

## EDITORIAL FOR AUGUST 2018

### WHAT IS YOUR HOMOEOPATHIC PERSONALITY TRAIT????

I would like to ask this question to you all what is your personality trait?? Personality is the type of person you are, shown by the way you behave, feel, and think, for experienced homoeopaths it is easy to spot his or her type, but for beginners it is less easy. When I sit in my clinic and start taking the history for their genotype. I sometimes know virtually instantaneously what the personality trait is, but sometimes it takes time to know the person before the genotype comes into focus.

Very often, the problem is that the patient will identify with two or more of the genotypes, not being clear about which one is their real trait. This is largely since genotypes overlap each other a lot. When I have to work at figuring patients genotype out, one of the first things I'll do is to differentiate is the general modalities and dreams if they have any!! Everyone tends to express different genotype, rotating their expressions at different times of the day, or seasons of the year, or to adapt to different circumstances.

There is usually one single genotype which is the fundamental for each person, but ultimately, as time changes and patient grows older he or she learns to balance the emotions and accept healthy traits thereby making the person more mature. This is one reason why it sometimes takes time to identify the fundamental genotype. The paradox is, that the healthier we become (more compensated in our emotional needs), the clearer our fundamental genotype appears.

Another aspect which can make finding the genotype tricky, is that our personality is made up of more than just the homeopathic constitution. There are personality elements contributed from our genetic type type, our dominant miasm, our sun sign, and so on. Elements of our gender and our cultural background also make up various parts of how our personality appears in the world.

I know several homoeopaths who resist the idea of typology, which I suppose is an expression of the feeling of their unique individuality. Typology and individuality don't contradict each other but are two dimensions of our make-up. Getting to know both typological aspects, and ones unique individuality will us to the unfolding of ones state of health.

Let me take an example today of my favorite remedy Arsenic album

The remedy Arsenicum is made from arsenic, which is a metal on the periodic table, it is basically a poison. As a poison, it affects the nervous and mucus membrane of gastro intestinal system, it has characteristic burning pains, particularly throughout the digestive tract. Profuseness of sweat, of vomiting, and of diarrhea are common results of being poisoned by it. There is an extreme thirst, which is best relieved by small sips of cold water. During this whole process of gastro there is a tremendous fear accompanied by anxiety.

Fear is the star keynote to the use of Arsenicum as a remedy for this phenotypical state. It is a fear which compensates through all manner of control mechanisms – they are the ultimate “control freaks”, who fear losing control as much as they fear death itself. In my clinic I use this medicine as a palliative in my terminally advance cancer patients who are having difficulty in “letting go” and accepting that they are approaching the end of life. In everyday life, they have an aversion to being alone, and are driven to always have company in one form or another, as part of how they try to dispel their anxiety.

This is the ultimate fear, but Arsenicum possesses many types of fear, large and small, and for every fear exists a corresponding control behavior to try to compensate. They have tremendous mysophobia, for example, and will constantly be washing their hands, and spraying hand sanitizer or spraying Dettol on every common surface available in their house every common surface in their house.

The theme of physical security in the world is an offshoot of this primary level of fear. They can be obsessed with spit and polish type of attitude in addition to immaculateness and are always compulsively “doing” something and can never sit still and truly relax. The intense neurotic energy they are driven by goes back to their primary fear of death. They are extremely miserly, and compulsively hoard stuff “just in case” they'll come in handy, to

**buttress their security in the world. This form of hoarding is strong representation of psoric miasm.**

**They are extremely persnickety, and exacting of their environment, and everyone in it, making sure that every detail is planned and accounted for, never leaving anything to caprice or chance. On the positive side, they may often be the person who takes control of a situation or risky venture and makes sure that all hands are working towards the common goal. On the more negative side, they can irritate everyone through their micro-managing tactics, and drown the whole project in a sea of details, losing sight of the bigger picture.**

**Their fear extends to the realm of health, and they can be quite hypochondriac. They love to frequently love to phone or text message or email their homoeopaths informing every little details or change in their symptoms plus giving long updates of their follow ups, and seeking reassurance that every turn of event doesn't signal a worsening of their condition. Always being in (the illusion) of control and being unable to ever "let go" can be rooted in a toilet training which was too early and created a neurotic need to "hold on" for life.**

**The physical symptoms of Arsenicum affect the gastro-intestinal tract, the mucous membranes, as well as the lungs, which may be prone to asthma attacks. Panic attacks are not foreign to this remedy. They may suffer from various forms of physical tension resulting from high degree of stress they inculcate in them.**