

A few remedies for Lupus

LUPUS - from the Latin meaning wolf, used to describe the typical visual appearance of the rash on the cheeks as being wolf like.

Lupus has such a range of symptoms that it is often mistaken for many other conditions but the underlying state is that of a chronic inflammatory disease.

Lupus is considered to be an auto-immune disease, a type of self allergy whereby the person's immune system creates antibodies which attack the body's own tissues instead of protecting them. This theme of protection, or lack of it, runs through many of the remedies in this chosen list of remedies that have an affinity to Lupus.

There are different types of Lupus:-

Discoid (aka Cutaneous Lupus) affects the skin

Systemic Lupus affects multiple systems in the body

Drug induced Lupus, symptoms usually (but not always) disappear after the drug is discontinued.

Typical symptoms are extreme fatigue, joint pain with swelling, muscles aches, anaemia, general malaise, depression, skin rashes and photosensitivity, ulcers, fever, hair loss - any vital organ can come under attack. The symptoms usually develop over quite a long time. There is usually a significant trigger. Women are more affected than men - 90%.

There is an affinity with cancer, i.e. a high related tendency towards cancer for people with Lupus. When people die from Lupus it is usually due to overwhelming infection and kidney failure.

REMEDIES, from the point of view of the significant trigger factor.

APIS MELLIFICA - honey bee

It is easy to see why this remedy would have an affinity with Lupus - the well known allergic reactions that can arise from the sting of the honey bee, red skin and rashes, hot and swelling, itching, as well as other important factors of this remedy - general oedema, burning

pains, swollen and painful joints, nephritis, suffocating respiration, cancer of the tongue, prolapses, throbbing head pains, conjunctivitis, keratitis, meningitis - the application is huge, just like Lupus can attack any part of the system, so can Apis have an affinity to.

But what could be the trigger in this remedy?

JEALOUSY, one of the most important keynote of Apis, is perhaps the most likely starting point as a causative factor.

ARSENICUM ALBUM - white oxide of arsenic

A strong susceptibility to allergies gives this remedy its affinity to a condition such as Lupus. It is a very deep acting remedy, affecting every organ, every tissue in some way or another. The prominent physical symptoms are burning pains, extreme weakness, very restless, emaciation, asthma, acrid and thin discharges, offensiveness of discharges, swellings, blueness of parts, extreme chilliness >>> warmth, intense thirst for sips, there is a marked tendency to ulceration and destruction of tissues.

But what could be the trigger? With Arsenicum it has to be centred around SUPPORT and SECURITY, a lacking of which will give us the remedy picture - fear, loneliness and isolation and they employ a great deal of caution and conscientiousness to avoid any such circumstances which will induce this.

The anguish which drives them from place to place is based on a fear that their SUPPORT and SECURITY will be lost or taken away:-

Fear if anything is expected of them

Fear of people and company but also fear of being alone lest they harm themselves

Fear of robbers

Fear of disorder - delusion everything is contaminated

Fear of death

Fear that he has offended someone

Fear he is guilty of a crime

Fear that they can never be happy in their own home - restless, try to escape

Fear drives them to suicide

Fear of crowds
Fear of impending disease
Fear of evil
Fear that something bad will happen
Fear of imaginary things, trifles, unaccountable

These fears are coupled with a certain amount of suspicion and malice:-

Thinks she is being watched
Full of doubts
Joy at the misfortune of others (happening to others and not self)
Complaints from anticipation
Censorious and critical
Contemptuous
Thinks people are conspiring against her
Desire to kill
They swear and curse when given the chance, can have repulsive moods
Spits at people

With so much fear and disorder the cautionary Arsenicum type is driven to create order of some kind - fastidious to the nth degree.

BRYONIA ALBA - wild hops

Bryonia affects all serous membranes causing great inflammation and fever of many kinds. The circulation and the blood is disordered. Aggravation from any movement at all, they have to be still and resting. There is physical weakness when attempting to move. There are stitching, tearing, bursting pains. 'Bry is dry' - mucous membranes are dry and they are very thirsty, discharges are scant, menses are suppressed, joints seem to lack lubrication - hot, red and swollen, skin rashes recede or do not develop - a definite withholding state.

Often affects people who are normally of a robust and determined constitution, the complaints develop slowly, they do not succumb quickly.

The trigger with Bryonia is all to do with CLINGING, PROTECTION

and the fear of BEING SCORNED, of losing that protection.

Bryonia is a clinging and climbing vine. The climbing aspect might well relate to the normal robustness of this remedy - they often do well in life, reach sociable heights, they are often talking of their business (even when ill). The clinging relates to the amount of protection they really do need, their fear of being scorned - ailments from being scorned - and as a plant that needs something to cling to the 'home' is a likely source of discontent.

Anxiety in the house
Delusion is away from home
Delusion as if in a strange land
Attempts to escape
Desires to go home
Talks of home

For people who fear being scorned and have a need to cling then Bryonia goes about it with an unlikely attitude. They are so irritable, to the point of rage. They want to be left alone (good thing too!), very ugly behaviour, taciturn. Usually so robust they cannot come to terms with being ill so they are extremely apprehensive about their condition, and fear for their future, but the overwhelming emotions are irritability and complaining.

The need to cling and fear of losing protection comes in the form of:-

Delusion is being injured
Delusion he is pursued
Delusion under the control of strangers
Delusion he is unfortunate
Despair of recovery
Fear of being alone
Fear of being poisoned
Fear of suffering
Ailments from scorn
Aversion to being touched
Feels unfortunate

Interestingly Bryonia is one of the remedies mentioned under Kleptomania - magpie like, stealing for self gratification, needing to reward the self at any cost, etc which highlights the selfish and needy

aspect of this remedy.

BELLADONNA - deadly nightshade

Intensity, sensitivity, suddenness, heat, redness, burning, restless and can't lie down, fearful and full of anxiety, inflammatory conditions, pains press downwards and move downwards away from the head where most of the congestion is centred. The pains are throbbing, burning and stabbing. Wants to escape, to run away - well yes, who wouldn't, considering the intensity of the situation. Who hasn't experienced that acute state of Belladonna? The toothache which drives to despair, the head pain which literally drives you 'out of your mind', the inflammations which cause such unbearable sufferings.

There is a polarity with this that is melancholic, grief ridden, discouraged, apathetic, taciturn, indifference and timid.

But the trigger behind either of these pictures will always be FEAR, APPREHENSION, AGITATION and SUSPICION and GRIEF.

From the point of view of Lupus it is interesting that a peculiar delirium of Belladonna is that of wolves and butterflies (both resembling the facial rash of Lupus), although there are hundred of examples of visions and imaginations of horror. But where do these visions come from? Are they imprinted within the poison of the plant or do they come from within the imagination of the person. Are they an indication of the vibrant imagination of someone who might become so ill as to need this remedy? Possibly a genetic memory that the vital force brings forth when called upon in times of great suffering, a memory that lurks, that is hidden in the past. In this way Belladonna has a chronic application - someone who has become locked into a peculiar state of mental excitation which has fury and rage with intense sensibility or utter dejection and weakness of mind and body - a truly deranged chronic state which has frightful acute phases. A very deep seated chronic disease such as Lupus in its worst possible form.

In this way Belladonna is always under threat, always fearful of the acute phase, the suddenness of it and the intensity. To survive this they have to escape somehow, but even whilst trying to escape they

feel that will be pursued and killed, the threat continues and they are permanently locked into a lasting state.

PHOSPHOROUS - the element

Many writings about this remedy talk about how friendly, sympathetic and lovely Phosphorous people are. These are, of course, healthy aspects and we wouldn't be prescribing on these, we should be looking at the diseased state of this remedy. But it is true, no matter how ill a Phosphorous person is they are still so friendly and warm towards the world and this is nearly always evident during the case taking.

I see 4 main areas of PHOSPHOROUS, the main triggers being FEAR and INSTABILITY (DIFFUSION):-

DIFFUSION - HAEMORRHAGE - FEARS - CANCER

1) Diffusion:- Bearing in mind what Phosphorous is to bring light - there is luminosity, light, effervescence (used in the manufacture of matches!! - strike a light - here one second and gone the next) and because of this there is a great feeling of transience. They are all over the place, never finish anything, can't hold onto information (learn poorly).

There is magnetism, they capture your imagination, the eyes sparkle, easily excited, very sympathetic and sensitive to others. Very expansive in their responses to others, they virtually never complain or criticise. They are openly affectionate - they need to give this out so they are desperate for company to do this - cannot be alone for long.

They are often clairvoyant, see auras, anticipate events - so sensitive to everything that it can become a burden to be like this. Sensitive to sound, smells, changes in temperatures, pain, light and dark, etc.

So their own self is of prime importance, always directing attention to themselves, there can be a love of self, egocentric and others cannot compete - they might have many partners during life (can't hold on to people). Also exhibitionist, will act out and mimic. Children can tell dreadful fibs with great convincing, innocence and charm of

course. A strong sexual appetite comes under this force.

2) Haemorrhage:- The theme of diffusion continues with the haemorrhage - they can bleed easily, profuse and from anywhere. The blood is overflowing like the personality. Bloody diarrhoea, haemorrhoids, heavy menses (menorrhagia), nose bleeds, haemoptysis (lungs), haematuria (urine), extravasation of blood under the skin, gums bleed easily etc. They flush up easily. Red blood and even red haired and if not red haired the hair will have some tint of red somewhere.

3) Fears:- So many fears many stemming from their intense sensitivity. Fear of being rejected or criticised, cannot be happy if others around them are not so (delusion of being noble - self importance). Fear of anything even slightly unpleasant - effects them immensely, even pleasurable activities can make them fearful of the emotions spent. They can even fear their own sensitivity. Fear of ghosts, spirits, the dark - think they see things, twilight (hovering between light and dark). Fear of noises, thunderstorms and not surprisingly fireworks. Fear of illness, being poisoned, the future, death, that something will happen, of robbers. Fear of being alone, of failure.

4) Cancer:- Phosphorous is a big cancer remedy and it is interesting that there appears to be a link between Lupus and the incidence of Cancer. Phosphorous is an exceedingly poisonous substance but is also an essential element in the body structure. The vapour is absorbed by the lungs and there is an affinity to lungs, bones and nerve tissue. But almost any organ can be susceptible and especially - liver, skin, lungs, bowels, stomach, blood. Kent lists the following type of cancers - encephaloma, epithelioma, fungus haematodes, scirrhus.

Other pathology = strong tubercular influence so the whole respiratory system can be involved - bronchitis, pneumonia, asthma, coughs of all sorts. Phosphorous will often present with stomach and/or digestive complaints. The bones are also nearly always effected - people working with Phosphorous used to get "phossy jaw" - necrosis of bones. Nearly always cold but crave cold drinks and many pains are of a burning nature. The energy aspect of this remedy is vital - always tired, needs cat naps.

STREPTOCOCCINUM - the bacteria

Within the host Streptococci are often found to colonise the mucosal surfaces of the mouth, nares and pharynx. However in certain circumstances, they may also inhabit the skin, heart or muscle tissue. Streptococci pyogenes (or Group A Streptococci) have been implicated as the aetiological agent of acute pharyngitis ("strep throat"), impetigo, rheumatic fever, glomerulonephritis and invasive fasciitis.

Group B Streptococci (GBS) is thought to be the number one cause of life threatening infections in newborn babies, usually within 7 days but late onset can occur up to 3 months of age. It is thought to cause meningitis, cerebral palsy, lung and kidney damage, sight and hearing loss and developmental problems. There is an experimental vaccine now being given to pregnant women - who knows how much this, and also suppression of an early indication of this bacteria is contributing to late onset conditions such as Lupus.

The trigger then with this remedy has to be INVASION - of bacteria, but not necessarily *just* bacteria.

This remedy is rapid in its action, especially with temperature. There is extreme sensitivity to light, noise, change of temperatures. There can be attacks of epilepsy with lots of involuntary and uncontrollable movements - as though they have been taken over by someone else. They do not like being consoled, interfered with or looked after, this always make them <<<. One cannot get through, cannot invade because there is too much sensory invasion already taking place.

Extreme sense of obsequiousness - totally compliant to the will of another, invasion of another. As with many other remedies that have this level of control about them we often see compulsive or obsessional behavioural disorders - in this case cleanliness can be prominent - trying to cleanse the bacteria/invasion. They are also convinced they are going mad and are tormented by this, they dwell on these persistent anxious thoughts and cannot escape the invasion.

LACHESIS MUTA - bushmaster snake

Lachesis shares much of the common symptoms of all the snakes - poisonous and spitting, loquacious, colourful, attractive, sexual, charming, competitive, jealous and suspicious.

The tendency with Lachesis is haemorrhagic with malignant or septic states where the system has been poisoned in some way and the result is a profound and deep collapsing condition.

The jealousy and suspicion is so strong in Lachesis that one might be tempted to put these rubrics at the very height of this remedy. But I think you can extend this even further. I think the trigger with this remedy is again, LACK OF PROTECTION and LACK OF LOVE - thinks herself pursued, hated and despised are the guiding aspects.

The Lachesis person is always having to prove their worth - forsaken at birth or, at least, not tended to adequately, leads to jealousy towards those who have, what appears to be, everything they didn't have. So, their insecurity drives them to go one better and become competitive to show their true worth. One way of doing this is to be very charming and hypnotic, another is to be extremely attractive, more so than anyone else - the best dressed, the most expensive, the most showy etc. The chosen careers of Lachesis will always be indicative of this performance or competition.

This competitiveness sets them against others, par for the course, they *have* to stand alone and be counted - this is their sense of survival, this is what they learnt at birth and early infancy. So they are naturally suspicious of other's intentions. In a more serious state they will become extremely malicious and hateful - when they are truly cornered and threatened.

A lack of love and protection is becoming apparent with many of the remedies that have been chosen for Lupus and they are key elements in a diseased state that eventually leads to cancer or some kind of malignancy - again common with Lupus - and with Lachesis this is especially so.

PYROGENIUM - rotten meat pus

Septic states, chronic or acute and one can imagine the horribly offensive discharges that develop with such a remedy. A septic state

can threaten any part of the system and with Lupus in mind Pyrogen has a special affinity to the blood, circulation, heart and muscles.

The original meat that was used to make the remedy was left in the sun for 2 weeks so it is interesting that Pyrogen is one of our most chilly remedies - they will dress in heavy clothes even in the summer, always chilly cannot get warm. Even the heart feels as if pumping cold water so the blood feels cold. Septic fevers can also prevail where no amount of sweating brings the temperature down.

Pyrogen is a very anxious and restless remedy. Feel as if they are in a twilight zone, neither awake nor asleep - a sense of duality. But they come alive at night time and become very active and excitable, they function so much better when the sun has gone down, they will do their best work at night and feel intellectually more alive.

Septic states always smell and people needing Pyrogen generally do smell bad, it can't be missed. They 'look' smelly as well, i.e. if you see them from a distance you can imagine that they smell and they do. It can be so bad as to be REPELLANT and for me this is the trigger of this remedy, especially in a connection with a condition such as Lupus (ALLERGIC to themselves, REPELLANT to themselves). Maybe for this reason they are loners and adopt a habit of talking to themselves. Not always easy to acknowledge during a consultation but loquacity prevails.

Septic states spread and there is an expansive side to Pyrogen. There are a number of delusions which pertain to this - Delusion that the body covered the whole bed; Delusion as if self seemed too large; Delusions of great wealth. The restlessness of this remedy (driven by anxiety) is also suggestive of expansion as is the spewing out of words, the loquacity, full of what seem to be crazy ideas, as if they want to escape from themselves and their own septic state.

Allopathy tends to state that Lupus cannot be cured but goes forth in prescribing an array of heavy duty drugs. Some of these drugs are called anti-malarial and there is now some research into the possibility that the spleen is, in fact, where the origin of this disease lies. With this in mind I would suggest that the China group of remedies and also those remedies that have an affinity to the spleen such as Ceanothus, Berberis, Bellis, Ranunculus, Sul-ac, Urtica urens and many others.

