

BELLADONNA

In nearly every case treated with Belladonna, there was found tremendous force and energy – but with an amazing variety of expressions. When the center of pathology is in the physical sphere, we see many well-known characteristics – high fevers with flushing, violent pulsation, headaches and arthralgias with excruciating pains, severe dysmenorrhea and menorrhagia, exquisite sensitivity to motion and jarring. The disease is so intense at times that the prescriber himself feels frightened or intimidated – like encountering a dangerous circumstance. But in roughly half of the cases examined, these well-described physical findings were absent. Instead, the cases centered upon complex, equally intense mental and emotional symptoms. And there was a surprising degree of specificity of these mental conditions by age group (described in detail below).

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| COMMON NAME: | Deadly nightshade |
| PLANT GROUP: | Asteridae Solanaceae |
| MIASM: | Acute |

The patient seems almost unwillingly possessed of an intensity which he tries (often unsuccessfully) to contain. These intense emotions include fears and terrors, anger, hysteria and mania – even reaching to violence. In fact, the prescribers and family members use the term “violence” to describe everything from the fever and the headaches, to the temper, the night terrors, the fears, the behavior disorders. These patients often have a very big personality, full of energy, good cheer and life. Ecstatic dancing was the most common hobby found in these cases. Yet he is at other times surprisingly emotional, deeply wounded by rejection and betrayal or anything deemed as an attack causing instant and intense reactions.

Anger

In 25 of the full modern cases (and another 6 of the modern case reports), severe and often uncontrollable anger was the first mentioned feature of the case. The temper is hair-triggered, explosive and – at times – frighteningly violent. In some cases the anger is limited (for example, premenstrual) and within the bounds of “normal.” But in 18 cases the anger was violent leading to striking (6 cases), biting (5 cases), throwing things (4 cases), breaking objects (4 cases), spitting (3 cases), kicking (3 cases), pulling people’s hair (2 cases). Another 4 cases threatened violence frequently (even murder) without carrying out the threat. Equally troubling is that the anger is often directed toward his own body with headbanging against objects or the wall, as well as striking or slapping his own head or face (6 cases), self-cutting or self-burning (2 cases), self-biting (2 cases). The violence is never turned both outward to others and also toward himself – it was one way or the other. Also, it was rare that patients who had violent tendencies also had the violent physical conditions such as unbearable migraines, convulsions, etc. The one exception to this separation of physical and mental illness is in febrile conditions with delirium, where both physical and mental extremes often commingle.

Restlessness and Wildness

Belladonna is often thought of as agitated but not so clearly known for pure physical restlessness – where the patient is scarcely able to sit still for a moment. Agitated restlessness was the primary observation in 13 cases. The restlessness was also seen during fevers, headaches and other physical conditions. In many cases the term “wild” has been used to describe this aspect – but in none of the cases did the patient himself use this term. Rather, the patient only speaks of his fear, excitement, anger – in fact, none of the patients even commented upon the physical restlessness as an issue. They seemed to feel that the restlessness is an obvious and necessary response to their perceived situation. The prescriber and family members, however, used this term regularly.

Screaming

Belladonna is the screaming-est remedy we have (15 cases from only mental causes but many more due to physical complaints). Often with the anger, but also from terror, from

enthusiasm, from pain – the patient is unable to contain his need to vocalize and shriek. The vocalizations can be as mild as a type of continuous moaning, moaning at each outbreath. However, the shrieking can be so disturbing as to become the chief complaint of the family.

Escape and Hiding

The patients were often wary and even suspicious. There was a tendency to hold back, a reserve which many times was described as shyness by the family. But this shyness is actually more like an animal caution: “Do I need to be ready to fight or flee?” The patient observes silently in order to be prepared for sudden action if needed. He may actually hide behind loved ones and is prone to running away with slight provocation – just bolting! He may also hide behind a smile or behind a goofy and clownish persona. In delirium or psychosis, the patient may physically try to escape and is held in bed only with great difficulty and strong attendants. The patient may even try to escape from his hospital bed. Here the rubric is, “Insanity (or rage) with increased strength.” Around him he perceives danger, murder, demons, so it is understandable that the patient becomes freed of all convention in his need to get away.

Fear

Belladonna is a highly fearful remedy – at the core, the patient is constantly expecting or apprehensive of attack and violence (up to and including murder). He is guarded. The fear is often enhanced by darkness (like its sister remedy *Stramonium*). The patient is often unable to face being alone and may cling to his mother or father (again, like *Stramonium*). Dogs, snakes and other violent animals trigger the fear as do criminals, police, soldiers. In fact, there is often a great deal of wariness of people and strangers. The feeling is like the terror of a war zone with a constant need for vigilance. Night terrors (also *Stramonium*) were common (8 cases) and these patients were unable to dispel the fear upon waking. However, a smaller cohort (6 cases) were counterphobic. The individuals were described as “fearless” by family members; they courted toughness; could be impulsive in attacking or threatening others. Such patients and the many vital, robust patients complaining mainly of physical disorders, have given rise to the misconception that Belladonna is for the most part a healthy, uncomplicated patient – far from it.

Relationships

Belladonna is also strongly affected in relationships – often loyal or even dependent. In many of the cases the patient admitted to a history of abuse and an inability to stand up to certain people in his life. Suppressed anger over long periods leads to eventual outbursts. Also, there can be strong jealous reactions and several cases had been misprescribed animal remedies such as *Lachesis*. Following disappointment or infidelity, the patient reacts with almost psychotic symptoms: Shrieking. Suicidal thoughts. Panic. Violent impulses, sometimes suppressed or turned inward.

Age-related Patterns of Mental Conditions

In children (14 cases), the most common presenting complaint was behavior disorders (9 cases). These children were extremely restless, into everything, tearing up the office. In some cases the children were unable to make normal contact with other children from sheer restlessness. The parents describe constant movement, disobedience, tantrums and violent episodes with kicking, biting, spitting, etc. These challenging children were very prone to running away – not surreptitiously but rather just taking off and running, often without any clear destination. And yet these very same children needed a great deal of attention, physical closeness and reassurance of safety from their parents – clinging to the mother, especially at night.

In the teenage cases (8), rather than behavior disorders there was found a large number of borderline personalities (5 cases). These cases were subject to severe mood swings, often fearful, highly agitated and volatile – emotional wrecks. There were threats of suicide, impulsivity and most characteristically, self-harm. In several cases, the patient hid the true

cause of the state – for example, they hid persistent physical or sexual abuse – never telling their caring parents about the abuse and later seemed bewildered as to the reason they withheld the information. Though the abuse underlaid the mental vulnerability, this cohort was often finally overthrown by sudden grief, romantic disappointment, acute jealousy or other forms of loss.

In adults, the cases overwhelmingly presented with physical illness (21 cases versus 7 with mental problems). The mental conditions included panic disorders, dementia and psychosis. Part of the reason for the increase in physical versus mental problems in the adults versus children can be explained by hormonal changes. The headaches of Belladonna are hormonally linked and thus the adults had a much higher percentage of migraines (over half of the cases). But there also appears to be a maturing of the Belladonna brain by adulthood, as if the childhood wildness is due to an inability to control the primitive forces of the nervous system.

Physicals

Belladonna is well-known for its usefulness in acute disorders and febrile conditions, but its importance in chronic diseases is less well-appreciated. In all forms of disorders, the conditions are congestive, intense and often characterized by pain and throbbing or pulsation. The chronic conditions which should cause the homeopath to consider Belladonna include intensely painful migraines, sinusitis and arthritis and also hypertension. Most authors have noted that Belladonna symptoms come suddenly. However, these chronic conditions may start slowly and develop further and further over the years.

The acute conditions of Belladonna start suddenly, often with high fevers (often 104° F or greater) and great intensity of the physical symptoms. The face is red and hot, the eyes glisten, the pupils are dilated and the feet and hands (or only one or the other) are cold. The illness comes like a storm and rarely lasts long; continued fevers will rarely respond to Belladonna. Often the inflamed area will have intense heat, almost seeming to scald the examiner's hand. The pain is often throbbing or pulsating and the inflamed part is usually deep red in color. The pain is worse from motion, touch and especially jarring.

Also noteworthy in the acute illness is the easily developed delirium or vivid hallucination. These hallucinations may come with any fever and often without significant prostration or much impairment of energy. The hallucination may be terrifying and may be associated with violence or at times are funny – almost hilarious to the patient.

PRESENTATIONS

Vital, cheerful, stocky patients with strong physical symptomatology. The patient is likely to be smiling, jesting, friendly. He seems impervious to worry or illness until it suddenly strikes.

Agitated and fearful patients – often paranoid, always expecting attack or catastrophe.

These patients were physically restless and nearly uncontrollable, on the edge of violence or escape.

Behavior problems in children: Extremely restless, running away, wild, reckless, obstinate, clowning or laughing and jesting, hiding, anger and tantrums, explosive temper, striking, biting, spitting, violent.

Highly emotional, dramatic, excitable, distraught teenage patients – nearly beside themselves with fear, acute grief from offenses. Intense mood swings: Despair followed by anger, shrieking, laughter, abusiveness. Many inflicted self-harm or threatened it.

MIND

Sudden, explosive anger and tantrums (and often rapid resolution).

Worse: Overheated or fever. Premenstrual syndrome.

Better: Exercise.

Violent – especially in delirium, mania or psychosis.

Worse: Grief. Febrile. Postpartum.

Violence when physical strength is almost superhumanly increased.

Violent behaviors: *Biting. Striking. Cursing. Kicking. *Spitting.¹ Throwing things. Breaking objects. Destructive.

Wildness.

Threatening.

Restless children; cannot play long with others.

Behavior disorders of children.

Self-injury: Hits his face or head on objects or with his hands. Bites himself. Cuts or burns himself.

***Screaming or shrieking:** From anger and frustration, in mania, from fright, from pain, during fever.

Growling or other animal sounds.

Fear and terror: Always fearful of attack. Wakes screaming with night terrors. Counterphobic. Fearless. Tough.

Hallucination of a most vivid nature, especially during fever. Belladonna hallucinates with the slightest provocation: With any fever. After strong emotions or fright. In meningitis or head injury. With convulsions.

Attempts to escape – just runs away from his parents, classroom, situations.

Suspicious.

Desire to hide.

Delirium and confusion; does not recognize family; struggles and difficult to restrain; shrieking, violence, jumps up, etc.

Obstinate.

Obsessions and fixed ideas.

Shy or more accurately wary with new people.

Jealousy.

Industrious and feel pressured to work hard.

Natural leaders.

Smiling.

Cheerful, jesting, plays antics.

Abnormal laughter which may be loud or even hysterical.

Sardonic laughter – like laughing in the face of death and disaster.

Stammering.

Oversensitive to noises – it feels intolerable at times.

Bites his fingernails – even toenails.

Bites or chews clothing, fingers, tags, his own lips.

Weeping strong, even hysterical.

Suicidal (6 cases).

Coma.

FASCINATIONS: Dancing. Singing. Climbing. Jumping. Athletics. Werewolves and vampires. Rocking or to be rocked. Demands immediate relief. Religiosity. Feigns illness. To be outdoors.

AILMENTS: Fright. Romantic disappointments and infidelity. Rape or violence. Insults and humiliation.

DELUSIONS: Imaginary friends. He is under great pressure. Ghosts. Animals. Tigers. Murder. Persecuted. Trapped.

¹ As a percentage of cases, "Spitting" was not frequent enough to deserve bold type, yet Belladonna is the most frequent remedy for spitting.

DREAMS: Black dogs, dangerous predators (lions, bulls). Being taken to be hung (gallow). Monsters. Driving over a cliff. Trying unsuccessfully to run or scream. Falling.
FEARS: **Dark.** ***Dogs** (sometimes specifically black dogs). **Being attacked** or murdered. **Alone** (amplified in the dark). Strangers. Snakes. Insects. Monsters. Heights. Something will happen to his children. Danger from family. Swimming. Animals. Danger. Airplanes. Ghosts. Horror movies. Death. Criminals. Police or soldiers.

GENERALS

Mostly warm-blooded though can be chilly.

Aggravation from sun.

Markedly affected by change of temperature – whole syndromes can start by being chilled, becoming overheated, washing the hair (because the head gets overheated then chilled), getting cold after being hot and perspiring.

Sudden onset of complaints.

General aggravation at 3 PM or the complaints may start at 11 AM and then peak around 3 PM.

Desires open air.

Desires the ocean.

Right-sided complaints.

Ameliorated from exercise.

General aggravation due to hormonal insults or imbalances such as menarche, abortions, menopause, pregnancy. Several cases mentioned the onset of symptoms since childbirth. However, several had amelioration of symptoms during pregnancy.

General aggravation before the menstrual period.

General aggravation from being jarred.

General aggravation from motion.

Pains nearly always ameliorated from pressure.

Flushes of heat, menopausal or vascular.

Worse: Fright or violent emotions.

Intense heat in the affected part – feels almost as if it has scalded the examiner's hand and the sensation or memory of heat lingers in the hand.

General aggravation from light, noise, touch.

Ailments after vaccination.

Ailments from suppressed exanthem or scarlatina.

Ailments from hormonal changes (menses, menopause, postpartum).

Obesity.

High blood pressure: Belladonna is one of the main remedies in hypertension or even hypertensive crisis with flushes, excitement of the cardiac system, pounding headaches and impending stroke. (*Lach*)

FOOD

DESIRES: **Sweets. Fish. Lemons or lemonade. Milk. Oranges and orange juice.**

Other dairy products (ice cream, yogurt, sour cream, cheese). Salty food and chips.

Sour food. Bread and butter. Mangoes. Meat. Eggs. Spicy. Potato. Inedible things.

AVERSIONS: Milk. Sweets. Tomatoes. Fruit. Ice cream.

AGGRAVATES: Sweets. Potato.

Thirsty and often extremely so. Especially for cold drinks.

Thirstless.²

² Though traditionally known as a thirstless remedy, over 20 cases were extremely thirsty while only 6 were thirstless. Perhaps this is because thirstlessness is so unexpected during high fevers.

ACUTES

Otitis media, mainly right-sided. Intense, often throbbing pains which wake the child screaming and frantic – waking the family and eventually the prescriber. Bright red tympanic membrane with marked swelling.

Worse: Touch. Night in bed. Noise. Jar. Motion.

Pharyngitis and tonsillitis with deep red discoloration, markedly swollen tonsils.

Recurring sore throats, several per year.

Worse: Right side. From swallowing.

Mastitis, with hot, red, painful breast or nipple but no abscess or discharge.

Worse: Right side. From jarring.

Ovarian pains and cysts, markedly painful.

Worse: Right side. Before or during menses. Jar. Motion.

Acute arthritis; gout; septic joints. Marked redness, swelling, tenderness.

Worse: Motion or jar.

Better: Cold applications.

Influenza and upper respiratory infection with sudden onset, typical symptoms.

Early stage of any exanthem – rubella, mumps, etc.

Scarlet fever.

NEUROLOGICAL

Convulsions, especially febrile convulsions. Eclampsia.

Grand mal. Petit mal.

May help to abort many convulsions if used at the first indication.

Twitches or jerking. Jerking with jolts of pain.

Meningitis. Encephalitis.

Stroke may occur during headache.

VERTIGO

Acute and chronic vertigo.

Worse: Turning head. Turning over in bed. Bending forward.

Ménière's syndrome with tinnitus.

Worse: Unable to turn in bed. Stooping. Rising from stooping.

HEAD PAIN

One of the strongest migraine remedies. The headaches are almost universally felt with pressure, bursting and throbbing or pounding. In 17 of the modern cases, patients had significant, frequent (sometimes daily) headaches.

Worse: **Light. Noise. Motion.** Smoke or chemical odors. Jarring. Cough or sneeze.

Sun. Heat. Bending the head forward or stooping. Menses. Washing hair or tying back hair. Touch. 3 PM. Fasting. Exertion.

Better: **Lying in a dark room. Pressure or binding the head.** After sleep. Lying.

Location: **Right-sided headache.** Head pains often begin in occiput (or even the right shoulder) and radiate to the right temple or forehead and settle about the right eye. (*Sang*)

Concomitant: **Red face.** Cold hands and/or feet. Epistaxis. Facial neuralgia. Loss of vision. Injected eyes, even lacrimation. Nasal obstruction.

Other common descriptions of the headache: "Like a knife." "As if the eyes will be pushed out of the head." "Maddening." "Splitting."

Sudden onset of headache.

Headaches often begin at menarche or after childbirth. The pains may be worse before or during menses. However, several patients reported that the headaches vanished for the entire length of their pregnancies.

Headache with vomiting.

HEAD**Heat and flushing in the head and face.**

Worse: **During fever.** During headache.

Sensation of enlargement of head, often during headache.

Benign tumors of the scalp.

Brain tumors.

Head injury.

Perspiration of head and face, often in sleep but also slight exertion.

Sensitivity to brushing or touching of hair.

EYE

Pupils dilated in any condition. Only 1 of the modern cases mentioned this characteristic though numerous historic cases noted the dilation. It seems modern prescribers do not bother to note its presence.

Photophobia.

Sudden loss of vision (often with headache).

Blindness or threatened blindness.

Worse: Suppressed exanthems or acute illness. Children. Suddenly.

Red eyes during migraine.

Iritis.

Retinal hemorrhage.

Nystagmus.

EAR

Otitis media, severe throbbing pains, usually right-sided. Shrieking child.

Worse: Night in bed. Noise.

Tympanic membrane red and bulging.

Tinnitus.

NOSE

Sinusitis, maxillary or frontal, often with marked pain and throbbing.

Worse: Right. Touch. **Stooping forward.**

Better: Hard pressure.

Allergy or nasal obstruction. Nasal obstruction during the migraine (giving rise to the misdiagnosis of "sinus headache").

Boring in the nose.

Dry sensation in nose.

Crusts about the nostrils.

Epistaxis. Often clotted blood which is stopped only with difficulty.

FACE***Face bright red, often with flushing and great heat.**

Red face alternating with pale face.

Red face during cough, asthma, pertussis.

Right-sided facial neuralgia.

Acne, occasionally a very malignant type with painful, fiery red lesions or abscesses deep in the skin and no pus showing through.

Sun allergy with red, itchy face.

Eczema of the cheeks.

Erysipelas of the face.

Facial convulsions, especially on the right side.

Perspiration upper lip.

Numbness of face during migraine.

MOUTH

White coated tongue.
Aphthae.
Herpes or other sores on the lips or corner of mouth.
Bruxism. Grinds so much, teeth need repair.
Stammering.
Slurring words.
Spasm of jaw – hardly able to speak or chew. Lockjaw.
Stabbing pains in jaw below ear.
Paralysis of mouth and lips.

THROAT

Recurring sore throat with marked fever.

Acute suppurative tonsillitis and strep throat. Peritonsillar abscess.
Worse: Right side. Air passing over part. Swallowing liquids.
Sudden spasms of throat or larynx – can scarcely speak.
Averse to tight collars.
Hoarseness and laryngitis.
Goiter.

GASTROINTESTINAL

Vomiting.

Vomiting from headaches.

Abdominal bloating after even tiny meals.
Pain and cramping in the abdomen, periodic and colicky.

Worse: Lying. Touch. Motion. Jar.

Better: Bending double.

Cholecystitis with severe colic.
Pain along the transverse colon. Colic.
Appendicitis.

Worse: Touch. Jar.

Better: General, firm pressure.

*Intussusception. Attempted peristalsis visible through abdominal wall.
Colon cancer.

RECTUM

Constipation; inactivity and dryness of the rectum.
Hemorrhoids with exquisite pain and congestion.
Involuntary loss of stool.

UROGENITAL

Cystitis. Pyelonephritis.

Enuresis; the children typically have such deep sleep they do not awaken to urinate.
Involuntary urination also during the day especially associated with behavior disorders.

Kidney stones with pain extending to bladder or penis.

MALE

Orchitis and epididymitis.
Undescended testicle.
Acutely inflamed prostatitis.

FEMALE

Severe dysmenorrhea, sometimes with “bearing down” pains.

Metrorrhagia or menometrorrhagia with fluid, bright red or dark blood but mixed with large or dark clots. (*Sabin*)

Irregular and delayed menses.

Uterine hemorrhage or menstrual flow feels hot. Premature menopause.

Labor pains with great restlessness, sensitivity to jarring or being touched.

Right-sided ovarian pains or cysts (with severe pain and sometimes vomiting). (*Apis*)

Uterine fibroids.

Sex drive is generally low to low-normal.

CHEST

Anxiety felt in the chest.

Asthma and recurring bronchitis, often with fever and cough or allergy. Surprisingly, this was the second most common physical symptom. Especially in the winter months with colds and sore throats going rapidly to the chest.

Pneumonia with typical Belladonna presentation.

Pleurisy with breast pain on motion and respiration.

Mastitis with great tenderness, heat and inflammation, fever.

Worse: Touch. Jarring.

Right-sided breast pain and inflammation.

Benign breast tumors and cysts.

Breast cancer.

BACK

Low back pain.

Worse: Morning. Exertion or lifting.

Better: Arching the back.

Extends: Upward or down sciatic nerve.

Sciatica.

Worse: Sitting. Standing. Slight motion. Jarring.

Better: Motion.

Torticollis of newborns.

Opisthotonus in meningitis or encephalitis.

Cold back during menses.

EXTREMITIES

Cold hands and feet (or only the feet) **but face and head hot and red.**

Arthritis with hot swollen joints, typical Belladonna modalities.

Hip dysplasia.

Gout with fever, exquisite pain, pulsations, bursting, redness.

Worse: Slight motion. Touch.

Flushes of heat to extremities.

Poor coordination or even ataxia.

Walks on his toes.

Lymphangitis with swelling, intense redness or even purplish discoloration.

Varicosities.

Fungal toenails.

SKIN

Eczema.

Red, itchy, peeling skin.

Formication.

SLEEP

Sleeplessness and excitement at night, especially in children.

Worse: After vaccination.

Position: Left side (or right). The traditionally noted symptom of sleeping on the abdomen was seen in only 1 case.

Bruxism.

CLINICAL

Acne. Appendicitis. Arthritis. Ataxia. Autism. Boils. Borderline personality disorder. Cancer of colon. Cholecystitis. Cluster headache. Coagulopathy. Concussion. Constipation. Convulsion. Cystitis. Delirium. Dyslexia. Eclampsia. Encephalitis. Endometriosis. Enuresis. Epididymitis. Epistaxis. Exanthems. Febrile convulsion. Goiter. Hemorrhoids. Hypertension. Hypertensive crisis. Influenza. Intussusception. Irritable bowel syndrome. Iritis. Kidney stones. Laryngospasm. Low back pain. Mania – delirium or psychosis. Mastitis. Ménière's syndrome. Meningitis. Menopausal flushes. Metrorrhagia. Migraine. Molluscum contagiosum. Orchitis. Otitis Media. Ovarian cysts. PANDAS. Panic disorder. Polycystic ovaries (PCO). Peritonitis. Pertussis. Pharyngitis. Pneumonia. Postpartum psychosis. Pre-eclampsia. Prostatitis. Psychosis. Pyelonephritis. Scarlet fever. Schizophrenia. Sciatica. Seizure disorders. Shingles. Sinusitis. Strep throat. Thyrotoxicosis. TMJ dysfunction. Tonsillitis. Tourette's syndrome. Urticaria. Vertigo. Warts.

COMPLEMENTARY

Calc. C.

COMPARISONS

Aconitum – Sudden onset, pulsation, flushes, congestions, redness, panic, restlessness. Fear of dark, being alone, attacks. Desires cold drinks, flushed face alternating with paleness.

Apis – Anger and shrieking, jealousy, hot, flushed face, warm-blooded with cold feet, affected part is hot, swollen, red, right-sided complaints, sore throats, right ovarian cyst and pains, desires sour food and pickles, fish, cold drinks. Both remedies are at times thirstless.

Bryonia – High fevers, aggravated by motion and jar, better lying still, increased thirst, intense headache (though Bryonia is more often left-sided), vertigo, pharyngitis.

Lachesis – Jealousy, mania, loquacity, fear snakes, hypertension, menstrual disorders, flushes of heat, aversion to tight collars, hemorrhage.

Stramonium – Acute miasm, convulsions, rage, fear of dark and animals, fear alone, violence, stammering and neurological disorders. Belladonna is more prominently affected in the circulatory system with congestion, redness, hypertension, hemorrhage.

Tarentula – Restlessness, disobedience, striking and even violence, striking oneself, dancing, ailments from disappointed love, aversion to certain colors, desires salty, though Tarentula is generally chilly.

Veratrum – Mania and Acute miasm, restlessness, behavior disorders, violence, biting. Shrieking, runs away, jealousy. Craves lemon, ice, salty.

Arg-N. Bar-C. Glon. Hyos. Lach. Lyss. Meli. Other Solanaceae remedies.

EVIDENCE REVIEWED

53 full modern cases. 26 modern case reports. 8 modern acute cases. 78 historic cases. Articles by Dr. Ghegas, Dr. Sankaran, Prof. Vithoulkas.

BELLIS PERENNIS

Though often neglected in favor of its famous relative *Arnica*, *Bellis Perennis* is one of our finest remedies for dealing with trauma and injury. These injuries may be physical or emotional, but the internal reaction is the same. For example, the patient may speak of a shocking event or a rejection as a “blow” to him and especially to his heart. Like all remedies of the *Compositae* family, the patient is sensitive to these traumas and desires to protect himself and others – with his willpower, his leadership, his political savvy. Even in the midst of serious illness and trauma, the *Bellis* patient will maintain strength and composure. An extreme effort to protect those around him may overtax the patient’s strength, leading to illness.

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| COMMON NAME: | Daisy |
| PLANT GROUP: | Asteridae Compositae |
| MIASM: | Cancer |

In 7 of the cases, the patient was severely affected by some form of physical trauma leading to serious illness (even cancer), lifelong disability and painful scars. In 3 other cases the patient was horribly affected by witnessing a severe injury of a loved one or even a stranger right in front of them. Something in the trauma makes the patient deeply committed to preventing injuries to other people – through education, social activism or personal intervention (even jumping into a physical altercation). The patient may use the word “protector” to describe himself or his intentions; in short he is out to save the world. In order to succeed in this mission, the patient must be confident, fearless and tough – resistant to any injury he may receive. The toughness may be accompanied by anger or even rage – especially from insults and criticism (or at himself over his own perceived failure). He can become furious and even notice violent thoughts or impulses (though rarely acted upon).

The resistance to injury often centers on an ability to overcome pain itself. In 6 of the cases, the patient spontaneously mentioned his extreme tolerance of pain – that he was able to control his pain or at the least not show the pain and definitely not cry. This pyrric victory against pain may have the unwanted consequence of numbing the emotions as well. The patient may find himself unable to feel others’ love for him or indeed his own love and joy.

Failed State

Bellis patients are prone to a failed state in the goal of controlling injury (or protecting others from injury). When he perceives himself to be too small to protect himself or others, he feels a cold helplessness. His family and support network seem to vanish. He fails in his business or his studies and loses his ambition and the admiration of others. Here the patient expects strong support from his family and feels betrayed if it is not forthcoming (even irrationally, when the supportive family member had died). After all, the patient himself would risk anything to protect his loved ones. In 6 of the cases the patient’s solitary fear was the loss of family.

Cancer Miasm

Bellis is one of our strongest Cancer miasm remedies. In 4 of the cases, patients presented for treatment with cancer and all did extremely well on follow-up. The patients have many symptoms of the miasm: Sympathy (4 cases). Fastidiousness and perfectionism (5 cases). Strong feelings about social justice (5 cases). Fear about losing control (4 cases).

Physicals

Bellis is more suited to injuries of deeper tissues than the musculoskeletal system such as glands or mesentery. Pelvic surgery or birth trauma often responds better to *Bellis* than *Arnica*. In addition, this remedy has been used for abscess, dysmenorrhea and rheumatism. Especially low back pain and stiffness due to injury or surgery was very common, often extending into one hip. As a remedy of the Cancer miasm, *Bellis* often develops deep disorders such as neurodegenerative conditions, autoimmune disorders or frank malignancy. In 4 of the cases, patients had serious cancers and two recovered from stage 4 cancers without any other treatment beside the remedy.