

Case : No roots

Woman, age 49. Observation: Very slow speech, wears faded olive green.

Main complaint: Chronic constipation all my life. Lacks the impulse: stool not hard. Urge to stool better with cigarettes and fear.

Case as Taken :

With constipation she gets wind, lose contact with what she feels, where she is coming from, where she stands.

Living in the UK with boyfriend : away from my home country (Europe). I feel I have lost my ground, my roots. Dither, don't know where I belong.

Currently going through menopause. Sweaty, can't sleep, anxious. Hot flushes preventing sleep at night < ovulation time. Anxiety is worse since menopause. Anxiety is fear of being cut off from people, isolated, losing the plot. Of not understanding, losing the capacity to understand what people mean, what they want, losing control. Not belonging.

Feel an isolation, cut off. Everyone feels very distant. I convince myself I am not loved and feel depressed.

I get confused, misunderstandings. I get in a muddle, also in job situations. Conflicts can trigger this anxiety. I do feel I am not clever enough. Slow in catching up. I don't understand and can't express myself.

Slow temperament, classic Taurus. Don't understand people, confusion, then anxious.

As a child was nervous, didn't like change. Didn't want to go to school, had tics, didn't want to leave mother.

I made sure I was liked, very important to me.

Divorced twice, both men had affairs.

Father died when I was 14, he was absent. Mother was very strict, I suffered from that, she beat us. I loved her but she didn't understand what I needed.

I didn't have a place in our home, shared a bedroom with my sister. We lived in a small flat, I am always longing to have my own space which I never had.

Many dreams of moving house. I move into somewhere someone lived before, find things of previous inhabitants of flat.

Dream I live in a house in an Eastern Block country where the houses are made from cardboard, so I end up in isolation, end up in a cardboard box in isolation.

Dream of flying in a beautiful landscape where no one lives. Looks like India, forests and a river with beautiful emerald green. I feel a longing of where I want to go to, like paradise. Somehow gravity is a problem. I fly and have difficulty leaving the connection with the earth, fear to lose connection with earth, fly high.

Tonsils removed early, ear infection as a child.
Desired smoked food as a child. Desires meat.
No anger.

Very insecure if people do not like me, sensitive to what others think about me.

I like to be surrounded by water, river, sea, forest.

Recurring dream as a child of floating in space, as if dissolving. Like a cloud, no physical body, just a self.

I am clairvoyant in that I know where others come from, or dreams that are true.

Fear heights. Fear closed spaces.

When I drive round the bend I feel I have to lean over, insecure in seat.

Case Analysis

We will begin to examine the case with a simple conventional repertory.

Then we will use a more intelligent approach by analysing and synthesising the case. We will repertorise using the Repertory of Mental Qualities (Q Rep), and search for a remedy that matches this synthesis.

Repertorisation using conventional repertory

The screenshot shows the ISIS Repertorisation software window titled "ISIS Repertorisation: C1". The interface includes a menu bar (File, Edit, Find), a toolbar with "Polarity on" and "Polarity off" buttons, and a sidebar with "Analysis", "Order", "Filters", and "Presentation" options. The main area displays a grid of remedies and their associated rubric counts. The remedies listed are: sep, carc, bry, nux-v, alum, lach, op, carb-an, graph, nat-m, anac, caust, con, kali-c, puls, sulph, carl, sil, verat, lyc, mag-m, and plut-n. The rubric counts are shown in a grid format, with colors indicating the count: red for 1, orange for 2, yellow for 3, green for 4, and blue for 5. The "Grade Total" row shows the sum of counts for each remedy: 13, 10, 15, 15, 14, 14, 14, 13, 13, 13, 12, 12, 12, 12, 11, 10, 10, 10, 9, 9, 9. The grid also shows the number of remedies that match each rubric: 1 Complete 2012; Mind; slowness: 3; 2 Complete 2012; Mind; confusion of mind: 4; 3 Complete 2012; Generalities; food and drinks; meat; desires: 1; 4 Complete 2012; Mind; change; aversion to: 3; 5 Complete 2012; Rectum; inactivity: 3; 6 Complete 2012; Rectum; constipation; urging; absent: 3.

Without a **real understanding of the case** it would be difficult to choose a meaningful remedy from this list. You might be led to focus on Sep and Carc as only these remedies come through the most rubrics.

In this case I will begin with a synthesis and demonstrate how I arrived at it from the analysis

Synthesis

Sensation: No roots or gravity, no home, does not belong.

Function: Must fly high, looking for home

Case Analysis

| Here are the most relevant expressions:

Very slow speech, wears faded olive green. Chronic constipation.

I feel I have lost my ground, my roots. Dither, don't know where I belong. Losing the plot. Not belonging.

Sensation: No roots or gravity, no home, does not belong.

Since childhood the woman has no parental room, no home, no country, no gravity. She tries to cling to mother and home, and hates any change. She dreams of living in a cardboard box. All this belongs to the earth element, no ability to connect to the earth.

= **Quality : Home and House**

Function: Must fly high, looking for home
Fear heights.

= **Quality : High and Low**

I am clairvoyant in that I know where others come from.

= **Quality : Clairvoyance**

Currently going through menopause. Sweaty, cannot sleep, anxious. Hot flushes prevent sleep at night < ovulation time.

= **Quality : Female Hormones**

Very insecure if people do not like me, sensitive to what others think about me.

I made sure I was liked, very important to me.

= **Quality : Opinion of Others**

The constipation, slowness, confusion and olive green clothes are all related to the earth element.

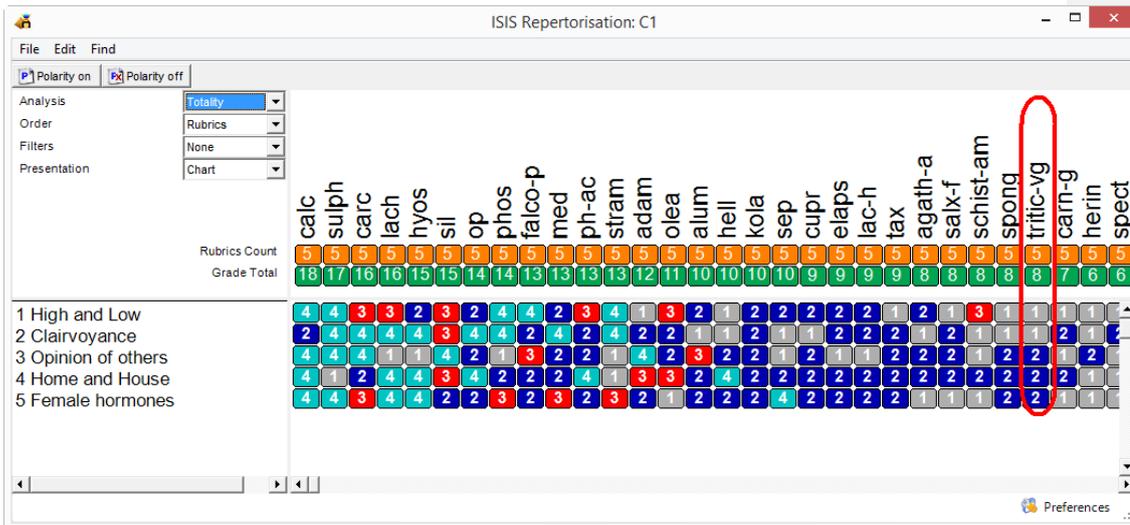
As a response to the lack of roots, in her dreams she flies high, even in space, looking for a place to live from above, but she cannot connect. Even when riding the car round a bend she must lean over, as she is not rooted.

The psychic ability concerns ***where other's come from*** a similar issue to her own.

Repertorisation using QRep in ISIS

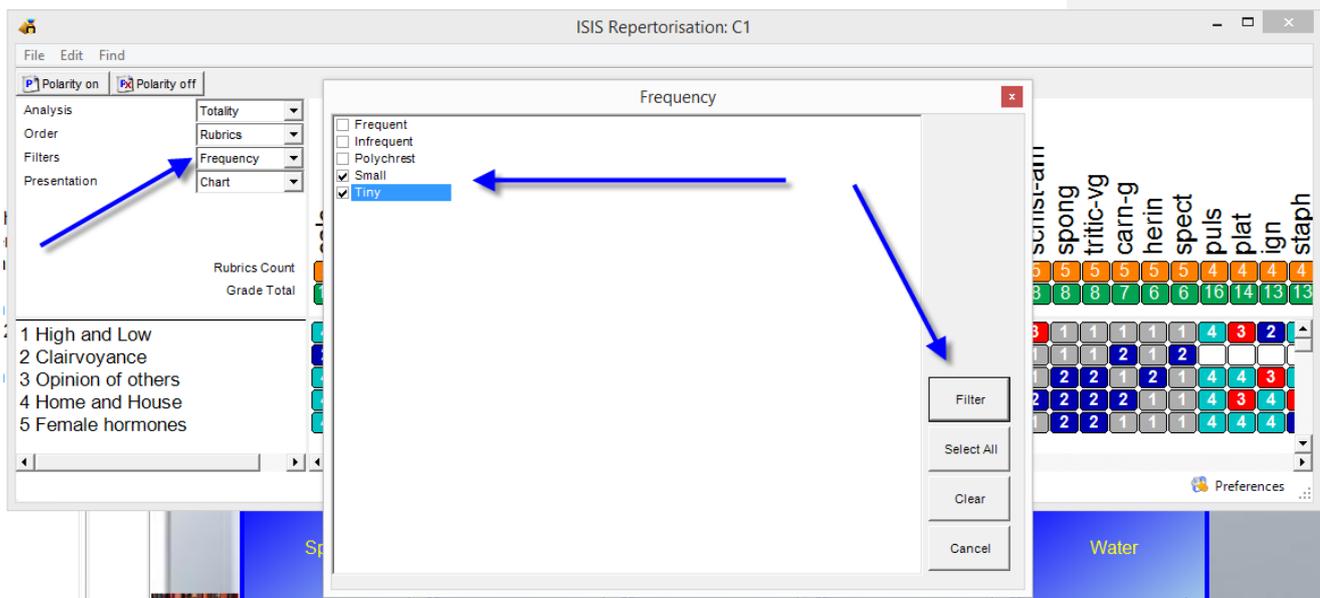
As can be seen above the qualities marked above from the QRep are all prominent and clear issues in the case. The QRep makes it simple and easy to choose rubrics without being too discriminatory.

The rubrics are certainly big ones, but they have a ***high degree of certainty of containing the best remedy***. Although most of the rubrics contain between 185 and 450 remedies, there are only 30 remedies passing through all the rubrics.

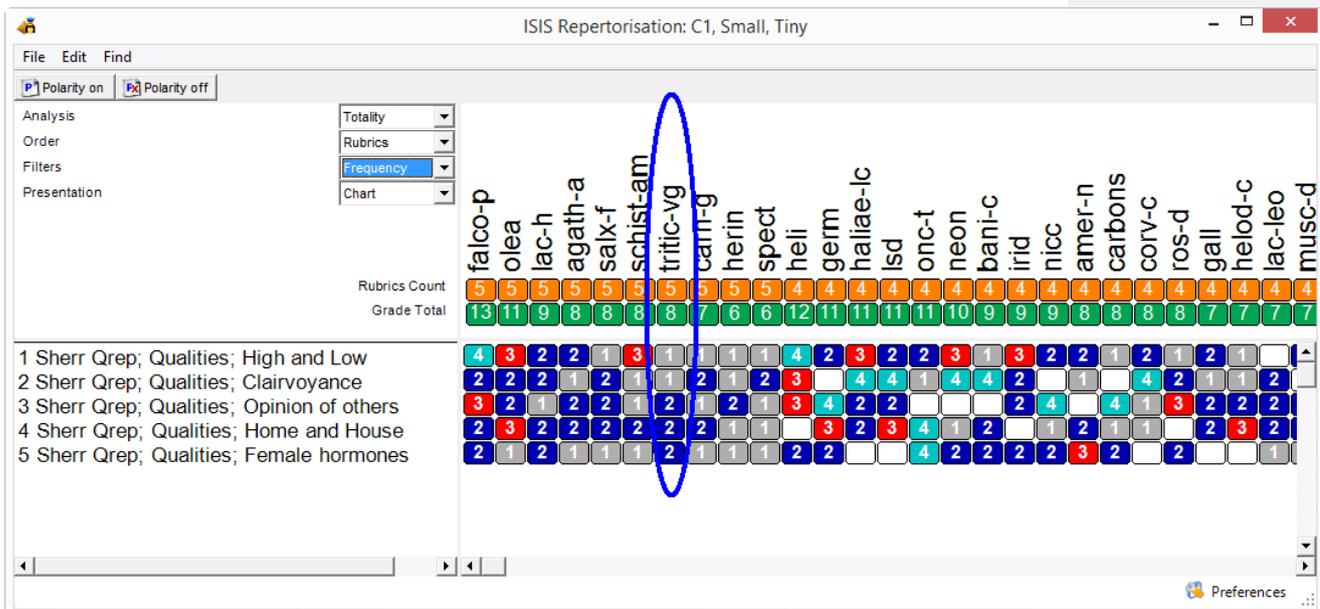


Now we should **focus on those remedies that come through all of the selected qualities** and try to identify a remedy that fits our case synthesis.

It is always useful to quickly check which small remedies come through the case. Using ISIS you can also choose the Frequency Filter and switch on Small and Tiny remedies as shown below:



And you will see the case re-displayed showing only the small and tiny classified remedies. This helps focus your mind on those new remedies you may not be so familiar with – but that are well indicated according to QRep:



It's a delight to be able to work with remedies such as Falcon, Olive, Breast Milk, Kauri tree, Willow, Grasshopper and Wheat, confident in the knowledge they are well indicated in the case!

The remedy I chose in this case as highlighted above is **Triticum-vulgare (Wheat)**

This remedy is very connected to roots and lack of roots. It is a plant which belongs to the root of civilisation, the agricultural revolution. Mankind stopped being nomadic once it started planting wheat. Many people have intolerance to wheat and this can cause severe constipation.

A related proving which I did was of Triticum Dicoccoides, (original Wheat), which has many issues concerning individual roots, the roots of humanity

Using QRep make choosing rubrics simple, but at the same time more accurate.

Prescription and Outcome

Rx: **Triticum- v 12c** daily for a month, stop if any aggravation

Follow up one month later:

Very good, feel much better

There was some urge to go and on some days began to go to toilet. 30 % improvement with constipation.

I feel different.

When I drive a car I feel more secure. Before I would feel I have to move my body as I drive around a bend. Now I feel I am sitting securely in seat.

Feel really nice. A new sense of humour in myself, I like my own company.

Perspiration and sleeplessness better. I now sleep through the night, don't wake up as often.

Some nightmares from past, some dark force, like a man there.

The hot flushes are more definite.

Less isolation, much less cut off. I now feel opposite of that, even in conflict I could see myself in him.

Much less depressed, no problems decision making, just do things, do not look back.

Dream of moving house but the new house was huge, no old stuff of people that were there before, just big and spacious room.

Rx: Continue Trit-v 12c , stop if any aggravation.

Follow up one month later:

All going very well, feel very good.

I am not cut off any more.

I feel all the time good things, this is like therapy.

I am very positive.

Feel gratitude and positive.

Constipation is getting better, sometimes even have to rush to toilet now!

Wonderful, it is so uplifting.

Hot flushes are less.

Anxiety is totally gone.

Confusion is much better, much clearer.

Rather than running away all the time, I want to stick around and sort things out, almost like self-therapy, more realisation.

Socially much improved, good contact with people.

Rx: Continue Trit -v 12c, stop if aggravation.

Follow up three months later:

Doing very well emotionally but improvement with constipation stopped.

Rx: Trit-v 30c every week, stop if any aggravation.

Email one month later:

Emotionally I've been feeling good in general. There's a definite sense of balance and authenticity. Especially in situations that are confrontational, I can "hold my ground" a lot more - states of confusion and doubting myself occur less. The constipation is much better, at times I must get out of bed for stool.

I realised I must go home, I moved back to my childhood country, I feel at home now. I am good with my family and home, doing well and happy.

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