

HOMOEOPATHY

LAKSHYA



Education is that which enables one, to stand on his own legs- Swami Vivekanand

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LYCOPodium CLAVATUM

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INTRODUCTION

It's a Greek name – *Lyco* = wolf, and *podos* = foot. The spores of Lycopodium are shaped like wolf's paws. Hence, the other names of Lycopodium –

- Wolf's claws
- Fox's tail
- Lamb's tail
- Club moss

It was proven by Hahnemann.

It belongs to the vegetable kingdom, and is a plant remedy. It lies between the mosses and ferns.

Remedy is prepared from the spores that are also known as "Vegetable Sulphur" (due to its property for producing stage lightning in theaters).

It is ranked in the central trio of Calcarea → Lycopodium → Sulphur, around which all the rest of our materia medica can be grouped (J. H. Clarke).

The old-school physician used Lycopodium as "inert" coating for pills and as drying powder to treat hair conditions like plica polonica.

It is interesting to compare the botanical characteristics of the plant with the basic personality of the person who needs it. (*Doctrine of signature*)

- Lycopodium is a moss of dry and thin growth, preferring dry forests.
- It grows to a length of 3.5 feet but creeps shyly and slowly along the ground.
- Their spores repel water. (Hence their use as a drying powder)
- Spores germinate slowly. They grow only after 6-7 years and reaches maturity with the ability for reproduction only after 12-15 years.
- The spores are extremely hard and burn with a bright flash when ignited.

Thus, the living dynamics of herb expresses itself the tendencies of

- **DRYNESS**
- **SLOWNESS**
- **HESITANCY IN GROWTH AND REPRODUCTION**
- **HARDNESS WITH HIDDEN FIERY QUALITY**

I. ONTOGENIC & PHYLOGENIC VIEW-POINT

In order to understand the essence of an object of nature, it must be looked at in its developmental stages throughout time and times, in its phylogenetic (evolutionary) and ontogenetic (course of development) perspective.

The portrait of Lycopodium represents a grandiose picture of backward development; of regression through millions of years in which, the drive for evolution in ontogenesis and phylogenesis appears to be held in.

Lycopodium has many varieties spreading over all continents. It has 11 main and 40 subspecies in all zones of Earth, with Lycopodium clavatum being the most common variety. It is one of the oldest plants in the history of our planet, and may even be THE oldest surviving plant.

Two hundred million years ago, in the carboniferous age, air contained a great deal of CO₂ because of the enormous amount of volcanic eruptions of this period. At that time, Lycopodium was a mighty tree forming enormous forests with Ferns and Equisetum. It reached a height of 150 feet, had giant leaves and was anchored in soil with mighty roots.

Today, however, Lycopodium is a tiny, delicate plant. During this process of retrogression – as if the plant has been weaned from its most important source of nourishment (carbon of CO₂) – it has lost the ability to assimilate carbon altogether. The plant now needs symbiosis with a saprophytic fungus to produce chlorophyll for synthesizing carbohydrates from CO₂. Hence, the process of assimilation shows weakness. At the same time, there is great slowness of growth and further difficulties in propagation.

The spores of Lycopodium have capsules, and inside the capsule, there are gametes (and therefore, the whole future plant). This capsule is in a crystalline form and is of great hardness.

Once a mighty tree with an enormous trunk, the plant now winds snake-like reaching a length of 10 meters along the ground. From its miniature stem there ascends tiny branches whose growth always **favor one side**. The branches are covered with scale like leaves that develop very slowly. This plant requires coolness to develop and thus, it favors the shade of woods, thickets, barren and solitary places. The plant does not develop directly from its spores but goes through an asexual phase from which, the spores originate. These spores remain sterile in most instances and only a few germinate. If they develop, they need 6-7 years until the leaves appear and for its whole development, the plant needs 10-20 years (the time taken for a tree to grow its fullest size!). Even the few germinating spores need the presence of a saprophytic fungus to bring about spermatogenesis.

Thus, we see here, a basic and most outstanding characteristic of Lycopodium in:

CONTRARIINESS**ENORMOUS SLOWNESS OF DEVELOPMENT****WEAKNESS**

Lycopodium, thus, exhibit a contrariiness in all its characteristic manifestations:

From an enormous tree to a crouching tiny plant.

From powerful vitality to the greatest vegetative weakness.

Yet, despite such enormous weakness, there is an astonishing persistence and tenacity of survival through millions of years.

Contrariiness characterizes the change of locality from right to left. Improvement through cold and desire for cool air in general, at the same time, great tendency to catch cold, and desire for warm foods and water and warmth of bed.

Improvement from motion and movement, but because of weakness again there is desire to lie down.

Ravenous hunger but satiety after a few bites.

Increased sexual desire with impotency.

Great hypersensitivity to all senses and organs along with numbness.

Alternating muscle contraction (like movement of the nostrils in dyspnoea).

Strong mind with weak body.

Great hilarity and deep depression.

Laughter without reasons with crying spells.

Desire for solitude, but wants someone in the next room.

Suspicion and manipulation with sentimental sensitivity (cries when thanked!).

Lack of self confidence, full of fears, and cowardice, yet anger, arrogance, and dictatorial behavior.

Such contrariiness grows out of a lack of stability. Lack of stability is due to lack of vitality. Lack of vitality leads to slowing down of all vital processes.

- Slow carbohydrate metabolism leads to hypoglycemia.
- Slow fat metabolism leads to loss of weight and leanness.
- Slow protein metabolism leads to increased formation of urates resulting in gout, renal stones, and the characteristic red sediments in urine.
- Slow cholesterol metabolism is expressed through formation of gall bladder stones.
- The mucus membrane functions in a sluggish way tending toward dryness.
- There is also sluggishness in the functioning of the tonsils that leads to plug formation with consequent tendency towards tonsillitis.
- The resolution of pneumonia is delayed.
- Sexual potency decreases.
- In girls, the start of the period and the development of breasts are delayed.
- All pathological processes have a tendency towards slowing down and chronicity, and even slow disposition becomes a hereditary trait.
- The thought processes are delayed – memory and concentration are weakened almost to the point of confusion in daily activities. Yet, he is capable of speaking about abstract themes or is able to speak in public even though he is afraid. Such a mental condition produces lack of confidence, anxiety, melancholia, and hypochondriacal mood. All of these, is covered up by an outward overcompensation of intolerance to contradiction, dictatorial, quarrelsome, and obstinate

behavior. The over-sensitiveness and irritability of Lycopodium desires solitude, but with his feelings of insecurity, desires someone to be present in the next room.

The dreams reported by the provers of Lycopodium are dreams of fears, reflecting the threat to vitality. There are also amorous dreams where the sexual drive appears in a compensatory form.

II. A STUDY OF THE CHEMICAL COMPOSITION OF LYCOPodium

The physiological and medicinal properties of the potentized spores of Lycopodium are derived from the contents of the spores.

The oily contents of the spores consist of a mixture of 5 fatty acids:

1. Oleic acid
2. Palmitic acid
3. Linoleic acid
4. Stearic acid
5. Myristic acid

The alkaloids are present in the herbal part of the plant and are not used homoeopathically. The entire action of Lycopodium, therefore, is dependent upon the action of these 5 fatty acids.

The effects of fats and fatty acids upon the liver and the secretion of bile are generally well known. Hence, the proving of Lycopodium is actually a "Micro-toxicological liver test", i.e., a disturbance of the many functions of liver. The potentized fatty acids, as contained in the spores of Lycopodium, has an effect upon the entire fat metabolism, a disturbing one in the proving and a curative/regulative one in disease.

Physiology: Among the 24 known fatty acids in the organism, the five fatty acids present in the spores of Lycopodium are exactly those, which are most important for the metabolism of fat. These are present as triglycerides – as neutral fats, making up to 10-23% of the body as a whole.

For the absorption of fatty acids, secretion of bile is essential. The liver assimilates the fatty acids from the blood within minutes transforming them into glycerides and phospholipids.

Weakness: As an organ for assimilation of fats and formation of glycogen, the liver becomes the most important organ of the body and the second most important storehouse of glycogen, next to muscle. Glycogen provides energy to the body and any disturbance in the process of formation of glycogen must lead to loss of physical energy, a symptom highly characteristic of Lycopodium. Fat metabolism also extends to the lipids especially the phospholipids, thus reaching deep down to the roots of life, and thereby, explaining the hereditary disposition of Lycopodium.

Brain: Phospholipids such as lecithin and cephalin are necessary for brain and nerve activity, which are both strongly influenced by Lycopodium.

Pneumonia: The lipid-protein complexes are of importance for membranes of the alveoli of lungs. They are essential for the preservation of their elasticity and prevention of collapse – hence the use of Lycopodium in pneumonias and pneumonias with delayed resolution.

Endocrine: Cholesterol is rich in linoleic acid. Cholesterol is necessary for the synthesis of steroid hormones in the ovaries and testes. Thus, the affinity of Lycopodium to these endocrine glands.

Disposition: Liver is important for protein metabolism leading to formation of urea, uric acid, creatine, and creatinine. Thus, explaining the rheumatic, gouty, and arthritic disposition of Lycopodium patients.

Afternoon <: The glycogen content of liver and the blood sugar level are at their lowest point in the afternoon hours, which is the typical time of aggravation for Lycopodium. Gross hypoglycemia leads to symptoms such as ravenous hunger, and desire for sweets.

Easy satiety: insufficient digestion of carbohydrates leading to fermentation gives rise to the typical disposition of being quickly satisfied despite being hungry.

Conclusion: Therefore, the combined effect of Lycopodium upon the liver (main organ for metabolism) and upon the metabolism of fat – carbohydrate – protein, explains why Lycopodium is one of the most deeply acting polycrests of our HMM.

III. PSYCHODYNAMICS AND PSYCHOSOMATICS

Source books have described Lycopodium personality as:

PERSONS OF KEEN INTELLECT WITH WEAK MUSCULAR POWER &

DRY TEMPERAMENT WITH DARK COMPLEXION

Here, there is a basic difference between the mental and vital functioning of the person with preponderance of mental prowess over the vitality that results in **DRYNESS** → decrease glandular and lymphatic activity → altered liver and adrenal functioning → **DARK COMPLEXION**.

Liver and adrenal malfunctioning also causes lowering of general tone → **WEAK MUSCULAR POWER/ GENERAL WEAKNESS/ DEBILITY/ LACK OF VITAL HEAT**.

Sometimes, in cases of Lycopodium, there is a pendulum like swing between intellect on one hand and vital functions on the other. Permanent prevalence of one leads to depression of the other. For example, robust people are usually less active mentally; and mentally active individuals have more often muscular weakness with frail vitality.

Lycopodium presents the picture of a person who is mentally active (the cerebral type) with its resulting depressed activity of the vital functions. This depressed activity is seen from head downwards to the reproductive centers.

AGGRAVATED FROM ABOVE DOWNWARDS

WEAK CHILDREN WITH WELL-DEVELOPED HEADS BUT PUNY SICKLY BODIES

Lycopodium also produces and cures a **STATE OF EMACIATION OF UPPER PART WITH A SEMIDROPSICAL CONDITION OF LOWER PARTS**

Generally, children have tremendous stores of vitality and regenerative power with proportionately low intellectual activity. On the other hand, older patient has high intellectual power with low vitality and low regenerative power. Therefore, Lycopodium affects more heavily children and older people because of its great imbalance between intellect and vital power –

THE EXTREMES OF LIFE

Those children who have less amount of vitality and regenerative power are hampered in their formative and growth processes. Thus, Lycopodium is most helpful for **INTELLECTUALLY KEEN CHILDREN WITH HIGH NERVOUS TENSION WHO ARE PHYSICALLY WEAK**.

Children having **LYMPHATIC CONSTITUTION** (depressed glandular activity) with tendency to catch cold.

The adult who needs Lycopodium will reveal a condition, which in normal development would be reached but with more advanced years. Therefore, he appears **PREMATURELY AGED**

EARLY GREYING OF HAIRS

EARTHY DARK COMPLEXION

DEEPLY FURROWED FACE

**THIN, WITHERED
FULL OF GAS**

From the evolutionary aspect, the sense of physical weakness during the early formative years results in a feeling of inferiority and insecurity. Hence, we have in Lycopodium, **FEELING OF INSECURITY AND LACK OF SELF CONFIDENCE.**

There is always a tendency to compensate for one's weakness by relying more on one's potential strength. Hence, more the physically inferiority complex, more pursuance of intellectual endeavors that is many a times carried to such an extent that it results in "bookworm" or "brooding introvert" personality. Lycopodium engages in an occupation that requires maximum of sitting and minimum of outdoor works. Such a mode of living slows down the general and especially portal circulation resulting in **INDIGESTION DUE TO LIVER DISTURBANCES AND REDUCED INTESTINAL MOTILITY** (Flatulence, Eructations, Gas, Colics, Constipation, Hemorrhoids, etc.)

Nature attempts to compensate are expressed in the modalities:

**BETTER FROM MOTION
CRAVING FOR AND BETTER FROM OPEN AIR
AVERSION TO AND WORSE FROM TIGHT CLOTHING.**

Disturbance of liver and digestive function combined with the characteristic lack of physical exercise results in accumulation of metabolic toxins. This is expressed in uric acid diathesis and kidney and urinary symptoms

NON-ELIMINATIVE LITHEMIC.

The lowered functions of the adrenal's accounts for the **LOSS OF HAIR
BALDNESS
DARK COMPLEXION
FEELING OF WEAKNESS
EXHAUSTION**

It is also associated with a relative or absolute vagotonia, which is expressed in intestinal spasticity, slow pulse rate, and vascular hypotension. The circulatory inadequacy is expressed in **LACK OF VITAL HEAT**

**AGGRAVATION FROM WARM AIR
AGGRAVATION IN WARM ROOM
BETTER IN OPEN AIR**

During sleep, the parasympathetic activity through the vagus nerve prevails and blood pressure falls. Therefore, **WORSE AFTER SLEEP** as sleep tends to aggravate temporarily the vascular imbalance. The drying up of gonads results in **IMPOTENCY & STERILITY.** In more advance states, we have a Lycopodium person who is devoid of vital resistance; he is exhausted and withered, appearing old regardless of his biological age. Hence, here we have **TENDENCY TO SLOWLY PROGRESSING DISEASES**

**A STATE OF GENERAL ATONY
MALNUTRITION
CANCEROUS GROWTH
CACHEXIA**

TUBERCULOUS CONDITIONS...(a personality type who over-reaches himself in pursuit of his mental efforts is characteristic of tubercular make-up.)

The quality of the personality shows two distinct characteristics:

1. The finer nature, and
2. Less inner resources.

The fine natured ones are usually **SHY/ TIMID/ CAUTIOUS/ MILD/ SUBMISSIVE**. They withdraw from the crowd and diligently concentrate upon their mental efforts. They also have philosophical leanings and in their own way attain the highest goals of spiritual efforts. The outer weakness turns into inner light and strength.

The other Lycopodium simply seclude themselves from company **AVERSION TO COMPANY**, and they fall into narcissistic self-centeredness. Therefore, a neurotic personality ensues

GENERAL APPREHENSION

FEAR OF BREAKING DOWN UNDER STRESS

MELANCHOLIC DEPRESSION

OVERSENSITIVENESS

EGOTIST + SELFISH → OFFENDED EASILY

INTOLERANT & QUARRELSOME

UNABLE TO ENDURE OPPOSITION

HAUGHTY

DOMINEERING

OVERBEARING IN THEIR CONDUCT

MISTRUSTFUL

MISERLY

GREEDY

ENVOIOUS

MALICIOUS

They usually suffer from the **CONSEQUENCES OF ANGER, VEXATION, AND MORTIFICATION**.

The insecurity of a person who has learned to rely more upon careful deliberation and scrutiny rather than physical strength will lead to **CONSCIENTIOUS ABOUT TRIFLES**. But underneath this deception there is choleric temper, which is frequently given sudden outburst in a person who is devoid of self-control.

A person under great mental and physical strain, who is losing the support of a failing vitality is headed towards exhaustion and prostration, and so we have **FATIGUE FROM ANY INTELLECTUAL EXERTION**

INCAPABLE OF MENTAL LABOUR

WEAKENING OF MEMORY

CONFUSED THOUGHTS

WRONG SPELLING OF WORDS AND SYLLABLES

STUPEFACTION AND DULLNESS

FAILING BRAIN POWER

PHYSICAL AND MENTAL IMPOTENCY.

IV. KEYNOTES

Lycopodium keynotes are very peculiar and pronounced, without any preference but solely in order of their appearance, they are –

1. **AGGRAVATION 4 – 8 pm.** (< 4-6, > at 8, gone at 9).
2. **RIGHT TO LEFT SIDED AFFECTION OF ANY PART OF THE BODY.**
3. **AMELIORATION BY UNCOVERING** (esp. headache) [Opp. Silica].

4. **AMELIORATION BY WARM DRINKS AND AGGRAVATION FROM COLD FOOD AND DRINKS** (not restricted to gastric complaints only).
5. **FAN LIKE MOVEMENT OF THE ALAE NASI** (esp. in cerebral, pulmonary and abdominal complaints).
6. **HALF OPEN CONDITION OF THE EYES DURING SLEEP** (esp. in children) [Loosvelt].
7. **SUDDENNESS; SUDDEN FLASHES OF HEAT, LIGHTNING LIKE PAINS, SUDDEN SATIETY.** (Pains and symptoms come and go suddenly like Belladonna).
8. **SENSATION AS IF THE HANDS WERE IN THE BODY CLUTCHING THE ENTRAILS** (Belladonna).
9. **RESTLESSNESS, > MOTION/MOVEMENT.**
10. **RIGHT FOOT HOT, LEFT FOOT COLD.**
11. **BURNING PAINS > HEAT. BURNING LIKE HOT COALS BETWEEN SCAPULAE. BURNING AND STINGING IN BREASTS.**
12. **DRYNESS OF PARTS OF MUCUS MEMBRANE;** of vagina, skin, palms, etc.

Lycopodium, thus represents, the trend of intellectual imbalance at the cost of atrophying emotional life and vital functions. These persons are, usually, introverted, often asocial, outwardly haughty and domineering, but inwardly unsure of themselves. They are full of fears and feelings of inferiority. Irritability and impatience are the expressions of this imbalance.

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Student's Corner

CINA BABY

by

NEHA NAYANI

3rd Year B.H.M.S

एक छोटा बच्चा है,
जो पीडित है कुमी से।
पेट के बल वो सोता है,
नींद में वो चिल्लाता है।
दाँत कीटकीटाकर सोता है,
और रोते रोते उठता है।
बार बार वो खाता है,
फिर भी भूखा रह जाता है।
जब उसे काई देखता है,
तो गुस्से से चीड जाता है।
जब कोई उसे पुछता है,
तो मुँह फुलाकर बेटता है।
उसको चाहिए चीजों सारी,
जब उसको दी जाती,
फेक देता उनको सारी।

होमियोपेथी में *CINA* है एसी दवा
जो मुँहको ढीक करपाती है।

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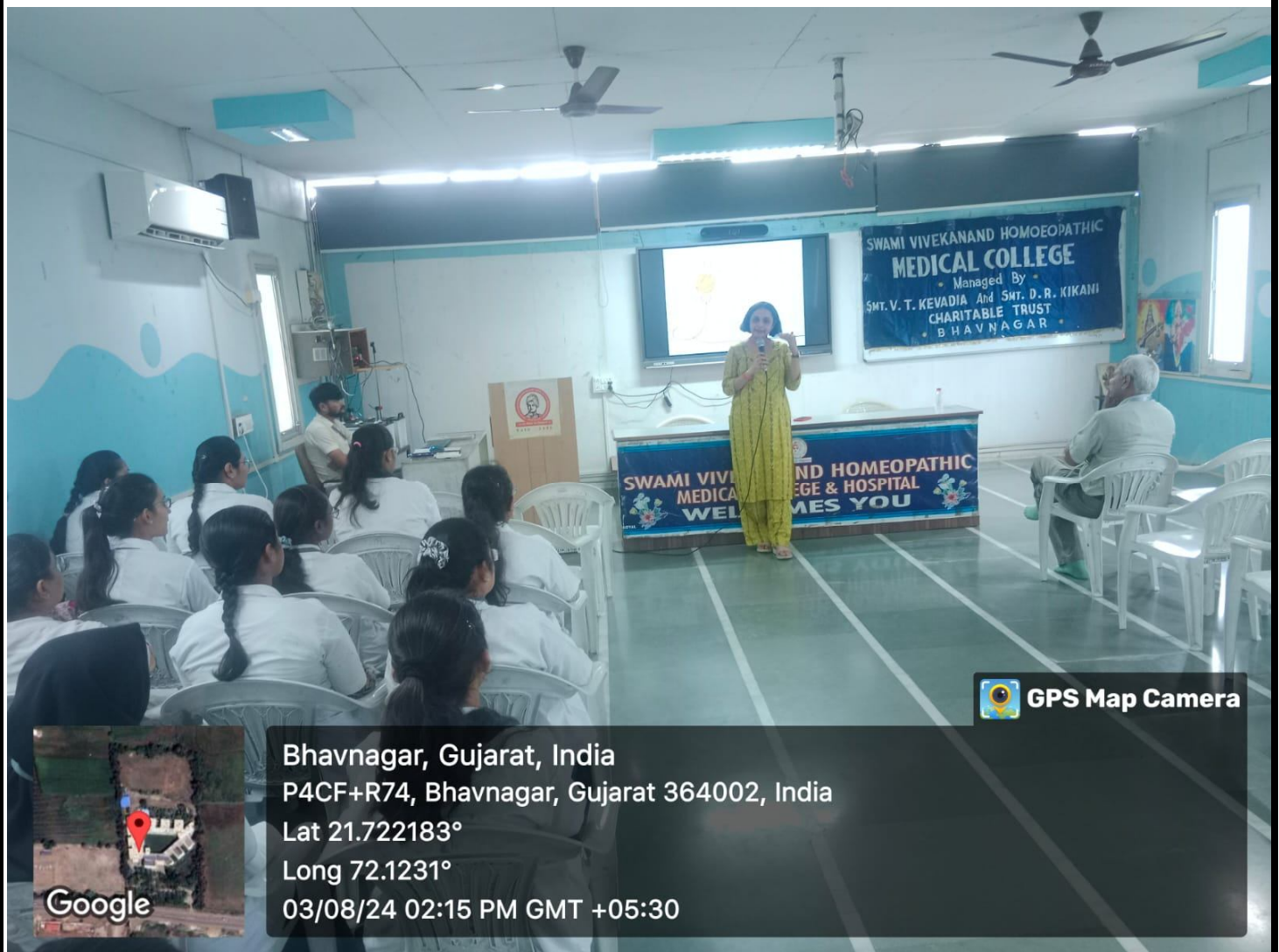
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Dr. Jayanti Gurumukhani
M.D., D.M. (Neurology), FICP, FAAN, MRCP, SCE (UK)

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FOR HOMEOPATHY'S FUTURE

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Dr. Shekhar Algundgi

M.D. (Hom.), F.Hom (U.K.), M.F. Hom (Malaysia),
Master Hom. (Ireland), N.D. (Naturopathy), Ph.D. (Scholar)

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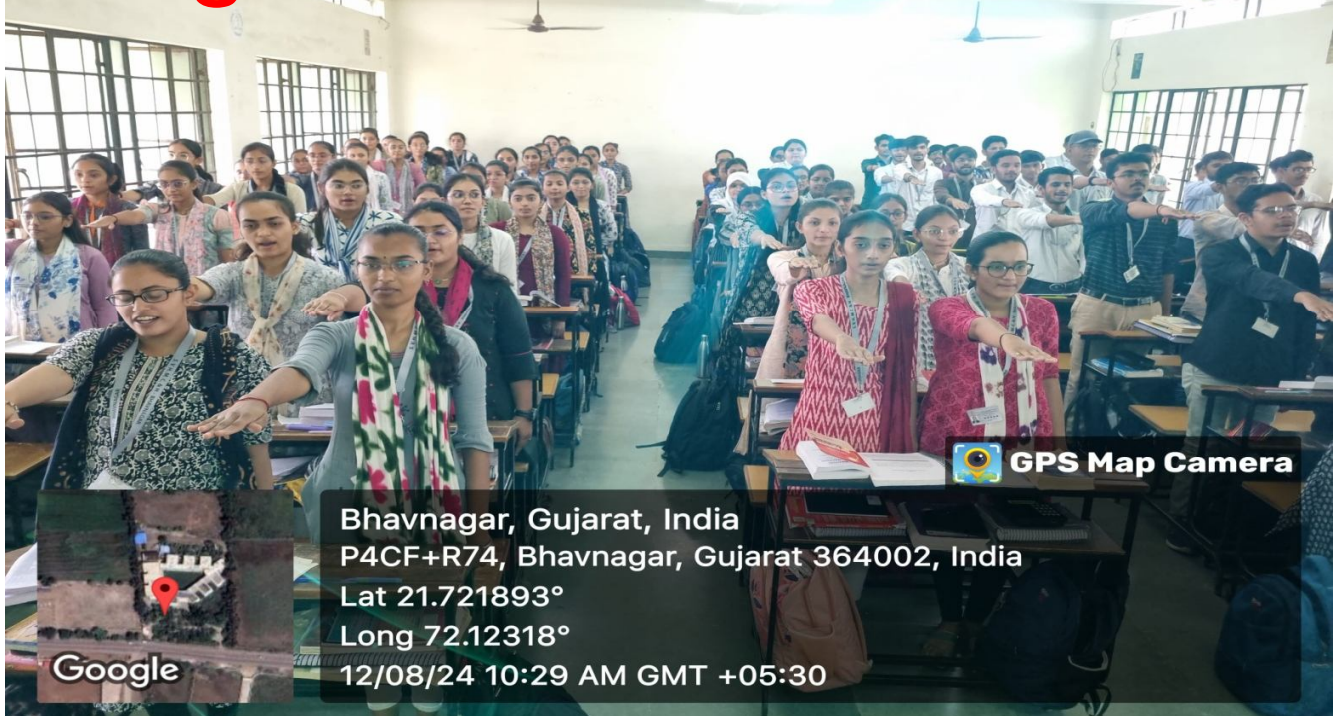
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Celebration of Independence Day



SEMINAR ON ROLE OF INTERCURRENT REMEDY IN FEMALE COMPLAINT

TO COMMEMORATE
LATE DR. JAYESH PATEL'S LEGACY

EXPERT SPEAKER
DR. MANISHA BORICHA

PROFESSOR,
DEPT. OF ORGANON OF MEDICINE,
SWAMI VIVEKANAND HOMOEOPATHIC
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24TH AUG 2024



10 AM ONWARDS



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Dr. Hetal Limbani
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SUNDAY | 1 SEP 2024 | 10 Am Onwards

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IQAC Cell- Swami Vivekanand Homoeopathic Medical
College & Hospital-Bhavnagar-Gujarat.



Dr. Dipak Munshi
M.D. (Physician)

f svhmcBhavnagar; svhmc; Svhmcbvn; www.svhmc.org





Celebration of Teacher's Day



Faculty Development Programme

CONTINUES MEDICAL EDUCATION ON BEHAVIORAL MATERIA MEDICA-I

Venue:- Seminar Hall, College Campus.

SUNDAY | 22 SEP 2024 | 10:00 Am Onwards

: Organized by :



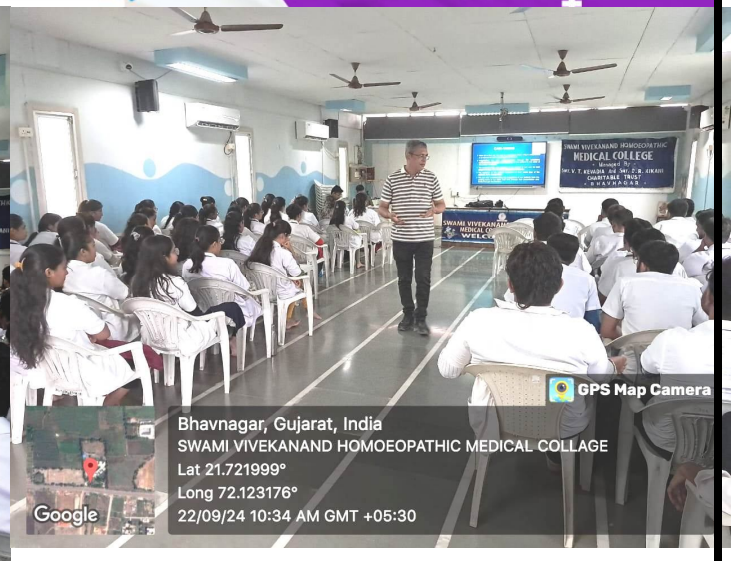
IQAC Cell- Swami Vivekanand Homoeopathic Medical
College & Hospital-Bhavnagar-Gujarat.

-Speaker-



Dr. NIRAJ SANCHANIYA
BHMS, Senior Consultant

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Swami Vivekanand Homoeopathic Medical College & Hospital

(Recognized by UGC for 2(F) 12(B) and UGC Act-1956)

(Managed by: Smt. V.T.Kevadia & Smt. D.R.Kikani Charitable Trust)

Affiliated to Maharaja Krishnakumarsinhji Bhavnagar University

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