

ANYONE FOR TENNIS FRAGARIA VESCA & CREAM

I am sure that many of you will know that Strawberries and the Wimbledon Tennis Tournament are synonymous with each other - 2 tons of strawberries are consumed DAILY throughout the tournament, which equals approximately 27,000 kilos in total. And that also means thousands of litre of cream to go with them. Yes, we love strawberries and their consumption is a British institution!!

Strawberries have significant food values:-

They are an excellent source of Vitamin C; they are believed to eliminate kidney stones (if you consume enough of them); relieve the sufferings of arthritis, gout and rheumatism. The juice of strawberries is said to remove discolouration on teeth and, if rubbed over the skin, will whiten it and soothe sunburn. Culpepper claimed they made "an excellent water for inflamed eyes and to take away a film or skin that beginneth to grow over them." They provide a mild tonic to the liver and have antibacterial properties.

Unfortunately, there is a downside:-

Th seeds can cause severe irritation to people who have bowel disorders and they are also famous for the allergic reactions they can cause in those who are susceptible - the content of salicylates are thought to be the cause.

The connection with Gout, Rheumatism and Arthritis must have something to do with a Uric Acid diathesis and just as strawberries can alleviate the sufferings of these conditions,

so can they aggravate them - the polar opposites which we are familiar with in Homeopathy. Cravings of substances can also mean aggravations, just like aversions can mean aggravations.

Unless you have significantly extensive computer repertories, you will struggle to find a 'desires strawberries' rubric, but it is there and, interestingly, the one remedy which has a huge aggravation from strawberries also has a desire for them - Oxalic acid. Other rx that desire strawberries include adam; ratt-n; and bar-p.

I personally am of the opinion that we have to tread carefully with many of the food rubrics and I tend to use them only if the craving is just that, a craving, and likewise the aversion and aggravations have to be much more than reasonable. Because we are often allergic to the very foods we crave it is legitimate to use the polar opposite of a particular food desire, amelioration, aversion or aggravation - especially if the rubric is missing.

If you look at the remedies contained in all the rubrics there are at least 5 remedies which have 'allergic' keynotes - Ant-crud; Apis; Fragaria; Sulphur and Urtica urens. Virtually all have some sympathy with a uric acid diathesis - Ant-crud; China; Apis; Fragaria; Oxalic acid; Sepia; Thlaspi; Urtica urens etc.

From Kent "the oxalic acid patient cannot eat strawberries. If you are ever caught in a place where you have a patient get sick after eating strawberries, tomatoes or oysters, and you have no homeopathic remedies at hand, it is a good thing to remember that a piece of cheese will digest strawberries, tomatoes or oysters, in a few minutes." Is it the milk content of cheese which does this? Is that why we eat cream with strawberries, to create a nutritional and chemical balance?

From P. Sankaran "Powel describes a case of allergy to strawberries who was ameliorated on *Fragaria vesca*." This might hint at Isopathy but it comes back also to the polar opposites we see so often in Homeopathy - cravings versus aggravations.

And what of the remedy itself - *FRAGARIA VESCA*, actually the woodland strawberry and part of the rose family. Homeopathy uses the tincture of the ripe fruit and an infusion of the roots.

Still the combination of strawberries and cream/milk continues as one of the chief functions of *Fragaria* is to dry up the breast milk after childbirth. But the rest of the symptom picture is extremely varied.

The redness of the fruit is indicated in the complexion which is livid.

The allergic reactions have included fainting; suffocation; swelling especially of the tongue (strawberry tongue); vomiting; violent colic; convulsions and even death (Clarke).

It has tapeworms and chilblains which are << in hot weather. Has an affinity to the spleen, skin eruptions (urticaria like), viscid perspiration, sprue (chronic deficiency disease characterised by digestive disturbances with fatty diarrhoea) and psilosis. Clarke also says, "I have known an indulgence in strawberries to revive symptoms of gonorrhoea." Useful in strokes when suffocation seems imminent.

Quite an unusual symptom picture.

It is related to Apis; Ars; Crat (also of the rose family); Hydrac.

I have not been tempted to write anything about the mental and emotional symptom picture of Fragaria (little is known?) but one could approach this a la Sankaran and look at the rose family in detail - a lot of allergies which threaten not only with their suddenness but also because that threat carries potential death. Crataegus is a heart remedy and heart attacks can be sudden and threatening in the same way. There is a lack of control. So I imagine fear and controlling issues would prevail.

We know that Oxalic acid both craves but cannot eat strawberries but I couldn't help myself in looking at some of the other cravings and aversions of some of the strawberry related remedies. The cream and milk theme continues here also.

Ant crud and Sulphur will eat anything!

Sulphur cannot eat milk.

China has many cravings and aversions but cannot eat milk.

Urtica - although not a craving it also diminishes the secretion of milk after childbirth.

Sepia cannot eat milk or acids.

But the best for me has to be Apis which craves milk and Thlaspi which craves buttermilk - a lovely accompaniment to those strawberries!!

Thanks for reading. Joy Lucas RSHom