

# THE INFLUENCE OF HOMŒOPATHIC REMEDIES ON DREAMS\*

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1. Dreams of Fortune.
2. Dreams which exhaust.
3. Dreams of emotion.
4. Dreams of anxiety (nightmare).
5. Dreams of different ages.

## DREAMS OF FORTUNE

Here the prominent remedies are: Sulphur, Anhalonium and Opium. It may be considered superfluous to think of influencing these charming occupations of the night, but in some instances these symptoms may become so overwhelming that they must be looked upon as pathological. The homocopathic treatment of the two prominent dreams of fortune reduces the magnified symptoms to the normal level. The well-known figure of the sulphur patient appeals to us first. We meet here the dilapidated, untidy philosopher, in whom vision takes the place of reality, whose rags he considers the finest raiments, and to whom real life is a stranger. Of course, we do not want to rob him of his pleasant dreams, but when they, in connection with other somatic symptoms demand Sulphur, then we must not remain inactive, especially if these patients become the worry of their families and a menace to society.

Anhalonium, also called Peyotl and Mescal, is a drink much used by Mexican Indians to produce pleasurable dreams. Hence, according to the law of similars it should be indicated where dreams are varicoloured, constantly changing and picturesque. Such dreams are like kaleidoscopic visions, which change quickly, are spun in sequences and are always pleasant. Sometimes we find real hallucinations and wonderfully phantastic pictures. Reverseely we find capricious forms of grotesque monsters. In such patients often an auditory condition, which, when a note is struck on the piano, can visualize an entire melody, accompanied by a wonderfully coloured harmony and musical rhythm. At the same time there may be a weakened heart action, diminished motor action even leading to paraplegia; increase of reflexes. Due to these characteristics Anhalonium may become valuable in maniacal conditions.

Opium is indicated in phantastic visions and pleasant dreams if other symptoms point to it.

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## DREAMS WHICH EXHAUST

Physical exhaustion and work are often the subject of dreams. Such symptom pictures are found in *Rhus toxicodendron*, *Bryonia*, *Nux vomica* and *Pulsatilla*. The most prominent remedy in this series is *Rhus toxicodendron*, which dreams of all kinds of gymnastics, especially of riding, rowing, sawing, etc. accompanied during the dream by a feeling of physical exhaustion. Psychological exhaustion on the contrary demands *Selenium*, which dreams especially of the little things forgotten during the day. This remedy causes a nervous depression and has the remarkable character that it deals especially with the manifold happenings and small particulars of the patient's daily life. That, which he forgot in his daily routine, pops up in his dreams, disturbs him terribly and causes insomnia and tires his soul. For the feeling of physical and psychological exhaustion, and lost strength, we have the following remedies: *Arnica*, *Arsenicum*, *Cimicifuga*, *Gelsemium*, *Nux vomica*, *Phosphorus*, etc.

If the exhausting dreams are accompanied by the sensation of surging ideas constantly crashing upon the brain, then *Coffea*, *Nux vomica*, *China*, *Cocculus*, *Hyoscyamus* and *Lachesis* should be consulted. Such dreams are very torturing and reducing.

Then we have to mention such dreams, which persist even after awakening, and which tire the patient out. The remedies are: *Calcarea carbonica*, *China*, *Lachesis*, *Natrum muriaticum*. Closely allied to these symptom pictures are the so-called wake-dreams, which constitute the bridge to the next group.

## DREAMS OF EMOTION

The patient dreams that he is so thirsty that he must drink constantly. Here are indicated: *Arsenicum*, *Medorrhinum*, *Natrum muriaticum*, *Phosphorus*. Dreams of hunger and eating: *Abies nigra*, *China*, *Psorinum*. The *psorinum* patient is much weakened, and the sensation of hunger awakens him from sleep. Dreams of flying occur often. The patient is floating over houses and towers, and is gliding slowly and gracefully up and down. Here *Rhus glabra*, *Apis* and *Sticta* are useful. Voluptuous dreams demand: *Cannabis indica*, *Phosphorus*, *Staphisagria*, *Dioscorea*, *Hyoscyamus*, *Cantharis*, *Opium*, *Phosphoric acid* and *Thuja*.

*Cannabis indica* deserves special mention. From reading about the action of hashish one can readily understand why the Orient clings to this drug in spite of prohibiting laws. Phantastic pictures of voluptuousness and sensualities are prominent symptoms. The historical fact is interesting, that young Islam warriors during the eighth century were supplied with hashish in order to give them a view of their paradise, thus to spur on their love of combat to highest extreme. According to Mohammed's promise, the fallen hero would find everlasting pleasures of love in paradise. To give the sons of the desert a foretaste, the notorious "Old Man of the Mountain" in charge

of the young troops, dispensed to them carefully weighed doses of hashish. Thus transported to paradise, they became confirmed in the existence of the *houri*; they awoke with unquenchable desire to seek death as a real hero.

Dreams of rape demand Sepia. These patients experience rape in their dreams. But also other remedies must be considered in excessive impressions from dreams of rape. For hypersensitive sensorium in general consult: Belladonna, Coffea, Opium, Chamomilla, Nux vomica, Cocculus, Tarentula hispana and Zincum.

#### DREAMS OF ANXIETY (Nightmare)

These dreams make a large and extensively ramified chapter, from which I shall mention only a few characteristics.

Generally suitable are: Aconite, Aurum, Argentum nitricum, Apis, Chamomilla, China, Colchicum, Hyoscyamus, Liliun tigrinum, Mercurius corrosivus, Rhus toxicodendron, Silicea, Sulphur and Zincum.

Dreams of accidents, falling, crashing, interest us especially, because they are met so often in heart diseases, and Digitalis is prominently indicated, but also Arnica, Belladonna, Lycopodium, Veratrum album, Silicea, Calcarea carbonica and Acidum nitricum.

Natrum muriaticum has especially fear before falling asleep. These patients cannot go to sleep because they fear burglars, hence they move furniture against the doors, and dream of thieves. Such dreams are also found in Belladonna, Psorinum and Veratrum album. The fear of Opium concerns especially dogs, black animals, mainly black cats. Further remedies having dreams of fear concerning animals (especially snakes) are: Argentum nitricum, Lac caninum, Opium, Daphne indica, Ranunculus sceleratus.

Dreams of death and dead persons are found under: Arsenicum, Lachesis, Arnica, Calcarea carbonica, Cannabis indica, Crotalus. Dreams of sickness and patients we meet in Arsenicum album. Lachesis dreams principally of his own demise and fears it. The Lachesis patient sees himself either lying in bed in his shroud, or in the grave itself. Frequently his dreams lead him to his own funeral, or he dreams of secrets which take place on the cemetery. Dreams of fire and flames correspond to the symptoms of Belladonna, Phosphorus, Lachesis, Euphrasia. It is interesting to note that Belladonna, this polychrest in fevers, has dreams of fire and flames.

Dreams of haemorrhages, and especially haemoptysis, are found under Phosphorus, and we remember well its value in bleeding.

#### DREAMS OF DIFFERENT AGES

Rapturous dreams of older people: Aconitum, Phosphorus, Apis, Opium, Passiflora.

Anxious dreams of children: Absinthium, Aconite, Belladonna, Chamomilla, Cina, Cyripedium, Passiflora. Also: Arsenicum, Calcarea bromata, Hyoscyamus, Kali bromatum, Phosphorus, Pulsatilla, Sulphur.

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