

Dr Jaime Costa undertook his initial homeopathic training at the Institut Nationale Homeopathique Francais in Paris. He now practises in Ireland. In two cases here he demonstrates the use of Heiner Frei's Polarity Analysis and considers the importance of potency selection and administration of the remedy in the management and evolution of the case.

For more information regarding polarity analysis I would encourage you to look at Heiner Frei's website polarityanalysis.com where you can find training, software and tools for the use of this system, which is designed for rapid and accurate prescribing.

Space limitations prevent us including the actual polarity analysis repertorisations in print, we would encourage you to view them, request via email to EditorSimile@facultyofhomeopathy.org

EMPOWERING PATIENTS

A case of erectile dysfunction

Patient: 32 year old male nurse

Consultation 2.10.2020

I have problems with erections for a couple of years. I am in a relationship and it is affecting me. My partner is understanding but I am anxious. I have tried Cialis and psychotherapy for 8 months but they haven't worked. In the morning I have erections but quite weak. It started when I had to use the condom. It created a lot of anxiety because it was soft. So, I decided to start with Pre-exposure prophylaxis. My libido is good. When I masturbate it takes a long time to ejaculate. When I masturbate it is not strong enough for penetration.

I was depressed for very long time. From Christmas my mood was low until 2 months ago. I didn't take any medication. I attended psychotherapy every 2 weeks. I am perfectly fine. A lot of bad things happened. My grandmother and grandfather died. My trip was cancelled because of COVID. I had problems at work. Some of my colleagues were PCR+ and I had to report the hospital to the union because of not using PPE. The big problems with depression were in 2018 and the 2 first months of 2020. I had a nasty break up with someone. I really cared about that person and I felt betrayed. I had trust issues. I had confidence issues. I couldn't believe when people would say you look good. Now when reading nothing gets into my brain. I use audiobooks.

Past medical history

I have spondyloarthritis and episcleritis. Both are treated with one injection of Humira fortnightly. My nose

gets blocked frequently because I have a deviated nasal septum, which causes sleep apnoea. I have frequent URTIs. My acne is in remission at the moment. I had insomnia but I am sleeping better since I take CBD oil. I had gonorrhoea, which was treated with one penicillin injection. I had a tonsillectomy in 2019. I take rosuvastatin for cholesterol. Polarity analysis repertorisation available on request.

Hering's Guiding Symptoms for Agnus castus: Penis so relaxed that voluptuous fancies excite no erections. Impotence, with gleet, especially with those who have frequently had gonorrhoea. Want of erection and sexual desire. He finds reading difficult; has to read several things twice; is unable to fix his attention. Despairing sadness. Melancholy.
Rx: Agnus castus LM 3, LM 6 and LM 9, 15 ml, 2 shakes, 1 drop in a tablespoon of water every day, 2 weeks each potency. I inform the patient of the detrimental impact of pornography on erectile dysfunction.

Update 14/12/2020

Acne is better. No other changes

Response 18/12/2020

You can order Agnus castus LM 30, LM 36, LM 42 and LM 48. The content should be 10 ml. Please, start with LM 30. You should shake the bottle twice and put 1 drop in a tablespoon of water, one day only. You can give me feedback after one week.

Update 8/2/2021

Had 3 doses of Agnus castus 30 LM as you



advised. No changes in erection. Skin is clear and the sleep is satisfactory most of the time. Please tell me what to do next.

Response 8/2/2020

Please, shake the bottle of Agnus Castus 30 LM, 10 times, and take 1 drop in a tablespoon of water a day. You can do this for 3 days in a row. Then you can repeat it the same way after one week. Please, send me an email after the second row of repetitions. It would be good if you let me know how are: - the sleep, the acne, the erectile dysfunction, the spondyloarthritis, the episcleritis, the URTIs, the coryza.

Update 20/2/2020

My sleep is fairly good. My acne is under control. I do get erections but not very long lasting. Difficult to penetrate. I never had a recurrence of either the spondyloarthritis or the episcleritis since the treatment commenced. Nothing to report regarding the URTIs and the coryza.

Response 20/2/2021

Please, one week after you have taken the last dose shake the bottle of Agnus Castus 30 LM, 10 times, and take 1 drop in a tablespoon of water a day. You can do this for 3 days in a row.

Then after one week, shake the bottle of Agnus Castus 36 LM, 10 times, and take 1 drop in a tablespoon of water a day. You

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can do this for 3 days in a row. You can repeat it for 3 more days after one week and again for 3 more days after another week.

You could do the same for Agnus Castus 42 LM and Agnus Castus 48 LM.

Update 9/5/2021

I'm currently on the highest strength of Agnus Castus 48 LM. I see good improvement. But as you had advised, I also made some lifestyle modifications. I stopped masturbating completely several months ago and I see the difference. My partner and I moved in together. Until 3 or 4 months ago, I used to masturbate every day, sometimes 3 times a day. I also had very serious porn addiction and I stopped watching it too at the same time. It was difficult, but I listened to your advice and I see the difference. Thank you so much. The erectile dysfunction is not a problem

at the moment. My acne is under control. I never had a recurrence of either the spondyloarthritis or the episcleritis since the treatment commenced. Nothing to report regarding the URTIs and the coryza.

Do you want me to continue this medicine or should I stop it?

Response 9/5/2021

I would recommend that you stop the treatment now and if any of the symptoms come back you take again the Agnus castus LM 48. It could be that you only need to take it once a month or even less. Play by the ear.

Regarding the sleep, it is recommended not to be exposed to screens at least 2 hours before going to bed. You may want to buy glasses to protect you from the blue light from the screens.

Update 19/7/2021

I'm doing well at the moment. I don't really struggle with ED at the moment. Thank you so much for your help.

Case analysis

Homeopathy resolved an ED resistant to conventional pharmacological treatment and psychotherapy.

The patient improved after the prescription of high LM potencies.

Empowering the patient with information that would enable to make lifestyle changes was key in the resolution of the case.

The homeopathic treatment benefited not only the ED but the other health complaints.

A PUPPET'S VOICE

A case of laryngeal papillomatosis

Patient: 22 year old college student

'Which remedy?'

A better question might be, 'which remedy, potency, frequency and dose?'

This case shows the benefits of considering the second question and demonstrates the flexibility of the LM potencies (1) (2) (3) (4) (5) (6) (7) and the utility of Polarity Analysis (8) (9) in a chronic case.

The case is taken from my notes from nine consultations 2015-2020 and email exchanges.

The patient (P) is a 22 year old college student of English literature, a slim, attractive young man, but I am shocked by his voice, which reminds me of a puppet's voice.

First consultation 16/06/2015 for voice and throat.

Hoarseness March 2014 for a few weeks, recurring in January 2015. GP has referred to ENT for fiberoptic.

It started when I was in College. I had been at a rugby match. There was cold weather. I spoke louder. Recently I have been trying to get a job for the summer. When I phone or I hand a CV my voice gets worse.

P replies to the Polarity Analysis questionnaire: first polarity analysis repertorisation available on request.

Graphites appears at the top of the ranking. Hering's Guiding Symptoms (10) seems to confirm the choice: Voice: impaired; not clear, in singing; cracked, in singing. Hoarseness in evening. Chronic hoarseness. In addition the patient has a history of suppressed skin conditions.

Prescription: Graphites 1 LM, 1 globule in 200 ml bottle, 10 shakes, 1 coffee spoon a day for 3 days.



26th June 2005 (from mother): following the Graphites a small patch of psoriasis came up on the arm and then went away. No other reaction. 2 growths on the vocal cords have been identified and surgery scheduled for 23rd July.

Prescription: Increase Graphites 1 LM to 1 coffee spoon twice a day immediately. Then change to Graphites 6 LM, 1 coffee spoon twice daily.

19th August 2015 (from mother): surgery went well, but consultant only able to completely remove the growth on one side. Further surgery scheduled. Diagnosis papillomas, non-malignant, but likely to recur. Mother would like homeopathy to try to prevent recurrence.

Second consultation 31/08/2015

Surgery has gone well. Going to college in America. Vaccinations required.

Prescription: Arnica 10 M, stat. One week after Staphysagria 200c. Thuja 1 LM, after all vaccinations.

16th October 2015 (from mother): Biopsy: Squamous papilloma, wart atypia only.

9th February 2016 (from mother): Hoarseness has recurred. Advised can have further surgery. Concern that twice yearly surgery will be required. Progressing well at university. 98% in exams.

Advice from Dr Clapers: Dr Clapers is the current president of the Barcelona Medical Homeopathic Academy. He has been using LMs for more than 30 years. I sent him an email asking for advice on the case. This is his reply: I had a case of laryngeal papillomatosis with many recurrences and several surgeries. He recovered completely taking the remedy several times a day in high potencies. He started with LM 30 twice a day. After one potency he immediately started another. The fiberscope showed that after more than one year of homeopathic treatment the papillomatosis had completely disappeared.

Third consultation 25/07/2016

Recurrent symptoms since Christmas, but papillomas still small. No pain or discomfort.

In the last 2 months I got a lot of phlegm and problems with my ears, only the left was painful, that has been blocking and popping. The consultant said that there is a drip in the back of my throat. My left ear blocked for a while and I couldn't hear. I would blow my nose and I could feel my

ear. I will be coughing and hawking mucous a lot every day, green or clear but thick. The voice will be clearer after the hawking and coughing.

P replies to the Polarity Analysis questionnaire: the second polarity analysis repertorisation available on request.

Hering's Guiding Symptoms (10) confirms Stannum metallicum: Voice husky, deep, hoarse, hollow; clearer or higher after hawking up mucus. Roughness and hoarseness, momentarily amel by coughing. Shrieking noise in ear when blowing nose. Cough with copious, green, salty sputum, most profuse in morning. Sputum: like white of an egg; yellow green pus.

Prescription: Stannum metallicum 30 LM, 1 granule in a 200 ml bottle, 10 shakes, 1 coffee spoon twice a day, for two weeks. Follow with Stannum metallicum 33 LM.

Fourth consultation 23/08/2016

The voice is better, and the ears cleared, but has green phlegm. Was prescribed antibiotics by GP.

Prescription: Stannum metallicum 36, 39, 42, 45 LM, 1 granule in 200 ml bottle, 10 shakes, 1 coffee spoon, twice a day, two weeks each potency. I also prescribe probiotics and omega 3, 6 and 9 capsules.

Fifth consultation 08/11/2016

'Pretty good'

Had a sore throat and was given antibiotics. Had a mouth ulcer 'I used to get them when younger, but not any more now'. Rash on sole of foot. General health good. Energy good.

Prescription: Stannum metallicum LM 48, 51, 54, 57, 1 granule in 200 ml bottle, 10 shakes, 1 coffee spoon, twice a day, 1 month each potency. Avoid dairy, inhalations with sage or eucalyptus essential oils. Oats' cream for foot rash. Continue with probiotics and omega 3, 6 and 9 capsules.

Consultant review 24/01/2017

A small papilloma on one side only, therefore no further surgery for now. Since I spoke to you last, the voice was very good for a while. However, it was somewhat worse in the lead up to Christmas. In the last week or two my voice has also been quite hoarse. The sound has been quite harsh, particularly when I have to project my voice, such as

when speaking in class.

Prescription: change bottle every two weeks. Continue taking the remedy twice a day and take each time one teaspoon instead of one coffee spoon.

Note there has been an interruption in the healing process, therefore potency, frequency and dose should be increased.

08/02/2017

Voice much better. No trouble with hoarseness and voice feels stronger.

Sixth consultation 03/03/2017

My voice has been a bit mixed. I got better when I increased to 2 teaspoons a day. It got worse 2 weeks ago. The last bottle I took it for 25 days. I have started to get mouth ulcers in the right side. I had a lot of them in the past. I tend to get them at home. It could be because when I am at home there is something important to work at. Now applications. There is a lot going on at the moment applying for a Masters.

Prescription: Stannum 60, 63 and 66 LM, 1 granule in 200 ml bottle, 10 shakes, 2 teaspoons a day, 2 weeks each potency. Note the voice may have worsened because the patient took the last potency for 25 days instead of 15 as prescribed.

20/03/2017

My voice has been good since we last met. The mouth ulcers which were bothering me when we last spoke have since passed. I have also been able to get back into exercise fully which will certainly help avoiding stress and improving my general well-being.

19th August (from mother): ENT surgeon happy with vocal cords. Tiny papilloma remains, but no surgery required.

Seventh consultation 24/05/2019

No further surgery has been required. *My voice is back to normal, but I cannot sing. I used to be in a choir. I have mouth ulcers. I have been getting them all my life. They tend to come in stressful times. I have a common wart in the second finger of my left hand and one mosaic verruca in the sole of my right foot. I had a cryotherapy session for both. I will have 4 more cryotherapy sessions for the foot one.*

I have stress and fatigue. I feel confused. I may be very tired, go to bed and start overthinking but not often.

Sometimes I have problems falling sleep.

I could be waking 3 times during the night twice a month. When I am confused, I feel the need to be understood. I am not harbouring much anger. I tend to avoid conflict. I disengage. If I have a conflict at home it is with my father.

The repertorisation (third polarity analysis repertorisation available on request) and P's narrative suggest *Magnesia carbonica*. *Hering's Guiding Symptoms (10) confirms this choice: Anxious, sad mood, with indisposition to talk, restless sleep with frequent waking, aphthae. The rubric Skin, warts in the Synthesis repertory includes Magnesia carbonica but does not have Magnesia muriatica.* **Prescription:** *Magnesia carbonica* 30 LM, 1 granule in 50 ml bottle, 10 shakes, half a teaspoon, one day, repeat after 3 weeks, repeat twice. Then *Magnesia carbonica* 33 LM, same pattern. 2LVERU, 1 capsule daily, 2 months. Probiotics every day for 3 months. I give him a leaflet on stress management techniques.

10/06/2019

On Saturday afternoon I met a friend. I had a couple of drinks and was speaking loudly. That night, I was extremely hoarse when I got home. It helps to drink water and my voice is almost back to normal now, but evidently my vocal cords are not fully recovered yet. The major source of upset in recent months has been related to figuring out next steps/a job/career plans. It now looks like I have a new job almost secure, which should start in the coming months, and I am a lot clearer on future plans, so that is a massive help. ...when I do feel upset that is usually accompanied by a tightness in my throat and a need to drink lots of water. I noticed this sensation recently and once I was aware of it I realised that this has been an ongoing factor. I am also realising that another cause of upset, in addition to job concerns, has been to do with my relationship with my girlfriend and that is something that I have been bottling up rather than speaking about with her or a friend/family member. In identifying this cause and noticing that it is exacerbated by not speaking about it, I can perhaps now start to work it out. I am also wondering if there is relevance to the fact that not speaking about these issues manifests as a tightness in the throat.

The patient has become aware of his psychological conflicts.

Eighth Consultation 24/08/2019

I started a new job. I am moving into a new apartment. I broke up with my girlfriend 48 hours ago. This relationship was taking a toll on me. I am in a better place emotionally. My throat has not been in my mind. A couple of people have asked me to join a choir and I said I couldn't because of my vocal cords. I harboured a bit of anger towards my father. Now it is better.

Prescription: *Mag carb* 36 LM, 1 granule in 50 ml bottle, 10 shakes, 1/2 teaspoon, once, repeat after 3 weeks, repeat twice. After *Magnesia carbonica* 39 LM, 42 LM, 45 LM, same as *Mag carb* 36 LM. Continue with probiotics and 2LVERU. We discussed the adverse effects from cryotherapy and Hering's law.

The patient has taken action to resolve his psychological conflicts.

22/05/2020

For the last 5-6 weeks I have been getting some pretty bad mouth ulcers. My voice is significantly better.

Prescription: You can take the three bottles of *Magnesia carbonica* LM 48, 51 and 54 the same way as the previous ones, except that instead of shaking the bottle 10 times, please, do it only twice. You may also consider extending the 3 week periods to 4 week periods, if you feel that you are feeling well enough. Regarding the mouth ulcers, you may want to consider increasing your zinc intake.

I decide to decrease the shaking and frequency to prevent the recurrence of the aphthae.

Ninth consultation 01/07/2020

My voice has been good. No need for a check-up for a few years. I am playing guitar and singing. It is good for my confidence. The mouth ulcers are gone.

I still feel a bit of under the surface tension with my father. Different ways of seeing the world. It is very relaxed. I am ready to move again.

Prescription: *Magnesia carbonica* 48 LM, 51 LM and 54 LM, 30 ml, 2 shakes, half a teaspoon one day, repeat after 3 or 4 weeks, repeat each potency twice.

After thoughts

- The LM potencies in water allow great flexibility to respond to changes during the healing process. The potency, the frequency of the repetition of the remedy, the dose of the remedy and even the number of succussions allow to adjust the treatment to the changes that take place during the healing process.
- Another advantage of LMs potencies seems to be their capacity to overcome suppressions (11). Many patients seek homeopathy after receiving suppressive treatments and during homeopathic treatment may decide to continue with these treatments.
- Patient education is central to the healing process. The goal should be to empower the patients to increase their autonomy in relation to their health and thus be able to make the decisions they deem appropriate. The physician must avoid paternalistic and authoritarian attitudes and respect the patient's autonomy (12).
- Information from relatives and friends is sometimes critical to resolving a case. The fact that the patient's mother and sister were also my patients allowed me to know the family dynamics and their impact on the patient.
- Progress in the healing process needs to be assessed. In this sense, Hering's law and the degree of awareness of the patient's internal conflicts are very useful tools for evaluating the healing process.
- The physician should provide information to the patients that supports their healing process. Thus, hygienic, and dietary advice can be incorporated into the consultation through brochures and/or material accessible on the Internet.
- Teamwork allows us to be better homeopathic doctors. I want to thank Dr Josep Maria Clapers for his advice on this case. I also want to thank Dr Russell Malcolm for having introduced me to Polarity Analysis.

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References on request from
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