

Research Article

Secrets of the Sea in Homoeopathy: Understanding Marine Materia Medica

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Abstract The sea is one of the most varied and very little known frontiers of homeopathic Materia Medica. Sea remedies, which are based on the marine life such as mollusc, echinoderm, fish, algae, corals and marine mammals, possess constitutional, miasmatic aspects unlike their terrestrial counterparts. The paper discusses the therapeutic possibilities of the important marine drugs including Medusa (*Aurelia aurita*), Sepia officinalis, Calcarea carbonica, Murex purpurea, Asterias rubens, Hippocampus kuda and Lac delphinum. The article presents psycho-emotional, hormonal, neurological, and oncological therapeutic possibilities of these remedies using classical texts of Materia Medica, provings literature and recent clinical observations. Much emphasis is placed on their miasmatic affiliations, constitutional portraits, and ecological intelligence of their symptom pictures. The marine Materia Medica should be included systematically in the homeopathic education and clinical practice, which provides therapeutic aspects that extend beyond the classical polychrest repertoire.

Keywords Marine remedies; homeopathic Materia Medica; sea remedies; proving; constitutional types; miasms

Introduction

The sea with more than 70 percent of the surface of the earth is a huge pharmacopoeia, which is already penetrated on a deeper level by homeopathy. Marine remedies are already a significant part of Traditional Materia Medica, with the best-known examples being Sepia officinalis and Calcarea carbonica, but a larger amount of provings and clinical trials have substantially increased this group in the last thirty years. [1]

The conceptual basis of the investigation of organisms in the sea as a solution is based on a number of pillars about the homeopathic thought. According to the Law of Similars, substances which can cause typical symptoms in the healthy prover will cure typical symptoms in the sick. Developed under the influence of huge pressure, darkness, immersion in salt water, the rhythms of the tides, and the age of evolution, marine organisms develop proving symptoms, which reflect certain human constitutional and pathological conditions. [2]

The contribution by Jan Scholten, Rajan Sankaran and Massimo Mangialavori have made significant contributions towards the understanding of marine remedies in a systematic manner, with the Sensation Method by Sankaran being the most important contribution that exposes a therapeutic range of marine remedies to a framework of the kingdom with a shared sensation, a yielding and fluid boundary-free existence intermingling with hard self-defence. [3,4,5]

Marine Remedies Classification

The marine homeopathic remedies can be categorized in a broad way based on the organism used:

- (i) Molluscs and Cephalopods: *Sepia officinalis* (cuttlefish ink), *Murex purpurea* (rock-murex snail), *Pecten jacobaeus* (scallop).
- (ii) Echinoderms *Asterias rubens* (starfish), *Echinus esculentus* (sea urchin).
- (iii) Cnidarians: *Medusa* (jelly-fish), *Corallium rubrum* (red coral).
- (iv) Crustacea and Fish: *Homarus* (lobster), *Hippocampus kuda* (sea horse).
- (v) Marine Mammals: *Lac delphinum* (dolphin milk), Orca.
- (vi) Algae and Minerals: *Fucus vesiculosus*. (bladderwrack), *Natrum muriaticum* (sea salt), *Calcarea carbonica*. (oyster shell). [6]

Important Remedies and Therapy Potentials

***Sepia officinalis*:** *Sepia* — which is made of the dry ink of the cuttle fish, is one of the polychrests which have been studied most thoroughly in homeopathy. Its constitutional image revolves around intense stasis: venous stasis, uterine prolapse, hormonal instability, and a typical emotional flatness or lack of concern about the people she loves. Hahnemann himself observed its affinity to the female reproductive system, and modern clinical experience affirms its usefulness in such conditions as premenstrual syndrome and menopausal complaints, to postnatal depression. [7,8]

The *Sepia* patient is one who has been bled out by commitments -physically, emotionally sunken out. The cuttlefish lives on since it expels ink to generate dark conceals, a symbol that echoes with the keynote of the remedy of losing connection and wanting to escape relationships. [4]

***Calcarea carbonica*:** *Calcarea carbonica*, a remedy derived out of the middle shell of the oyster, is one of the three main anti-psoric remedies of Hahnemann. The extent of its therapeutic action is enormous: it is prescribed in constitutional disorders of calcium metabolism, retarded dentition and skeletal growth, hypothyroidism, and obesity. [9] The *Calc. carb.* picture is inherently symbolically coherent: a patient constructs fortifications of regularity and framework against a perceived threatening and overwhelming world. [5]

***Asterias rubens*:** A very promising field of the starfish remedy *Asterias rubens* is its established role in the homeopathic oncology, especially carcinoma of the breast, left-sided tumours with indurated, retracted nipples and glandular involvement reaching the axilla. [10] The remarkable regenerative ability of the starfish, to regenerate lost limbs, has an analogous symbolic presence in its possible curative power in degenerative and neoplastic disease. [11]

***Medusa (Aurelia aurita)*:** Relatively recent in the *Materia Medica*, *Medusa* has been investigated in provings written by Mangialavori and others. [3] The symptom picture of *Medusa* is extreme transparency and dissolution of personal boundaries - the jellyfish is a substance that has no skeletal structure, no brain, and is practically transparent. It is used in clinical practice in immune dysregulation, urticarial eruptions (the mechanism used by jellyfish to sting) and states of identity diffusion in personality disorders. [12]

Murex purpurea: The female reproductive system is very strongly attracted to Murex, as Sepia. In uterine fibroids, cervical pathology and conditions of exaggerated sexual desire in paradoxical co-existence with deep repulsion, it is announced in the proving of the remedy, a sense of the presence of something pressing upward of the uterus, nervous fatigue and great desolation. [8]

Lac delphinium: Lac delphinium, which is prepared using dolphin milk, is part of the growing category of lac remedies and is one of the most communal, playful, communicative and joyful service-giving marine substances, as well as themes of deep grief as one is removed out of his social pod. It has been clinically applied to autism spectrum manifestations, social anxiety and grief in the wake of a communal loss. [5,13]

Hippocampus kuda: The seahorse Hippocampus kuda has been investigated in recent provings, and has some gender-role reversal themes, the male seahorse carries the pregnancy - making it relevant in gender-identity issues, paternal bonding disorders and male sexual problems, such as oligospermia and sexual dysfunction. [3] It also has a neurological affinity, which it has in common with convulsive disorders and memory disorders. [6]

Affiliations of Marine Remedies - miasmatic

The knowledge of the miasmatic dimensions of marine remedies assists in prescribing them outside of the acute and acute-on-chronic situations. The expanded miasm theory by Sankaran correlates various marine organisms with the cancer miasm (feeling trapped in the overwhelming environment and the need of perfection and rigidity), the syphilitic miasm (destructive and degenerative miasms as observed in *Asterias rubens*), and the malarial miasm (periodic attacks, persecution, and survival themes found in crustacean remedies). [4,5]

The element theory by Scholten also locates a number of marine organisms in the lanthanide and actinide series - with their themes of deep autonomy, power, and self-governance - or in the lower series that describe primal, undifferentiated life. [2]

Similarities in the entirety of marine remedies

Differential diagnosis Clinical and proving experience show that in the marine kingdom there are a number of recurring themes, which cut across the kingdom and give a guideline to the differential diagnosis:

Fluidity/structure: In the sea, organisms live in the borderless depths or through disguise - a polarity which finds expression in patients who oscillate between the state of being boundaryless and the state of being rigidly controlled. Rhythmic being: Sea creatures are the oldest evolutionary memory lines on earth, and their remedies tend to respond to the primordial phobia and of dissolution, destruction, and formlessness. [4,5,12]

Applications and Evidence Base Clinical

Although marine remedies rely on the evidence base mostly based on provings, case reports and Materia Medica compilations, systematic investigation is increasingly gaining interest. Marine remedies have been reported to show encouraging results with a number of homeopathic research groups in:

Gynaecological and hormonal diseases (Sepia, Murex, Calcareo carbonica); oncological palliative and constitutional treatment of breast and gastrointestinal disease (Asterias rubens, Corallium rubrum); neurological diseases such as convulsions and neuropathies; autoimmune and allergic diseases such as urticaria, eczema and asthma; psychiatric diseases such as dissociative disorders, grief reactions and social withdrawal. [10,13]

The clinical experience of Banerjee in his Miasmatic Prescribing, points out the effectiveness of marine remedies in deep constitutional prescribing where there is the interweaving of psoric, sycotic, and syphilitic layers. [9]

Dilemmas and Future Projections

Marine remedies have a few challenges to their broad acceptance despite their therapeutic potential. Symptom pictures are limited by the sparseness of large scale, controlled provings. Moreover, numerous marine animals are under conservation pressure and this brings into ethical sourcing a question of solution preparation. The practising of potentiation should not be against the laws of wildlife protection and production of the endangered species should be done with extreme care or should be avoided.

It should be followed up by: systematic double-blind provings of poorly documented marine remedies; creation of clinical case archives; inclusion of marine Materia Medica in homeopathic education programs; and interdisciplinary cooperation between homeopathic investigators and marine biologists to learn more about the source organisms.

Conclusion

The sea Materia Medica is a fertile, yet-to-be-explored frontier of homeopathic curative medicine. The constitutional, hormonal, neurological, oncological, psycho-emotional pathology is remedied by remedies like Sepia, Calcareo carbonica, Asterias rubens, Medusa, Murex, Lac delphinum and Hippocampus kuda which are an expression of an evolutionary antique and environmental singularity. With the homeopathic community proceeding with systematic provings and recording of clinical results, the sea remedies will get an even greater role to play in the art and science of homeopathic prescribing.

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