

# Plant Remedies & Sensitivity

We will be looking at the Solanaceae botanical group and comparing and exploring the similarities and differences between several plant remedies. Visually the similarities in form and structure between plants in the same group are obvious and chemical analysis of the contents of plants showed that many families have typical molecules and DNA sequences.

Firstly we'll review information about plant remedies in general and then look at the keynotes and characteristics of these remedies: Hyoscyamus, Stramonium, Tabacum and Dulcamara.

People needing plant remedies will tend to be like plants in some way just as people needing animal remedies tend to be more 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 but not always 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.

Members of the Solanaceae group have similarity in form, chemicals, DNA, intoxication and Materia Medica picture. Effects on the nervous system include a very strong "fight or flight" reaction; the person is on full alert, muscles tense, raised heart rate, rapid breathing, wide-open eyes and pupils and acute senses are typical symptoms of intoxication produced by these plants.

**Hyoscyamus:** The plant acts on and disturbs the nervous system causing hysteria, convulsions, twitching and trembling of muscles. Emotional upsets and disappointed love can cause or aggravate symptoms as can excitement, fright, jealousy, heat, menses, pregnancy, delivery and post partum, suppressed eruptions. A sense that all is 'not as it seems' can result in jealous, deceitful or silly behaviour. There can be cheerfulness alternating with irritability, *sensitivity* to noise, silly and foolish behaviour that can have a sexual element. Fears are many and include being alone, being bitten, being devoured by animals, being injured, of dogs, of water, of people, of being poisoned. Constant and chronic fear of every thing. Physically there can be coldness of body, bluish face, froth from the mouth, involuntary urination, shrieking, grinding of teeth, dilated pupils, dry mouth. Stammering speech, pronouncing every word loudly.

**Stramonium:** Ailments are often the result of a fright; post traumatic stress disorder. Terror runs through this picture. They can be very angry, with raging, kicking and biting, however this can be completely absent. Very *sensitive* and reactive to noise and to pain. Extreme fears of many things such as of being alone especially at night, of animals, of being attacked, of everything black, of brilliant objects, of the dark, of being devoured by animals, of doctors, that things are falling on her, of fire and that things will catch fire, of imaginary things, of being injured, of insanity, of losing one's sense, of mirrors, of the noise of rushing water, in crowds, of suffocation, of tunnels, of water. Under everything there is a fear and an anxiety about being devoured especially in the dark with a strong desire for company and light.

Symptoms can be located on one side with paralysis of the other or in isolated group of muscles. The symptom picture can be caused or aggravated by; a fright or terrifying experience, anxiety, from bright light, from shining objects, from strong odours, during cough, during dentition, during sleep, during delivery especially if there a frightening element, during menses, night in the dark, at the sight of water. The face can be red, pupils dilated, dry mouth, tendency to bite the tongue, shrieking, high fevers with ice cold extremities, convulsions. Babbling, prattling or stammering speech, exerts himself a long time before he can utter a word.

**Tabacum:** The central nervous system is affected and they are very *sensitive* to and affected by motion which is often the cause of or what aggravates symptoms. Sudden and copious cold

sweat, vertigo, constant nausea and vomiting with least motion. Pains appear suddenly. Sudden anxiety and a feeling that something terrible is going to happen. Very disinclined to work, can hardly move. Loss of confidence in one's abilities. Sensitive to music and to the smell of wine which makes him easily intoxicated. Fears of being alone at night, in a crowd, of impending disease, of falling, that something will happen, of being murdered, in narrow places, after nausea, from noise. There can be a delusion of being double, that there is a second self or that someone is coming to murder him.

[Dulcamara](#): Strongly affects the mucous membranes and lymphatic system. Symptoms come after exposure to cold damp weather, especially lying or sitting on damp ground. Catarrh, diarrhoea, urinary troubles and rheumatic diseases caused or aggravated by their great *sensitivity* to change of weather from warm to cold. Symptoms are often left sided. The pupils dilated and the mouth and mucous membranes dry. There may be stammering speech. Delirium at night, with aggravation of pains. Mentally they are agitated, impatient and restless with desire for different things, which are rejected as soon as they are obtained. Inclination to be combative and to scold, without being angry. Fears of evil, vaults, churches and cellars. Grandgeorge says to give this remedy for acute afflictions that begin on a rainy day.

And just a mention about [Belladonna](#), which we covered in the ABC remedies. Belladonna is also of the Solanaceae group and has many similarities to these remedies with similar fears and physical symptoms.

Next month we will explore and compare some **Irritable Remedies**.