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THEME: SELF-DESTRUCTIVENESS  
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NOTE:

In spite of the extreme care taken over the production of this book, it is possible that you may find mistakes for which we cannot be held responsible, or which may be nothing more than a misinterpretation of the information provided. The aim of this book is to guide the reader in their attempt to find balance and health through homeopathy, but it should in no way be a substitute for the advice or opinion of a qualified doctor.

## CITRICUM ACIDUM

*Girl, age 7*

*She came with her mother and the main reason she came is severe alopecia. In this case too, the mother appeared much more affected than the child. The child was not ashamed of having this problem. She obviously did not like being taken to yet another doctor without achieving any result and was clearly impatient. She was swinging on the chair, singing to herself, and appeared not in the least interested in what her mother had to say about her. She kept asking her mother when they could leave. When I asked her questions she answered hurriedly and in a bored manner, as if she hoped to get this annoying questioning over as quickly as possible.*

*Clinically she had very unhealthy gums. They were swollen, full of ulcers and bleeding. She had two large aphthae under her tongue.*

*Mother:*

“For years I had the impression that her body did what it wanted. Independent of what she ate, she would gain weight or lose it... And her sweat was very changeable... At times it had a disgusting odour, like wine... I am not sure what the doctor gave her, but in three days she gained three kgs in weight and a few days later she had appendicitis. Three weeks she was in hospital because her recovery was so slow. She was so ill she couldn’t stand up... and since then she doesn’t want to go to see a doctor. When we left the hospital she said: ‘That’s it!’ You can imagine what a struggle it was to get her here today. It worked because she saw the horses outside... She said that coming here was not like going to the doctor.

I got her into sports and gave her vitamins and mineral supplements, and her constipation, which she had had for years, disappeared. I think the most important problem is her perspiration. Her armpits are soaking wet even when it is cold outside... It really looks as if it happens of its own accord, because she seems absolutely still. The sweating became less when she started doing sports. But some weeks ago she started sweating everywhere, in the armpits, on her legs and her feet. And since this sweating started she has had tonsillitis three times and she always has diarrhoea. She has lost weight and I think she is pale, without any energy... The sweating has got worse again... a terrible odour. The linen is stained yellow and it is difficult to get it clean. And she doesn't seem to be able to digest... Her constipation has got worse. She often goes to the toilet but only small amounts come. Her urine is less too... and she is losing hair.

It is a huge effort for her to keep her eyes open in school... And they don't know what to suggest to me. The appendix has already been removed... I am very worried. When we go out she always wants to know where the nearest toilet is... I think her kidneys are not working properly... compared to how little she drinks she needs to pass urine very often. She has been suffering for years from this constipation. She never liked using strange toilets, even at the grandparents. And after the operation this got worse."

*Patient:*

"When I ate something I couldn't swallow it and my abdomen was always bloated. I tried eating slowly but it was always the same, even with light food. In the hospital they forced me to eat, lunch and evening meal, that was it. I wanted to leave instantly."

*Mother:*

"There are so many things she won't eat. The strange thing is that every time I give her something to help the diarrhoea it makes

it worse. Following the paediatrician's advice, I gave her warm lemon juice a few times, because with every new tooth she would have diarrhoea. She only needed two teaspoons of lemon juice and she would have diarrhoea that looked like water and made her anus sore. Then she complained that it was burning so much. She cannot bear to look at lemons or oranges, not even in pictures.

When she was three years old, we started taking her to the dentist. Fortunately we knew somebody who was very good with small children... as soon as the teeth would break through they would have caries."

*Patient:*

"My dentist is very nice... and he doesn't hurt me... not like all the other doctors."

*Mother:*

"It really is awful. Her saliva seems to be acidic and that needs to change... here we also need your advice... And then, as you can see, she has very poor gums and she often has ulcers so that she can hardly move her tongue.

When she was very little we had to give her Valium regularly, because when she had a fever it always went really high... And after several febrile convulsions the paediatrician advised us not to take any risk. We had all neurological tests done but without any results... But the fever always lasts a long time and she is always completely exhausted when she is ill.

I can sense when it becomes serious because her face looks bloated and she says she has a headache... Already as a very small child she learnt to tell us... Then her face turns darker and redder, even

the ears and the neck. Our paediatrician is also a homeopath and he suggested *Belladonna*, but it didn't work.

The first time I was very scared, because she bent forwards so far that I thought her spine would break... Now she does that when she is very angry, and she turns red in the face and says that she has a headache... She often bends forwards when she is angry... and then I am alarmed."

*Patient:*

"During the nice season I am always well... I don't get on with my grandma... She does everything differently to me... She acts a bit as if she was my mother... And I don't need anyone any more. I want my own house and then I will always leave the books open... At her place I always have to close them... She doesn't want me to leave them lying around like that..."

In school I am always surprised how I could have made such a mistake when the teacher says I have to be more attentive. *I don't want to be ill for so long*, I want to get it OK soon."

*Mother:*

"When she was four years old she had a bad accident. Both the tibia and the fibia were fractured, as well as the collarbone, and she had head injuries. A neuroma developed in the tibia and the area has been over-sensitive since. They gave her medication... I think they were injections to aid ossification but they didn't help much. Then there were different problems with calcification. It was like the Via Dolorosa for her, she was in plaster for months... I can't remember how long... Maybe I removed it myself... Then I found a monk who treated her and she was better. I don't know what he gave her but she had to take herb baths. She was better within a few weeks but then the holy man died..."



*Patient:*

“If I touch that area or if I wear tight socks or I bump it, it is still very painful...”

*Mother:*

“She has to decide what she eats. She has to like the food. If I force anything on her then she is full in an instant and stops eating. Recently she prefers sweet food in the morning... but we never know what she will eat for a meal.”

*Patient:*

“If I find something that I like then I eat it normally and don’t wolf it down, or else I wouldn’t like it any more.”

*Mother:*

“We needed a long time to understand that. She has always been suspicious about food. And when she liked something she wouldn’t eat anything else until she was fed up with it... And we wouldn’t know what to give her next...”

This is how we understand it and she seems to understand it too, that she has to restrain herself when she likes a certain food. This is important with the pain in the throat: Every time the fever has gone she says that something is stuck in her throat and makes it difficult for her to swallow.”

*Patient:*

“It feels like a piece of fruit is stuck here (*she points to her throat*) and it doesn’t slip down any further...”

*Mother:*

“I forgot to mention... She often has throat infections that extend to the ears, with strong pain. She shouts and says that her throat

and ears are burning... And indeed, it is all red then and every time her gums are swollen too. Normally she can't remember her dreams. I often ask her about them but..."

*Patient:*

"Sometimes I dream that Tim is dying, my dog. I love him very much and then I shout..."

### Case Analysis

The ulcers are striking, she has had problems since she started teething. And then this extreme reaction to the injury – it is unusual that an injury causes such a massive neuroma.

In the Acids diarrhoea starts early on. This indicates a very destructive substance.

It was not so much the few mental symptoms, but much more the physical symptoms that made me think of an Acid. I was looking for an Acid that would cover her physical problems. She didn't look like any of the Acids I knew.

I did not get the impression she needed a strong Acid because my experience is: the stronger the Acid the weaker the structure of the person. But she was able to assert herself with her mother. In comparison to the other cases we have seen she didn't appear very weak, even though she was so young. The strong involvement of bones and gums are typical symptoms of scurvy, and therefore I gave her *Citricum acidum*.

#### **Clinical Symptoms of *Citricum acidum*:**

Aphthae, bone cancer, diarrhoea from dentition, premature dental decay, problems with calcification, gastritis.

### **Common Themes of Acids**

- Extreme reaction to injury – cancer after injury
- Not able to eat acidic foods or even look at them
- Dream of dead dog
- Destructive pathology and attitude

### **Unique Themes of *Citricum acidum***

- Perspiration with offensive odour and persistent staining
- Diarrhoea during dentition (also common in other Acid cases)
- Early onset of dental decay
- Seriously ill and destruction from the beginning
- Not weak but contrary, knows what she wants

### **Affinity to Bones and Teeth**

I considered an Acid for this case mostly based on her pathology. I looked in Reference Works to see which Acid it may be.

### ***Citricum acidum* is a Weaker Acid**

She didn't look like a clear Acid case, but then she was only seven years old. In any way, I didn't feel she needed a strong Acid, because although her pathology was severe, she had a strong personality. The stronger the Acid the weaker the structure. In comparison to other Acids she didn't appear that weak. Therefore I was considering a weak Acid, with an affinity to the bones and the teeth.

### **Premature Dental Decay**

Children with premature caries have a problem with acidity in the mouth. However, I feel it is important to address the whole situation to correct this.

### **Early Destructive Pathologies**

It is interesting to note such destructive pathology at such a young age. From the beginning they feel that life is a burden, even in a case where there are no losses, such as in this case.

### **Awareness of Their Inner Weak System**

A functioning, intact structure should be able to heal a system, to help it repair a fracture and prevent dental decay. The idea of not growing is difficult for an Acid. Acids are able to go on and on with such a horrible situation as if their structure really needs this. For example they will stay with their family. 'My family is full of dead people, my father hung himself, my mother chased me with a knife...' The idea of creating an adult perspective is not very inviting when it is based on a life experience that being adult means being dead. There is no positive image to aspire to and so they feel it is better to keep their fragile structure and cope somehow, instead of developing an adult structure.

### **Rubrics of *Citricum acidum***

- Perspiration, Staining the linen
- Perspiration, Staining the linen, yellow
- Back, Opisthotonos
- Rectum, Diarrhoea
- Rectum, Diarrhoea, lemonade, after
- Generalities, Cancer
- Mouth, Cancer, tongue
- Mouth, Scorbutic gums
- Face, Discolouration, red
- Face, Discolouration, red, convulsions, during
- Face, Discolouration, red, convulsions, during, epileptic
- Mind, Aversion, family members, to
- Mind, Frightened, easily

## *Citricum acidum*

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- Mind, Indolence, aversion to work
- Mind, Indolence, aversion to work, housework, aversion to her usual

### **Follow-up**

Within a few weeks, the pH balance in her mouth changed. She started to put on weight and her fevers never came back. Every-time she developed tonsillitis or an ear infection she was given *Citricum acidum*, and the inflammation disappeared.