

## **Hekla Lava**

Homoeopathic Proving (HP)

Director: Dr. Mohinder Singh Jus  
Coordinator: Dr. Martine Cachin Jus  
Supervisor: Nicolienne Potgieter  
Organization: Dr.B.K. Bose Foundation

Dr. M.S. Jus mentioned in Similia No.35 (2000) 9 that *Hekla Lava* should be proven extensively in order to discover its healing potential. He suspected a medicine with strong anti-syphilitic properties.

In 2003 the Dr. B.K.Bose Foundation organized the homoeopathic proving of *Hekla Lava*.

The substance *Hekla Lava* 30C was proved in a double-blind, placebo-controlled trial for a period of 6 weeks.

Neither the supervisor nor the provers knew which remedy was to be proven; or whether the drug or the placebo was being administered.

The provers were healthy volunteers; that being an important requirement for a HP. They were homoeopaths or students of homoeopathy and had to meet severe criteria. Each prover was interviewed personally by the supervisor before the trial. 17 provers were given *Hekla Lava* 30C; 5 provers were given placebo. Every day they wrote down their symptoms in forms (journals), using their own words. A detailed description of the methodology will be published in 2005.

### **The Crude Substance**

Hering, Boericke, Mezger and Leeser indicate that original substance is the lava and scoria from the Icelandic volcano Mt. Hekla; Clarke mentions the finer ash from Mt. Hekla, falling in distant localities.<sup>10,11,12,13,14</sup> We think that the original substance would have to be the ash, as lava is not consumed by grazing animals and thus does not provoke toxic symptoms.(see report of Dr. Wilkinson).<sup>16</sup>

### **Mt. Hekla, the volcano**

Mt. Hekla is 1491m high and the best known volcano of Iceland. It is situated in the Rangarvallaharsysla area, 150km northeast of Reykjavik. The first documented eruption took place in 1104, followed by further outbreaks in 1693 and 1766-1768. The ash devastated large pastures and the gases poisoned the herds; forcing the farmers to leave their land. The volcano erupted several times, the most recent outbreak started on February 26<sup>th</sup> 2000, lasting 11 days. Most of the ashes covered uninhabited areas; a small part fell on the northern inhabited part of Iceland. A fallout was even recorded 300 km further north on Grimsey Island.<sup>3</sup> The ash, which is actually tephra (airborne volcanic ejects), adsorbs - when cooling from 1600 C – fluoride and gaseous silica on its surface. The delicate particles are blown away further; and by having a larger surface area they adsorb more fluorides than the bigger particles which fall in close vicinity to the site. That might explain Clarke's strange location.<sup>5</sup>

### **Fluoride Poisoning**

Fluorides are water-soluble and quickly dissolve from the tephra into the groundwater. They are the toxic part of the ash<sup>7</sup> and cause the poisoning and dying of the grazing animals. Feeding on the ash on the pastures causes formation of crystals on teeth and deposits in stomach and intestines. The animals drink the poisoned water, which after the first rain contains high levels of

fluorides. Some eruptions reduced the number of animals by 70%. It is not hard to see why in Icelandic mythology Mt. Hekla is called "Gateway to Hell".

It has been known since 1966 that fluoride-ions catalyze the formation of apatite in the bones. An excessive supply of fluoride could cause uncontrolled growth as in a chaotic bone-structure.<sup>8</sup>

Lava and tephra contain large amounts of quartz (SiO<sub>2</sub>); and it does not come as a surprise that *Hekla Lava* and *Silicea* as homoeopathic medicines have a lot in common.

### **Hekla Lava in Homoeopathy**

Until now *Hekla lava* has been prescribed based on the clinical symptoms it caused in the grazing animals. Our proving has confirmed that it has strong anti-syphilitic and anti-sycotic properties. J.G.Wilkinson, a London physician (1812-1899) had noticed immense bone deformities and ulcers in animals, which had grazed in vicinity to the volcano.

He writes in a letter to W.H.Holcombe, New Orleans: "The pathological effect of the ash on sheep in the vicinity of Mt Hekla is noticeable in the immense exostosis of the jaws. It causes also the drying up of the milk both in cows and sheep. The finer ash, which fell on pastures at a distance, was most deleterious; the gross ash near the mountain was inert. In cows the post-mortem examination showed the intestines filled with ashes, hardened to a mass, and stomach coated with a pitch-black membrane spotted with brown, and difficult to remove by washing; the jaw teeth were covered with a shining metallic crust. Several young horses died from lumps on the jaw-bones, so large as to cause dislocation. In sheep the osseous and dental systems were much affected. The head-bones, and especially the jaw-bones, swelled and became so friable that when boiled they fell to pieces. The thigh and especially the shin-bones swelled and bulged. The jaws were sometimes covered with large swellings, which spread and were looser of texture and darker in colour than the bone; these could be separated from the bone without injuring it; but in some fatal cases a hole going down to the marrow was discovered under the swelling." These details come from the Danish report on the eruptions of Mt. Hekla and their effect on nature, men and animals.<sup>10</sup>

Various homoeopaths have since confirmed the effects on teeth and bones.

Hering listed the following clinical observations: tumour of the maxillary sinus, neuralgia, disease of the tooth with conjunctivitis, caries of the teeth, disease of the jaw-bone, disease of the right upper jaw, whitlow, ulcers of the gums, caries of the bones.<sup>10</sup>

Clinical experience has shown that *Hekla Lava* has the power to arrest many forms of bone disease, including osteosarcoma, scrofulous and syphilitic osteitis, periostitis, exostoses. It is further used for gum abscess, difficult dentition, rickets, bone-necrosis, fistula after mastoid operation and has a distinctive effect on the jaw-bones. It is a good remedy for swelling of the glands (like *Silicea*) and for calcaneal spur.

### **The Homoeopathic Portrait**

*Hekla Lava* is represented in 85 rubrics in the Synthesis Repertory.<sup>15</sup>

We have listed the guiding symptoms of our HP, symptoms of the Synthesis Repertory (1<sup>st</sup> and 2<sup>nd</sup> grade, as well as small rubrics) together with the already known symptoms (Hering, Boericke, Clarke, Jus)<sup>9,10,11,14</sup>.

B: Guiding symptoms of our HP

SY: Symptoms of the Synthesis Repertory

MM: Symptoms which are already listed in Materia Medica (Hering, Boericke, Clarke, Jus), clinical indications.

Grading of the guiding symptoms of the HP:

The symptoms are graded depending on frequency and intensity. The provers could mark of their symptoms on a scale from 1 to 5; 5 being the most intense.

1<sup>st</sup> grade symptoms: **bold**

A symptom is listed 1<sup>st</sup> grade, when at least 50% of the provers proved that symptom and marked its intensity 4 or 5.

2<sup>nd</sup> grade symptoms: *italic*

A symptom is listed 2<sup>nd</sup> grade, when at least 30-49% of the provers proved that symptom and marked its intensity 3.

3<sup>rd</sup> grade symptoms: normal

The remaining symptoms are listed 3<sup>rd</sup> grade. Only symptoms, which were proved by more than one prover, are listed.

## Mind

- . Complaints from indignation. SY,B
- . Feeling of helplessness SY,B
- . **Indolence, lethargy** B
- . *No motivation* B
- . **Listlessness** B
- . **Indifference to everything** B
- . **Depressive** B
- . **Great despair** B
- . *Desire to be alone* B
- . **Sad, melancholic, despondent** B
- . *Feeling of emptiness* B
- . *Feeling of over-demand from daily affairs. Everything is too much for me.* B
- . **Increased sympathy for destinies/situations of others.** B
- . *Very sensitive to being treated unjust or others being treated unjust.* SY,B
- . Cannot tolerate injustice. SY,B
- . **Difficult concentration** B
- . **Memory problems ; especially short term memory. Forgetful.** B
- . **Cannot think clearly; difficult thinking.** B
- . **Foggy/ stupid feeling in head. Apathy.** B
- . *Has problems finding the right words.* B
- . *Easily irritated and angry.* B
- . *Feeling as if being far away from himself; as if only his shell was there. As if not yet alive, like being still asleep or waking.* B
- . **Exhaustion and tiredness.** SY,B
- . *Bold, determined behaviour. Brusque.* B
- . Mental symptoms >> **by sitting in the sun.** B

## Head

### Vertigo

- . Vertigo, everything goes up, down and sidewise MM

### Headache

- . Chronic headache. MM
- . *Headache with toothache* SY
- . **Chronic headache.** < motion of any kind. B
- . **Headache, pressing.** B
- . *Pressure in forehead.* B
- . *Headache with strong tension in the back of the neck and shoulder region.* B
- . *Pain extending from back of neck up to forehead/temples.* B
- . *Dull pain in and at temples.* B

### Other head symptoms

- . *Heat in head.* B
- . Dull, funny feeling in head, fog-like, as if he was not quite present. B

### Eyes

- . *Inflammation and caries of the orbit.* SY
- . *Inflammation and necrosis of the orbit.* SY
- . *Inflammation and periostitis of the orbit.* SY
- . *Eyes burning* > open air, cool, pressing hands on eyes. B
- . *Eyes red.* B
- . *Feeling of foreign body in eyes.* B

### Ears

- . *Profuse earwax.* B
- . Noises (*roaring, whining, whistling*). B
- . Abscess of mastoid or chronic otitis with painful glands in the neck. MM
- . Fistula after mastoid operation. MM

### Nose

- . *Caries of the nose bones.* SY
- . Caries, syphilitic. SY
- . Caries of the septum. SY
- . Cancer. SY
- . Destructive (syphilitic) ulceration of the nose bones. MM
- . *Epistaxis.* MM,SY,B
- . Polyps. MM,SY,B
- . *Runny nose with rough, sore throat.* B
- . *Very sensitive to smell.* B

### Face

- . Abscess of the jaw. SY
- . Abscess of the jaw originating from teeth. SY
- . Polypoid growth commencing in maxillary sinus, deforming the face, forcing eyeball upward and everting lid, obstructing nostrils, impeding breathing and chewing. MM
- . *Exostosis.* SY
- . Exostosis of jaw. SY
- . Exostosis of jaw caused by teeth complaints. SY
- . *Exostosis of lower jaw.* SY
- . Cancer of jaw bones. SY
- . Pains from carious tooth or after extraction. SY,B
- . Facial neuralgia or headache from disturbed dental nerves; or from irritation by rotten tooth. MM
- . Pain in sinuses, maxillary sinuses. SY,B
- . Hard swelling in face. SY,
- . Jaw enlarged. SY
- . *Lightning, stitching pain in the right side of the face.* (cheek-bones, upper and lower jaw, above right temple). B
- . *Hard, persistent pimples, sensitive to touch* (especially on chin, around mouth, between eyebrows). B

## Mouth and teeth

- . Necrosis of jawbones in patients with syphilitic constitution. 6
- . Swelling of jawbones from injury. MM
- . **Dryness of mouth.** B
- . *Metallic taste, like having a copper coin in mouth.* B
- . *Abscess of the gums.* SY
- . Abscesses of the gums from decayed teeth. MM
- . **Gingivitis.** SY,B
- . Fistula of the gums. SY
- . Furuncle on the gums. SY
- . *Aching gums after tooth extraction.* SY
- . **Toothache.** SY,B
- . Toothache, especially when teeth are very sensitive to pressure. MM
- . Toothache with swelling in jaw area. MM
- . *Toothache with swelling of the cheeks.* SY
- . Toothache after dental treatment. SY
- . *Pressing pains in filled teeth, gums sensitive when brushing teeth.*  
< warm and cold drinks, << sparkling drinks. B
- . *Teeth sensitive to pressure.* SY,B
- . *Teeth sensitive to warmth/cold and eating and drinking, especially fruit.* B
- . *Caries, rotten, hollow teeth.* SY
- . Caries, rotten, hollow teeth, prematurely in children. SY
- . Pain in cavity and various spots of face and head after extraction of a carious wisdom tooth, so painful that he cannot sleep. MM
- . Neuralgia caused by a carious tooth. MM
- . Neuralgic pains in alveoli, from which teeth have been extracted. MM
- . Neuralgic pains after extraction of a wisdom tooth, pain extending to face and head, <night, inspiration, chewing, cool, >warm application, dropping of jaw. MM
- . After extraction of a molar, pain and soreness in upper jaw, which is swollen and sensitive to touch. MM
- . Since extraction of the molar in right upper jaw, the tissue has not healed; Constantly little discharge of foul tasting pus, sometimes containing small parts of a white grainy mass. MM
- . Right canine of upper jaw very sensitive to slight pressure on crown; swelling and indurated tumour as large as a pea under right ala nasi; very sensitive to touch; conjunctivitis of right eye. MM
- . After extraction of a painful tooth gradual enlargement of lower jaw close to alveolus of the tooth, growing as big as a hickory nut (American white walnut) and protruding the cheek. MM
- . Toothache from abscesses of gums, injuries of alveoli or diseases of the Maxillary sinus. MM
- . *Abscess of roots.* SY
- . Difficult dentition in scrofulous and rachitic children. MM
- . *Difficult dentition.* SY

## Throat

- . **Soreness and scraping in throat. Sore throat.** < morning when waking. B
- . **Waking up with a sore throat.** B

## Stomach

- . **Excessive thirst for cold water.** B
- . **Ravenous hunger.** "stuffing food into his mouth time and again". B
- . *Desire for sweets.* B
- . *Desire for potatoes (especially boiled potatoes).* B
- . *Nausea, especially on waking in the morning.* B
- . *Nausea with headache.* B
- . *Nausea with vertigo.* B

## Abdomen

- . *Stitching in left side of abdomen, like stitch. As if the last rib would pierce through the skin.* B
- . *Warm feeling (like local fire) in abdomen.* B

## Stool/Rectum

- . *Stool in the morning when waking.* B
- . *Diarrhoea several times during the day.* B
- . *Diarrhoea early in the morning.* B

## Urinary Organs

- . *Urge to urinate, but only passing small quantity.* B

## Chest

- . *Stitching in breasts.* B
- . *Pressure on chest, between ribs and sternum.* B
- . Pain of intercostals. 1
- . *Pain in chest.* SY,B
- . Tumours of the mammae. SY
- . Milk drying up. MM

## Neck/Nape

- . **Tension in nape, shoulder and cervical region.** B
- . *Induration of cervical glands.* MM,SY,B
- . Induration of cervical glands like a row of pearls. MM,B

## Back

- . *Pain,bruised, in the morning on waking, easing during the day and > motion (walking, or while sitting with continuous change of position).* B
- . **Bruised feeling in thoracic region of the spine, especially between between scapulae.** B
- . *Stitching in back, between scapula and spine, middle of thoracic backbone. < deep inspiration < rising, but then > slow moving, > warmth.* B
- . **Pain with stiffness in back on rising in the morning and on beginning to move.** B
- . *Stiffness in thoracic region of backbone extending to nape. < deep inspiration.* B
- . *Tearing, pinching; spot-like pain under scapula > strong pressure, warmth.* B

- . *Back pain on waking in the morning, both sides in region of scapulae or between scapula and spine; with stiffness when rising and beginning to move. < deep inspiration.* B
- . *Back pain in sacral region after rising in the morning. Disappearing during the day.* B
- . **Great prostration, back feels tired, esp. sacral region.** < on waking in the morning, bending, straightening, rising from sitting, motions like housework, gardening. > slowly straightening up, > running/walking. B
- . *Pulling pain in posterior pelvic girdle (kidney region), lower lumbar and sacral region.* B
- . Curvature of the backbone (scoliosis, kyphosis) SY

## Extremities

- . **Ice cold hands**, bluish-white from cold. Stay cold despite warmth, moving etc. B
- . *Tingling, prickling in extremities.* B
- . **Stitching pains in joints from cold or aggravated by cold. << during weather change (when the weather changes in a short space of time). >> warmth.** B
- . *Drawing pains in muscles; like sore muscles.* B
- . *Heaviness of motion.* B
- . Burning, shooting pain in affected bone, < night; no ease from any position. MM
- . **Pains in joints and small bones of limbs, esp. hands. Pains are stitching-drawing. Left wrist and hand are more affected. Pains extending from left wrist to left elbow. Pains in wrist are worse on the side closer to the little finger.** B
- . *Stitching pains in hip-joints, groins.* B
- . Inflammation of the hip-joint. SY
- . Hip disease. MM
- . *Muscle pain (lightning, stitching) in thighs.* B
- . *Pain and stiffness in knee and in other joints when rising from sitting. Feels miserable, like old people suffering from rheumatism. > warmth > during daytime.* B
- . *Lightning, drawing-tearing pain, in right knee, below patella (independent of motion)* B
- . Inflammation of the shin bone. SY
- . Exostosis. SY
- . *Exostosis of tibia.* SY
- . Exostoses of the shin bone; very large nodular swellings; severe continuous pain incapacitating from work; the exostosis and parts of the periosteum which had become carious and soft were removed; a necrosis of the whole bone was diagnosed; three days after administering Hekla Lava the pain, which had been persisting after the operation, ceased; and by the end of two weeks the wound had healed. MM
- . Osteosarcoma of the shin bone. MM
- . *Caries of the bones. Osteolysis of the shin bone.* SY
- . *Caries of the bones. Osteolysis of the foot bones.* MM,SY
- . *Pain in right ankle, radiating to right side of the foot.* B
- . Benign tumours of the feet. SY
- . Cancer of the bone, osteosarcoma. B \*\*\*
- . *Stitching, drawing, deep bone pain.* SY,B
- . *Cramps, esp. in thighs (hamstrings), tibia, calves and feet.* B
- . **Numbness in arms and hands (in sleep) on waking in the morning;** disappearing immediately when rising from bed. B

## Genitalia – Female

- . Dries up milk in sheep and cows. MM

## Skin

- . Actinomycosis. SY
- . **Itching on various parts of the body.** B
- . *Itching in sacral region.* B
- . *Persisting prominent pimple on chin.* B
- . **Nail beds of fingers** (esp. left middle finger are **sore** and chapped and bleed easily). B
- . **Dry Skin, red with small fissures.** B

## Tissue

- . It is acting predominantly on the bones of head, jaw, teeth and legs. MM
- . It arrested the progress in indicated cases of osteosarcoma, exostosis and Osteitis, and prevented a relapse. MM
- . Scrofulous osteitis or periostitis with syphilitic background, esp. when face bones or the maxillary sinus are affected. MM
- . Osteitis; periostitis; exostosis; osteosarcoma; rickets. MM
- . White swelling. MM
- . Paronychia and ulcer of tooth. MM
- . Syphilis. MM

## Perspiration

- . *Pungent, caustic odour of armpits.* B

## Chill/Fever

- . **Ice cold hands.** B
- . *Ice cold feet.* B
- . *Feeling hot inside; like fever. Body temperature normal though.* B
- . *Chilly, like in the beginning of a cold.* B

## Sleep

- . Sleepiness. SY,B
- . *Sleepless until 3 a.m.* B
- . *Waking up at 4/5 a.m. and cannot fall asleep again.* B
- . **Sleep very deep, comatose. Wakes up in the morning as from narcosis.**B

## Dreams

- . *Sexual, erotic dreams.* B
- . **Dreams of own teeth falling out, splinter or are bitten off.** B
- . **Wedding, wedding dress.** B
- . *Violence.* B
- . **Theft, being robbed.** B

## Generalities

- . Inflammation of the blood vessels, esp. veins. SY
- . Osteitis. SY
- . *Periostitis.* SY



- . Sinusitis. SY,B
- . Exostosis. SY
- . Caries of the bones. SY
- . Softening of the bone. SY
- . Varicose veins. SY,B
- . Cancer, sarcoma. SY
- . Cancer of the bone. SY
- . Necrosis of the bone. SY
- . Bone injuries. Fractures. SY
- . Neuralgic pains. SY,B
- . *Swelling of the glands.* SY,B
- . *Indurations of the glands.* SY
- . Left side. SY,B
- . Syphilis. SY
- . Tumours. SY
- . *Mental symptoms are connected with weather changes. Amelioration of the symptoms when the weather changes from snow to sun; aggravation when it changes from sun to snow.* B
- . **Extreme tiredness.** SY,B
- . *Physical and mental weakness.* \*\*\* no reference???
- . **Aversion to phoning.** B
- . **Periodicity of symptoms.** The symptoms appeared for a few days; then they were absent for days. B
- . *The body feels heavy.* B
- . Emaciation in children. SY
- . Rickets. SY
- . *Weight gain.* SY
- . **A deep, slow and long acting remedy.** B

### Modalities

#### Amelioration:

- . Afternoon (1p.m. - 6p.m.) SY,B
- . *Pressing cold hand on forehead and temples.* B
- . *Cool; fresh air, outside.* B
- . *Walking outside.* B
- . **Pressure.** B \*\*\* siehe verschlimmerung Druck
- . Sun. B
- . **Warmth.** B
- . Warm applications. MM
- . *Drinking cold water.* B
- . **Distraction.** B
- . **Continuous motion.** SY,B
- . *Closing eyes.* B
- . *Lying.* B
- . *Rest.* B
- . Dropping jaw. MM

#### Aggravation:

- . Evening (6 p.m. – 10 p.m.) SY,B
- . Night (toothache, facial neuralgia, pains from osteosarcoma) MM
- . **Morning on waking up.** B
- . **When rising from bed and first movements in the morning.** B
- . *Motion.* B
- . Beginning of moving. SY,B
- . Pressure. SY,B \*\*\*
- . Rest. SY,B
- . 2 a.m. – 5 a.m. B

- . *Bending down.* B
- . *Cold; cold wind.* B
- . *Deep breathing.* B
- . *Inspiration.* MM
- . *Chewing and cold.* MM
- . *Sitting.* SY,B
- . *Rising from sitting, straightening up.* B

## **Hekla – anti-syphilitic Medicine**

The HP confirmed our idea of *Hekla lava* being a medicine with strong anti-syphilitic properties.

The syphilitic qualities can be recognised in symptoms, like for example:

- . Loathing life, lack of ambition and motivation
- . missing driving force, in combination with lack of capacity; thus indicating that *Hekla lava* could be useful to old people; diseases like arteriosclerosis or Alzheimer's disease with a syphilitic decrease of brain cells
- . absentmindedness, confusion, cannot think clearly
- . depressive, hopeless
- . aggravation at night
- . lightning pains
- . deep bone pains

### **Effect**

*Hekla lava*, as is generally known, has a strong effect on bones and periosteum.

The results of the HP give rise to the suspicion, that it has an effect on the circulation as well.

- . no desire for mental work
- . extremely chilly > moving in the open air
- . > sitting in the sun

### **Compare**

In the following some proven symptoms of *Hekla Lava* are being compared with other remedies.

#### Loathing life

Loathing life, lack of ambition and motivation are also present in

*Aurum, Argentum nitricum, Arsenicum album, Opium, Sepia, Phosphoricum acidum, Phosphorus, Helleborus and Platina.*

## Despair

In this HP the symptom "despair" was proved often and distinctively. Hopelessness, antisocial behaviour and the desire for being alone; they all are syphilitic characteristics. This allows a comparison with *Aurum*.

<u>Aurum</u>	<u>Hekla Lava</u>
hopeless	hopeless
desire to be alone	desire to be alone
< night	< night; but the aggravation in the morning when waking up or after rising is more distinct
< in the mountains	-
< winter; > summer	-
< sitting in the sun	>> sitting in the sun
< warm; hot type	> warm; ice cold hands and feet; chilly
>> music	> distraction
>> moonlight	-
<u>&gt; sitting in the sun</u>	

*Anacardium* and *Platina* are better when sitting in the sun, as is *Hekla Lava*. *Anac.* however, has another very distinct modality, which determines the choice: a clear amelioration after eating; to be precise: as long as the stomach is full. Like *Hekla lava*, *Plat.* is particularly better in the open air.

### Compare with Causticum

The proving symptoms of *Hekla* "increased sympathy for situations/destiny of others"; as well as the over sensitiveness to injustice, remind of *Causticum*.

Causticum	Hekla lava
sympathetic	sympathetic
lack of ambition	lack of ambition
deep sense of justice, cannot tolerate injustice	deep sense of justice, cannot tolerate injustice
strong effect on jaw, esp. jaw joint. rheumatic or arthritic symptoms, like pain; stiffness of the joint when chewing or cracking	strong effect on jaw, esp. jaw joint
bitter taste in mouth and tendency to bite cheek while chewing	metallic, coppery taste and extreme dryness in mouth
toothache < cold or warmth, cold wind, smoking; > drinking cold water	toothache < cold applications, cold drinks; > warmth, dropping the jaw
aversion to sweets	desire for sweets
> after eating or feels very hungry, but loses appetite at the sight of food.	always hungry, overeats or eats without being hungry

### Compare to Silicea

Since Hekla ash contains Silicium, both remedies have similar characteristics.

Silicea	Hekla lava
very hungry, eats much; suffers when he cannot eat at a certain time or when fasting. General aggravation of complaints by fasting; eating sufficient amounts but not gaining weight is a regular characteristic of Sil; Sil. can also be hungry with aversion to eating.	always hungry, overeats or eats without being hungry
shy, introvert; aversion to company, to touch and being looked at	desire for being alone; lack of initiative, lethargy
ambitious; perfectionist, always fears failure or losing his reputation	no motivation, indifference
egoistic and looks after own interests >warmth, covering painful parts	very sensitive to injustice; sympathetic >warmth

Silicea	Hekla lava
>summer (but not >> sitting in the sun)	>>sitting in the sun
fundamentally >> inside	>outside, open air <morning, when waking up <beginning of motion
<cold wind and <stress	<cold wind and <stress
thirsty, desire for cold water; likes cold, raw food	thirsty, desire for cold water. Desire for sweets, potatoes
stomach symptoms >cold water	-
tendency to constipation and difficult stool; stool recedes	tendency to diarrhoea; immediately stool on waking up in the morning
ice cold hands	ice cold hands
stiffness, numbness and soreness in extremities, <waking up, cold, motion	stitching pains in extremities, >warm, continuous motion; <beginning of motion
extremities numb when lying on	extremities numb while sleeping and when waking in the morning
tendency to form exostosis	tendency to form exostosis
perspiration esp. of hands and feet, offensive sweat of feet	offensive sweat of armpit
excellent remedy for hormonal disorders in males and females	has not induced any particular symptoms in the reproductive organs of males and females
suffers from various sleep disorders: sleepy, but unable to sleep; talking, crying, laughing in sleep; somnambulism. sleep <new moon	deep sleep; wakes up in the morning as from narcosis
dreams of thieves, robbers and dangers	dreams of theft, being robbed

### Conclusion

Until now little has been known about Hekla lava. This HP has produced a whole range of new symptoms and has verified already known symptoms. *Hekla lava* has proved to be a syphilitic, slow and deep acting remedy; and thus presents interesting, therapeutic possibilities. We hope this HP will make it easier for homoeopaths to better recognize and use *Hekla lava*. Only thus the proved symptoms can be verified and included in the homoeopathic Materia Medica.

### Appeal

We ask homoeopaths, who have had practical experience with *Hekla lava*, to contact us and give a short description of their cases.

Thank you.

Dr. B.K.Bose Foundation  
Steinhauserstrasse 51, CH-6300 Zug  
Email: [forschung@shi.ch](mailto:forschung@shi.ch)

### Footnotes