

Tungstenium Metallicum



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About Tungsten, the metal – it's chemical and physical properties, attributes and uses

Tungsten has an atomic number of 74 and is part of the transition metals group in the periodic table. It is mainly found in minerals wolframite (iron manganese tungstite) and scheelite (calcium tungstate).

Also known as Wolfram, it is a steel gray metal that is known to be **one of the toughest metals on Earth**. It has **exceptional tensile strength** (capable of being drawn out or stretched) and it is resistant to high temperatures with a melting point of 3421.7 °C and with a boiling point of 5660 °C. In its purest form it is brittle, thus **it is mixed with other metals to** make it into a superalloy - a metal that has very good properties in terms of **tensile strength, corrosion resistance and high melting points**. Common alloys of tungsten are tungsten carbide (tungsten and carbon), Hastelloy (nickel, chrome, molybdenum and tungsten) and some tungsten nickel alloys just to mention a few.

Tungsten has a stable isometric crystal formation and is a solid at room temperatures. Due to its dense crystal formation it is very heavy - the heaviest known engineering metal. Tungsten is very resistant to corrosion by acids and is only vulnerable to nitric acid and hydrofluoric acid. It can also be weakened by potassium nitrate or sodium hydroxide.

It has a wide range of practical application. As tungsten is able to withstand very high temperatures without failing or melting it is used as a filament. A filament is a tiny metal wire that is used in light bulbs to convert electric energy to light energy.

Materials made out of tungsten can be used to make a variety of products ranging from tungsten electrodes, mineral drilling equipment, industrial machinery components, home tools, military weapons, material coating (boats), X-ray screens, and some common construction equipment.

Tungsten is environmentally friendly and does not decompose or breakdown easily. Despite being a pricy metal, tungsten cannot be returned back to its purchase value. Unlike gold, which can be remoulded and resold at a near similar purchased price, tungsten cannot be resold again.

It can be harmful to health. Inhaling tungsten dust irritates the mucous membrane linings and the lungs. It has been found that cobalt and tungsten dust particles cause lung cancer. (1)

Tungstenium metallicum, the homeopathic remedy

There are two available provings of tungsten, they have been conducted by two separate teams of provers in two different countries - India and the UK. In India it was conducted by Dr Divya Chhabra and her team in 1994 (2) and in the UK it was conducted by the North West College of homeopathy in 1997. (3)

Jan Scholten conducted a two day dream proving at the Homœopathic College in Wageningen in 1993. It is reported in 'Homeopathy and the Elements'. (4)

Although the proving conducted by the NWCH was summarised into the main themes, the picture of tungsten as a whole has not been suggested. In this proving the main themes emerging are those of disconnection from the feelings versus increased connection with the feelings, detachment from oneself and from others, loss of fear as well as feelings of fear and anxiety, boldness and sensitivity. There are also themes of concentration and alertness, difficulty concentrating as well as difficulty to work and aversion to work. Emotional states of euphoria, depression, anger, pride and doubt are also prominent. The Indian team's proving speaks a great deal more about awareness of justice versus injustice in society and in human relationships/dealings with each other. Provers felt personal responsibility to act in line with ethical principles. In this proving Tungsten transpires as the substance, which provides for the energy needed to take responsibility in society - speak out and stand against injustice, to act ethically. Main themes are of powerlessness against the stronger force, being pressurised, feeling helpless in the face of injustice, tremendous excitability with total inability to react, irritability and anger.

Both teams bring out the picture of extreme tiredness and paralytic weakness of the Tungsten state as well as it's anger and irritability when things don't go as one wishes.

Summary

Tungsten mostly presents as an irritable, angry and impatient character. It complains of depleted energy, it is unable to stand due to paralytic weakness, unable to speak its mind due to incapacity to exert its will against the opposing force. (2) Its chest presents with constricting pains, made better for pressure. (5) It can even present extremely detached and dissociated (3). But what is the origin of this anger accompanied by a sense of constriction and followed by weakness?

When healthy, the tungsten force has a nature of toughness, endurance, determination to mobilise its will, ability to "walk through fire", (4) yet it does break down under certain conditions. We learn that tungsten the metal is susceptible to corrosion under the influence of nitric and hydrofluoric acids. (1) The nitric acid state in homeopathy is known for ailments from fear, domination, discords, harsh parental upbringing and reproaches - it is a truly corrosive state. Not surprisingly it has the capacity to injure the noble tungsten. A corroded and brittle tungsten loses its magnificent strength and becomes vulnerable to overpowering influences. Tungsten has constrictive pains, (6) it does not like to be limited

in its action. It is most irritable when the will is suppressed - "irritability when forced to do something", "when not allowed to do what I want to do". (2) The irritability quickly develops into anger accompanied by impatience, which is either suppressed - by detaching from others and even from one's own feelings/self or it is thrown up in a rude, ill mannered or sarcastic tantrum. (2) Perhaps these angry outbursts make one quite dislikeable? The patient might find that they are left with the options of either being angry and rude with others or detached and indifferent to everything. In the weakened/compromised state there is definitely an inability to answer back, to retaliate, to defend one's position. (2) The will is weak and the person feels forced to engage with unwanted action. This detachment from one's own will leads to feelings of exhaustion - dark, low, alone states of mind of total indifference, devoid of all emotion. Now the person wants to be totally cut off and a sense of numbness sets in. (3) So I see in Tungsten a difficulty regulating emotional responses, particularly when in contention with disagreeable thoughts and actions of another person, or a body of power (government etc). (2) The feeling is of 'I either fight it or detach from it'. The Tungsten patient is undemonstrative, they may present as unemotional, (6) but quite the opposite is in fact true - the emotions are very strong, so strong that they deplete one's physical strength. (2) Strength begins to wane and one experiences intense weakness, reduction of self worth accompanied by an impression that everything goes wrong, nothing works out well. (2) Perhaps when personal expression is suppressed and emotional regulation is lost everything does go wrong? We know that when the filament is broken, the electrical energy cannot be transmitted into light energy in the light bulb... perhaps by extension, if my central nervous system is depleted I cannot shine my light or innervate my muscles? I can only be strong if I act in line with my beliefs and principles - when in my activity (work) my mind does not have to act against my feelings and when there is no forced imposition to enact actions, which I perceive to be wrong.

Of great interest in the proving is the state of clairvoyance. It has been intuited by a prover that the fear of everything going wrong is so great, that the mind seeks out some sort of a solution to future proof against disasters - it develops clairvoyance.(2)

Tungsten is a great and noble force of the gold series, found in stage 6 - the stage of initiation and trial (4). It beholds admirable qualities - it is responsible, honourable, self-contained, concerned to prove oneself only to oneself, (2) refined and sophisticated (6) and is a proud and upstanding citizen, who will fight injustice. (2) As I compiled the information I could not help, but think of the military and the forces of defence, of servicemen/women. They are some of the toughest members of society, yet we see a lot of ex-servicemen on our streets, homeless, broken, unable to re-engage into society (tungsten metal cannot be returned to its purchase value). What breaks these "bulletproof" men and women? Is it the horror of wars that should not be fought, the trauma of extreme situations of conflict - extreme states of nitric acid?

Tungsten is similar to Causticum, they both burn with a desire for justice and only when they are exhausted by their battles do they develop paralytic weakness.

Tungsten may come across like Anacardium - it can be angry, rude, absentminded, all symptoms better for eating, sensation of constriction of the chest and general constrictive pains, weakness.

Lycopodium also could be considered in DD - rude and demanding, weak ankles and wrists, perspiration smells of onions, craving of sweets.

There is some resemblance to Phosphorus - chest affections of constrictive pains, burning pains, pains better for pressure, exhausted state, weakness of wrists and ankles, perspiration smells of onions.

There is a lot of restlessness in tungsten. Restlessness of legs and burning of feet at night in bed, which along with its neurological weakness makes one think of Zincum metallicum.

There is also a state of mental disengagement - a feeling of unreality, as though drugged, as if drunk, which made me think of Opium - an aloof and "gone" state, trembling, weakness.

The mental symptoms are mostly to do with absentmindedness, confusion of mind, dissociation from environment and difficulty concentrating - Tungsten is one of 26 remedies in the rubric 'Concentration difficult on attempting to concentrate', also rubrics of 'Concentration difficult studying', 'Calculating' and an 'Aversion to Concentrate'(only 7 rx). Tungsten is one of 29 rx under the rubric of 'Awareness heightened - body, of. It has a lot

of fears - of death, of suicide, of being murdered, of men, of people, of crowds, of tunnels, of devils, of rats, of insanity. (7) There are a number of delusions listed too: of superiority, of having no protection and defence, of being tall, of being separated from the world, of floating in the air, being alone, that everything will fail. (7) There is some anxiety - felt in the stomach. (2, 3)

The most prominent dreams in tungsten are of unsuccessful efforts, of being on a toilet, disgusting dreams of violence, bloodshed, battles, war, dissecting dead bodies, cutting up bodies and mutilation. (3)

Generally, the tungsten state has a strong connection with fire. It features on all levels - mental, emotional and physical. There is a fear and a fascination with it, dreams of fire, a theme of life being a "trial by fire", burning pains etc. (1, 2, 3, 4, 6, 7)

The most prominent physical symptoms are: white tongue, chemical taste in the throat, painful and muffled ears, constriction of the chest, the heart feels like a lump, restlessness of legs at night, internal trembling and neuropathies, ankles and wrists give out, extreme weakness and weariness, paralytic weakness, numbness and painlessness on injury, hot flushes, becoming heated, cystitis. (2, 3, 6) All symptoms are worse in the morning, the patient is thirsty for lots of cold water, craves bananas, craves alcohol or is aggravated by alcohol. (2, 3, 7)

The aetiology of the Tungsten state is thought to be menarche. (6) Although my personal understanding on having researched both provings is that the aetiology could also be history of extreme hard work with a need to prove oneself (8) as well as history of suppression of the will - having been dominated and overpowered, having been not allowed to express one's opinion, being forced to act against one's own feelings. (2) In this sense I think of the tungsten patient as a throat chakra patient and as such the sacral chakra (the opposite pole) is affected - menarche is difficult, sexuality is heightened in a peculiar way - a sexual sensation comes over the body parts where the attention is focussed. (3)

Clinically Tungsten Met. could be used in the treatment of neuropathies, neurological complaints including paralysis of the lower extremities, restless leg syndrome, headaches, exhaustion and weakness, chest constrictions and chest infections where the heart feels like a lump > drinking cold water (5). I also believe that Tungsten met. could be used in the treatment of psychological trauma, for instance having been "cut off" from one's family and surroundings (exile, forced adoption etc).

Tungsten could be helpful in the treatment of hot flushes to women who have a history of being subjugated or oppressed, likewise to those who have endured a great deal of pressure which was not released. Cystitis can also be seen as a consequence of tension and psychological pressure - irritable urinary bladder can indicate a long-lasting pressure inside it because it was not consciously released. (9)

MAIN THEMES OF THE INDIAN TEAM'S PROVING

Seeking of justice in society, experiencing injustice and corrupt practices

Provers expressed:

Want of personal strength to be able to speak up against corrupt authorities.

Awareness of unfair charges (money) - corruption in the professional world - doctors who charge unfair fees and overcharge patients: "where are the principles? One has to be fair to everybody - rich or poor".

Awareness that not enough is being done in support of those who fight against social injustice: "Courageous people should do something - they should take action where action is needed."

Anger felt on seeing criminals unpunished.

A marked need to confront unjust acts. This has been expressed in the provers' dreams: "Dream: The flight is about to take off, but we are not boarded. So I walk up to a member of the personnel who overbooked the flight and say very calmly - you stop that flight,

because we are going. He says he can't stop the flight, it is too late. I say "get me to your manager, I will speak to the manager and I am telling you, I am going to sue you and your company. I am going to sue your company for unfair practices of overbooking the flights. I say this very coldly and calmly and I mean every word of it and I know that he knows that. I mean it - I am threatening him. I am very coolly and coldly threatening him. I catch hold of other 3-4 people who are also overbooked and they tell him we would sue him together. Can see the names of those people in the dream (now can't remember). The thing is - we win - the flight does stop. He does get scared that we will do something about it."

The tungsten consciousness is deeply involved with ethics and is inspired by individuals who carry out ethical acts, yet the powerless tone and the despair of the prover is perceptible:

"Khairnar (civil servant - Deputy Commissioner. He was known for his uprightness and fearlessness while carrying out his duties in the face of political opposition) - so loyal in his duty, instead of promotion, he got demoted. Instead of supporting him people are against him."

"Tasleema Nasreen - writing about women's freedom. You do good and you get a death sentence. No use of fighting, unless you have support.

Those more powerful than you will curb you. If you are not at a higher position you can't do anything, just keep your mouth shut, you can't do anything..."

Powerlessness, helplessness when pressurised, feeling of being forced

Being pressurised by others with inability to fight back when needed/wanted leads to depletion of one's energy, giving rise to depression and a wish to detach from others. There is an inability to fight back, to retaliate, yet the opposite is also seen - desire to confront the opposing force - "I will fight it, if you can't do it, I will do it".

"The feeling was total depression - no desire to do anything, dullness, no desire to talk to anyone. Feeling that everything is going wrong...I could not retaliate. Not wanting to meet anybody lest somebody does something to me and I cannot retaliate."

"People are putting too much pressure on me and I cannot retaliate"

"Feeling that there is too much pressure and following this I cannot react anymore".

Perception that everything is going wrong, others are doing everything wrong

Provers experienced a depletion of energy and a sense of weakness, which led to the impression that everything goes wrong - one's efforts come to nothing.

"Feeling low - stop practicing. Nothing is turning right...did everything wrong - everything I have done has broken now. I need to be alone... devoid of emotions and I don't want anything to excite me."

"Everything is going wrong and I have no power to retaliate against it."

"Everything is going wrong... I don't want evil to BEFALL on me. Feel a real SCARE everything is going wrong. Reacting inappropriately, not right to the ones close to me."

Easily angered, especially when things don't go as wanted or planned. Anger in traffic and near misses

"Had to go to college with a friend... he wanted to go, I did not... Why should I come? I have to work - got angry. Not violent, just that there is some IMPULSE in my mind I had to control when I got angry."

"I was throwing tantrums. I would get very, very angry, very fast for no reason at all. If things, don't go the way I want, I get angry. There is sudden anger and some impulse, which I have to control. The mental state was one of intense irritability. On seeing a bus approaching my mind started working very fast. I felt I had to get on to the pavement quickly or the car will run me over. Very, very, very angry, very fast - SUDDEN for no reason at all."

"I wanted to park the car and there were people walking...Irritability...clenched teeth...bang the car - severe desire to. Very angry."

"I have to be FAST, HURRIED, RASH... Angry at everybody - Follow the rules! Maintain the lanes! I had to, I had to FIGHT BACK. It had to come out of me. I could not suppress it... I lost my dignity. Abuses: Rascal/Bastard etc... Constant feeling I am going to be hit by some vehicle. The bus also almost dashed by me. Something is going to happen. I will hit into something - I will die."

Irritability, rudeness

"I was very rude. Anybody said anything, I would give back (answer back). Everybody got on my nerves."

"As if forced to do something. Too much irritability, later on no reaction -indifference."

Clairvoyance

Deja vu phenomenon and clairvoyance - most provers had bad feelings attached, same as if something bad is going to happen, fear that suddenly something bad is going to happen or something wrong is going to happen. The fear is so great that it gets converted into clairvoyance.

Some provers were simply able to foresee future events:

"A patient who had discontinued treatment - in my dream I am talking to her and prescribing. Next day she came in reality for treatment."

Summary of the main points of the proving

Irritability

- when forced to do something,
- to eat
- to take the dose (homeopathic rx)
- when had to wait for somebody
- not allowed to do what I want to do
- at trifles
- rudeness with
- with clenching of teeth
- abusing everybody and anybody
- easily offended

Anger

- on slightest contradiction
- feeling not being allowed to do what he wants
- for not doing what he was supposed to do

- answers rudely, abruptly
- that no one is standing against injustice
- when seeing cheating, no ethics/principles
- abuse
- easily
- sudden
- at trifles
- throws tantrums
- on others for not having any sense of responsibility
- when forced to do something
- causeless
- feeling alone, as if nobody has time for me
- talking sarcastically and taunting

Responsibility and Duty

There is no sense of responsibility in

- people
- wife
- politicians
- doctors
- People don't do their duty, what they are supposed to do
- Feeling that I should do something for my country
- Feeling that people who do not do their duty should be punished.
- Feeling that she (prover) is supposed to be responsible towards a child who needs help with his health.
- Feeling responsible to return borrowed items to owners.

Patriotism and War

- Patriotism is lacking
- India should fight - if other countries can, why can't we?
- If war is happening, let it happen.
- Politicians have no love for country and they are too weak.
- We should be firm and fight for our rights, be straightforward in our national matters.

Injustice /Wrong /Criminals

- feeling we should stand against injustice
- people who don't follow law or discipline should be punished.
- feeling that wrong is being done - criminals are being let free
- terrorists are not punished, how can they be given a social status?
- anti-nationals get all facilities.
- politicians take votes with money
- doctors cheat people and make money, lack of feelings and care in doctors.
- no ethics, principles/loyalty and faith left
- no humanity, snatch and eat
- people who do good are nowhere
- people who work are transferred/demoted
- everybody is out to cheat and make money

Being forced

- feeling of being forced to do things
- something even if I don't want to do
- do something by parents and make me a living vegetable
- eat
- the proving
- feeling that if I don't retaliate now, they will force me. I will be immovable, won't be able to do anything, so I must retaliate first.

- I do what I am told not to do since I feel I am being forced.

Feeling low/Indifference

- feeling very low
- feeling totally dark and as if no escape from this
- feeling nobody is with me - I am alone

Indifferent

- to my family members
- nothing affected me
- devoid of emotions
- about clothes
- felt dead - nothing could arouse/affect me
- wanted to be separated from my own emotions
- wanted to be cut off, be alone

Confidence lack of

- confidence reduced
- feeling not worthy, can't do anything
- nothing is turning out right

Weak/Strong

- strength increased
- feeling strong, hard and can't be hurt
- strength decreased/weakness
- no power/stamina
- Intense weakness - as if living vegetable
- even to drink water asks the nurse to give
- weakness, no strength even to put lenses in

Impatience/ Hurried/ Time conscious

- can't wait even for 5 mins.
- doing everything hurriedly
- become slow
- fault finding
- not satisfied with the work done by others
- pointing fingers at people (blaming)

Revengeful

- malicious to people who have hurt me
- he did it, I will do the same
- towards patient who comes late by 15 mins
- cold sarcasm so as to get at somebody

Accidents

- constant feeling that he will be hit by a vehicle
- vehicle almost dashed into me
- dream of accident, felt fear which I tried to cover up

Clairvoyance

- predicts things
- patient will have normal delivery
- patient who had left treatment came for treatment in a dream and then in reality
- grandfather would need an ECG
- felt I had seen the same things before (dejavu)
- went to the Dr's clinic to collect medicines, felt she had seen it before
- saw something, did not tell anybody about it, and it happened

Physical Symptoms

Vertigo - better lying.

Head pain - pulsating, bursting, above eyes, in occiput, right temple.

Eyes - agglutinated. Pain during fever.

Nose - obstruction of right nostril, fluent coryza.

Mouth - white tongue.

Teeth - pain lower teeth; right molars.

Throat - follicular inflammation, lump, plug, etc sensation on swallowing.

Stomach - excessive, ravenous. Diminished appetite during fever.

Food desires - alcoholic drinks, cold drinks, onion, smoking, sweets.

Thirstless during fever.

Rectum - constipation. Periodical diarrhoea - alternate days.

Back - pain(3), pressure ameliorates.

Extremities - awkwardness of lower limbs, stumbling when walking.

Sensation of paralysis of lower limbs, weakness of lower limbs while sitting in one position.

Weakness of lower limbs as though they cannot support the body.

Sleep - disturbed, restless, unrefreshing.

Fever - aggravated by a draft of air, burning heat at night, absence of chill, intense heat, perspiration absent.

Generalities: Lassitude, lack of strength and physical power, weakness (3) from slightest exertion. Weariness.

MAIN THEMES OF THE UK TEAM'S PROVING

Detachment and lack of feeling, versus increased affection and deeper feelings

Provers experienced disconnection from others and from themselves. There were feelings of being next to oneself, being cut in half at the waist, of an unclear connection between body and mind and dreams of observing oneself from above. The detachment leads to a feeling of being an outsider and of being unable to connect with the world or with other people, being an alien.

The lack of feeling is expressed emotionally as well as physically - there are symptoms of numbness and painlessness. Following accidents, the injuries that resulted were either not very painful or the pain disappeared quickly.

The emotional detachment allowed for clearer thinking and unemotional reactions. Many provers felt better able to say what had to be said and do what had to be done.

There's a certain coolness in Tungsten - provers lost some of their fears and were unafraid in difficult situations. They knew what dangers they were faced with, but this did not stop them being able to deal with them. "The cold detachment is slightly modified and has become a good feeling of self. Feel no encumbrances from others, feel free to say and do as I wish - was very direct to people and said exactly what I felt."(3, 6)

Yet intensity of feelings is also strongly expressed:

"I was more intensely affected emotionally than usual. There was no obstruction between me and my feelings. Crying loudly (unusual). When I thought about what I needed to help the pain I was feeling - a very strong powerful feeling - it was LOVE. So powerful, the sensation (ache) came down my arm into my left hand."(3)

"Anger out of proportion to the incident. Was able to watch how it came and the feelings behind whilst still feeling it. Normally I would try to stop myself from feeling it."(3)

"Feeling Euphoric, quite a happy frame of mind." "Singing on bike on way to work, felt on top of the world."(3)

Restlessness

The remedy is ameliorated by work (possibly because Tungsten has a strong modality of > for pressure, and the need to work, to exert oneself is an extension of want of pressure) and has a tendency to restlessness, time passes too slowly and they move from one job to another before the first is finished. Restlessness in the mind and in the limbs prevents sleep.(3, 6)

Proving oneself and the theme of fire – trial by fire

Jan Scholten has summarised Tungsten as the element needed to carry out leadership, the element that will withstand a trial by fire:

"Essence: Having to prove yourself as a leader. They have to make a start with the real leadership. Now they have to learn to trust in themselves. They have to lead a group, but they don't know how the group will react. Will they recognize him as their leader? Whatever happens, it won't stop them from taking on the challenge, to dare others to defy their position as leader. It is an enormous task they have taken on. It isn't like proving you can do some ordinary, every day things. It is something very special, something that is almost overwhelmingly difficult to conquer. Like having to do a firewalk for the first time. He knows he has to do it, but he doesn't know what it will be like and whether he will succeed. Like a baptism by fire."(4)

Self-contained and refined

Tungsten is not a demonstrative remedy, their experience is self contained and detached from the world. Thus they prove themselves for their own personal sense of pride and not to show to the world. It is not a hidden arrogance, but a personal satisfaction.(6) "After a long walk which pushed me to the limit I felt proud. Didn't let others know how proud I felt." (3)

There is a refinement to the remedy - a dislike of loud people and loud colours and a desire to be sophisticated. (3, 6)

We also find it under the rubric of Haughty - clothes - best clothes, likes to wear his. Yet my understanding is that this is not for demonstration as is with Conium for instance, but more to do with personal pride in oneself.

Physical symptoms

*Physicals: constrictive, yet better for pressure.
Burning. Trembling.*

Physical symptoms are often pressing and constrictive in nature, particularly in the head, the chest and the heart.

Flushes of heat are important. Whole body feels hot or flushes of heat spreading upwards and flushes of heat with perspiration that smells of onions. The feet are hot at night with burning of the soles.

As with many of the metals there are neuropathies and twitching, trembling and numbness. Also, there is weakness of the limbs with ankles and wrists threatening to give out. (2, 3, 6)

Food – better by eating

Many symptoms are ameliorated by eating. Appetite is generally diminished, but hunger appears suddenly, is increased by eating or appears a short time after eating. There were also dreams around food: of eating and feasting and of cooking. Bloating and burning indigestion with loose and offensive stool are all found.

Nausea is also a feature of the remedy, often in the morning and sometimes better for eating. (3, 6)

Peculiar sensations

As if not there.
Feeling as if cut in half at the waist.
As if head full of cotton wool.
Eyes as if popped out, protruding.
That face is compressed.
Chemical taste in the throat.
Sensation as if digestion is speeded up.
Feeling in vagina as if no control.
As if the heart is a lump.

Modalities

< Morning, on waking (all symptoms)
> Activity
> After stool (headache, nausea)
> Fresh air (headache, tiredness)
> Eating (headache, heart, nausea, appetite)
> Pressure (headache, chest pain)
> Drinking cold water

Cases Of Tungsten

Case one

By Divya Chhabra

Patient came and sat very dull.

Mother started, says: epilepsy, history of head injury. He is not like other children, which upsets her. He gets very, very angry.

Patient answers very clearly and to the point.

Likes to read and play volleyball - watch TV.

Likes to read Shivaji Maharaja

Q: Why ?

..... - and looked after people, fought for the country.

Q:

- He never bent or bowed in front of anybody. Fought for the country and always WON. I am too weak. I want to be well - built and do well in my studies and only then will I be the son of my father. He will be proud of me. My father wants me to be either of these two but I am neither.

Q: ... anger?

- People tease me on my surname, I get very angry. Somebody once teased me and I just turned and slapped him.

Q: What did you feel?

- I felt very noted

Looked very dull. Spoke absolutely to point. Very Intelligent.

Knew exactly what he felt. Wanted to join the army and become ... fight for the country against the enemies and remove all the wrong things from the country.

Q: Asked him about reading newspapers.

He said he reads everything - about the gangsters and robbers who have been caught or killed or one dies in the encounter, -"I feel good one more is gone".

So we have the exact feeling he used.

"I feel because I am so weak, I don't have the power to retaliate against such people, they are stronger than me. I am trying so hard but I cannot do it."(2)

Case two

By Dr Beijering

This is the case of a 30 year old woman who has come complaining of migraines. The attacks start with frequent urination and occasional diarrhoea. She sees little black threads before her eyes and flashes of light in all colours, purple, pink and blue.

She also gets trouble in the right side of her body, her arm leg and particularly her hand feel stiff and swollen. They feel as if paralysed, as if they don't belong to her. Her face gets the same sensations. The right half of her face is swollen, stiff, numb and tingling. It stops her from speaking, she can't pronounce the words properly anymore. At these times she cannot bear to be touched. All these symptoms are awful and she is very relieved when they go away and she gets a bad headache instead. This headache is stitching, pressing and dull, above her right eye, as if it is being squeezed tight. It feels as if the pain comes from her neck and back. The pain is also situated in her jaws, the eyeballs, temples and occiput.

It is (<) sunlight, (>) sunglasses, = noise, (<) storm, (<) before menses. Before an attack she usually gets a strong craving for sweets. She prefers carrying on with her work. Movement makes it bearable, but when she goes to lie down in the evening it gets much worse. Carrying on with her work can also postpone the headache but it will reappear even worse later on. The migraines started when she was 12, shortly before her first menses. After these severe attacks she often has another sort of headache for days, a constant nagging sensation, like a faint replica of the violent attacks. Until she was 12 she often got bad ear and throat infections. She often had her eardrums punctured. When there is much pressure at work it affects her headaches. She is a busy type of woman who often takes on more than she can manage. She always thinks: if others can do it, so can I and she was given a managerial post when she was only 21. Because she was so young, and because she was a woman, she had to work hard to prove herself. She feels she can't show that it is a bit too much, so she works extra hard to stay on top. She likes to have things perfect, so that others can't find fault with her. Her director is very dominant and everybody listens to what he says. She is never sure whether the work she has produced will be to his liking. She is afraid he will say she hasn't thought it through properly. Besides all this she also has a family to run. She has one child and is expecting a second. She doesn't want her children to suffer because of her job. She likes challenges, but she also has fears that she won't succeed. She was brought up with the motto that you should do things properly and not make a fuss. She is a very cheerful and optimistic person herself, she laughs a lot during the consultation. She doesn't talk about her personal problems with others, nobody knows anything about her headaches. But as far as her opinions are concerned she is happy to discuss them with others. It doesn't matter to her who is present when she offers her opinion, even if it is the highest boss, because work is work. She has a repeating dream that she has to get into a high building, but she should use the most difficult route. She has to climb along a dangerous ledge to reach the balcony, which she manages to do after several fearful moments. She often dreams about having to fulfil a difficult task, but she always succeeds. She hates being restricted in her activities through illness or similar circumstances. She has a strong fear of heights. When she was little she didn't dare to cross a bridge even if it was only a foot above the water. She is afraid of rats and cats, because they come towards you even if you don't like them. Generals Weather: cold, hands and feet

stiff with cold; (<) storm, (>) outside, (>) sea (2), (<) mountains; (<) ley lines. Perspiration: little. Time: (<) morning, (<) 4 pm. Desires: sweet. Aversion: potatoes (3), milk. Food: (<) warm food, smell of meat (2), orange (3), apple (3), tangerine (3), alcohol, coffee (2), cucumber (3), onion (2), leeks (2), peppers; (<) fasting. Menses: nausea and headache before menses, (<) late menses. Sleep: has to go to bed early because she feels very tired. Physical: (<) touch, (>) motion, working.
Ref.:(8)

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