

# Wellbeing Natural Medicine

## Wellbeing Natural Medicine Practice

3 Wells Street

Inverness

IV3 5JT

**NATURE** Melancholic

**ELEMENT** Earth

**SEASON** Autumn

**ILLNESSES** Black Bile,  
Constipation,  
Depression.

### TREATMENT

Treat with hot herbs like Senna and Hellebore to restore balance.

## DRY MELANCHOLIC

[1= Driest]

1. Hair	7. Arteries
2. Bone	8. Veins
3. Cartilage	9. Motor nerves
4. Ligaments	10. Heart
5. Tendons	11. Sensory nerves
6. Serous membranes	12. Skin

### EXCESS OF DRY:

- Dryness and roughness of skin
- Insomnia
- Wasting
- Intolerance of dry type of foods, while moistening foods will give comfort and pleasure
- Suffer greatly during autumn
- Hot water and light oils are readily absorbed by the skin

Dry organs consist of tissues such as hair, bones, cartilage, ligaments, tendons, membranes, arteries, veins, motor nerves, heart, sensory nerves, and skin.

The atrabillious or dry humor's quality is earthy and gross, thick, black and sour. A part of it is separated out by the spleen and a part remains within the blood. This humor feeds the bones, the spleen and other parts of the body which are gross or "melancholy" in nature. It tempers the two hot humors (sanguineous and bilious) and restrains the vaporous volatiles that arise from blood. The atrabillious humor thickens the blood and thus prevents it from flowing too freely through the veins and arteries. The Zodiacal relationship of this humor is with Taurus, Virgo and Capricorn.

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