

The Grief and Disappointment of Two Siblings – Gelsemium and Phos Ac

Mr. and Mrs. Remedy had two children: Gelsemium and Phosphoricum Acidum. The Remedy children were alike in many ways, but for those who knew them closely, their unique differences clearly set them apart one from the other. As fate would have it, the children were healthy enough and happy enough until one fateful day, their beloved grandmother, Sycosis Miasm, passed away quite suddenly and unexpectedly. They both adored their “nana” and were fortunate enough to live across the street from her, growing up in the arms of her wisdom, understanding, and unconditional love. Her home was a safe-haven to the children, a place of warm cookies, finger-painting, building tents with the sofa cushions and hand-made quilts from her bed, and playing with the toys that she kept just for them. The children were devastated with the loss, as neither of them had known such a great grief before this.

Gelsemium, the Remedy daughter, had received a great deal of support from her grandmother, who always encouraged her and made her feel better when she was nervous or worried. After her grandmother died, Gelsemium changed, slowly developing into a jumpy young woman who typically wanted to be left alone and who ever-after had a great fear of falling or losing her balance (Sankaran). She also developed a rather stoic and outwardly courageous appearance in the face of difficulties, while on the inside quaked with lack of confidence and fear, so that she might be described as ‘cowardly’ if anyone knew her inner feelings. She tended towards very loose bowels when under stress (sometimes uncontrollable), and also began to demonstrate a certain ‘clinginess’ or ‘need to hang on’ when sad or disappointed. Just as her mentals began to decline, so her body followed: she began to walk stiffly with a bit of a stagger, as though she was quite unable to keep her balance (Gibson). She developed a tremor and twitching in her face, eyelids, tongue, and in her hands (she became afraid she would drop her teacup for all the shaking.). She grew more afraid of the dark, but paradoxically

developed an aversion to bright lights. The plant for which she is named grows along moist streams and coastlines – but oddly, she now is without thirst and expresses an aversion to fluids. She says she is not doing well in college now, and she feels particularly under pressure at exam time and during her public speaking class. She is not able to concentrate for very long at all. She complains of feeling very anxious upon hearing bad news, and when she is very afraid, she says fears her heart will stop if she is still for too long.

Her brother, Phosphoricum Acidum, was an affectionate child who paid particular attention to his grandmother (and she doted on him in return, lavishing him with hugs, kisses, and loads of attention). After her passing, he slowly turned more towards apathy and indifference, seeming to give in to a sort of hopelessness and despair (Sankaran). He gradually became a brooding, quite melancholy young man, appearing to become exhausted at the very thought of a challenge, languishing with a deeply rooted sense of being unloved. When in a sorry state, he says he tends to feel a bit better after a nap, but he never seems to recover quite completely from the sluggishness and indifference. He cannot seem to raise himself from depression, looking hopeless and haggard (Gibson) most of the time. He says he just “can’t function right” anymore. He has developed a great sensitivity to odors and to music, and he expresses a certain kind of homesickness, wishing his grandmother were still alive and that things could be the way they used to be: happy and secure, loving and safe. He is always cold, whereas he used to feel warm in her company. Like his sister, he has no appetite, but he, unlike her, has a strong thirst that will not be satisfied, and he particularly prefers warm milk. He describes himself as “too tired to move,” and says he feels dizzy when standing or walking, as though his head is floating, and he has developed dark blue rings around his eyes. He feels weak in the legs and clumsy, like he did when he was growing so fast a few years ago; he has an awkward and painful movement of hips. He says if he could just get warm and go to sleep, he knows he would feel much better and begin to function again.

Common pictures as seen by Sankaran in practice:

Gelsemium

Ailments from anticipation, foreboding, presentiment.

Ailments from bad news.

Ailments from excitement, emotional.

Ailments from shock, mental.

Excitement, hearing horrible things, after.

Confidence, want of self.

Cowardice.

Timidity, appearing in public.

Fear, cease to beat, unless constantly moving, heart will.

Fear, self-control, of losing.

Stupefaction.

Dullness, sluggishness, think long, unable to.

Fear, falling of.

Clinging to persons or furniture, etc.

Clinging, child grasps the nurse when carried.

KENT:

Diarrhea, excitement, from.

PHATAK:

Catalepsy

Fear, ordeals, of.

Phosphoricum Acidum

Brooding, condition, over one's.

Brooding, disappointment over.

Brooding, disease, over his.

Business, Averse to.

Cares, worries, full of.

Indifference, everything to.

Quiet disposition.

Speech, monosyllabic.

KENT

Desires juicy things.

PHATAK

Unequal struggling.

Growth in limbs, too fast.

Homesick.

Irritable when questioned.

Short sleep ameliorates.

Bibliography

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