

Observations on Sulphur

from the unpublished notes of Dr. Mohinder Singh Jus



it is amazing to observe how Mother Nature lets a few of its extraordinary children unfurl its secrets. Hahnemann was one of those rare gifted beings who through Nature's law of Similia Similibus Curantur became responsible for exploring the only method of healing of the sick. My expression will not be taken ill, if we all know the difference between 'help' and 'healing'. A 'cure' is always much more than relief or improvement. In the process of modifying the definition of cure, Hahnemann did not mean to criticise the other systems of medicine alone, but it was also meant for himself. He thought there was more hard work and responsibility involved in order to cure the sick. Whatever number of the homeopathic remedies he had at his disposal, did not suffice to accomplish the process of cure. He often met reversals even when the prescribed remedy was the true similimum. In the process of healing, he found either the progress insufficient or only as a temporary improvement.

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Being a genius and probably the best critic of himself, he began to concentrate on finding the underlying reason. After years of research and statistical follow ups on a number of cases, he established that there was an unusual ancestral inheritance which restricted further progress of healing. The discovery of homeopathy and treatment of diseases through 'infinite microdoses' was as it is an unbelievable shock for his medical colleagues, but now, this new concept about 'miasms' was even harder to believe. He also had his eyebrows raised at his own invention, but it did not manifest mistrust in his own observations, rather it made him have a deeper dip into his reservoirs of wisdom. Psora, he thought, was the cause of deep agony and all chronic diseases. He thought suppression in general and scabies or skin rashes in particular were the greatest architects behind all crippling chronic diseases. This suppression may be manifested through 'introverted' character of the patient or its physical complaints. Simple constipation to improper elimination by various organs amounts to retention and later on suppression. An external 'itch' or 'rash' cannot just vanish, and where not clearly observed or understood, it is bound to lash back and disturb the whole human economy. Hahnemann would observe this because he believed in the life force and its role as a preserver. Hence the rashes on the skin or external itch, had a deeper meaning than given by dermatologists. As per his character he never let anything go, just pass by or take it as an accident or a coincidence. He did observe in many of his patients, who under his treatment broke out into a rash and quickly got healed. Similarly he observed and followed up his study in a young girl with an introverted character, that how later in her life she developed serious physical sicknesses. So according to him everything which appeared on a physical plane had its roots somewhere in the spiritual level of the patient and his heritage.

After having observed such obstacles, he set his mind to proving more and more drugs which could penetrate deeper into the human aura and stimulate a lasting cure. **Sulphur**, the remedy of discussion today is one that belongs to such a group. It has been recommended by Hahnemann as a deep antipsoric, and surely it is one of the oftenest needed remedy in the whole of homeopathic Materia Medica. Hahnemann, who first proved it along with friends, mentioned it excellent in cases where lots of suppression had been imposed through the use of tar ointments, sulphur baths or soaps. He found it also antidoted so many other prevalent drugs during his time. Through the clinical experience, many of his followers have found it equally efficient in antidoting suppressions or bad effects through the ruthless abuse of antibiotics, antiallergics or cortisone. It is a great help for drug addicts, alcoholics or smokers. By its deep action on the weakened life force, it takes away the reason for various addictions.

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The universality of its presence, can be well understood by the composition of Planet Earth. It is also symbolic of fire, heat and energy which is so important for life form existence on this earth. With more than four thousand symptoms and a deep antipsoric drug, its use and application is both hard and yet very easy. I am constantly reminded of my teacher B.K. Bose, who used to say "when you make a mistake and prescribe Sulphur, consider you have not done a big blunder." That find is absolutely true, in many complex chronic cases where the original picture of the sickness and patient is not clear, Sulphur is the best choice. It helps like Psorinum, Thuja, to open up the case. Mostly on the subsequent visit of the patient we find a clear cut picture leading to a particular similimum. What a service!

In acute sickness which often tends to relapse, Sulphur is often needed as a complement to accomplish cure. For example in a case of Broncho-Pneumonia where Bryonia or Antimonium tartaricum affected a tremendous improvement, a dose of Sulphur may be needed to avoid any relapse or later complications.

In cases where two states alternate, like for example Eczema and Asthma, Sulphur is a great help. According to Hahnemann alternating and one sided diseases are the most difficult to cure. The one sided diseases are those where the patient projects his state only through one local symptom without modalities or any concomitant symptoms. From the practical experience I can tell you, these are really some of the most challenging conditions that put to test the repertorium of a physician.

Sulphur is often needed to complement the action of many short acting drugs in acute cases which tend to relapse.

Some of the congenital problems like hernia or Cardiac malformation etc. may also require Sulphur as the initial remedy. During my training days, we used to administer a dose of Sulphur C30 to every new born baby. In fact, this was done instantly even before the new born was washed or cleaned. The idea was to prevent the child from any negative influences from its new and foreign surroundings. I found it specifically beneficial and potent remedy to take away physiological jaundice in the quickest possible time. Prematurely born babies thrived quickly under the miraculous effect of Sulphur. In my own experience, this method not only prevented the inheritance of physical sicknesses, but also the character weaknesses of the parents were not allowed to seep in.

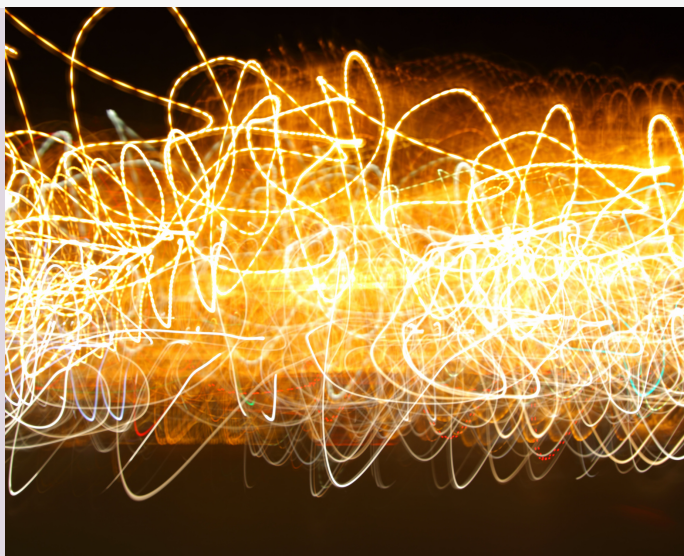
So, in all such a drug, such a unique medicine, such a healing remedy of suffering humanity.

The Sulphur type is not so difficult a person to observe or to recognise. He enters your clinic with a red face, red tip of the nose. He has a very warm affectionate look on the face, and the face glows with energy. Like Phosphorus type he has very strong vibrations. He looks dirty and is chaotically dressed. The clothes may be dirty, unironed and even unmanaged. Often we see such types casually dressed with their shirt hanging out of their trousers, undone shoe laces and unpolished shoes. His mouth and body smells, because he seldom washes or cleans himself. Of all the things, he has a very uninhibited mannerism, his handshake is very warm and face reflects a total picture of optimism. One thing is for sure, that from his external make up we may underestimate his social status. You will for sure instantly observe that wherever he is, he is at home totally relaxed and informal. He begins to scratch immodestly and bore his fingers in the nose or fish out a piece of food stuck in his teeth. All these characteristics individualise him and make him appear a Sulphur type.

In his personal life he is a dedicated husband but personally he does nothing that he says. He is a philosophical idealist. I say philosophical because it is a part of his character. He provides his wife and family the material comforts but seldom helps them in their day to day responsibilities. The self esteem and ego prevent him from feeling realistic obligations to a family. He almost commands and expects that everything without his personal help or involvement. Theoretical planning and over planning is his perpetual habit.

He is carried away by his philosophical ambitions and everchanging plans and he wishes that all should be carried out. Yet, personally he is chaotic, unplanned and impulsive. So under these circumstances, who do you think has to bear the brunt? Naturally, the family, the subordinates in this office and his juniors. He passes orders without realising the practical implications involved. The constantly irritating psora, makes him jump from place to place, idea to idea and plan to plan. As I see he has not learnt the art to master his fire and energy. His impulses are quicker than his thoughts and his actions precede his planning. This chaos in implementation of his ideas leave him a nerve wreck. When I observe a true Sulphur type and his tired helpless body, I get a feeling that his structure is probably too weak to handle such a tremendous influx of energy.

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After being in a slumber his volcano of impulsiveness and impatience explodes and he wishes to wash the house from ceiling to floor, write forty letters at a time or pay off all the unpaid bills, take his family out to dinner in the quickest or if possible all these at the same time. Again he gives a bad example of his family planning. The Mercurius patient also has this tendency of making mistakes in his planning, but it has more to do with his lack of sense of time. He makes appointments to see people living far apart, at the same time or with humanly impossibly short time in between.

For a Sulphur type it is natural and easy to share his ideology or philosophy with other people, but what he cannot share are his material belongings. Here he reflects a bit like Lycopodium type. To loan money or to part with an old pair of shoes or pants is absolutely impossible for a Sulphur type. He finds many reasons to justify his action. Similarly a Sulphur child cannot share his toys with others, he cannot give away his five year old pillow cover, not even for washing. He gets restless and angry. In short, Sulphur types accumulate from every little piece of paper to old antiques with the idea to feel great and secure.

In his accumulated wealth one finds the numerical or material value of things but why, maybe he does not know himself. Yet the beauty of his, is in the fact that he does not feel his own chaos or his short comings in life. Instead he is highly critical. He complains about dirt, bad smells and chaos, but he does not realise his own contribution to it.

Nux vomica type is also highly critical. He is ever angry and unhappy about his environment and surroundings. It seems he never learnt to appreciate properly all that he sees is darkness and the negative side of people.

The Sulphur types from the very beginning are extroverted and independent. They make quick contact with people. They are not shy and have no reservations against new faces or new situations. They are generally quick to adopt to any phase of life. They are definitely not the ones (opposite to Natrium muriaticum) who sit and brood about the happenings of the past. They take life in their stride and are generally positive people. Even as a child (opp. to Calcium carbonicum & Pulsatilla pratensis) they like to do things independently. They want to be masters of their own destiny. Often they are a good influence on Lycopodium type children, because they inspire them to be extroverted and to be a little more causal in life.

Normally their character bubbling with life is manifested by extreme impulsiveness with a touch of aggression. On least contraction or under slightest provocation, the Sulphur type explodes like a volcano. He tries to cover his own shortcomings with a firm and authoritative tone. Even when somebody tries to clear out some of his chaos at home or in the office, he retaliates rather strongly. The old worn out shoes or pants form an extremely important part of his possession and he resents sharply when his loyal wife tries to replace them with new ones. The gratitude of procuring the new ones is absolutely lost under the shock of losing the dear old, worn out belongings. This incidence projects out in him that hidden helpless, greedy, possessive child who cannot help but to grumble.



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This character stagnation under the ever rising pond of material lust makes him hopelessly restless. He finds no way out of it and he spends most of his life collecting perishable souvenirs of life. It is surprising to imagine how under all this heavy mask of gold and glitter he possesses still a very kind and spiritual heart. The philosophical side of a Sulphur type cautions one not to make a negative opinion about him. I mean, that applies to each individual and type in & outside the homeopathic Materia Medica. No one person is perfect or the master of all aspects of life. It would be against the perfect sculptor, the perfect creator and the perfect administrator. This unique balance of human composition is only a relative exposition of light and shade, between a flower and thorns, between night and day.

Looking at his lifestyle and mounts of chaotically piled belongings, one wonders how on earth he ever finds, what he needs. But to be a champion of your won chaos is also an art and that is what precisely happens. He is probably more accustomed to intuitive search than a systematically labelled filing system. He gets upset and confused when he feels systematic demarcation. As I see it, it is an amazingly deep-seated spiritual trust to remain independent of any outside help. The Sulphur type, informally dressed in the most ordinary clothes, has the most natural expression of a human being. The readers should try to see deeper in their Sulphur type comrades that behind this untidy and chaotic man, lies the unadulterated simple being.



This being is so open, precious and loving that the superficial expressions of lust, greed and power put together, fail to make one underestimate the sublimity and purity of his soul.

The karmic infestation of Psora, irritates the being from birth to its end. He constantly burns under a fire of temptation & ego. This genius has innumerable plans to accomplish and toils hard to realise them all. He even begins to counter the creator for being the chief.

He cannot settle with the idea of accepting his non-realised plans. Here he revolts as a dictator, cannot accept his status only as a creation and not the creator. Living on this earth as a normal human being bothers him, he considers himself great and the greatest. Once again we observe how nature gifted character and capability alludes him to accept his sanctioned span of life and its privileges and he ever revolts against the creator. A volcano may be hot & energetic but ultimately not greater than the Mother Nature. Hence he begins to develop an even graver chaos in his chain of thoughts. The pressure of overlapping plans, ultimately crack the lion's spine, and in medical terminology he appears totally disoriented and sick. The disturbed yet calm philosopher continues to live in his own world of fantasies and dreams. We all look at him caged in a mental asylum termed split or cracked personality, thinking that this poor man is mad he does not realise anything. But the manmade judgement about the innocence of a child or a schizophrenic, can be reversed on us too.

How do we know who knows what and how much and what is right? It is a manmade assessment based on the present-day social set up.

I have often observed the helpless unintentional mess that surrounds a Sulphur type. It is invariably seen a Sulphur type smear his clothes while eating or drop a spoonful of food on the floor. These things happen so often to him that he stops to react and takes it as normal. As a child even when the mother had bathed and cleaned this child, he still looks untidy and it is a surprise how in a matter of minutes the child comes back black and all smeared with dirt. This characteristic is not only confined to Sulphur but it is a common characteristic of psora. Being a deep acting antipsora, Psorinum possesses an almost identical appearance too.

The miserly character of the Sulphur type is also known. There one can constantly observe the battle between his positive & negative sides. He likes to entertain his guests and takes good care of them and at times spends lavishly. But then the materialistic consideration forces him to inhibit the expenditure and he gets fussy over the petty expenses. I think this state is a result of the struggle between his two sides of showing how rich and generous he is, and on the contrary his love for material possessions too. He boasts of his riches and possessions and it is really hard for him to share his belongings. This is **one major difference between a Phosphor and Sulphur child**. Phosphor child gives away his toys readily to others and wins the heart of his friends by his sweet and generous mannerism. He does not try to stress his desire to be the chief in a mean or aggressive way, in fact he achieves his goal through his softness and dynamism. Whereas Sulphur child has his own aggression wrapped bullying character. He always chooses a weaker or younger group of friends to play with. In case there is an equal match or someone who is a little stronger, the power seeking Sulphur type retires. Whereas Phosphor type has the in born quality of getting along well with all types of children even if they are double his size and age.

The Sulphur child is often called a 'day dreamer'. He sits on a chair shaking his body in all directions, yet his mind may be travelling far away. Basically he has very sharp senses and perceptions, but he has problems to concentrate. It is easier for him to learn about pictures, forms and practical objects. He enjoys doing more handwork because it gives his mind the necessary freedom to fly in whichever direction it wishes. I have often seen Sulphur type kids suffer heavily under the ever mounting pressure of the present day education system. The personality undergoes such a tremendous shock that often these children require a dose of Natrium Muriaticum.



As a rule the Sulphur child eats and drinks very fast. He drinks more and eats less. In fact one hand is always in grip of the glass. This is partly because of the hasty eating habit while he requires some liquid to wash the food from the gullet and partly it is because of the greed.

He constantly checks the food plates of other members of the family and wishes to finish his helping as fast as he can, so that he can go on to have another portion. Even Sulphur type as a father, expresses his greed. Even in the presence of his wife & children he serves himself a much bigger portion. He is very fond of beer and wine. Many Sulphur types are heavy smokers. That is how we often require Sulphur not only to combat bad effects of alcoholism but also smoking & drug abuse.

It channelises the energy and irritation of this individual into useful purposes and prevents him from falling prey to their intoxication. It keeps those helpless souls who know about consequences of misuse of ones energy, but lack the ability to counter their weak self. Whatever be the ground for such irresponsible and irrational abuse of ones life force, homeopathy comes forward to help.

It is common or to say more like a fashion now a days to make a psychoanalysis of ones character and try to find out the relation between the past to the present difficulties in one's life. I fully agree to it and think it is wise to know about our past and its bearing on the present. Yet, almost every single day we confront patients who have been to various psychologists and gone through innumerable psychic therapies, and yet they suffer. Their suffering is mostly double fold. One is from the real problem they have at present and second is the consciousness or awareness about its origin which lies in the childhood stage. This is a very sensitive point to discuss and consider with regards to all psychoanalysts and psychotherapists this should not be taken personal because we are all engaged in the common missionary task of annihilating suffering and sickness in our fellow humans. Now to make someone conscious of his problems, whether present or past or their bearing on each other, is not adequate, what is needed is the easiest and quickest possible way to overcome it.

To diagnose somebody's present state as a result of his birth trauma, is not going to help him to heal. A diagnosis, without positive answers is, in my opinion, even more painful and torturing than that blissful ignorance. Homeopathy does it both ways, it takes the individual back to the time as to how and when it all started and then helps the life force to free itself from all character and constitutional disturbances. In my opinion, the irrational misuse of one's privilege and self-crippling addictions have a definite background to them. In a similar fashion, Sulphur removes this constantly weakening irritation and takes away the reason to smoke or drink.


The Sulphur type prefers the company of intellectuals. He soon loses interest in a dull wife, child or a friend. He must be in the company of people who can discuss life, philosophy, spirituality and other tender sides of life.

It is often seen that the character difficulties of a particular individual, later in life, express themselves in the form of a disease. Similarly, the Sulphur type who is so material loving and full of plans withdraws himself from these glittering objects of life. He goes into a state of seclusion and has no interest in his worldly possessions. In this insanity stage one often sees this ragged philosopher hand out his most precious belongings to others. He has probably possessed and experienced a lot and finds these invaluable objects of no real worth.

I have often seen in schizophrenics that during the acute manic phase they like to spend a lot of money. They buy costly presents for even people not well known to them. In such states I have often had good results with a high potency of Sulphur. It is interesting to see how quick they respond and later feel embarrassed about their insane and irrational actions. One thing I would say from the practical experience, is that such patients in their acute outbursts are difficult to treat. They are generally very aggressive and refuse to take all medicines. I have often given Sulphur and many a times other indicated remedies in water, juice or coffee. Try it, it works. His super sensitive soul and highly dynamized Sulphur crystals are too intense for a weak little cup of crude coffee to interfere in the healing interaction.



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The Sulphur is basically a positive type. Each failure in his life gives him a boost to perform better. They are also very proud of their achievements and success. They are not the ones to sit and brood about their failures or the miseries of the past. This ability to stand up to the occasion and go on further undeterred in the journey of life is also reflected on his physical being. I think that is the reason like in Lachesis and Phosphorus, he hates to stand, sit or lie down. He must move, his mind must work and he must plan and undertake new projects. They are very sensitive beings and as a result of their hypersensitive aura, they react instantaneously. Even as adults, they may behave like small children and sometimes give you a false indication of being a Baryta Carbonica- type. But I am sure it does not take long to differentiate between the both. In fact the Sulphur patient will help you out himself.

In a Sulphur type, the spine is his weak spot. He cannot stand or sit erect. He must change his position often. On standing or walking one sees his shoulders stoop. He cannot stand or wait on a given place for a long time, he must move from place to place. I often test children this way and find the obvious answer. It is hard or even impossible for a Sulphur type to sit on a backless seat. He must have something to lean on or against his back.

He has an intense hunger for air and cannot stand the doors and windows shut.

As it is he is too warm by nature hence he cannot sit or lie under the sun. In summer or under direct sunshine his skin burns too quick, and he feels completely drained and energyless. Burning hot palms and soles is another characteristic feature of the Sulphur type. This burning prevents him having a restful sleep. In order to find a cool spot, he tosses and turns the whole night. The Sulphur child rarely sleeps covered, in fact one finds him usually sleeping on the covers. Local burning in single spots like on the vertex, face, eyes, anus, urethra is also present.



The Sulphur patient cannot stand to be hungry, he has to eat something. He loses much too many calories and hence between breakfast and lunch he must have something to eat. That is what we hear of Sulphur "hungry between 10 - 11 am" (Natrium muriaticum; Phosphorus; Asafoetida.)

Under Sulphur we often find a chronic tendency for morning diarrhoea. In fact, it is so annoying that in the early hours of the morning say between 4 - 5 am he has to rush to the toilet. According to Hahnemann it is a psoric diarrhoea and has to be very carefully dealt with. We should not be pleased on getting rid of this obstinate diarrhoea. It needs a keen follow up of the patient. In case the general condition deteriorates after the disappearance of diarrhoea, think we have suppressed the lone manifestation of psora. It needs a proper treatment, where the whole being should be healed in accordance with nature's law of centre to periphery. Other drugs indicated for morning diarrhoea are Phosphorus, Aloe socotrina, Podophyllum, Natrium Sulphuricum.

Many Sulphur type children suffer from the most irritating type of constipation. As infants they are as it is impossible for the mother. They suck on her breast the whole day and have irritating eczema or napkin rash. Along with all these conditions they are absolutely constipated. The child begins to cry hours before the urge for stool. Like under Causticum, this child also passes stool easier on standing. He may develop painful fissures or even haemorrhoids. I have also come across head strong Sulphur children, who on the birth of a brother or a sister, begin to regress. He cannot tolerate and accept the divided attention of the mother. So to be once again the centre of attraction he begins to urinate or defecate in his pants. It is a very difficult situation, but when indicated Sulphur is a great choice.

A condition of alternating diarrhoea and constipation is also often met in Sulphur. I have found Sulphur of immense value when this indisposition has come on as a result of violent drugging for some other sickness. Any alternating disease is definitely more chronic and difficult to cure, but thanks to Hahnemann and Homeopathy who observed its gravity and treated it with thought and respect.

In general Sulphur, Lachesis, Phosphorus types need little sleep. The Sulphur type can fall asleep whenever and whenever he wishes. in a film that does not interest him, or a meeting with not like-minded people, he may fall into a deep slumber and even snore. At night after a short struggle to find the right pose and position they fall deep asleep, but around 2 or 3 am they are wide awake. They are personally not so disturbed as the other members of his family. He is a very restless sleeper and snores real loud which is another annoying factor for his wife. The Sulphur child often talks, jerks and laughs during sleep (Zincum metallicum; Silicea). This child has also problem of enuresis.

Under Sulphur the healing of wounds is defective and delayed. Every little scratch goes into a big ulcer and suppurates (Graphites; Psorinum; Silicea; Hepar Sulfuris calccareum; Mezereum). After having received the most harmful treatment and layers of suppressive cortisone, antiallergenic or antibiotic ointments from a skin specialist, when the tired patient finally takes refuge under a homeopath, Sulphur is a good choice to begin with. It will not only undo the harm done by previous therapy, but also protect this innocent patient from going further into deeper disharmony. The normal first aggravation under Sulphur may be pretty strong, but one sees the rewarding improvement side by side.



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Dr. Mohinder Singh Jus studied Homeopathy under Dr. B.K. Bose in Calcutta, India and was one of the most renowned homeopaths of our time.

On a mission to spread homeopathy to the west, Dr. Jus came to Switzerland in the 1980s and founded the SHI Homeopathic Institute & College. His unique teaching and case-taking method, the "Jus Method" is taught at the college & still used in the practice today. SHI is now the most well-known center for homeopathy in Switzerland.

Dr. Jus was a celebrated author of both homeopathic and philosophical books, including his best selling book "The Journey of a Disease" which is now published in 5 languages. His books continue to inspire homeopaths and non-professionals alike.

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