

Paulina Medical Clinic

Headache

I began practicing anthroposophic medicine in 1978. Anthroposophy, or spiritual science, and anthroposophic medicine originated with Rudolf Steiner. I believe, now more than ever, that his impulses and the practical consequences coming from his work are going to be the future of medicine. The human being after all is an individuality having a Body, Soul and Spirit and they all need to be addressed.

This compilation is meant to be a short sampling of the remedies that I found particularly helpful in my practice. Anthroposophic medicine is not simple. One must cover both the immediate needs as well as the long term concerns of the patient. In the past I have used, and occasionally continue to use remedies from such a companies as, for ex., the Weleda company (www.weleda.com) but I currently use primarily the True Botanica products (www.truebotanica.com) because those formulas are the result of significant new research.

The TB formulas mentioned here are carefully made according to GMP regulations, with rhythmical processes and are all alcohol and lactose free. Anthroposophic principles are followed throughout. Very uniquely, these potentized remedies (used in both anthroposophic and homeopathic medicine) are going through a scientific, biologic and statistically verified test that ensures that the potency is in fact active and not “just water or just sugar pills”.

Aside from the fact that they constitute a breakthrough in a scientific and anthroposophic direction I found them to be helpful to my patients “in real life situations”. I believe them to be superior to anything else in the field so why not suggest to my patients the best. The use of these formulas also supports the research for even more ongoing developments.

A modest attempt is made here to not only offer some remedy names but to, hopefully, get across that a different manner of thinking and acting is needed in order to achieve a truly “holistic”, productive health.

I am grateful to the many teachers I have had in the past, I am benefitting continuously from the research and publications of many individuals and I currently have the invaluable help, guidance and assistance from my colleagues Andrea Rentea MD, and Mark Kamsler MD – without whose help none of my activities would be possible - but I take sole responsibility for all the statements made here.

General comments:

A very useful start in any therapeutic protocol is to differentiate by constitutional type and address that first. Some “constitutional” support can already bring improvement or even resolve the problem.

Some examples follow below:

1. Determining which of the seven Soul types, also called “planetary” types, a person is and addressing that constitution:
 - a. Saturn – Plumbum mel 30x
 - b. Jupiter – Stannum metallicum 30x
 - c. Mars – Ferrum metallicum 30x
 - d. Sun – Aurum metallicum 30x
 - e. Venus – Cuprum metallicum 30x
 - f. Mercury – Mercurius vivus 30x
 - g. Moon – Argentum metallicum 30x
2. Determining which of the four elements (Ego organization, Soul, Life Body or Physical Body) needs to be grappled with first can make all the difference.
3. Looking whether a person is “large headed” or “small headed”. For the first give Calc carb 30x; for the second give Phosphorus 30x.

The use of all remedies must be properly understood. An independent study or participation in courses on anthroposophic medicine is usually required. Ultimately most remedies have multiple uses and only an anthroposophic understanding of the behavior and interaction of the spiritual bodies with the physical body can give a direction which specific substance to pick.

A proper diagnosis always comes first!

Useful OTC remedies:

Aconitum 30x	Sudden violent headache; sensitivity to wind; band like headache; R. St: Aconitum protects the nerves helps them to have more structure; helpful when sensitivity to odors, light; usually with constipation
Aesculus 8x, 50x	When there is a preponderance of chemical and life ether; a general tendency of “softening” processes in the cerebral functions; overbearing metabolic and digestive processes ; seen f. ex. with varicose veins in the picture
Agaricus album 30x	Headaches following strokes, tumors; upon awakening; where the impression is that this is a very “old” affliction
Alumina 30x	R. Steiner: the head needs a sufficient amount of mucous coming from the lungs or the dryness will lead to pains; alumina against the dryness process
Apis mel 30x	Fights inflammation with burning sensations
Argentum 30x	H. following nervous exhaustion, occurring

	especially at noon or evenings
Arnica 30x	H. following trauma
Aurum met 30x	H. when trying to concentrate-thoughts do not want to go into the etheric body (R>Steiner); especially useful in depressed patients
Belladonna 30x	Throbbing quality, face red and congested,
Bidor	A Weleda company product going back to a R. Steiner suggestion. It is included here because it is so fundamental that it never lacks from our migraine suggestions.
Bryonia	All roots are helpful for head conditions but Bryonia seems particularly suited for right sided headaches; all motion but particularly movement of the eyes makes it worse. Constipation.
Calc carb 30x	In order to encourage "out-breathing", release
Chamomilla 30x	Pain and anxiety relief
Cuprum metallicum 30x	H. with hypertension; cramping feeling;
Ferrum carbonicum 6x	To overcome head congestion
Formicum acidum 6x	When a re-enlivening of the entire metabolic sphere is needed; deposits occur like in gout;
Gelsemium 6x	Occipital headache, pains in the eyes, worse when lying down, comes on after bad news or stress.
Glandula Suprarenalis 6x	H. accompanied by low blood pressure; weakness from previous prolonged stress.
Granite 30x	General "nourishing" of the cerebral functions; H. following or caused by under nutrition which is not the same as lack of food.
Lycopodium 6x, 30x	H. in an angry individual, right sided
Magnesia phos 30x	Pains with a pronounced cramping feeling
Mercurius vivus 30x	After sun exposure or sun stroke;
Nux vomica 30x	Headache with sensitivity to light and other sense impressions
Nux vomica 30x	Upon awakening, H. accompanied by nausea, following excessive eating or drinking alcohol(!), hypersensitive individual,
Oxalis montana 6x	R. Steiner: the head needs a sufficient amount of mucous coming from the lungs or the dryness will lead to pains; alumina against the dryness process
Phosphorus 6x, 30x	H. with a general numb feeling, in a fog
Pineal-Pituitary 30x	H. in the presence of other endocrine problems or with memory issues.
Plumbum mel 30x	In the presence of arteriosclerotic symptoms
Stannum met 6x, 30x	When there is a preponderance of chemical and life ether; a general tendency of "softening" processes in the cerebral functions; overbearing metabolic and digestive processes; apply when more than the sense organism the nervous system is involved.
Sulfur 30x	I the presence of intestinal problems, constipation,
Thyroidinum 6x	Accompanied by a constricted feeling in the throat coming from the thyroid; or if the thyroid is

	involved. When there is sensitivity to the environment. R. Steiner calls the thyroid the organ of attentiveness to the surroundings
Tormentilla 30x	Menstrual related

Directions for Use (For potentized remedies, general principles):

Globules: For best results place globules under the tongue for 30 seconds. Adults-3-5 globules 3 times a day. Children 2-12 years-1-3 globules 3 times a day. Under 2 years, consult your doctor. Use until symptoms are relieved or as directed by your health care provider. For acute use 3-5 globules can be taken every half hour several times (as directed or until symptoms resolved). If need to be taken chronically once a day is appropriate. For specific cases follow the instructions on the product label.

Liquids: instructions same as above; 1 globule=2 drops

Nutritional Supplements/Topical Remedies

Liver Cleanse	When there is a preponderance of chemical and life ether originating from liver functions that need “pulling in”; a general tendency of “softening” processes in the cerebral functions; overbearing metabolic and digestive processes
Neck Oil	Tension headaches
Foot Cream !	Massage of the feet can be of crucial importance in head problems
Urtica Ferrum Tincture	H. with weakness, exhaustion, anemia
Cuprum cream	Massage of the spleen when headache right sided
Ferrum cream	Massage of the liver when left sided headache
Chicory cum Stanno Tincture	Important in left sided headaches

Directions for use: follow instructions on the product label.

Ross Rentea MD

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Ross Rentea MD is Medical Director at the Paulina Medical Clinic and responsible for R & D at the True Botanica company.

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