

**Materia Medica- Elements of Homoeopathy by Jan Scholten****Oxygenium [Oxyg]**

## 2.16 Oxygenium

Oxygen is an interesting remedy and we don't know much about it, apart from the fact that it is present in many compound remedies.

Remedies such as the Carbonicums, Nitricums, Silicatum, Phosphoricums and Sulphuricums all contain Oxygen, although one couldn't guess from the names alone and it isn't easy to detect a specific oxygen theme in these remedies. Alumina, Silica and Arsenicum album also contain oxygen, in fact they are pure oxides, although their name once again doesn't indicate this fact. When we analyse the remedy pictures of Alumina, Silica and Arsenicum album we see a common theme emerging, based on words like avarice, selfish, greed, egotism, fear of robbers, dreams of robbers and envy. These words, as we shall see, all play a large part in the general theme of oxygen. And although the picture may initially seem to a bit negative, we know from experience that the more we get to know a remedy, the more this initial negative impression gets balanced in a broader overall picture.

## Signature

The name Oxygen means acid, oxy, forming, genesis. The oxidisation of metals creates oxides, which are little used in homoeopathy except in remedies such as Arsen alb. Some oxides dissolve in water to form acids. One example of such a compound is Nitric acid, which is created out of nitro-dioxide and water.

Another example is carbon dioxide which dissolves in water and becomes a light acid.

Other oxides dissolve in water to become alkaline (also called causticum in homoeopathic literature). Oxides formed of metals in the left half of the periodic table, like Natrum, Kali and Calcareo, dissolve in water and become alkaline.

Oxides from metals in the right half of the periodic table, like sulphur and nitrogen, usually turn into acids when dissolved in water.

The theme of water and fire is very much a part Oxygen. Oxidation means a reaction with the oxygen in the air, which produces fire and heat. This burning process frees the energy which was stored up in the original substance. But oxygen and hydrogen form the substance that quenches the fire, i.e. water. The theme of water and fire is often used symbolically to denote the theme of giving and taking, or male and female.

Oxidation is a key process in all forms of life. It is a slow internal process: there is no actual fire to be seen. It is a necessary process for remaining alive and at the same time it means the end of something, a sort of death. It is the theme of eating and being eaten, and here we see the connection with the theme of aggression. Oxidation contains the essence of change and transformation. The exchange is a necessary prerequisite for change and therefore experience. Note also the importance of free radicals and anti-oxidants in this respect.

16 percent of the air we breathe consists of oxygen gas. It is the most common element on earth: 50 percent of all matter consists of oxygen. It is a gas and therefore very elusive, in contrast to the fact that

you can't do without it!

Concepts

Stage 16 Carbon series

Lost Individual Person I

Gone by Value Meaning Self-worth

Expecting Ethical: Good and Bad

Luring Body Life Lust

Intensifying Hero

Remembering Possessions

Imagining I-weakness

Pacifying Magic Myths

Eating up Child

Neglecting Lazy

Using up Rotting

Provoking

Group analysis

Using up resources: selfishness.

Indifferent to possessions.

Living on past glory and resources of the body

Living on past feelings of self-worth: attention seeking.

Wanting more than is necessary: begging, demanding to have their own way.

Loss of self-worth: indignant.

Used up as a person: abuse.

Fantasising about loss of self-worth: victim.

Lazy person.

Expecting to get values and norms from others.

Luring with property: corruption.

Neglecting the body: tramp.

Trying to lure others to give: begging.

Expecting to receive possessions: begging.

Rotting of body: worms and maggots.

Picture of Oxygen

Essence: living on property and possessions: selfishness.

Living on possessions: selfishness

Possessions are a problem to the Oxygens, in the sense that they have difficulty finding a balance between giving and taking. They are afraid of losing their possessions and they tend to hold on to them in a rather selfish way. They may even become quite mean and avaricious. They are also very afraid of thieves and robbers.

An eye for an eye is an expression that fits into their line of thinking.

Indifferent to possessions

The other side of this theme is a complete indifference to possessions. They are so afraid of being selfish that they don't dare to keep anything for themselves. Once again the balance between giving and taking has been lost. These people tend to withdraw from life and keep themselves to themselves.

They would rather hang on to their inner qualities and not bother with the dramas of the outside world. In a positive sense they are very good at abstaining.

Living on the feeling of self-worth: attention seeking.

They expect others to see what they are worth and to act accordingly. They feel quite proud of themselves and their behaviour shows this too: they can be very demanding. Deep inside they feel they haven't been given their due and they are determined to get it. So they complain and whine, they even become aggressive in their demands. In actual fact they know that they have already had more than their share, but in order not to have to admit this they keep complaining.

As a child they already show this tendency of wanting to have everything right now. They can't wait and they won't stop asking.

We may also see the opposite, where they can't stand people who complain. They don't want to hear anything that even vaguely sounds like a complaint. They will not allow themselves to utter a single complaint either. There is nothing to complain about, you have got everything you could possibly need.

### Loss of self-worth: indignant

When they don't get what they want they can be most indignant, even if they have already got more than everybody else. Their demanding behaviour may give rise to irritation in other people. Doctors who do their best for them get exasperated when it still isn't good enough. When a doctor or a therapist finally loses his temper with them they feel very hard done by and swear never to go and see that doctor again.

### Used as a person: abuse

One step further along this line leads to feelings of being abused. They feel that other people have taken away everything that was of value. It is always the other persons fault. Even if they themselves have made no effort to earn respect or to earn a living, they still feel used and abused by others.

### Fantatising about loss of self-worth: victim

In extreme cases they turn into real victim types. They always complain of being hard done by. Even the most minor incidents get blown up into justifiable reasons for a serious complaint, which may express itself in their physical bodies too. These physical complaints are then all the more reason to feel victimised and are a good excuse to give up trying altogether.

They can't come to terms with the fact that life isn't always fair and that it is a good idea to make the best of it.

The positive side of Oxygen would be the courage to have a go, to get involved in life and to keep your heart pure at the same time.

Lazy person They get more and more lazy as they feel it is all a lost cause anyway. They either expect the world to put itself right or they feel that others should take care to do so. Their passive attitude is both a cause and an effect of all that is wrong in their life. They become nonchalant and indifferent, they lose their grip on life. If they don't get what they want, they'll try somewhere else.

### Luring with possessions: corruption

Corruption is another important theme in this remedy. In the initial stages they abhor the thought of corruption. They can't even accept small favours and little presents, because they feel it to be the beginning of the end. It is a sign of their fear to be polluted by corruption.

In later stages we may see the opposite where they actually do get corrupted themselves: The whole of society has gone to ruin, so why not join them? Once again the balance between giving and taking has been lost.

Neglecting the body: tramps In later stages they may also start to neglect themselves, their house or their business. They will lead the life of a tramp, dressed in rags and muttering to themselves about the injustice of it all. They like to shock others with their appearance and the things they say.

### Trying to seduce others into giving: begging

Begging like a beggar eventually becomes their only source of income. They like to play on the emotions, to hit a soft spot in others to give them something of their riches. They ask other people to

look deep into their hearts to find that love that will make them give gladly. These gifts are usually received without any signs of gratitude, because they feel it was their right to get back what had been taken away by others in the first place.

They hope to get more by playing the victim or by shocking people with the sorry state of their sick or handicapped body.

### Hero

In the Oxygen state the hero is well on his way to reaching his goal, but he is prey to traps of desire and seduction. It is the stage of Ulysses being seduced by the Sirens. Of course the challenge is to withstand these temptations and to fulfil his task. He has to be involved in the world and remain pure at the same time.

### Expressions

Fears: vague (2!), unknown (!), life, strangers, thieves (3!), criminals, poverty (3), future, travelling, flying, crowds, streets, failure, disease, operations, needles, knives, contagion (!), pollution, worms, cancer, death; acute panic attacks.

Dreams: thieves, worms, storm, shame.

Irritability: critical, aggressive, angry, wild, panicky.

Mood: lively, daredevil, timid, uncertain, indecisive, (>) support, listless, meaningless, easily offended, stubborn, gloomy, suicidal.

Mental: confused, slow, problems with orientation, lack of concentration, forgetful, dementia.

Contacts: (>) company, (<) discontented people, (<) consolation.

Religion: magic, obsessive.

Causes: neglect, abuse, incest, parents absent, addicted or weak.

### Generals

Weather: warmish, (<) heat, (>) outside, (<) mountains, (<) draught.

Desires: alcohol, narcotics, fruit, warm food.

Food: (<) fat, cheese, butter, pork, alcohol, wine.

Sleep: much (2), laughing during sleep.

Physical: (<) exertion, climbing, (<) smoke, noise.

### Complaints

Tiredness, low blood pressure.

Headaches, pressing, above right eye, eyebrow pressed down, (<) exertion, (<) talking, (>) rest.

Sinusitis, swelling of lymph glands.

Vertigo, blackness before the eyes.

Retrolental fibroplasia. Blindness. Cataract.

Pressure in ears. Blocked nose, epistaxis.

Throat dry, tickling, (<) talking. Loss of voice.

Lung complaints. Cough, white lumps. Hyperventilation.

Heart problems.

Liver problems, liver insufficiency, hepatogenic toxemia.

Affections of the kidneys.

Vitiligo.

DD Carbon series, Stage 16, Aceticums, Muriaticums, Anacardium.

DD: free radicals, superoxide, Hydroxyl, Nitric oxide, Hydrogen peroxide, Allopurinol.

DD: antioxidants: Glutathion, Superoxide dismutase, Vitamin C and

E.

DD Causticums: they have the same feeling of being a victim of injustice, but they also have high ideals, something which is lacking in Oxygen.

DD Nitricums: Oxygen no longer feels he has the right to receive, which is why he starts to moan and complain. Nitrogen still feels he has a right to receive his due reward, so he will be tend to be more pushy and demanding.

DD Muriaticums: these can also have a tendency to moan and complain, but it is more meant to attract the attention than to get anything special like extra sweets or extra money or special treatment from the doctor.

DD Magnesium: the aggression is a strong characteristic in both.

They both have a tendency to fight too.

DD Ferrum: on the material plane both Ferrum and Magnesium are the most important modulators of the oxidation process, tempering the intensity of the process and slowing it down to an even pace.

Case

A 25 year old woman complains of chronic tiredness. She sleeps more than 12 hours a night and is still tired all the time. Any exertion is too much; she needs to rest a long time after she has done some exercise. The tiredness is worse in hot weather. She thinks she has low blood pressure. She would like to start to work full time, but she daren't in this state. She wonders what is the point of it all and she feels like giving up. She also suffers from headaches, with pressure above her right eye, as if an elephant is standing on it. It feels as if her eyebrow is being pressed down. The headache is worse when she is working. All she wants is silence and other peoples talk makes her cross. When she has a headache she also has pains in her neck and back and she feels irritable.

She also complains of vertigo; everything turns black at times.

This is aggravated when she is busy or when others are busy in her presence.

Her throat feels dry and she gets a tickle in it which is worse on talking. It makes her want to cough and she loses her voice.

She coughs up white lumps of mucus. She feels pressure in her ears, her nose is often blocked and she gets a nosebleed from time to time. This is worse in smoky rooms, in a draught and during winter. She also suffers from sinusitis and swelling of the lymph glands.

She has a problem with relationships. Her last boyfriend was a real mummys boy who never never said a word. His parents accused her of coming from a difficult family and this caused her to have a nervous breakdown. This is when he finished the relationship.

She tried to patch it up but she didnt succeed and since then she feels that her memory has been a lot worse.

Three years ago she got another partner, but he often makes nasty remarks about her. Their sex life is nothing to write home about either, she says: this is not the right way of showing that you love someone. She is not interested in sex anyway, it only makes her more tired. He can't satisfy her, she can only do that herself. His parents insult her and call her a slut. This started when his brother tried to seduce her one day and now everyone thinks it was her fault. She is still angry with him because he almost raped her. She never wants to meet his parents anymore either. They also accused her of being after their money.

She would like to do so much but she can't because of feeling so tired. She studied horticulture and she is now doing a course to become a model. She would like to have a job because it drives her mad being at home all day. She wants to earn some money.

Everybody is putting pressure on her to start doing something.

The social services don't believe that she lives on her own and threaten to stop her allowance. Even her doctor doesn't take her seriously.

She likes to be on her own. Having friends only creates obligations. She isn't a great talker and on the rare occasion that she has gone out with her best friend she (the friend) took someone else along and spent the evening chatting to this other girl instead. She used to be quiet and shy as child. She was often teased and she liked boys better than girls who did nothing but talk about boys.

She was a problem child. Her twin sister had more privileges than she did. She is just as stubborn as her father and she always quarrelled with him.

She hates the world and thinks it is unfair the way things are run, the rich get richer and the poor get poorer. Worst of all is the fact that she can't find a job and therefore doesn't have any money to do nice things. It is so unfair that models earn so much money and I can't even afford to go on a slimming course to become a model! She loves the feline species, especially panthers.

She once dreamt that she got home and the house had been burgled: her cats were lying on the balcony all beaten up and covered in blood.

### Generals

Weather: cold (2), (<) damp, (<) gloomy (2).

Time: (<) after 3 pm.

Desires: junk food (2), meat balls (2), chocolate (2), spices, fat, meat.

Aversion: brown beans (2), runner beans (2), coffee (2).

Food: (<) milk; profuse saliva.

Menses: stomach pain and back pain at the start of menses.

Sleep: much; on abdomen; takes more than two hours to fall asleep.

### Analysis

It wasn't easy to find the right remedy. Natrum bromatum seemed indicated because she felt she was getting all the blame and she wanted to withdraw. But it only brought temporary relief. So did Ammonium fluoratum, the indications for the latter being the resentment towards her brother in law who tried to seduce her.

When we take another look at the whole picture it is clear that she feels very hard done by, not by anyone in particular, but by the world in general. The whole world is in a mess, The rich get richer and the poor get poorer. Her parents in law accuse her of being a problem child and of being a slut who is out to get the family fortune.

Appreciation, possessions and sex play a major part in this case, which would indicate the Carbon series.

She expects a lot, wants to have a nice, easy job with a large salary, but is not prepared to do an awful lot to achieve it. She doesn't like housework, she can't be bothered to put much energy into cultivating friendships, she can't be bothered to do anything very much, there is no point as far as she is concerned.

Expectations and laziness indicate stage 16, which then leads us to Oxygen.

Her complaining attitude to life and the feeling of being misunderstood by doctors and social

services also fit this picture very well. The dream about the burglary is a nice little confirmatory symptom.

#### Reaction

After oxygen 1M she gradually starts to get better. She thinks the feeling of depression had something to do with a memory of incest. Two months later she feels much better, she feels less empty and her boyfriend is being very supportive. She is beginning to enjoy being outside in the sun and listening to the birds. She had a dream in which she had redesigned her garden and she knew that her plants were doing very well in it.

#### Case

A 40 year old woman feels depressed. She feels it has something to do with an incest incident. When she was 4 years old she crept into her parents bed one Sunday morning and her father masturbated against her body. She felt abused (Oxygen), as if it didnt matter who she was (Carbon series). She is fascinated by tramps and she can imagine living like that herself (Oxygen).

#### Proving

By Jan Scholten

Dream: My brother is teasing and taunting me. I try not to respond, but it only makes things worse. Eventually he starts to tug at me and break my things. So I have to start a fight with him. I feel that I am physically and mentally much stronger than him so I win the fight. Afterwards I go to my parents room to discuss this endless quarrelling. My brother wants to come too, but I try to stop him because he will only continue his taunts.

My father sends him out of the room. I enter the room and notice that my mother is already talking with my girlfriend about this problem. She says that quarrels are often caused by in laws. I object and tell her that it is my own family who are doing it.

The feeling in this dream is one of anger that I have to engage in a fight, that I can't avoid it.

Dream: my brother, my mother and I were going to deliver some stuff to someone. I was loading a lot of boxes into the car and a little trailer. While I was shutting the boot of the car my brother suddenly drove off. I ran after him but after about 50 yards I stopped, thinking: What am I doing running after him? So I slowed down to a walk. My brother immediately slowed down the car too, but he didnt stop until he had reached the end of the road. He got out and said with a smirk: Why can't you walk a bit faster? So I slapped him. Then he said: Why are you doing that, how could I know that you weren't in the car yet? I was convinced that he had known and that he had just been trying to annoy me.