

ABDOMEN, ASLEEP, AS IF, ABOUT HYPOCHONDRIUM – Digitalis

The right hypochondria is the area around the liver and on the left it is the area around the spleen. Digitalis is primarily a heart remedy and so you would expect this rubric to pertain much more to the left hypochondria than the right.

Another way of saying that the abdomen feels as if asleep in this area is that there is a sensation that the heart would stand still if there was other bodily movement – even breathing exacerbates this feeling and in serious heart pathology this must be quite a frightening experience.

But there is something even more curious about this rubric and it associates with some of the emotional feelings of this remedy.

Being a heart remedy Digitalis represents a ‘clinging’ to life. This is why they cannot move in case, in an instant, life is taken away. The brain feels loose and there is a sensation as if something is running out of the body, as if it had torn itself loose and is trying to escape. Life itself is draining from the body.

There is a great deal of guilt attached to Digitalis – feels guilty as if committed a crime; fancies he has done wrong; anxiety of conscience; very cowardly and cannot tackle that which causes these guilty feelings – this culpability makes them stutter and stammer, a clear indication of the guilt they are feeling burdened with.

But they have to find a way of protecting themselves from the consequences of this imagined guilt and they curl up in a bundle. Then you have a different type of sensation, that of being bundled up – the lungs feel as if constricted and tied up in bundles; the stomach sinks into the abdomen; they feel they have to hold on tightly to what they have to keep the connection to life, without this they would become detached and float away as the heart hangs tremulously by a thread – so they curl up, like an animal and pretend to be asleep, as if to scupper the grim reaper.

Joy Lucas, April, 2006