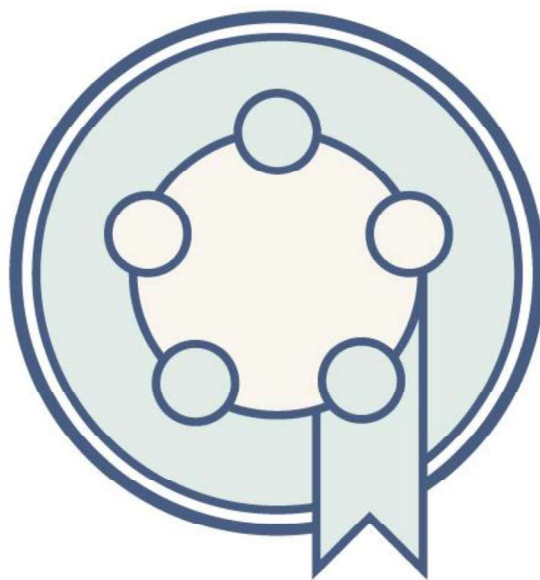


Case quizzes and clinical hints

for devoted students of classical homeopathy

**How to become a more successful prescriber and
bring your passion back into your practice**



by

Petr Zacharias

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Table of contents (clickable)

Table of contents (clickable)	4
Author's preface	7
Acknowledgements	8
Dedication	9
Foreword by Alan Schmukler	10
Case Quizzes	12
Case 1 – Crohn's Disease	12
Case 2 – Hay fever after disappointment	15
Case 3 – Nausea in pregnancy	19
Case 4 – Recurrent cough	23
Case 5 - Anxiety	27
Case 6 – Atopic eczema	31
Case 7 – Nausea in pregnancy	34
Case 8 – Atopic eczema	37
Case 9 – ADHD with Epilepsy	41
Case 10 – Recurrent colds	49
Case 11 – Acute tonsilitis	53
Case 12 – Flushes of heat	56
Case 13 – Recurrent bronchitis and sleeplessness	61
Case 14 - Warts	65
Case 15 – Tietze syndrome	70
Case 16 – Sore throat	72
Case 17 – Hoarseness	76
Case 18 - Rheumatism	78
Case 19 - Hypertension	80
Case 20 – Acute coryza	82
Case 21 – High fever	84

Case 22 - Ganglioma	88
Case 23 – Never been well since cystitis	90
Case 24 - Vertigo	92
Case 25 – Female infertility	95
Case 26 – Male infertility	99
Case 27 – Chronic rheumatism	101
Case 28 – Otitis media with high fever	105
Case 29 – Acute diarrhea	108
Case 30 – Pytirisias versicolor	110
Case 31 – Acute tonsilitis	114
Materia medica quizzes	118
Quiz 1	118
Quiz 2	122
Quiz 3	123
Quiz 4	125
Quiz 5	128
Quiz 6	131
Quiz 7	134
Quiz 8	135
Clinical hints	138
Clinical Hint 1 - On a homeopath's mindset.....	138
Clinical hint 2 - On Belladonna related remedies in fever	141
Clinical hint 3 - On the importance of practicing correctly.....	144
Clinical hint 4 - On retention of milk.....	147
Clinical hint 5 - On how to make a proper differential diagnosis	148
Clinical hint 6 - On Gelsemium and Asarum in nervous breakdown...	149
Clinical hint 7 - On the importance of past symptoms	150
Clinical hint 8 - On materia medica and repertory	151
Clinical hint 9 - On Sepia and Lilium tigrinum	152
Clinical hint 10 - On what does it mean to know a remedy	156
Clinical hint 11 - On small remedies	157

Clinical hint 12 - On Bovista	158
Clinical hint 13 - On prejudice regarding materia medica	159
Clinical hint 14 - On Ammonium carbonicum and related remedies...	160
Clinical hint 15 - On newborns' colics when Colocynthis fails.....	163
Clinical hint 16 - On nausea in pregnancy and Sepia.....	164
Clinical hint 17 - On the first pregnancy.....	165
Clinical hint 18 - On Kali arsenicosum.....	166
Clinical hint 19 - On imagination when studying	167
Clinical hint 20 - On one sided knowledge of remedies	168
Clinical hint 21 - On what is meant by a contraindication	170
Clinical hint 22 - On miasms	172
Clinical hint 23 - On studying materia medica	175
Clinical Hint 24 - On perceiving a whole picture	181
Clinical hint 25 – On observation	182
Clinical hint 26 – On etiology.....	183
About the author.....	186
How you can stay in touch with me?	189

Author's preface

In 2015 I established an international Facebook group where I started publishing my work. Since then, I've been publishing there quizzes, cases, notes on differential diagnosis, clinical hints and my quotes on homeopathic philosophy. This forum has become very popular and students from all around the world got inspired by classical homeopathy. I am happy for that because it was my goal. This book is a collection of my work published in that group from 2015 to 2017. I hope you can find here inspiration that will help you keep your love and devotion for classical homeopathy growing.

Acknowledgements

This book would not have come into being without a tremendous help of Peeyush Gautam, a homeopathic doctor from India. He initiated the publication of this book and helped me organize all my work including quizzes, cases and clinical hints I published over the period 2015 – 2017 in my international Facebook group. My great thanks go to him.

Dedication

Students of homeopathy ask very frequently how often they should study materia medica. Two hours a day? Three? Or is one hour a day enough? I would answer that it is not enough. You study thousands of hours but it is not enough, you see thousands of cases and that is not enough but when you at the same time love homeopathy every second of your life that is enough. **This book is dedicated to all students around the world who really love homeopathy from their hearts.**

Petr Zacharias
Prague, Czech Republic
13th of DEC 2017

Foreword by Alan Schmukler

Petr Zacharias is a homeopath for whom teaching comes naturally. He loves to do it and he's very, very good at it. Petr is the founder and principal lecturer of the Prague College of Classical Homeopathy. He learned from some of the best classical homeopaths practicing today, including George Vithoulkas. This little book, *Case Quizzes And Clinical Hints*, consists of 31 short case quizzes, 8 materia medica quizzes and 26 clinical hints. I enjoyed all of these and learned something from each one. There's material of interest here for any homeopath, from the beginner to the seasoned practitioner. Petr keeps these lessons brief, clear and simple. He works with uncommon precision, made possible by his wide knowledge of comparative materia medica. He combines this with clarity of analysis, which leads to accurate prescriptions. These little vignettes illustrate how to reduce a case to its most important aspects. They also show how precision is necessary when choosing symptoms, paying strict attention to the patient's words and meaning. You'll be pleasantly surprised again and again when you see how he arrived at the simillimum. The book is crammed full of useful tips that are guaranteed to improve how you practice. The clinical

hints cover a number of areas and even include observations on how to relate to patients. In the end, this is not a plough through type book but rather an entertaining one that makes learning a pleasure.

Alan V. Schmukler
Chief Editor – Homeopathy 4 Everyone

Case Quizzes

Case 1 – Crohn's Disease

A young man, 22 years old, with Crohn's disease. He has been taking corticosteroids and immunosuppressive pills since the disease was diagnosed, which happened when he was 13 years old, after he lost his father. He had a diminished appetite, diarrhea, and strong anemia at that time.

According to what he said, he was able to cope with the father situation and the only thing that made him irritable was sympathy from others. He took it as a challenge and went through it quite nicely. His **CRP is now somewhere between 60-80**. He has cramps 30 minutes after eating (3) and diarrhea four times a week. Cramping pains are amel by bending double (2). **Whenever an inflammation in a colon gets worse (being exacerbated), the first sign is a headache that is always in the right temple (3).**

He craves spicy food (2) and cold milk (2), thirst for 2,5l per day, prefers icy cold. He spontaneously says that he has a weird looking tongue – coated white but there is a red streak in the centre (3) ever since he has been suffering from Crohn's disease.

Follow-up after one month

After an initial aggravation of the diarrhea, the cramps after eating diminished as well as headaches and **his CRP dropped to 4 which is considered to be normal**. His physician reduced the doses of corticosteroids by half. He feels better psychologically because of the absence of the pains.

Analysis

The most important fact for me was, besides the very specific character of headaches, the realization that **headaches are connected with gastric disturbance**. Whenever the inflammation of the colon had flared up, the headache started. This is what we call **gastric headaches** and there is a relevant rubric in Synthesis: „HEAD - PAIN – gastric“. It is very characteristic for *Antimonium crudum*, *Iris versicolor*, *Ipeca*, *Sanguinaria* and *Natrum carbonicum* but only *Iris versicolor* and *Sanguinaria* have headache around right eye or right temple at the same time. Of these two, only *Iris versicolor* is listed in the rubric: „MOUTH - DISCOLORATION - Tongue – white – sides – accompanied by centre, red streak on“. The amelioration by bending forward is a confirmation for *Iris* which

shares this modality with Coloc. Therefore, the remedy that cured the condition in this case was *Iris versicolor 30C twice a day for 2 weeks*. Now, it is more than a year since the remedy, there has not been any relapse as far as I know and the patient does not take any allopathic drugs at all.

Case 2 – Hay fever after disappointment

Male, 28 yrs old, suffering from hay fever. His nose is running with a watery discharge and, in addition, is obstructed. These complaints started 8 years ago when he moved from a small village to a very large city. At that time, he was quarrelling a lot with his girlfriend and during one of these fights she stabbed him with a knife into his abdomen. One year after the breakup his father died. He spontaneously said: "After the death of my father, I said to myself that nothing will ever break me down again."

My observation: He is very nervous and tries to control his emotions. It looked as he was about to cry while he was talking because his voice trembled and his eyes got wet.

The coryza was ameliorated at the seaside (3). The discharge from the nose was not acrid and the obstruction of the nose was worse during the night. The right nostril was more stuffed up than the left one.

Follow-up after two months

After he took a remedy he felt worse psychologically for 10 days. His mood swung up and down, he had episodes of great sadness alternating with those of euphoria. His

coryza also aggravated in the first 2 weeks after the remedy, he had a lot of thick discharge from both nostrils. After this period of initial aggravation, his nose condition improved by about 75%, he could breathe normally both during the day and the night. Psychologically he feels generally much more relaxed, and his reactions to ordinary stresses have greatly improved since he took the remedy. He is more focused on himself, his hobbies and work.

Analysis

The first thing I observed in this man was his strong emotionality that was very much visible during the interview. When he was describing his history with his girl and father his voice trembled and he appeared as if he was about to cry. The first remedy that came to my mind was *Natrum muriaticum* because of the watery discharge, amelioration at the seaside (although in a majority of *Natrum muriaticum* cases, there is an aggravation at the seaside, amelioration is also possible) and history of grief and disappointment but his emotions were so strong that he was not able to suppress them to the point of hiding them. It was the state as if his emotions make his whole body shake, a kind of hysterical reaction.

I kept listening to his story and when he stated: "After the death of my father, I said to myself that nothing will ever break me down again" I recalled the phrase written by Prof. G. Vithoulkas in his *Materia medica Viva* vol. 12 in Ignatia, on page 2688, where he says: "...be alert to the statements like 'I have to accept the situation' or 'I must learn to live with the situation'. These are comments made by persons who have decided not to express their grief, closed persons who accept their grief in silence, the silent grief of Ignatia."

I said to myself: that is exactly the essence, the strong emotions inside that are "cramped".

In a majority of *Ignatia* cases, we can find a history of repeated griefs and disappointments because these patients tend to fall in love very easily and create romantic illusions about a partner. This kind of idealism together with strong sensitivity prepare a ground for much disappointment. So, my question was: Have you had many disappointments concerning love in your life? And he spontaneously said: „*Yes, I have had!*“ I found out that there were dozens of such strong falls in love followed by disappointment on his side. Then I realized that I forgot to ask about one very important keynote of Ignatia, an aversion and an aggravation from tobacco

smoke, so I asked him about it and he replied: „*That’s the worst thing for me. Whenever I am in a place where tobacco smoke is in the air, I must leave that place immediately, otherwise I am about to suffocate.*“ What makes this symptom even more important is the fact that it started together with the coryza. He never had this kind of sensitivity before these problems started. This was the absolute confirmation of *Ignatia* for me and it was given in the 200C potency in a single dose.

Case 3 – Nausea in pregnancy

A female, 29 years old, comes to me with strong nausea during pregnancy. She feels a bit better regarding pregnancy after *Sepia* that I prescribed before but there has not been any other improvement since. Nausea is significantly ameliorated by eating (3) and therefore she has to eat small amounts of food very often to keep her stomach full. This is the only way to prevent the aggravation of her condition. She has a sour taste in her mouth and heartburn, which is not very strong. If she does not eat she gets nausea and eventually she vomits everything she eats. She spontaneously says that she is very much ameliorated by motion.

Follow-up after one week

After the remedy she feels much better, vomiting and nausea disappeared completely as well as the sour taste and heartburn.

Analysis

I learned a lot from this case as I found out how important is it **not to have favorite remedies associated with certain troubles**. At the time when I took this case, I did not realize *Anacardium* to be one of the most important remedies to think of when we see **strong**

amelioration when eating. So after *Sepia* failed, I made a differential diagnosis of remedies having a strong affinity to nausea in pregnancy.

Ipeca is the remedy we have to think of in every case when any complaints are accompanied by nausea and/or vomiting. The patient is very weak, pale and exhausted and his/her tongue is clean. Vomiting does not ameliorate the patient. There is neither amelioration from eating as in this case nor amelioration from motion.

Cocculus is often indicated in strong nausea in pregnancy when the nausea is very strong but the patient rarely comes to the point of vomiting. They are rather in a state as if they're about to vomit but the vomiting itself comes very rarely or is not possible at all. In this remedy we see a very strong aggravation from odors of food as in *Colchicum*, *Sepia* and *Digitalis*. *Cocculus* is aggravated by motion and troubles are often accompanied by sleeplessness.

Asarum is a very important remedy in nausea in pregnancy, esp. in the first months when the stomach rejects everything and the patient is very sensitive to noises.

Veratrum album could be very useful in vomiting that is very strong and copious and leaves the organism in a

state of collapse and dehydration. The patient is very weak with cold perspiration on the forehead, very strong thirst for cold drinks and with craving to put ice cubes in the mouth. A very important fact here is that despite such a strong nausea and vomiting, the appetite remains normal and remains unaffected by the nausea.

Colchicum is the first remedy to think of if the nausea is triggered by the odors, especially those of fresh eggs and fish. The sensitivity to these odors is so great that the patient can even faint from it. There is a strong aggravation from motion and great thirst for cold drinks. These qualities make us think of *Bryonia*, too, there however are 2 differences. *Bryonia* is also aggravated by motion but it lacks the sensitivity to odors and, on the other hand, the thirst in *Bryonia* is characterized by desire for lukewarm drinks, not cold ones.

When I made such a brief differential diagnosis in my mind, I found out that none of these remedies covered the case and my thoughts came back to *Sepia*. The question for me was: “what is the most peculiar in this case?” and the answer was “strong amelioration from eating”. And then I recalled *Anacardium* as one of the most important remedies having this symptom as a main keynote. I took *Materia Medica Viva* where George

Vithoulkas says in chapter Stomach, page 316, volume 2: "A general amelioration by eating is a strong keynote, **but symptoms return soon after eating.** Nausea in pregnancy is relieved by **constant** eating."

That is exactly what we can see here, she must eat constantly to prevent nausea and vomiting. So long as her stomach is not empty, she is doing well but as soon as it becomes empty, the nausea and vomiting appear.

The only thing left unanswered was the amelioration by motion which is quite peculiar in nausea as we know that most of us are better by rest during nausea. So I kept studying *Anacardium* to find out eventually that the amelioration comes also from **slow motion**. At that moment I realized that I did not ask precisely for kind of motion that makes my patient better, just presuming that it is a confirmation for *Sepia*. So I asked the woman: What kind of motion makes you better? Violent? And she replied: **not at all, I must do a slow motion** like walking, which was the second confirmation for *Anacardium* that promptly resolved the case.

Case 4 – Recurrent cough

Male, 16 years old, who has been suffering from recurrent cough several times a year for the last few years. He does not remember when it started. Each episode lasts for 2 weeks, then he is well for 2-3 weeks and then the cough starts again. The cough is always barking (3) and it has progressed into acute bronchitis several times.

Observation: he has restless hands when sitting, playing with his fingers all the time.

6 years ago he fell upon his head and ever since, he has had headache that occurs twice a month. He talks from his sleep with a language that nobody understands. It is every other day. He is also very sensitive to moonlight with episodes of somnambulism. He has great thirst for lukewarm drinks and has to drink large quantities, no small sips. There is no significant perspiration. The sleep is often disturbed by waking at 3 am and he has difficulties to fall asleep then.

Follow-up after two months

5 days after the remedy he developed a high fever of 38.2 but it was the first time when the episode was without any cough. The whole episode lasted for 3 days only and

then he was free of complaints. 2 weeks after the remedy he developed a strong headache (much stronger than usual) but since then, he is completely free of headaches. He has had no episodes of somnambulism since he took the remedy. He has more energy, sleep is very good, no talking from sleep and no waking at 3AM. Falling asleep is very quick and he sleeps the whole night through.

Follow-up after four months

He is still free of cough, had not a single episode of cough since he took the remedy. Has a lot of energy, sleep is good.

Follow-up after eleven months

In July, he had high fever (38) but it lasted for 3 days only and there was no cough at all. Sleeps well.

Analysis

The most peculiar symptom he had was speaking **foreign language** from sleep. As soon as he mentioned that I connected this symptom (which is a great keynote of Stramonium) with the fact that the cough is **barking** which is another keynote of this remedy. He kept telling his story and then mentioned the sleep that is disturbed by full moon. I looked into the corresponding rubric which is: GENERALS - MOON - full moon, agg but

Stramonium was not there. Anyway, he had this symptom all his life so there is a chance that it belongs to an underlying layer because this symptom is a keynote of *Calcareo carbonica*, which is complementary to Stramonium.

Anyway, I was trying to ask about remedies having aggravation from the full moon but I did not confirm any of them. I asked about *Calcareo carbonica*, *Phosphorus*, *Silicea*, *Antimonium crudum*, etc.

The boy did not have any single fear. It is very important to understand that although the absence of any symptom is never a contraindication we have to find other confirmatory symptoms for the remedy in order to prescribe it. Anyway, I gathered two symptoms so far, which was too few to base prescription on (speaking with foreign language and barking cough < night). I was not able to get any other information from the boy so I let him go home and told a student in the class who brought him to call his mother and ask her only one question which was: „*Does your son have nightmares?*“

She called the mother and the mother answered spontaneously: Yes, he is screaming from his sleep every night but whenever I told him, he is surprised as he never remembers such episodes! This was the final

confirmation of *Stramonium* for me. So, the remedy given was *Stramonium 1M* one dose.

Now I would like to tell you something about *Stramonium* as it is one of the remedies that make us prejudiced in a way. We have been taught by many people that to prescribe *Stramonium* we have to have an aggressive behavior with fears. There are also patients who need this remedy even without aggressive behavior but with very strong fears. This man has neither strong fears nor aggressive behavior when he is wide awake but his sleep is a totally different story. The intensity of his nightmares with screaming out loud and speaking in foreign language gives us the idea of the aggressive element we can see in patients needing this remedy.

Case 5 - Anxiety

A young man, 17 years old, suffering from strong anxiety in the chest that prevents him from breathing. He has to concentrate a great deal to breathe properly. Together with this problem, he has a strong stitching pain in chest (3). These problems started last spring after mononucleosis. At the same time, before the problems had started, his father had an accident. After the phone call about the accident, he was very frightened (3). Soon after mononucleosis and this accident, he developed strong stitching pains in his chest accompanied with anxiety. The anxiety is much aggravated in the evening and he is not able to fall asleep in a dark room. He must turn lights on to be able to sleep normally. He saw a black silhouette in the room once, but it has never happened again. He says he feels very bad during twilight, not only psychologically but also in relation to his energy. He feels drained during twilight. His state is much worse when alone as he imagines what can happen in a case of anxiety attack. He has a strong thirst for very cold drinks, needs about 4 liters of water daily.

He has a very strong fear of crowds and for this reason, he stays at home and does not go outside with friends. He does not like sweets except ice-cream.

Follow-up after four weeks

The breathing problems are gone completely and the chest pain is less frequent than before the remedy, but it is still present. Sleeplessness disappeared completely as well as feelings of anxiety. He says: I feel no anxiety in the crowd and therefore I can go outside with people. My energy is much better (no tiredness).

Analysis

When I was listening to his story, I realized the great influence of his father's accident upon his general health as he has experienced a significant drop in his health since then. The main physical complaint was a stitching pain in the chest that was accompanied by strong feelings of anxiety. A very remarkable feature was his aggravation in a dark room. He was not able to fall asleep at all in a dark room and this information together with the fear of dogs led me to think of *Stramonium*. This remedy was confirmed even more when he said spontaneously that he saw black silhouettes, which is a major keynote of *Stramonium*, but something was not right with *Stramonium* and that was the extreme **aggravation during twilight**, which this boy mentioned very strongly. He feels totally drained during twilight and I began to doubt *Stramonium* when I found out that

this remedy is not listed in that rubric at all. The rubric is: GENERALS - EVENING - twilight, agg.

At that moment, I came back to the etiology because I knew that *Stramonium* has ailments from fright but I needed to find out what exactly he felt at the moment of his father's accident. I asked him what he felt and he answered: "It was a big shock". After hearing this, I realized ailments from shock, aggravation in the dark, aggravation in twilight and strong feelings of anxiety to be the keynotes of *Aconite*.

Vithoulikas wrote in his *Materia medica Viva* about strong aggravation in a dark room and especially inability to fall asleep in the dark room. I looked at the corresponding rubric: SLEEP - SLEEPLESSNESS - room, in - dark and there are only 7 remedies and besides *Stramonium*, which is listed in the third degree, *Aconite* is also there in the second.

I said to myself: It looks good on the one hand but there is a history of seeing black silhouettes which is not covered by *Aconite* and although it was only once, it is quite specific. At that moment I knew that to be absolutely sure with *Aconite* I needed to find other keynotes and confirmatory symptoms to confirm it further. I opened the repertory to see how these two

remedies stand in the rubric CHEST - PAIN – Stitching, which is the main physical complaint. There are 225 remedies but while *Aconite* is listed in the 3rd degree, *Stramonium* is not there at all. I opened materia medica for a closer look at both remedies and found this symptom to be a keynote for *Aconite* while for *Stramonium*, there was not a single reference to this symptom.

This was nice but it was a general rubric and although we can be more confident since it covers the main physical complaint, it is a big rubric and I wanted to find out something more specific. I remembered one very peculiar keynote of *Aconite* that is described in many materia medicas, namely the amelioration of the anxiety by drinking cold water, which I have seen many times in my practice. I asked the guy: You said that you are very thirsty for cold drinks. What about the need to drink during your anxiety states? He replied: „*That is the time I drink the most, I feel better regarding my anxiety when I am drinking cold water.*“ And that was it. This was a very good confirmation of *Aconite*.

Case 6 – Atopic eczema

A baby girl, 7 months old, suffers from atopic dermatitis since her 2 months of age. The eczema is all over her body, itching is more accentuated during the day. The eczema is dry on the entire body except the face where it is moist. Almost in every attempt to eat, the food remains lodged in larynx, which makes the child choke. The child has a profuse salivation during the day as well as during the night.

Follow-up after one month

After a short aggravation, the eczema got much better and now, it is only present on lower extremities on and around her knees. Problems with swallowing of food disappeared completely.

Follow-up after two months

Her state seems to deteriorate, eczema is worse compared to the last follow up but still better a little bit compared to original state. Problems with swallowing came back to the original state.

Follow-up after three years

She is free of eczema, no problems with swallowing, has no symptoms, mother says she is a happy and healthy child.

Analysis

This case confirms how some symptoms that look like ordinary ones can lead you to the correct prescription when you know they are very characteristic for the remedy. When I saw this child there was nothing unusual on the first sight except the eczema. The mother kept telling me the history but nothing except the diagnosis did come up from the interview with the mother. After a few minutes I was able to spot that the child kept her mouth open all the time and I asked the mother whether it is something characteristic for this baby and she said: „*Yes, she has her mouth open all the time*“. That was the time when *Baryta carbonica* came to my mind and soon after this realization the mother mentioned another problem with the child, namely difficulties with swallowing of solid food, causing the child to choke. It was a second very characteristic symptom (keynote) of *Baryta carbonica*. Then I asked about swelling of the glands in general but the answer was negative. I could observe the child having a lot of saliva coming out of her mouth so I asked the mother if she has salivation also during the night, which the mother confirmed but with an addition that it is more intense during the day than during the night. We know that *Baryta carbonica* has night salivation as well as *Mercurius solubilis* but this

child has the salivation more during the day. It does not contraindicate *Baryta carbonica* but, on the other hand, it is not a strong confirmation, either, so I had to look for more symptoms. I did come to the point where the mother had said everything she knew, I asked about everything and there were no symptoms leading to *Baryta carbonica* except the 2 keynotes (open mouth and difficult swallowing of solids). I recalled the last keynote of *Baryta*, swollen glands on the occiput, which is a rubric where *Baryta carbonica* is the only remedy and it is a very specific symptom. I already asked about glands but sometimes parents do not consider the swollen glands of occiput as glands and think it is a kind of swelling but do not connect it with glands. Hence, I asked my last question which was: „Has your child ever had a kind of swelling in the occiput?“ And the mother said: „Yes, and she still does, you can see it“ and showed me the occiput of the child. That was the definite confirmation of the remedy. The first prescription was therefore *Baryta carbonica* 200C one dose, the second prescription was nothing as there was a general improvement and the third prescription was *Baryta carbonica* 1M.