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Perceiving the Man behind the Disease

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Thuja Occidentalis



Thuja Occidentalis

- Thuja is a strongly sycotic remedy.
- One of its main indications is the feeling of fragility, of being frail – a feeling of weakness within oneself.
- The sycotic feeling of having something wrong with oneself, of being weak; it is also found in Medorrhinum.



Thuja Occidentalis

- This feeling of fragility in Thuja expressed in the physical sphere, where the patient feels that any article of food or drink is surely bound to cause him problems, and that his system cannot take things such as drugs, allergens, emotional stress or even a draught of air.
- He tries to avoid all these factors and attempts to keep himself covered from exposure to the same.



Thuja Occidentalis

- These avoidances only reinforce the fear, and this vicious cycle goes on, making Thuja one of the main remedies for neurosis, with several obsessive-compulsive traits, fixed ideas and behaviour patterns.



Thuja Occidentalis

- Thuja patients in their follow-up often say that even a single dose (of the placebo) aggravated them so much that they had to stop it completely.
- On the other hand, some patients insist that unless they take the dose, all their complaints return, and they want to keep taking the doses every so often.



Thuja Occidentalis

- In the emotional sphere, this feeling of fragility is manifest in the fear of losing face in society.
- The person believes that he has a certain image in society of being a religious, morally upright, clean, honest person, free from human failings such as dishonesty, sexual temptations (especially) when forbidden, etc.
- Thus he presents an elevated picture of himself and is afraid that any little slip on his part might reveal the real him or the bad part of him which he has tried so hard to cover up.



Thuja Occidentalis

- In this “bad part” lies his dishonesty, sexual desires (which may even be for close relatives), his immoral or irreligious feelings. If this is discovered, he is going to fall down from his imagined elevated position and will be finished.



Thuja Occidentalis

- Thus, his survival depends on a complete cover up, and there is a tremendous anxiety of being exposed. Translated into expressions the Thuja person is secretive and talks to the physician as if sharing a secret; he is conscious of the presence of other persons, especially strangers. In rubrics, you have the feeling of floating in the air (“Delusion, body lighter than air”) and dreams of falling from high places which represent his fear of falling from his elevated position.



Thuja Occidentalis

- Thus Thuja seems to come from a situation of religious order in society or from any situation that demands rigidity in thinking, very fixed ideas. Theocracies, like those in the Middle East, would require this remedy. Also, many of the strict religious leaders, with rigid ideas about sin, often have many skeletons in their cupboards, and many times require Thuja. In fact, “Religious fanaticism” is one of the rubrics.



Thuja Occidentalis

- In the physical sphere, you have stiffness, which is a manifestation of the fixity; the eruptions which occur on the covered parts (as if they don't want to be seen); jerks from sleep as if falling from high places.



Thuja Occidentalis

- Many Thuja patients have corrugated nails, hair on the middle phalanx of fingers and on other unusual parts (for example the pinna of the ears).
- Strong smelling sweat (especially about the genitals).
- Fleshy pedunculated warts, moles.
- They sweat from the axillae, and the sweat may leave yellowish stains or a saltish sediment and it may be oily.
- They are chilly and like a hot bath.



Thuja Occidentalis

- Thuja women can be very afraid of pregnancy, and often have the sensation of being pregnant, with associated feelings of guilt. These women can also be jealous, and may have fixed ideas that the husband is faithless.
- Many Thuja people often exhibit a preference for the colour green.



Thuja Occidentalis

- **Rubrics:**

- Delusion, body is delicate
- Delusion, body is thin
- Delusion, body is brittle
- Delusion, that she is made of glass
- Insanity, will not be touched



Thuja Occidentalis

- **Rubrics:**

- Fear, of others approaching him
- Fear, physician will not see him, he seems to terrify her
- Fear, of strangers
- Fanaticism
- Delusion, body is lighter than air
- Dreams, falling, height, from
- Monomania



Thuja Occidentalis

- Kent:
 - Vertigo, walking, sensation of gliding in air, as if feet did not touch the ground, while
 - Back: injuries of spine.
 - Face: greasy
 - Warts, on the face
 - Warts, on the external throat/cervical region.
 - Corrugated nails
 - Pain, rectum, while sitting



Thuja Occidentalis

- Urethra: urine remained in, after urinating, as if some
- Perspiration, genitalia, sweetish odour
- Axilla: perspiration, frosty deposits (Kunzli)
- Axilla: boils
- Back pain, standing erect almost impossible after sitting
- Skin, warts, pedunculated



Thuja Occidentalis

- Phatak:
 - Aversion, to approach
 - Brittle, broken feeling
 - Fanaticism
 - Hair all over the body
 - Strangers, presence of, aggravates



Thuja Occidentalis

- Fixed ideas:
 - as if a strange person were at his side
 - as if soul and body were separated
 - as if a living animal were in abdomen
 - of being under the influence of a superior power
- When walking, the limbs feel as if made of wood. Sensation as if body, especially the limbs, **were made of glass and would break easily.**



Thuja Occidentalis

- Delusion body is brittle, made of glass
- Brittleness - don't give me strong medicines, **cant tolerate** cold drinks, rainy season, cold season
- Many ailments affecting most of the body - brittleness



Thuja Occidentalis

- Delusion wild animals in the abdomen
 - What are wild animals? Wild thoughts, immoral things, desires, bad thoughts, sexual thoughts, violence, malicious, cunning, animal within you
 - Bad thoughts inside
 - Manipulation, deceitful, sly, liar
- What if people come to know about my bad side
- I should not think like this but these bad thoughts come in my mind
- Worthless feeling - hollow, brittle, weak body
- Patterns of behaviour - they slip easily, repeated immoral behaviours - walking in circles
- I don't deserve any appreciation, I'm not that worth



Thuja Occidentalis - keynotes

- Vertigo, when *closing the eyes*
- Chronic catarrh: after exanthemata; thick, green mucus, blood and pus
- Teeth decay at the roots, crowns remain sound, crumble, turn yellow
- Constipation: violent pains in rectum compel cessation of effort; stool *recedes, after being partly expelled*
- Diarrhoea: early morning; expelled forcibly with much flatus; *gurgling, as water from a bunghole*; < after breakfast, coffee, fat food, vaccinations
- Coition prevented by extreme sensitiveness of the vagina



Thuja Occidentalis - keynotes

- *Warts, large, seedy, pedunculated*
- Eruptions only on covered parts, burn after scratching
- Sweat: *only on uncovered parts; or all over except the head; when he sleeps, stops when he wakes; profuse, sour smelling, fetid at night*
- Perspiration, smelling like honey, on the genitals
- *Suppressed gonorrhoea*: causing articular rheumatism; prostatitis; sycosis; impotence; condylomata and many constitutional troubles. Nails: deformed, brittle.



THANK YOU

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