmoil in the brain and can be accompanied by rage and with Chamomilla the disturbance is more on an emotional level, turmoil of temperament resulting in irritability and ill temper far more extreme than in Belladonna. As each of these remedies has similar symptoms in acute disease we will explore their unique differences, keynote and characteristics.

Aconite and turmoil in circulation: This substance has a great action on the autonomic nervous system. The state of the aconite person is tense and their symptoms are usually from one of two causations, exposure to cold dry conditions or a fright, that bring a release of adrenaline and a fight or flight response.

The blood vessels contract, the heart beats faster and the blood moves to the head. The result can be fever and inflammation. This fullness of the arteries, bounding pulse and fullness to the head can produce bright haemorrhages, restlessness, anxiety, constricted pupils, cold drenching sweat and increase the feelings of fear and anxiety. Symptoms can come on suddenly during the night after exposure to cold dry wind, very hot weather or a frightening experience.

In the case of a fright or shock the person can become 'paralysed with fear'. Afterwards the person may appear stunned or may run away blocking out the experience. Unresolved shock can affect a person for years however as they hold themselves away from the experience the symptoms can manifest in other ways such as blindness, loss of speech, paralysis of the offending part. However the opposite can also occur where, rather than being paralysed the bladder and bowels can open involuntarily.

Belladonna and turmoil of the brain: The action of Belladonna is notable on the vascular system, skin and glands. The fever is described in the old books as 'a great fire that moves upwards towards the head'. Like Aconite, Belladonna suits the first stage of the inflammatory process, particularly in small children. In Belladonna the symptoms come and go suddenly often accompanied by a hot red face. It can be of use when the activity of the blood has increased and caused inflammation anywhere in the body. Inflammation is vital to immune defense, as the increased activity of the blood brings oxygen, nutrients and white blood cells to the area.

There is a sudden and intense reaction to events with violent onset of symptoms. Fever with mania, fury and hallucinations that can result in a fear of imaginary things that make them want to run away and hide. An acute Belladonna state can manifest in an excitation of the senses with an aversion to light, touch and sudden jarring motion. Desire to bite, grind the teeth, pull hair, spit, kick and strike. Belladonna children can be lively and entertaining when well but become violent and delirious when sick; sometimes an angel, sometimes a devil. They easily take cold and are sensitive to drafts of air especially when uncovering the head, getting the head wet or having a haircut.

Chamomilla and turmoil of temperament: The main element is nervous excitability especially when the person is 'crossed' and this leads to irritability and over sensitivity. Chamomilla would

never bear pain with calm and patience. They have a very low pain threshold, pain makes them feel helpless, angry and bad tempered. They are temperamental and irritable, can't be pleased or appeased and are prone to tantrums.

This nervous excitability can have a strong effect on the digestive system resulting in colic.

Chamomilla symptoms are often the result of one of these exciting causes; vexation, chagrin, humiliation and bad news. In the case of humiliation or the effects of bad news the expression may be sadness and introspection with the characteristic irritability.

If you can ascertain and understand the effect of the exciting cause the remedy choice is made so much easier. The order in which symptoms appear and how they develop can be a great help in differentiating remedies.

A more full symptom picture for each of these remedies can be seen on our website.

Next month we will explore: **Homoeopathy and Supressed Anger.**