

SEPIA

FROM SOURCE BOOKS:

- 1) **ENCYCLOPEDIA OF PURE
MATERIA MEDICA**

T. F. ALLEN

Few hours – Loathing of Life, felt existence miserable as if he would pine away if he did not kill herself



DAY1 :

- Undertakes things opposed to his intentions
- Weak memory
- Total loss of courage
- Depressed in spirit
- Loss of Ambition
- Nervous Depression hearing friends illness, felt that unless I held on something. I should scream

DAY2 :

- Gloomy but battling against it with Pelvic distress
- Gloomy – felt weepy over everything without cause
- Gloominess – felt unfortunate without cause
- Ideas flying when spoken to but returns when another person addresses

- DAY3 :**
- **Low Spirited, don't care what becomes of me, cannot collect my thoughts, I cannot recall things which I know very well. Thoughts will not come.**
 - **Great exertion to work or apply myself in any way. Inclination of Mind to wander over future things.**
 - **Forgot her children to dress up & provide until 10:00a.m**

- DAY4, 5 :**
- **Very cross, only lacks a reasonable cause to vent my ill humour**
 - **Irritable tearfulness**
 - **Vexed & disposed to scold**
 - **Finds fault, desires nothing which other want**
 - **Peevish mood as after suppressed anger**
 - **Feels irritable and hard work to fix mind on studies**
 - **Feels much annoyed with those around**
 - **Dullness of comprehension**

- DAY4,5 :**
- Inability to collect & express thoughts
 - No desire to study, mind not clear.
 - Mind clear but soon fatigued
 - Constant building air castles
 - Heavy flow of ideas
 - Clearness of Intellect / Great quickness of memory

- DAY6,7 :**
- Indifference towards everything all day. No proper sense of life
 - Did not care what happened
 - Worrying about something all the time
 - Indolent mood, Inattentive, Absent minded & Apathetic
 - Use of wrong words & wrong expression gave it up with disgust
 - Says sharp things due to excitement from trifles & ashamed of it at the same time.

- DAY 8-13 :**
- **Cross, Nervous**
 - **Constant change of thoughts**
 - **Attention wandering**
 - **Simplest question cannot answer, felt unhappy, better crying**
 - **Irritable don't want to be talked at or talk**
 - **Language comes slowly has to drag out words to express ideas**
 - **Cannot recollect quickly as before**

DAY 14-25 : - Moodiness, Depressed

**Attacks of Anger over past times, come on involuntarily,
Excited, does not know what to do with anxiety,
Palpitation & Sweating**

- **Indolence of mind & Despondency**

- DAY 26-54 :**
- **Cannot spring to an answer as quickly as usual but recalls ideas by association**
 - **Irritability, Poor memory**
 - **Depressed**

SEPIA

SOURCE BOOK :

HERING'S GUIDING SYMPTOMS

- H.C. HERING

MODALITIES: A/F, <, >

AILMENTS FROM:

- **Vexation**
- **Supp anger**
- **Disappointment**
- **Physical Exertion**
- **Mental Exertion**
- **Uterine or other Haemorrhages**
- **Excessive sexual Indulgence**
- **Loss of Vital Fluids (Pregnancy, Menses, Nursing)**

AGGRAVATIONS

- < **Coition**
- < **morning**
- < **Evening**
- < **Contradiction**
- < **Company**
- < **Noise / Music**
- < **Past occurrences**
- < **Coffee**
- < **Opium**

AMELIORATIONS

- > **Thunderstorm**
- > **Lightening**
- > **Alone**
- > **Violent motion in Open air**
- > **Dancing**
- > **Occupied**
- > **Short naps**

MENTAL STATE:

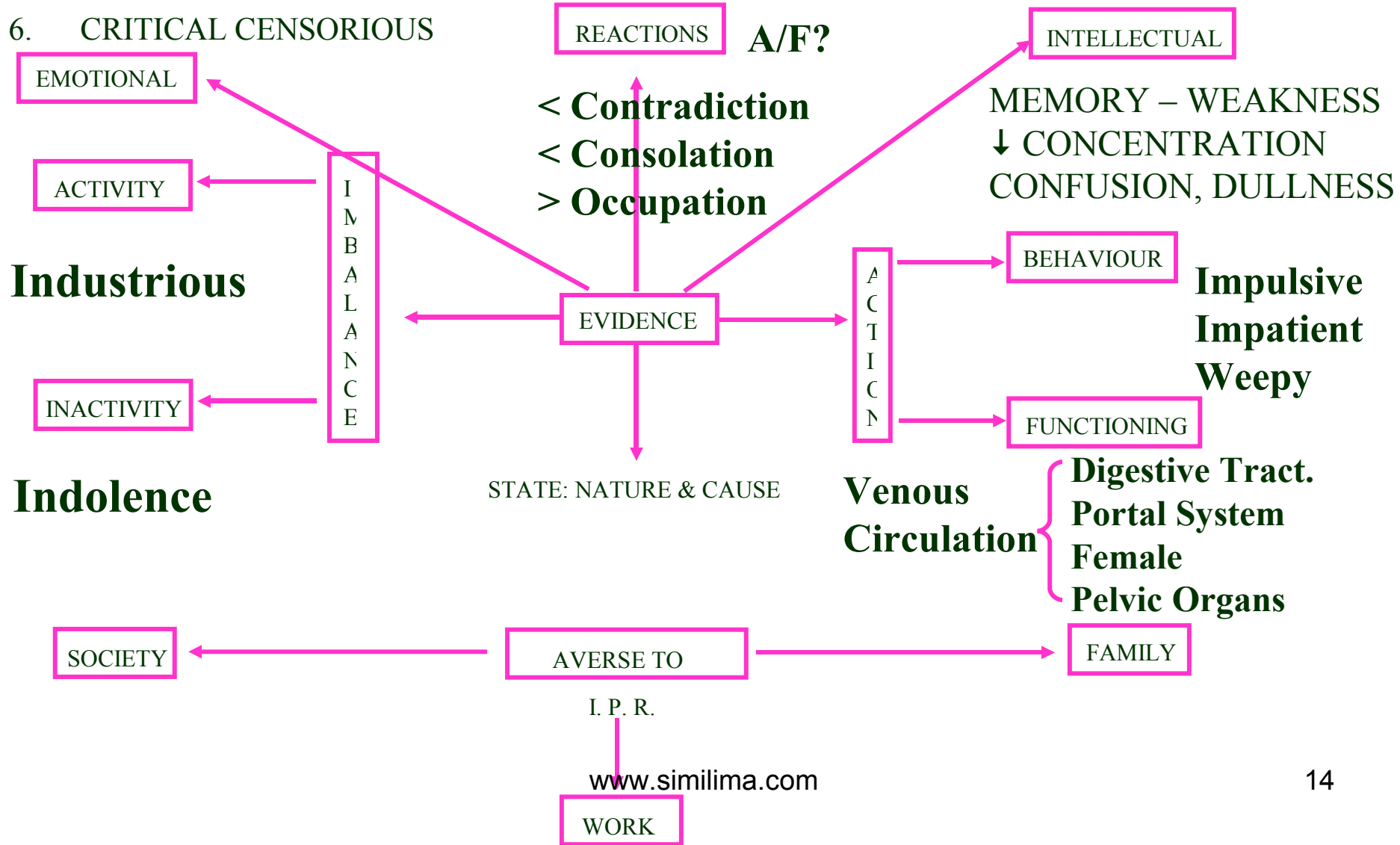
- **Gloominess depression on awakening in morning.**
- **Nerves very sensitive to least noise.**
- **Greedy, miserly**
- **Quiet, introspective, without speaking but answers intelligent and curt.**
- **Irritability alternating with indifference**
- **Violent bursts of anger with furious gestures**
- **Great indifference to everything with confusion.**
- **Great irritability, easily offended.**
- **Quiet, engrossed in her own thoughts.**

- **Propensity to suicide from despair about his miserable existence**
- **Sadness about health**
- **Fits of Involuntary laughing and weeping.**
- **Fear of being alone**
- **Contradictory, Quarrelsome, complaining about others**
- **Vexed and disposed to scold**
- **Absent minded.**
- **Weak memory in attentive**
- **Inability for mental activity and mental dullness.**

MENTAL STATE

1. INDIFFERENCE
2. SENSITIVE – OFFENDED EASILY
3. ANGER – IRRITABLE
4. FEARS
5. BROODER
6. CRITICAL CENSORIOUS

B. THE MENTAL STATE



Performs her duty

LOVE ← OBJECTS → HATE

AFFECTIONATE / SYMPHATHETIC

CRITICAL CENSORIOUS CRUEL

AFFAICHEMENT: SELF / PERSONS / OBJECT

MALICE SLANDER REVENGE

MONEY / POWER / WORK / CAREER

OBJECTS

ROMANTIC / SENTIMENTAL

PERSONS

SEX: MATURBATION HOMOSEXUAL SELF-LOVE

RELATIONS

HETEROSEXUAL: PREMARITAL / MARITAL / EXTRAMARITAL

WORK

LEWD : GESTURE SONG TALK DREAMS

SADISM - PLEASURE

EGOTISM PROUD RUDE CONTEMPT ARROGANT IMPERIOUS

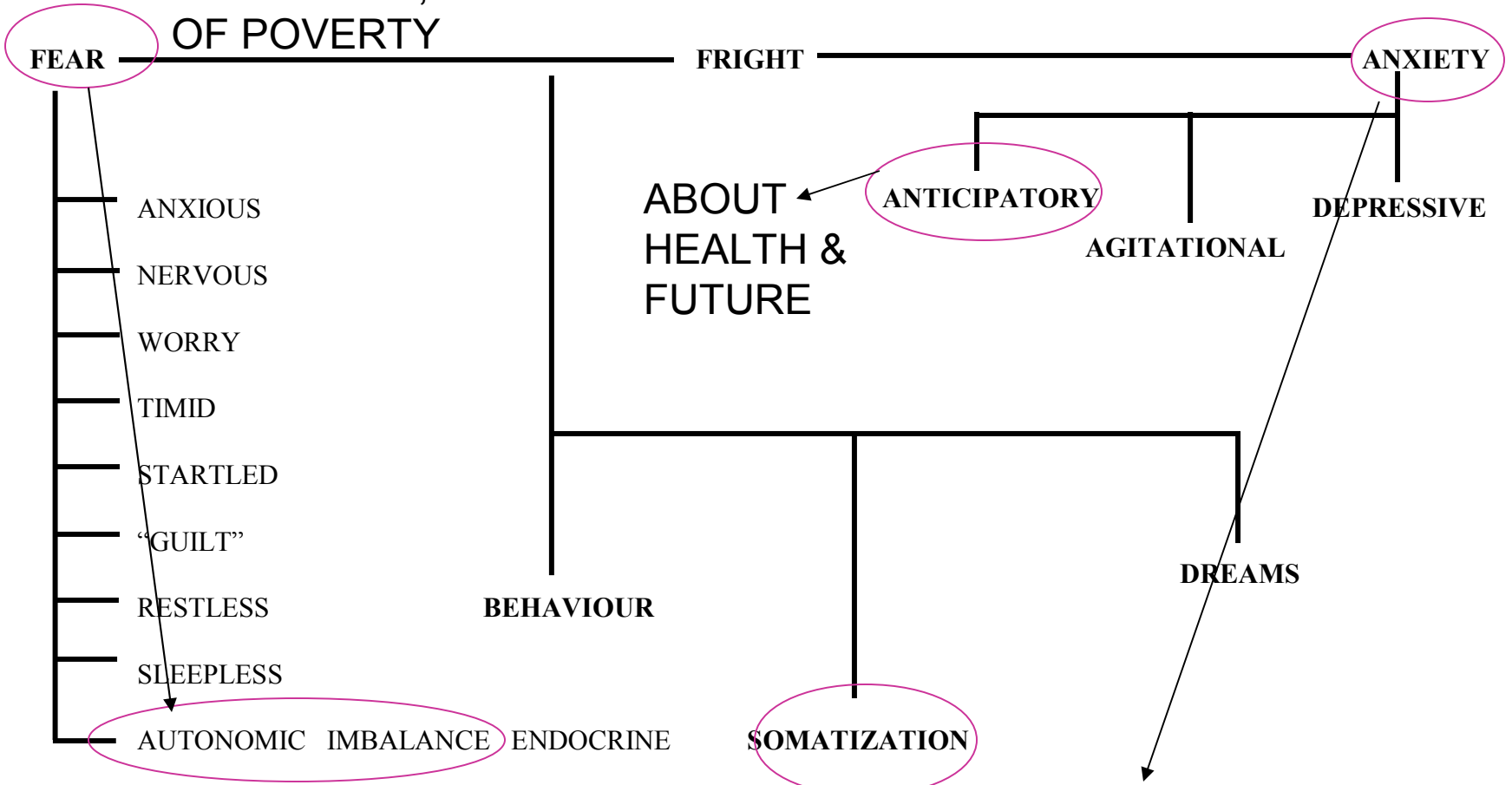
MISANTHROPY

JEALOUSY ← SUSPICIOUS

← ENVY

Sarcastic
Insulting others

OF GHOSTS, OF POVERTY

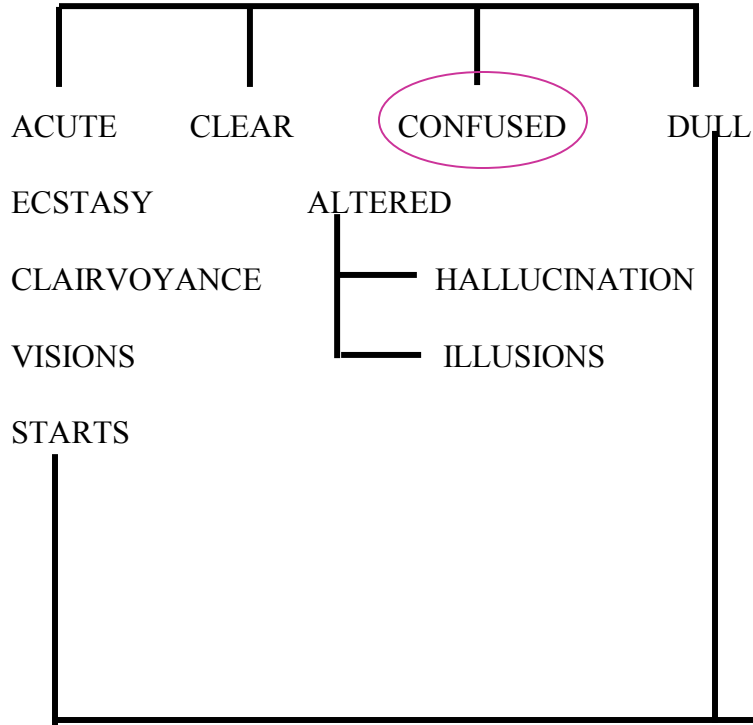


-FLUSHES OF HEAT
OVER FACE
AND HEAD

-RESTLESS
-PALPITATIONS
-TWITCHING

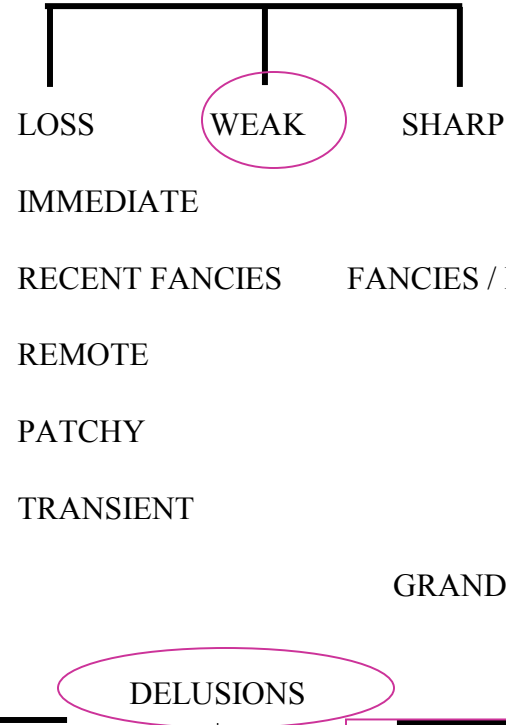
CAPACITY ————— 1. INTELLECTUAL STATE (FORMULATION) ————— PERFORMANCE

PERCEPTION



COMPREHENSION DIFFICULT
ATTENTION WANDERING

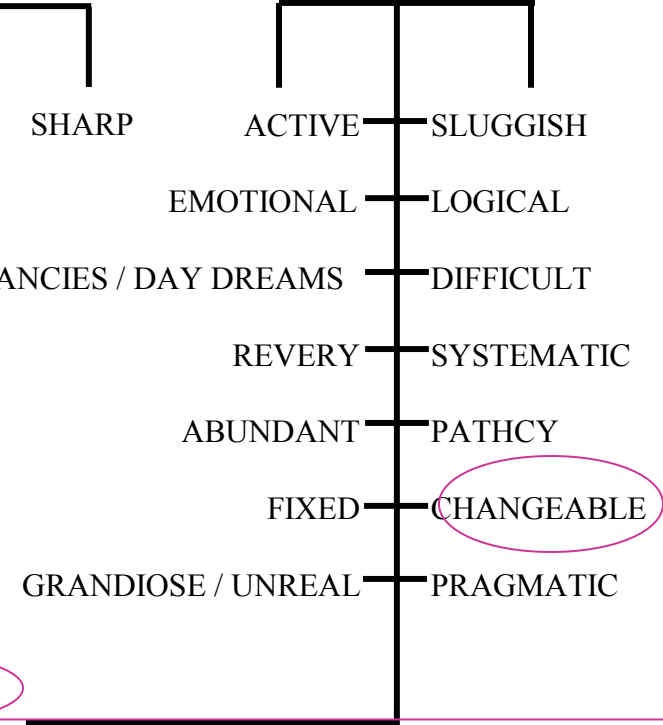
MEMORY



DELUSIONS
+
IMAGINATIONS
PERSECUTIONS
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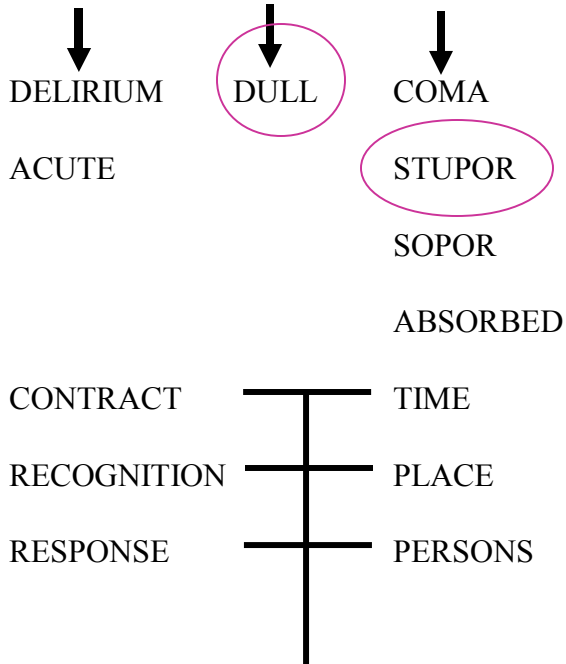
ACTION

THINKING

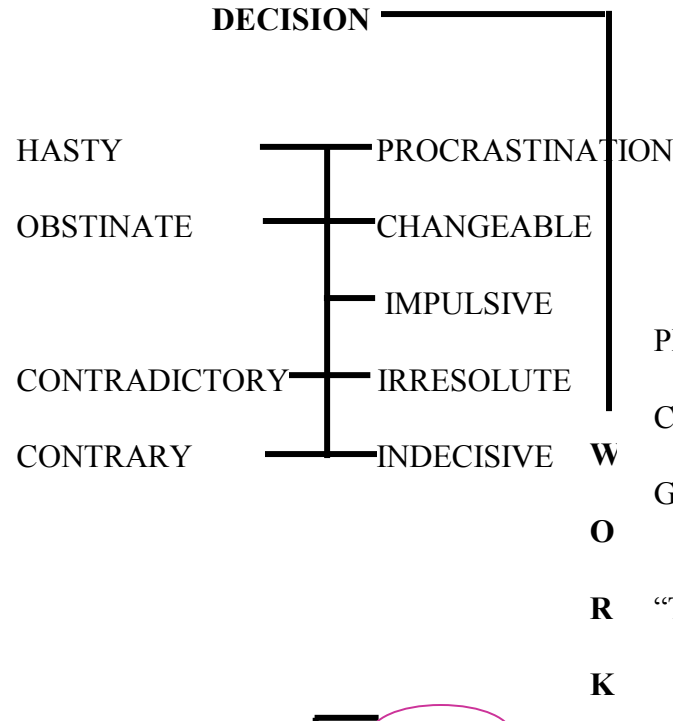


SEES FIGURES IN FRONT
OF EYES

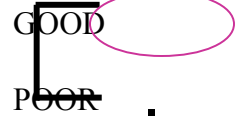
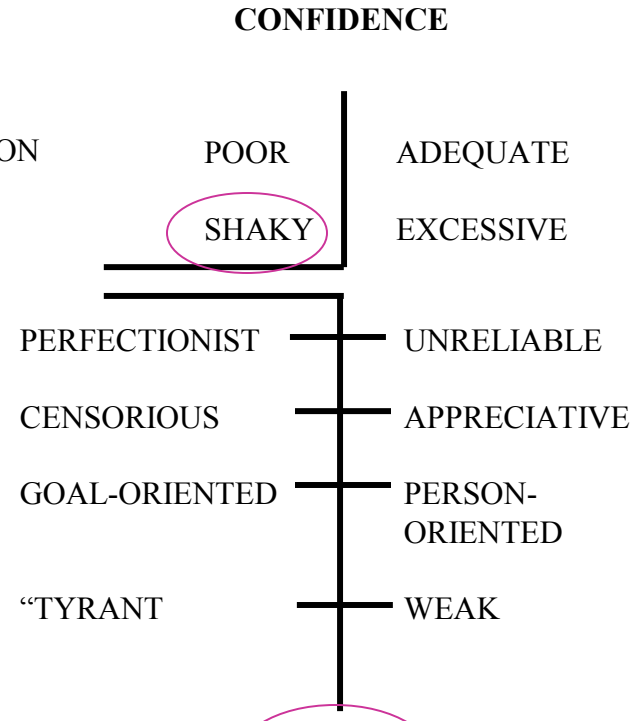
CONSCIOUSNESS



DECISION



CONFIDENCE



MOTIVATION + WILL
↓
"DRIVE"
www.similima.com

PERSON
INDUSTRIOUS

3. REACTIONS : A.F., <, > : STATE EFFECTS

EMOTIONS	
— ANGER, EXCITEMENT, JOY, VEXATION	— DISAPPOINTMENT : LOVE
— ENVY, JEALOUSY, HATRED, PERSONS	— GRIEF, LOSS-LOVE OBJECT, SORROW
— CONTRADICTION <	— BROODING, PAST, SELF-PITY
— ANTICIPATION, ANXIETY, APPROACH, BAD NEWS	< — COMPANY, CONSOLATION, WEEPING
— CHAGRIN, FRET, REPROACH, SCORN	— FEAR, FRIGHT, SHOCK, WORRY
— ADMONITION, INSULTS, MORTIFICATION	— ACTION, CARRIED, LOOKED, MOTION
— REPRESSION	— MOVEMENT, ROCKED, TOUCHED, WALKING
— INSECURITY, THREAT	— NARRATING; ALONE, WHEN ;

A/F UTERINE BLEEDING, NURSING, MARRIAGE, PREGNANCY,
EXCESSIVE SEXUAL INDULGENCE.

< PASTEVENTS **< WALKING IN**
OPEN AIR.
< NOON
< COITION

> DANCING,
> OCCUPATION
> VIOLENT MOTION
> SHORT NAPS

SPEECH	AVERSE	CENSORIOUS	CONFUSED	CURSING	DELIRIOUS
	EXCESSIVE	FOOLISH	HASTY	INCOHERENT	IRRELEVANT
	LOUD	LYING	MONOSYLLABIC	NONSENSE	OBSCENE
	PRATTLING	REFUSES	REPETITIVE	RUDE	SINGING
	“SLIPS”	SLOW	SLANDERING	SLURRED	STAMMER
	UNRESPONSIVE	WANDERING			

USES WRONG WORDS

INDISPOSED TO TALK.

BEHAVIOUR	AGGRESSIVE	ALTERNATING	CHANGEABLE	CONTRARY	DANCING
	DESTRUCTIVE	ERRATIC	EXTRAVAGANT	FASTIDIOUS	FRIGHTENED
	GRIMACING	HOMESICK	HURRY	IMPATIENT	IMPETUOUS
	INACTIVE	INCONSISTENT	JESTING	LAUGHING	LEWD
	OBSTINATE	PERFECTIONIST	QUARRELSOME	RESERVED	SHY
	SLY	TICS	VIOLENT	VIVACIOUS	WANDERING
	WEEPY				

INDIFFERENT

SITS KNITTING

DREAMS (Describe)

ABSURD

ANXIETY

BUSINESS (WORK)

DEAD

DISEASE

EXAMINATION

FAILING TASK

FIRE

FUNERALS

INSECTS

MISSING TRAIN

MUTILATION

PLEASANT

QUARRELS

SAD

UNPLEASANT

URINATING

WEDDING

ACCIDENT

BATTLES

BUSY

DEAD BODIES

DISGUSTING

EXHAUSTING

FALLING

FLYING

GHOST

JOURNEY

MONEY

NIGHT MARES

POLICE

RAPE

SNAKES

UNPREPARED

VEXATIOUS

WEEPING

AMOROUS (SEX)

BIRDS

CRIMES

DEATH

DROWNING

EVENTS: REMOTE / RECENT / FUTURE

FEASTS

FRIENDS

HISTORIC

MANY

MURDER

PARTIES

PROPHETIC

RELIGIOUS

STOOLS

UNREMEMBERED

VIVID

WILD

ANIMALS

BURIAL

DANGER

DEVILS

EMBARRASMENT

FIGHT

FRIGHTFUL

HUMILIATION

MISFORTUNE

BEING MURDERED

PERSISTENT

PURSUIT

ROBBERS

TEETH BREAKING

UNSUCCESSFUL

WATER

SEA

CONCEPTUAL IMAGE

TYPE	PSORA	SYCOSIS	TUB	SYP
I N T E L L E C T U A L	Industrious Judgment good Confidence shaky	Memory weak Dull comprehension Absent minded Confusion Incapacity for thoughts industrious Delusions, sees figures in front of eyes		

	P	S	T	S
E M O T I O N A L	Anxious Fearful Sensitive Irritable Abusive Censorious	Brooding Discontented Inability to express	Violent	suicidal
		www.similima.com		25

	P	S	T	S
B E H A V I O R	Timid Hysterical	reserved Quarrelsome indifference		

ESSENTIAL EVOLUTIONARY TOTALITY

CORDIAL ENVIRONMENT:

- Happy
- Uneventful
- No Responsibility
- Good support structure

UNCORDIAL ENVIRONMENT

FM- PSORA + SYCOSIS

Diff Socio Cultural Values
E.g: Marriage
Diff in her own ideas & views with Environment

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INDIFFERENT

ANXIOUS

SENSITIVE

IRRITABLE

ABUSIVE

CENSORIOUS

- A/F
- ANGER SUPPRESSED
 - VEXATION
 - CONTRADICTION
 - SEXUAL EXCESS

< COITION
<MORNING
< EVENING
<COMPANY
< NOISE

VENOUS
CIRCULATION

NERVES

SKIN
SEX ORGANS

> THUNDERSTORM
> VIOLENT MOTION
IN OPEN AIR
>OCCUPIED,
> DANCING

Lithaemic

**Chronic
weakness
Exhaustion
Lassitude
Tone poor**

**Prolapse,
bearing down
Congestion
Inflammation**