



AQUA

*Water Remedies
in Homeopathy*

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Chapter 1

WATER AND AQUA THEMES

Imagine our world 100 years after every one of us insisted that the first priority of governments is the provision of free clean drinking water. I dare you, take a moment and imagine. Water permeates our bodies, our language, our cultures, our religions, our poetry and fiction and our conversations.

Water is essential to life

Every living thing on our planet contains water and requires water to complete its life cycle. Our human bodies are 65–75% by weight water. We need to drink water to live and if we stop drinking water we die. The availability of clean drinking water is the single most important contributing factor to the rise in health and increased life expectancy of the human race – more important than any influence of medicine, even mass immunisation.

Water is the most precious natural resource of our planet

Our best estimate is that the Earth contains 326 million cubic miles of water. The earth is a fairly closed system – it loses or gains very little water – the same water that existed on the earth millions of years ago is still present today. The overall weight of our planet's biomass has also remained

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almost constant over time – evolution and meteor impacts have changed the relative preponderance of species – 2/3rds of the total biomass lives in water and 1/3rd lives on dry land. Water covers 70–75% of the surface of the planet – more than half the volume of fresh water is stored underground in aquifers and in the polar icecaps. The water cycle drives our weather. We are all taught the water cycle at school. The heat of the sun causes water to evaporate from the oceans, lakes and rivers and rise through the air as water vapour which collects as clouds. In due time the clouds cool and deposit the water as rain, sleet, hail or snow.

Water and thirst

Water is a colourless, odourless and tasteless liquid, yet we can see it and smell it and taste it. We are drawn to water, to walk beside water, to picnic and play beside or in water. For many of us it boosts our energy and mood and being at the sea or sea bathing can ameliorate our suffering when we are ill. For others, symptoms can be aggravated by wet weather, or by becoming wet and chilled. Living with a chronic illness entails carrying a certain burden of suffering despite the best treatment. Many people are able to endure a surprising degree of pain or itching yet the sensation of thirst will not be denied – it intrudes into our consciousness and grows until we must drink to quench our thirst.

Reverence for Water

Water has been held in reverence by all the peoples of our planet from ancient times. The sacramental use of water continues in our ancient and modern religions. Since the industrial revolution our use of water and attitudes to water have changed significantly. We have polluted our atmosphere and water cycle so much that we appear to have caused a change in our climate. All over the planet we endure more extreme weather with greater swings in temperatures. The polar ice caps continue to melt as never before. Many parts of the world now experience deluges of rain falling in a short time resulting in serious flooding – most of Cumbria and the south of Scotland were flooded in 2015.

Purity of Water

There is no such thing as pure water – all water contains something other than water. Water contains oxygen from the air – the colder the water is the more oxygen can dissolve in it. Water also contains the other gases in

air: nitrogen, carbon dioxide, traces of the noble gases. Even purified pharmacy grade water (Purified Water B.P.) and distilled water contain traces of other substances. Given enough time water will begin to dissolve almost everything. Whatever water is stored in, water will begin to dissolve its surface – if stored in glass it will contain traces of silica. The elements of column 10 of the Periodic Table – Carbon, Silicon, Nickel, Palladium, Gadolinium, Platinum and Curium – resists the longest yet even a diamond will eventually begin to lose mass as some dissolves into water.

Constituents of water

Water molecules are composed of two atoms of hydrogen and one atom of oxygen – H_2O . It is naturally radioactive.

Hydrogen

Hydrogen was first distinguished as an element in 1766 by Henry Cavendish and named by Lavoisier in 1781. The name is from the Greek – “hydro” meaning water and “genes” meaning forming. Hydrogen is the most abundant element in the universe – estimated at 90% of all atoms and $\frac{3}{4}$ of the mass of the universe and makes up about 0.75% by weight of the Earth’s crust. It is the energy and fuel of suns which through nuclear fusion of two Hydrogen atoms make Helium and eventually every other element. Hydrogen is an extremely light gas – the only element that can escape Earth’s gravity.

Hydrogen exists as 3 isotopes (3 in 1, Trinity).

- Ordinary Hydrogen has one proton and one electron.
- Deuterium has one neutron, one proton and one electron – it is radioactive.
- Tritium has two neutrons, one proton and one electron – it is radioactive and releases a beta particle.

Before the explosion of the first hydrogen bomb the natural Tritium concentrations in water was 0–10 Tritium Units (TU). Afterwards the levels rose to 6000TU in rainfall over Europe. The water cycle since has mixed all this Tritium with the world’s water. Only the water deep in glaciers now has the original concentration of Tritium.

Hydrogen is the first element formed in the unfolding of creation. In the Periodic Table of Elements, it is naturally in Row 1, Column 1.



Chapter 2

AQUA AND RELATED REMEDY FAMILIES

Remedies and remedy families may be related in several ways:

- Share similar constituent minerals or plant alkaloids.
- Share a single or several emotional or physical symptoms or rubrics – Share and Compare.
- Share symptom or rubric clusters in 1 or more clinical disorders.
- Share similar general or local modalities.
- Share keywords or themes or sensations.

Degrees of relationship will be reflected in:

- The number of rubrics which contain both remedies.
- The concordance of general symptoms and modalities.
- The concordance of emotional and cognitive symptoms and rubrics.

The most closely related remedy families to the Aqua are:

- Fishes.
- Energy remedies – also called the Imponderables.
- Minerals: Gemstones, Gases, Acids and Lanthanides.
- Other animals: Milks and other Sarcodes, Birds and Ocean Invertebrates.
- Plants: Asteraceae.
- Multiple Shared Clinical Rubric Clusters: Coniferae, Liliaceae and.
- Solanaceae.

Comparison of two examples of Shared Clinical Rubric Clusters of Aqua Sanicula with Sepia and Carbo animalis

Aqua Sanicula and Chloasma Gravidarum

Face

- YELLOW; saddle across; cheeks (4): aq-sanic., **Carb-an.**, ictod., **SEP.**
- YELLOW; saddle across; nose (8): aq-sanic., carb-an., chel., lyc., op., **SEP.**, sulph., tril.
- SADDLE across nose (10): aq-sanic., **Carb-an.**, chel., ictod., lyc., op., **SEP.**, sulph., syph., tril.
- BROWN; nose (8): aq-sanic., **Aur.**, **Carb-an.**, **Lyc.**, **Op.**, **SEP.**, **Sulph.**, **Syph.**

Aqua Sanicula and Prolapse Uterus

Share and Compare: Sepia officinalis, Murex purpurea and Lilium tigrinum.

Female

- PROLAPSE; uterus; standing; aggravates (4): aq-sanic., **Lappa**, nit-ac., **Sep.**
- PAIN; uterus; pressure; ameliorates; vulva, on (5): **Aq-Sanic.**, bell., lil-t., murx., sep.
- PAIN; uterus; supports abdomen with hands (9): aq-sanic., **Bell.**, fic-mac., helon., lat-h., **LIL-T.**, lyc., **Murx.**, **Sep.**
- PAIN; bearing down; uterus:
- Pressing on vulva ameliorates (5): **Aq-Sanic.**, **Bell.**, **LIL-T.**, **MURX.**, **SEP.**
- Pressure ameliorates (7): **Aq-Sanic.**, **Bell.**, ign., **LIL-T.**, mag-c., **MURX.**, **SEP.**
- Supports abdomen with hands (8): aq-sanic., **Bell.**, fic-mac., lat-h., **LIL-T.**, lyc., **Murx.**, **Sep.**
- Lying; ameliorates (9): **Agar.**, aq-sanic., aur-m-n., cimic., ign., onos., pall., podo., **Sep.**
- Rest; ameliorates (9): **Agar.**, aq-sanic., aur-m-n., cimic., ign., onos., pall., podo., **Sep.**

Aqua and Gemstones

Aqua and gemstones have common keywords and themes.

Keywords

- Clear, crystal, pure, precious, light and dark.

Themes

- Emotional sensitivity and vulnerability and suppression.

All rubrics containing a gemstone are gemstone triturates.

The gemstone immersion remedies of Peter Tumminello¹ are, to my mind, man-made Aqua remedies. Made by immersing a gemstone in a glass bowl of distilled water plus exposure to sunlight and moonlight, they will contain something of Aqua Destillata and Sol and Luna plus each gemstone, yet each will be more than the sum of their parts. Please refer to Peter's excellent works for detail.¹

All gemstones except for diamond, amber and pearl arise from waters containing the requisite minerals in the correct proportions subjected to ferocious heat and enormous pressure. Pure carbon as graphite subjected to ferocious heat and enormous pressure results in a diamond. The remedy made from amber is called Succinum – is different. It is the sticky, resinous sap of an ancient conifer – this is why amber often contains an insect. Pearls are made by oysters or mussels as layers of calcium carbonate around a central tiny grain of silica which has penetrated the mollusc's muscle.

Aqua Hochstein and Gemstone and Milk and Energy and Lanthanides

- INTUITIVE (14): acon., *amet.*, aq-hoch., aquilr-a., bar-c., cann-i., ilx-p., lac-leo., plut-n., pras-c., pras-o., sep., spect., terb.

Aqua Hochstein and Gemstone and Rose

- DREAMS; Relationships (4): aq-hoch., lap-be-e., *ros-ca.*, soph-m.

Aqua Hochstein and Gemstone and Bird and Milk

- QUARRELSOMENESS, scolding; family, with his; husband, to (7): *amet.*, *aq-hoch.*, calop-s., haliae-lc., hyos., lac-lup., Thuj.

Aqua Marina and Gemstone and Rose

- DREAMS; Romantic (12): *am-c.*, aq-mar., blatta, bung-f., coco-n., junc., Kali-c., lam-cy., lap-be-e., lsd, *ros-ca-a.*, tax-br.

Aqua Carlsbad and Gemstone and Bird and Rose

- DREAMS; Grief (10): all-c., alum., *amet.*, aq-carl., arist-cl., *ars.*, caust., *cyg-c.*, ros-g., stront-c.

Related Levels

- Syphilitic Miasm.
- Clinical Rubric Clusters.

Generalities

- ULCERS; bones, periosteum; discharge, with putrid (5): **Aq-Get.**, **Asaf.**, **merc.**, **ph-ac.**, **Sil.**
- CARIES, necrosis; bones; long (18): **ANG.**, **Aq-Get.**, **Asaf.**, **Aur.**, **ba-sv.**, **Calc.**, **dros.**, **Fl-ac.**, **hecla.**, **kali-bi.**, **Lith-c.**, **mez.**, **morg.**, **Nit-ac.**, **sec.**, **SIL.**, **Still.**, **Stront-c.**

Extremities

- CARIES, necrosis; Hips (10): **Ang.**, **Aq-Get.**, **Asaf.**, **Aur.**, **Fl-ac.**, **hecla.**, **Lith-c.**, **Nit-ac.**, **Sil.**, **STRONT-C.**
- CARIES, necrosis; Thighs; bones, femur (10): **Ang.**, **Aq-Get.**, **Asaf.**, **Aur.**, **Fl-ac.**, **hecla.**, **Lith-c.**, **Nit-ac.**, **Sil.**, **STRONT-C.**

CASE 6.1 Polymyalgia Rheumatica

Context

An overweight woman of 50 with mousy brown curly hair who sits very still with her hands held together.

Consultation August 1999

I feel so tired all the time I've been diagnosed with depression and am on Prozac. And I have heavy painful periods. I was prescribed hormone treatment for the period pain and since then I've been depressed and ended up on Prozac. My periods are only occasional now.

I'm so anxious about my health – I just can't cope. I get shaky. I can't bear people to see that I get shaky. I work in a bank so people can see my hands and they look at them when they shake. I work as a cashier. I seem to get silly spells where I make mistakes and the cash doesn't balance. Sometimes I just can't seem to concentrate. My self confidence has gone way down I'm so self conscious. I shake inside here. . . .

(Observation: Puts hand on epigastrium.) . . . as well as my hands.

I get hot flushes sweats all day long – worse when it's hot and humid. I get about 12 flushes a day. I wake at night at about 3.30 or 4 a.m. It's worse when my periods are due even though the period may not arrive. The flush starts here (*Observation: puts hand on epigastrium*) and goes upwards over my head and then comes the sweat.

I keep getting virus infections with big glands in my neck and earache and headaches and a tickly cough. It seems to recur with 2 weeks off in between. My energy is 50/100 – I'm dreadful in the morning – just exhausted I can't concentrate. Then the energy creeps up by lunch time and then I have slump between 4–6 p.m., then I'm ready for bed by 10pm.

I had measles very badly when I was 6 – I was off school for 5 weeks. Then I went back to school for 3 days, got severe food poisoning and nearly died. I came out in big blebs all over my skin – I still remember the itch it was so awful. I was off school for 6 weeks. After that I got lots of colic. I had bad glandular fever and got jaundice with it. I had my appendix taken out when I was 16. I had pertussis when I was 9, mumps when I was 12 but they were OK. I had severe chicken pox at 31. As a teenager I had lots of tonsillitis and had my tonsils out at 17.

I've had 3 children and a miscarriage. I've had an ovarian cyst and an ovary removed. I fractured my nose in a car crash and got lots of sinusitis after that and then had an operation on my nose, and then I was OK.

I'm a farmer's wife. My parents were strict, teetotallers and churchgoers. My childhood, teens and young life as a woman were via the church and its social life. I met my husband there. My father died of gangrene of his feet aged 87 and my mother of multiple strokes at 83. I've 2 older brothers.

I always have very cold feet all year round – they are as cold as stone – I can't sleep if my feet are too cold. I'm worse from the heat of the sun – I can't stand it – I can't work in the garden if it's hot sunny – it saps my energy I feel sick. I have to wear a hat and sunglasses. I usually just sit in the shade. I get a headache before thunderstorms. My stomach gets upset if it's very cold frosty. I get heartburn from dried fruit, cucumber, pastry and onions. I love sweets and rice puddings.

Observation: She sits still, makes few gestures – she is overweight. I seem to spend my life hurrying yet I diddle about till the last minute

then have to rush then I end up being late. I am very worried about my health. I worry about money. There is a little niggling background worry that we will have to sell the farm and have nowhere to go.

I had depression in the past – 13 years ago. It lasted for years. Yes I've been depressed on and off since with a few years gap. I was on Prozac for 4 years after my father died. I'm terrified of rats and mice – just like my mother. I am scared of heights and feel wobbly looking out from a height – I would have to stay away from the edge.

Analysis: symptom pattern clear the symptoms fit 1 pattern with no apparent obstacle to healing.

Management

Calcarea carbonica 30c day 1, 200c day 2, 1M day 3, then 12c daily.

Consultation September 1999 (6 weeks later)

I do feel a bit better – I've more drive more motivation my energy is clearly better – it's 70/100 now. I still have plenty of hot sweats, but my sleep is OK – I'm waking up less often, lately only occasionally. I wake up feeling better – I don't wake feeling dreadful or feeling sickly. I still get the slump in energy from 4–6 and still go to bed at 10. There is less anxiety depression shakiness – I've definitely been less shaky.

Observation: Scores amelioration as 75% on visual analogue scale.

Management

Continue Calcarea carbonica 12c daily till off Prozac then take it as required for acute illnesses and return when needs to.

Consultation November 2013

I was diagnosed with fibromyalgia 3 years ago and more recently the diagnosis has changed to polymyalgia rheumatica. I had shingles 2 months ago and have been awful since. I always seem to be ill keep getting virus illnesses then this shingles has been the last straw. The blisters came out on the left side of my neck and the top of my shoulder. My GP prescribed acyclovir – the rash went away in 3 days, but I have felt awful ill since then. The pain is back in my left neck and shoulder. Each time I get the virus thing I get such sore muscles or sore bits of muscles. They are sore, sore to touch and ache all the time. I feel so awful I just have to go to bed to rest – that is the only thing that will help.



Chapter 11

TWO RIVER WATERS

Aqua Taosca and Aqua Xwmuthkwium plus Aqua Sulis the Roman Pool in Bath

AQUA TAOSCA

Source

The water of the Seven Streams of the Overflowing – in the Burren National Park, Ireland., where there is archaeological evidence of people living since 4,200 B.C.

Content

The Burren is 15 square kilometres of limestone rock formations with hardy wild plants and lichens and some areas of trees. Numerous little crevices within the limestone give sufficient shelter for a variety of alpine plants. The resident fish are eels and 3 spine sticklebacks.¹ No impact from intensive farming or farming chemicals.

The major mineral salts in limestone² are: calcium carbonate, calcium bicarbonate and magnesium carbonate. Limestone minerals only dissolve very slowly. It rains often and hard and long in the west of Ireland – the Seven Streams rise fast and overflow. The limestone will erode much more

than it will dissolve, but the streams will contain a little calcium carbonate and bicarbonate plus magnesium carbonate.

Proving has been beautifully distilled by Alicia Lee³ in 2010 and further distilled in 2016⁴ with Kingdoms and the Sensation method of Rajan Sankaran and the Periodic Table work of Jan Scholten.

What follows was originally inspired by Alicia's mind map and her generous permission to use as much of it as I needed. I have elected instead to centre this Aqua on rubrics from Van Zanvoort's Complete Repertory 2016⁵ with a short section from her original mind map.

Rubrics

Desire to Beget Children and Be a Parent

This is one of the central themes of the Aqua – strong in Aqua Taosca and even stronger in Distilled Water, Aqua Destillata – see chapter 9.

- CHILDREN; desires to; have, to beget, to nurture (8): aq-des., aq-taosc., lim-b-c., lsd, nat-m., *onc-t.*, ox-ac., *plac.*
- CHILDLESS, ailments from being (10): aq-des., aq-taosc., aur., lac-h., lim-b-c., lsd, nat-m., *onc-t.*, ox-ac., *plac.*
- LOVE; children, for (24): acet-ac., aq-carl., aq-taosc., *Ars.*, chlor., excr-can., ferr-i., gins., *Hep.*, joan., kali-bi., kali-m., lac-eq., lim-b-c., niob., *onc-t.*, ox-ac., ph-ac., phos., *plac.*, plat., sep., verbe-o., *xan.*
- SYMPATHETIC, compassionate, too; children, to (28) : acet-ac., aq-carl., aq-taosc., *Ars.*, chlor., excr-can., falco-p., ferr-i., gins., *Hep.*, ilx-p., joan., kali-bi., kali-m., lac-eq., lant-p., lim-b-c., niob., *onc-t.*, ox-ac., ph-ac., phos., *plac.*, plat., posit., sep., verbe-o., *xan.*

Sensitivity and vulnerability: emotional and cognitive – loss of resilience – overwhelm

Sensitive and vulnerable yet functioning well

- DELUSIONS, imaginations; runs; never before, she can run like (2): agar, aq-taosc.
- DELUSIONS, imaginations; world; world, he is moving in a new (7): aq-taosc., borrel., camph., corv-c., lar-ar., lsd, oplo-h.
- SENSUAL; delights in his own body (1): aq-taosc.
- DREAMS; country; beautiful (8): agath-a., aq-taosc., mel-alt., ol-an., passi., rumx., sile-c., *xan.*
- DELUSIONS, imaginations; absurd, ludicrous; world is (1): aq-taosc.
- DELUSIONS, imaginations; caves, of (1): aq-taosc.

Loss of Resilience

- DREAMS; exasperation (1): aq-taosc.
- DREAMS; fights; police, with (1): aq-taosc.
- DREAMS; cellars, vaults, crypts (6): aq-taosc., bov., caras., ilx-p., musca-d., uv-lux.
- DELUSIONS, imaginations; footsteps, hears (7): aq-taosc., canth., carb-v., crot-c., **Med.**, **Nat-p.**, soph-m.
- DREAMS; arrested, caught, of being; imprisonment (12): *amet.*, aq-taosc., blatta, borrel., bov., caras., cerv., latex, lsd, *plac.*, posit., stoi-k., taosc.
- FANCIES; lascivious; day and night (3): aq-taosc., chin., dig.
- FIRE; thinks and talks of (5): acan-pl., aq-taosc., bacch-a., **Calc.**, gink.
- FEAR; lightning, of (9): aq-taosc., bell., cycl., dig., dpt, lach., phos., phys., sil.
- FORGETFULNESS; time, for (9): *acon.*, aq-taosc., bamb-a., cath-a., falco-p., **LACH.**, mand., merc., tax.
- INDIFFERENCE, apathy; opinion of others, of (9): agath-a., androc., aq-taosc., bufo, falco-p., neod-f., *stoi-k.*, tax., ulm-c.

Overwhelm

- DELUSIONS, imaginations; mother is cold, hard, cruel (1): aq-taosc.
- FAMILY, aversion to; parents; mother (6): alum-s., aq-taosc., niob., **Posit.**, *scorp.*, **Thuj.**
- FAMILY, aversion to; parents (10): alum-s., aq-taosc., bor., fl-ac., lat-h., niob., posit., *scorp.*, **Thuj.**, uran.
- GENEROUS, too (11): aq-taosc., bos-s., bro-s-g., cere-b., electr., nat-m., nux-v., op., staph., sulph., thuj.
- SQUANDERS; money (9): aq-taosc., bac., bute-j., cinis-p., clad-r., culx-p., ind., rhodi., verat.
- KILL, desire to; everyone he sees (3): aids, aq-taosc., hyos.
- RAGE, fury; insults, offenses, after (4): aq-taosc., lat-h., sang., stram.
- RAGE, fury; malicious (11): aq-taosc., **Bell.**, cann-s., choc., cocc., cupr., lyc., mosch., neon, petr., sec.

Sensation as if being in an ancient time

- Looking at the world from a place long ago and close to nature.
- There is no fear about being in this ancient time but there is some anxiety about being able to return to ones actual time. Sitting around a fire with other warriors, the smell of wood smoke and cooking was OK, for a while.