

Editor's Note



Did you know there are only about 10 weeks until Christmas Day? The run-down to Christmas is one of the most stressful periods of the year. As homeopaths, we need to avoid burn-out by ensuring our vital force remains in balance. We need to look after ourselves emotionally, mentally, spiritually, as well as physically.

At a consultation, a homeopath may spend up to two hours sitting in one position and writing furiously. Poor posture may contribute to head, neck and backaches. How can we avoid this scenario? At ACCH's last seminar of the year, Alexander Technique practitioner, Jann Mc Michael, will be discussing this issue and giving us tips on how to prevent this sort of pathology. Details of the last ACCH seminar of the year are given on Page 2.

This month's newsletter showcases a number of remedies. Leigh Marsh narrates an interesting story about a little-known New Zealand remedy related to *Urtica urens* called Ongaonga. Julia Schiller continues her series on plant families, in this issue discussing the Polygonaceae Family.

I hope you enjoy the newsletter. Have a happy and prosperous couple of months and a relaxing Christmas break.

Kathy

THE BURNING BUSH

During last summer, I went with our local tramping group to the beautiful Whirinaki Forest, famous for its huge podocarp trees, beautiful river with native blue duck and fabulous scenery. Staying overnight at the midway hut, we were joined by other trampers including a group of ladies having a weekend away from their troubles and husbands!!!

Our group arrived at the hut after a good walk, did the usual unpacking and grabbing the best bunks in the hut, then got out our pre-meal snacks and bebies before cooking tea. The lady trampers were swimming and sun bathing and generally having a good time while we cooked and ate our meal. As we sat around talking, one of the women approached us to ask if we had a cell phone or a radio they could use. Our reply was no – there's no cell phone coverage out here in the bush. Upon being asked why, we were told that one of the group had a severe bladder infection and was bleeding when urinating. Her friends felt she might have to be carried out in the morning because she was in so much pain.

It was at this stage I mentioned that I was a homeopath and that I had a few remedies with me - would she be interested talking to me about her symptoms? The lady duly arrived looking quite sorry for herself and gave me her symptoms. I didn't have the remedy that I felt was best indicated but I asked if she would be prepared to take another remedy, also well indicated. At this stage she was desperate and said she would take anything if she thought it would help.

Trampers often come across Ongaonga [*Urtica ferox*], New Zealand stinging nettle or tree nettle. It commonly grows at least six feet tall and has been fatal to man and horses [five hairs of the extract from a leaf can kill a guinea pig]. In hapless trampers who come too close, it causes burning stinging pains, especially after the limb has been put in water. So, in

my kit of homeopathic remedies I always carry Ongaonga in case one of us gets stung. Armed with that knowledge and an understanding of the European stinging nettle, *Urtica Urens* (which causes stinging and burning and has haemorrhages of the bladder and uterus), I thought maybe the New Zealand version would act similarly.

I had the remedy in a 30C potency on tablets kept in a small re-sealable plastic bag. I instructed the woman to take the remedy every half hour for the first three doses then every hour after that while still awake. I also suggested she drink plenty of water.

The next morning, following a breakfast of camp porridge, I was greeted by a changed woman who was over the moon at how well she had slept with little or no pain. Another of her friends came up and thanked me for the help I had given her, adding that they wouldn't have to carry her out now because she felt she could walk by herself.

Before leaving on the next stage of our tramp, I asked the woman to e-mail me with a summary of her symptoms and what the eventual outcome was. She very kindly obliged and this is what she wrote, verbatim, in the email:

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Urtica ferox: NZ Tree Nettle

THE BURNING BUSH

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Symptoms: Before treatment: Dysuria, burning on micturation, urgency, pressure in pelvic area, painful, with the need to bear down whilst passing urine. Blood in urine visible at this stage. Emotional state prior to treatment: Tearful, fearful, because of location and no medical supplies.

After treatment: Approximately three hours after taking the tablets, relief from pressure in pelvic area. Burning less on micturation. Less urgency. Managed to sleep comfortably overnight without the ache. Still blood in urine but less.

Emotional state, very calm and relaxed, relieved and happy. I managed to walk out the next day comfortably.

This woman was so grateful that she tracked down my address and sent me five dehydrated tramping meals as a thank-you. I have not seen or heard from her since. The wonders of homeopathy keep on coming.....

Being the homeopath I am, I wanted to test the efficacy of Ongaonga to see if it would work again with similar symptoms. As luck would have it, another person with a bladder infection happened my way and I gave her the same remedy, once again in a 30C potency. Here are her symptoms:

I woke in the night with tight pains in the abdomen with a need to urinate frequently with bearing down pains as though the bladder was not properly empty. I had a pain in the lower back, I felt nauseous and tired. My urine was thick with a greenish tinge. I felt grumpy and not wanting to be around people. Felt chilly

I took the remedy after dinner and after that I had a couple of "twinges" in the bladder area and a sensation of needing to urinate which went away after a minute or so, I felt shivery and that passed away quickly too. I then felt quite good – the urinating settled down to normal, I took some more before going to bed which again brought back a few twinges. I slept until 4.30 a.m. to urinate but had no pain.

Day Two: Felt good, took remedy in the morning – bladder back to normal, urine normal colour, no nausea, felt great.

So what can we take from this? *Urtica ferox* lives mainly around rivers and streams or damp locations (water). *Urtica ferox* stings and burns – a most unwelcoming plant (pushes you away). *Urtica ferox* keeps on burning for a long time when limb is put into water again (recurring).

Possible Mental Symptoms: Tearful; fearful, in the wilderness; grumpy, not wanting to be around people (pushing others away); very calm; relaxed; relieved; happy.

Possible Physical Symptoms: Dysuria; burning pain; urgency to pass urine; pressure in pelvic area; painful with need to bear down; pain in lower back; never get done feeling; nausea; urine thick; urine green; blood in urine. tired feeling; chilly/shivery.

The early New Zealand use of this plant was often mixed with *Macropiper* leaves and taken internally and externally for eczema and venereal disease.

If anybody would like to try this for themselves, the remedy Ongaonga is available through Simillimum Homeopathic Pharmacy in Wellington.

I would appreciate feed back on symptoms cured with this remedy and you can e-mail me at: marshatthebeach@xtra.co.nz.

Leigh Marsh.

A graduate of ACCH, Leigh has a practice, East Bays Homeopathy, in Opatiki.

SEMINAR NEWS

The next ACCH senior seminar is on Saturday 28th October.

The morning session will be run by Jann Mc Michael, an Alexander Technique practitioner. Jeannette Bennett writes below about what Jann will be doing at the seminar:

The practice of Homeopathy requires a lot of sitting and listening and the homeopath focuses fully on the client and not his/her self. So, how can we look after ourselves at the same time and protect our bodies from the effects of poor posture and the resultant backaches and headaches?

Jann (right) says, It is common for people who are otherwise in good health to complain of back pain, excessive fatigue, poor posture, and physical tension, often the result of the way in which the body is used in ordinary daily activities...When the Alexander Technique is applied, body alignment changes, the head moves up from the top of the spine, the spine lengthens to relieve normal curves and pressures, the musculature supporting the skeletal frame is neither contracted nor relaxed, but dynamically balanced.



At the seminar, she will explain and demonstrate how we go wrong in our lives and how we can use this technique to assist our health and musculo-skeletal dynamics and also, for our patients, who might benefit from a referral.

The afternoon session will be an interactive one at which participants will be given the opportunity to workshop their difficult cases with the class. These sessions are fun ways to expand your knowledge and learn off others in real situations. So, bring in a case for the afternoon!

The seminar day runs from **9am to 4pm**; lunch break from 12 – 1pm. ACCH senior students are required to attend the day.

To register in advance, please contact the ACCH office by phone or email. Attending the seminars is free to all ACCH students. Charges to others who attend are as follows:

ACCH Graduates: \$15 for the day.

Other practitioners/students: \$30 for the day.

Job Opportunities with ACCH

Are you interested in supplementing your homeopathy income?

At ACCH, we are constantly on the lookout for qualified homeopaths to join us in one, or several of the following areas:

- ✍ Lecturer in homeopathy or medical science
- ✍ Supervisory homework tutor for international students
- ✍ Distance Student Mentor
- ✍ Assessor (marking student work).

If you are interested in any of these positions, please email your CV to Kathy Thomas (pukekahu@xtra.co.nz), along with a covering letter that details your strengths and what area/s you are interested in.

Medical Science Coordinator

ACCH is currently advertising for the above position. We need a person with a tertiary qualification in anatomy and physiology who will be involved in writing, moderating and assessing medical science programmes; as well as lecturing. A full job description is available through the ACCH office.

Auckland College of Classical Homeopathy: t 377 2214; Fax: 09 377 1148

Address: 317 New North Road, Kingsland; PO Box 56 655, Dominion Road, Mt Eden, Auck 1446.

Website: www.homeopathynz.co.nz. **Email:** info@homeopathynz.co.nz

Smartweeds: The Polygonaceae Family

By Julia Schiller



There are about 1000 Polygonaceae species, but it is a fairly obscure family both in homeopathy and the wider world. Buckwheat, rhubarb and sorrel are members with minor economic importance, although buckwheat is a significant staple starch in Eastern European diets. Also known as the Knotweed, Smartweed and Buckwheat Family, the shape of their seeds gave Polygonaceae its name. For example, rhubarb seeds have a triangular cross-section. The flowers are typically small, radially symmetrical and white, yellowish or greenish in colour.

Polygonaceae are nearly cosmopolitan in distribution, with a few species in subtropical and tropical areas and the majority in temperate regions of the Northern Hemisphere.

Some homeopathic Polygonaceae may have been introduced into the material medica because the plants were being used naturopathically. Smart weed (*Polygonum punctatum*) was used in the US like mustard plaster. Rhubarb (*Rheum*), proved by Samuel Hahnemann himself, came to Europe from Asia in the 16th century and soon gained a reputation as a purgative. It was a main component of Gregory's powder, a popular 19th century nursery laxative. Modern investigations have shown that tannins and oxalic acid are found in many Polygonaceae.

I studied four remedies: *Fagopyrum esculentum* (buckwheat), *Polygonum punctatum* and *hydropiper* (grouped together by Clarke), *Rheum officinale*, and *Rumex crispus*. The remaining two are *Rumex* species.

Commonalities included restless sleep, diarrhea and headaches. *Fagopyrum* has a keynote symptom: visible pulsation of the carotid and other arteries. Patients tend to wake at 5:00 a.m. *Rheum* and *Rumex* are fairly well-known remedies. Both have an affinity for the left side (as does *Polygonum*). *Rheum* children can be confused with *Chamomilla*s. Both are capricious, prone to diarrhea and worse for dentition. Sankaran has found that *Rheum* children are often left with caregivers during the day, where they are undemanding, but when the parents return they become shrieking and demanding. Curiously, *Rheum* has got a bubbling sensation. Whether this sensation is found in other Polygonaceae is an open question. *Rumex* is known for its hard, dry, tickling, hacking cough worse for (inhaling) cool air, but it also has an affinity for ankles and other joints.

Rumex dreams are unpleasant, for example being naked in the street, murder, and autopsy.

Taxonomically, the Polygonaceae's closest, though still distant, homeopathic relations include the cactus family, *Plumbago*, and *Chenopodium*.

References:

Clarke, John Henry: *A Dictionary of Practical Materia Medica*, B. Jain Publishers, New Delhi: 2000.

Digital Flowers website:

www.life.uiuc.edu/help/digitalflowers/Polygonaceae.

Sankaran, Rajan: *The Soul of Remedies*, Homeopathic Medical Publishers, Mumbai: 1997.

Vermeulen, Frans, *Concordant Materia Medica*, Emrys Publishers, Haarlem: 2000; *Synoptic Materia Medica 2*, Emrys Publishers, Haarlem: 2003.



Dark flower-heads of *Rumex crispus*




Newsletter Submissions

We invite our readers to submit any of the following material for subsequent newsletters:

- Articles on health or homeopathy
- Letters to the editor
- Details about useful websites
- Updates on homeopathic events
- Items for our classifieds column.

If you have anything to submit, or other ideas for the newsletter, please contact Kathy Thomas by emailing pukekahu@xtra.co.nz; or post details to the ACCH office.







Websites

-  www.hpathy.com: Miscellaneous topics on homeopathy; downloadable books.
-  www.homeopathie-wichmann.de: A collection of modern provings compiled by Jörg Wichmann.
-  www.tinussmits.com: Homeopath Tinus Smits' website has informative articles on homeopathy and vaccination. There's even an interesting video clip about homeopathy.

Classifieds

FOR SALE: Plastic vials (1.5ml; safe-lock). Bags of 100: \$16.00 plus postage. Contact Kathy on (09) 412 9493; or email_pukekahu@xtra.co.nz.

FOR SALE: Second-hand Books:

-  Kent's *Repertory*: \$20
-  Boericke's *Materia Medica*: \$15
-  Seghal's *Perfect Materia Medica of Mind*: \$80
-  Murphy's *Repertory*: \$60
-  Hahnemann's *Organon*: \$10
-  Dorland's *Pocket Medical Dictionary*: \$20.

All books are available from ACCH. Price excludes postage.

There are limited copies of Scholten's *Homeopathy and the*

Elements available for \$165, including GST, plus postage.

NEW BOOK: ACCH will be ordering copies of **Sankaran's new book**, *Insight into Plants, Volume 3*. The price of the book is \$95 plus GST. If you would like a copy, please email or phone your order to the office as soon as possible.

TO RENT: Consulting Room available for rent on daily basis at 329 Upper Harbour Drive, Albany. Contact Pathma on (09) 444 4227, or 021 049 4334.

TO RENT: Practice room available in Wellness Centre, Lincoln Road, Henderson. \$10 an hour permanent booking (minimum 2 hours). Day rate by negotiation. Contact Sonja on (09) 838 9907.

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