

ZIZIA AUREA – meadow parsnip, golden alexanders

Ever wake up in the morning thinking you could conquer the world but when it actually comes down to delivering the deal you back off? Just the thought of all that work is enough to make you feel twitchy and you want to go back to sleep and then wake up feeling depressed because you can only dream about it. That's Zizia for you.

This is because Zizia is in a perpetual 'attack and defend' mode – ready for anything but unable to sustain a harmonious position. They dream about doing these great things, suddenly wanting to get into the action but quickly followed by sleepy, depressing dullness.

You could say that Zizia is almost cheerful with its own melancholy when in the passive state but irritable and dissatisfied with themselves when in the active state – in other words, as long as nothing is expected of them they can maintain some cheerfulness. But of course life is never like that and someone who needs Zizia is always under pressure, always that feeling of being pursued by the need to achieve and a desire to escape that force of pressure.

These sudden attacks of alternation are common to the Umbelliferae family – Conium, Cicuta, Aethusa, Oenanthe and others. Not surprisingly, many of the remedies in this family have convulsions in the symptom picture and this gives an indication that Zizia, as well as the other remedies in this family, has an affinity to the brain. Generally the common theme in these remedies is the intensity or violence of the pains that are often described as 'shooting' or 'stabbing'.

So, working from the brain downwards we have:-

Convulsions; laughs and weeps alternately; spasmodic

Dizziness

Migraines – characterised by a rush of blood to the head with a sense of fullness; intensely painful and gets <<< as the days go by finally at its worse by the 7th day, has to lie still in a dark room; right sided, over right eye or in right temple; a sense of pressure on top of the brain; headache associated with backache; pain in occiput that extends into neck muscles; migraine associated with ovarian neuralgia

Chorea, very restless and twitching especially face and limbs, even during sleep

Unpleasant dreams

Shooting, stitching and bruised pains in chest that extend in many directions; pleurisy

Vascular and nervous excitement – can appear like hysteria or hypochondriasis

Shooting pain in eyes < right side

Styes

One cheek red the other pale (as in Chamomilla)

Right nostril congested

Very sensitive tongue and yet craves acids and stimulants

Dry cough with shooting or stitching pains in chest accompanied by a sense of suffocation; trachea is sensitive to the touch; asthma

Sudden suppression of menses

Sexually excited followed by lassitude and then prostration – this is a mirror image of the emotional state of exhilaration followed by depression and then indifference

Chill alternates with heat; lots of redness and flushings; fevers (this plant has a herbal use for fevers) but also the opposite occurs – the whole surface of the body appears pale, even white.

And working upwards, in a reverse direction, you could say that their dreamy and imaginative world gets them so excited, like a rush of blood to the head, until a shaky, dizzy, convulsive state occurs that then subsides again into depression and indifference – until the next occasion.

Thanks for reading. Joy Lucas, August, 2005

