

## **ACONITUM Napellus**

Aconitum caule simpliciter; Aconitum vulgare

English: Large blue wolfsbane, Monkshood, Aconite, Helmet flower, Friar's cap.

French: Aconit napel, Napel, Aconit.

German: Napel Sturmhut, Eisenhut, Blauer Sturmhut

Italian: Napello

Spanish: Napelo

Dutch: Monnikskap

Danish: Dreumunke

Swedish: Stormbat

Russian: Borets

Natural order: Ranunculaceae

Family: Jussieu [vegetable substance] - Polyandria trigynia, L.

Mode of preparation: The juice of the fresh herb is prepared and mixed with equal parts of alcohol, yielding the mother tincture.

### **THE ESSENTIAL HOMEOPATHIC FEATURES**

In the beginning years of my practice I used Aconite only for acute inflammatory conditions, like everybody else in the homeopathic world, because of the wrong assumption that Aconite was indicated only in acute, febrile conditions. It was only later that I discovered that it was also very useful for what could be called chronic conditions, especially chronic phobic or anxiety states. Since that time we have been using it at the Center of Homeopathic Medicine in Athens quite frequently for such chronic conditions with very good results.

Actually Hahnemann had made a similar observation when he wrote: "Although aconite, on account of the short duration of its action, might seem to be useful **only** in acute diseases, yet it is an indispensable accessory remedy **in even the most obstinate chronic affections**, when the system requires a diminution of the so-called tension of the blood-vessels."

### **The Reactions of Aconite**

There are remedies for which the causative factor is of paramount importance in determining their indication; Aconitum is one of them.

The central theme that runs through Aconitum is an **excessive excitability in the nervous and vascular systems**. These systems can easily be upset by different stimuli. Modern civilization is rife with innumerable stresses — disappointments, grief from loneliness, loss of a lover, child or parent, fears, frights, failure in work or on examinations, financial insecurities, financial ruin, stresses from the weather, chemical and medical stimuli, environmental pollution, etc. — which, if sufficiently severe, can shock an individual. An Aconitum case will not develop from all of these stresses, only from some specific ones. Aconite, for instance, is well known for producing