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PREFACE

Patricia Le Roux has again written an excellent book on homeopathy and paediatrics. She is a very good clinician with the ability to express her experiences and ideas in a very clear fashion.

She also shows that homeopathy is really a complementary healing art. It can easily be combined with regular medicine to the benefit of the patient. It can also easily be combined with medicine in hospitals and intensive care situations, as some of her cases in this book show. I see this as a very rewarding and promising trend in medicine. Also in the United States we see this trend in the form of 'Integrative Medicine'. The American Association of Integrative Medicine is growing and prominent hospitals like the Mayo Clinic are incorporating it. It is a trend that is opposed in some countries, but the population is in need of the integration of regular and complementary medicine for their own benefit.

The cases that Patricia presents in this book are very clear. It is due to her excellent way of prescribing and presenting. But it is also due to the fact that children are less complicated, they have less problems and their life story is less extensive. That means that the images of the remedies are often very clear. They are less confounded with other problems than is often seen with adults. So it gives the reader the feeling of simplicity and precision. It clarifies a lot of the remedies as it brings them to their essence.

And Patricia is very good at looking for and finding the essence, in her patients and in the remedies. She has a great talent for incorporating the new theories in homeopathy and elaborating on them. And she has a great talent for successfully applying those theories to her patients. Add to that her ability to write down her experiences in a precise and clear way and you will be convinced that this book is well worth having.

Jan Scholten

INTRODUCTION

This book has grown from the fact that I find myself increasingly using metals in my paediatric prescriptions these days, in both chronic and acute pathology.

In fact, it is such a daily occurrence in my homeopathic practice that I felt a study focussing specifically on this group of medicaments could be of general interest. It covers all the metals from the *Iron, Silver and Gold* series – the fourth, fifth and sixth periods of the periodic table – along with their neighbouring elements, as described below.

It is the fruit of much reflection and intensive study of the research carried out by Doctors Jan Scholten and Rajan Sankaran, who are together largely responsible for making me feel this book could be a valuable addition to the homeopathic medical library.

In order to understand how this book fits into the development of my homeopathic approach, it is useful, perhaps, to look at it in the context of the other series of remedies that I have written about in the past. I started originally in *Homéo et Juliette* by looking at milks in homeopathic dilution, making up a family of remedies which surround the key issue of the very first food/nutrition that a baby receives. This led me on (in *Hydro-Homeopathic Energy*) to examine the use of acids in paediatric prescription, with their characteristic search for unity among individuals and the group. After that, a study of metals in daily paediatric prescription became the obvious next step.

We often give babies a milk in dilution – at the start of their lives, or later – to balance their system, and as vital nourishment for growth. But these little patients of ours also often need, from time to time, an acid in homeopathic dilution to counteract the suffering of separation or dislocation that they may have undergone.

Our babies are thus treated for their initial pathologies with the help of ‘milks’, then ‘acids’. They then grow, under the watchful eye of parents and their homeopathic paediatrician, whose joint goal is to help them achieve adulthood and go on to be successful in whatever projects, careers or lifestyles they undertake and adopt. In this way all children can be viewed, in their actions and creations, as genuine artists, and our objective, through

Introduction

the dynamic homeopathic values of metals, should be to help them realise their potential.

Through this book I hope to demonstrate, through practical examples and case histories, how I came to develop this hypothesis through my daily practice.

- » How is it that an anaemic child, weak and denied the vital energy that he needs to carry out his daily actions, can be restored to health by FERRUM?
- » How come the defensive adolescent – who is so afraid of authority ('the police') that his agitation turns to aggression – can be calmed by the intervention of ZINCUM? (Think of the unrest among activists in the suburbs of our major French cities in 2005.)
- » What is behind the cure, by ARGENTUM, of the young singer whose complete loss of voice before each major concert was stopping him perform?
- » And what about the junior tennis champion who, at the height of her success, developed an inflammatory synovitis and cysts on her wrist just before the European championship, but with the help of IRIDIUM was back on the court in a matter of days?

These are the types of questions, arising from cases in my day-to-day work, which have led me to write this book detailing the prescriptive value of metals in homeopathic dilution, particularly for children.

Building on Dr. Scholten's excellent original research and discoveries on the Periodic Table and Dr. Sankaran's work on the mineral kingdom, the case histories described in this book show how effective homeopathic prescriptions of metals and allied elements can be in helping our younger patients.

A brief resumé of physical chemistry and the periodic table

An element is made up of protons (which have a positive charge), neutrons (which are neutral), and electrons (with their negative charge). The protons and neutrons form the nucleus of the atom; electrons orbit the nucleus in one or more shells. The first shell, for example, holds a maximum of two electrons, the second eight and the third eighteen. Each element has its own atomic number which represents the number of protons in the atom nucleus.

In the **Periodic Table** drawn up by Dimitri Ivanovitch Mendeleev in the nineteenth century, all the elements are listed in ascending order of their atomic number and arranged in columns and rows. This enables their chemical properties to be predicted. Elements with very similar chemical properties fall into the same vertical column. Elements near each other within a horizontal row also tend to share physical properties. The atomic weight (or relative atomic mass) increases as you move further across and down the table, so that elements in the lower rows are heavier than those above.

In homeopathy, the periodic system thus helps us identify similarities in terms of themes or symptoms between remedies in the same row or column.

The horizontal rows: periods or series

Scientists usually refer to the rows as PERIODS. In homeopathy, we typically call them SERIES, referring to them by their most characteristic member. Thus, period 4 is the **Iron** series, period 5 the **Silver** series and period 6 the **Gold** series.

The vertical columns: groups or stages

Scientists tend to term these GROUPS, while homeopaths often refer to the columns as STAGES. As explained above, elements in the same column, group or stage have similar electron configurations and common chemical characteristics.

Salts

Elements that lose electrons and become positively charged (*cations*) are grouped on the left of the Periodic Table. Those that gain electrons and become negatively charged (*anions*) are on the right. Salts are formed when cations and anions combine.

For example Sodium (**Na**) has one single electron in its outer shell, which it readily loses, becoming a positively charged cation (**Na+**). By contrast Chlorine (**Cl**) has seven electrons in its outer shell. By gaining one more electron it becomes a negatively charged anion (**Cl-**). These two ions can combine to form Sodium chloride (common salt) which is neutrally charged because the eight electrons are shared between them.

Introduction

This helps us grasp the relationships between groups of salts used as homeopathic remedies such as the NATRUMS and the MAGNESIUMS or the SULPHURICUMS and the BROMATUMS.

Metals

Metals are typically characterised by their bright shininess. Their electrons can jump from one shell to another under the effect of light: they are capable of absorbing and reflecting light. Compared to non-metals, metals in general tend to be denser, conduct heat and electricity more readily and have greater ability to deform under stress without cleaving (splitting). A third category of elements known as metalloids have some metallic properties but are not strictly speaking metals.

Metals are also distinguished by the way they form ions and bond; their atoms readily lose electrons to form positive ions (cations) and they form metallic bonds between other metal atoms and ionic bonds between non-metal atoms.

The first two metals in the periodic table are Lithium and Beryllium, which are in the *Carbon* series. There are three metals in the *Silicium* series: Natrum, Magnesium and Aluminium. Most of the elements in the next three series (the *Iron*, *Silver* and *Gold* series) are metals, and the known elements from the other series are also metallic, including the radioactive elements, the lanthanides (lanthanoids) and the actinides (actinoids).

With this basic understanding of chemistry and the Periodic Table we can now go on to study the three series (*Iron*, *Silver* and *Gold*) in detail. There are 18 elements in each series, making a total of 54 elements: 42 of these are metals and there are also five metalloids and seven non-metals towards the right side of the Periodic Table.

The following chapters of this book go on to describe each of the 54 elements and its *Materia Medica*, illustrated by a relevant case history, to aid definition and recognition of the element's indications for prescription in paediatric practice.

***Author's Note**

When I refer to certain *Materia Medica* written/translated some time ago, indicating that the metal is therapeutic in the treatment of "cancer or other serious illnesses" it should be treated within that historical context.

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British spellings and punctuation styles have been used throughout. Imperial equivalents have been shown for metric units of measurement.

The baccalaureate is the final set of examinations taken at the end of secondary (high school) education in France.

Silver Series • Stage 13

Indium

Key symptoms

These patients have finished their work, but they are being overtaken and they are clinging on.

Headaches, constipation and problems with sexual identity.

INDIUM is often indicated in paediatrics, especially in cases where there is some confusion of sexual identity.

Case history

13-year-old girl Vanessa comes to see me in November 1997. She has been suffering from headaches for 6 months. These are violent attacks, notably in the forehead, and can be accompanied by vomiting. They are worse in damp weather, and tend to climax at about 3 or 4 in the afternoon. At that time she becomes particularly irritable, and feels completely washed out and sleepy.

She has also had bad constipation for years, and her headaches can coincide with her constipation and the production of a really hard stool.

She is a very serious girl, calm and sweet-voiced. She is a finely-featured brunette. But she has a strikingly masculine air about her. Her mother says, too, that she acts like a tomboy. During the consultation Vanessa looks around the office, noting the books on the desk. She says that there are no problems at school, and that she's easily on top of her schoolwork. "She's almost too perfect – a real perfectionist," her mother confides.

She's a violin player, and she loves things that are traditional and antique around her – she hates modern furniture, and her room is decorated in the style of the 19th century. She also hates modern music and singers. She only listens to 'high quality' classical music.

She plays in an orchestra, which she enjoys, although she gets very annoyed when other members of the orchestra don't play their parts well enough.

She collects ancient coins, declaring that our modern coins are horrible. She's very keen on her collection and belongs to a group of young numismatists.

She likes salty food, meat and fried sweet potatoes. She hates bread, which balloons her up, so she no longer eats it.

She sleeps on her front.

At the first consultation I prescribe NATRUM SULPHURICUM, which seems to help her for 8 days, but the headaches come back as soon as she stops the treatment. 3 weeks later I try her on RHUS TOX, which has no effect.

A month later she returns, pale and exhausted, repeating that she hates everything about this modern world, it's so ugly.

I prescribe INDIUM 1M.

Repertory

Generalities: Afternoon, one p.m. – six p.m.: agg.: three p.m.: six p.m., until.

Mind: Irritability: drowsiness, with.

Head pain: general: afternoon: agg.: three p.m.

Head pain: Shooting: stool, during.

Rectum: Constipation: difficult stool.

Reaction

Her fatigue and headaches disappear, and at the next consultation she's wearing a skirt for the first time!

Indium

Comments

Her extreme reaction to humidity indicated NATRUM SULPHURICUM or RHUS TOX. But they did not fit with her perfectionism and pride in her art, which explains why they weren't effective enough. Then there was the afternoon aggravation, which is found in many of the *Silver* series metals. It was her love for old things and antiques which confirmed INDIUM, as well as her tomboy side.

Pharmacy and history

Murphy Materia Medica

Pharmacy

Ind. INDIUM. A metal. Trituration of the pure metal. Historical dose: Trituration and all potencies, sixth to 200c potency. Planets: Venus, Moon.

History

INDIUM receives its name from the indigo blue line in the spectrum through which its presence was discovered in Zinc-blende (the mineral sphalerite). It is a rare metal, nearly like lead in appearance and in softness. INDIUM has been proved under the direction of Bell, mostly in the potencies and the symptoms mark it out as allied to SELENIUM and TITANIUM in its general action.

The clinical indications of Indium

Murphy Materia Medica

General symptoms

INDIUM has effects on the male sexual sphere. There is diminished power and control, frequency of nocturnal emissions, sexual dreams of perversion which should render it of service in some cases of sexual psychopathy. Backaches. Headaches and migraine. Seminal emissions.

There is also a headache with sleepiness and nausea. There are many marked symptoms in the throat, the characteristic condition being worse in the evening and better by eating and by drinking cold water. The urine is horribly offensive after standing a short while.

Clinical signs

Backache. Chronic fatigue. Depression. Foot-sweats. Headaches. Migraine. Nosebleed. Paralysis of the sphincters. Pollutions. Sexual perversion. Sore throat. Throat, ulceration. Uvula, enlarged, ulcerated.

Constitutions

Tubercular types.

Modalities

Better out of doors, in cold air, by drinking or washing in cold water. Worse in a warm room. Worse by motion. On the other hand, there is restlessness compelling one to move about. Several symptoms occur in early morning 3 to 4 a.m. and in afternoon, 3 p.m. to 6 p.m. There is faintness at 11 a.m.

Mental symptoms

Depression. Psychologically exhausted, cannot work. Sleepy and irritable, with pain in the occipital region. State of indifference. Sexual psychopathy.

Physical symptoms

- » Back
 - Pain in the back. Stiffness at the nape of the neck. Stiffness in neck and shoulders.
- » Chest
 - Burning pain behind the sternum. Pain in the left side of the thorax and towards the left axilla.
- » Ears
 - Painful pustules on the outer ear. Helix red and feels sharp, needle-like pains.
- » Eyes
 - Uncertain sight in the evening. People seem pale or yellow.
- » Face
 - Painful suppurating pimples. Corners of mouth cracked and sore (*Cund.*).

Indium

» Female

Menses prolonged. Drawing pains in the lower abdomen with marked irritability.

» Head

Sudden violent or beating headaches, especially in the right occipital region. Pruritus of the scalp with internal head pains. Pain in head when straining at stool. Bursting in head during stool. Dull pains in temples and forehead with nausea, weakness, sleepiness.

» Kidneys

Horribly offensive smell of urine after standing a short time. Urine foul-smelling.

» Limbs

Pain, especially in left arm. Legs restless and weary. Toes itch (*Agar.*). Pains in the limbs. Jerking in the legs. Pain in the muscles, especially in the right ankle, then moving to the left ankle and spreading over the whole foot. Muscular shuddering. Weakness of the legs, feels particularly tired after walking, becomes restless and needs to move again.

» Lungs

Must breathe deeply.

» Male

Emissions too frequent. Diminished power. Testicles tender. Drawing pains along spermatic cord. Testes soft, heavy. Increased sexual desire, nocturnal discharge followed by insufficient erection, premature ejaculation.

» Mouth

Pharyngeal muco-viscous secretions, sticky and yellow.

» Nose

Violent attack of sneezing.

» Rectum

Loses control of the anal sphincter when urinating. Headaches during difficult evacuation of the bowel.

» Sleep

Hallucinatory dreams.

- » Stomach
Acid dyspepsia. Nausea with headaches at breakfast. Weakness in the stomach around 11 a.m.
- » Throat
Uvula enlarged, ulcerated, thick tough mucus in back part of pharynx, worse evening.

Additional comments

The mental condition of INDIUM is one of depression, curiously not unlike that of INDIGO, whose colour it shows in the spectrum. Headaches were very marked in the proving and one notable symptom appears: "Violent pain in the head when straining at stool." This is not infrequently met with in practice and I have given great relief with INDIUM 200c to a patient who had this symptom.

Berridge reports this case: "A boy, 10, constipated five or six years. Stool about once a week, dark and short, sometimes with blood, anus sore after stool. He has to strain much, seizing his thighs with his hands and straightening himself forcibly, the effort makes his face red and the head feels as if it would burst. INDIUM in high potencies cured him."

Comparisons with other remedies

Compare:

- 1) *Sel., Titan.* (male sexual organs).
- 2) *Bell.* (headache, menses), *Aspar.* (urine), *Sang.* (headache, rheumatism).
- 3) *Phos., Nat-c., Sulph.* and *Zinc.* (faintness, 11 a.m.).
- 4) *Ferr.* (headache, ebullitions, lameness of shoulder muscles).
- 5) *Brucea, Lach., Nux-m., Op., Stann.* and *Stry.* Headache with sleepiness. *Ind.* has nausea as well as sleepiness.
- 6) In throat symptoms better from eating and drinking *Ind.* resembles *Aesc., Benz-ac., Cist., Lach.*
- 7) *Mur-ac.* Adynamic types, red face, dry tongue, cannot urinate without evacuating the rectum.
- 8) *Tub.* Constant need to move about, changing, erratic pains, has to make an effort to urinate during the stool.

Indium

Indium in paediatrics

1. An excellent remedy for headaches

Headaches occurring in the *Silver* series. Concerns creative (but not inventive) children. They are children who enjoy old, ancient things and classical music.

2. Remedy for constipation

This is a precise application – when constipation is accompanied by a headache which comes on from the effort of trying to pass a stool.

3. Remedy for problems of sexual identity

Girls are tomboys, and boys too have confusions, liking to dress up as girls.

4. Remedy for children who are passionate about things from the past.

They are model children, passionate about classical music or collecting old things. They may become museum curators as adults.

In conclusion: INDIUM is indicated for headaches, constipation and sexually confused children.