

SYMPHYTUM

A Study on Mental and Emotional Symptomatology




A Source of Stability in an Unstable world

*Symphytum officinale. Boneset. Healing Herb. Comfrey.
N.O. Boraginaceae. Tincture of fresh rootstock collected
before flowering and in autumn. Tincture of fresh plant.*

Contents

1. Introduction to Symphytum
2. Mental Keynotes of Symphytum
3. Symphytum and Stability
4. Rubrics Reflecting Mental Symptoms of Symphytum
5. Ailments from Reversal of Fortune
6. Polarity in Symphytum's Emotional Responses
7. Suppression and Sensitivity in Symphytum
8. Willpower and Stability in Symphytum
9. The Influence of Music and Nature on Symphytum
10. Patient Case: A 21-Year-Old Patient with a Broken Arm
11. Conclusion
12. References

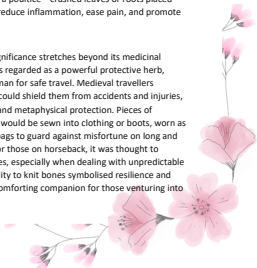


Comfrey: A Healing Herb Rooted in Tradition and Folklore

Comfrey (*Symphytum officinale*), commonly known as “bone-knit” or “knit bone,” has been celebrated for centuries for its remarkable healing abilities and its deep-rooted presence in folklore. This perennial herb, native to Europe and Asia, thrives in moist, fertile soils and has long been used in traditional medicine, particularly for treating injuries involving bones, muscles, and skin. Its name, “bone-knit,” reflects its most famous historical use—helping to mend broken bones.

The healing properties of comfrey are primarily due to the compound allantoin, which promotes cell growth and tissue repair. Herbalists across centuries prized comfrey as a remedy for fractures, sprains, bruises, and wounds. In ancient times, Greek physician Dioscorides and Roman naturalist Pliny the Elder both wrote about comfrey’s exceptional ability to accelerate the healing process. It was traditionally applied as a poultice—crushed leaves or roots placed directly on the skin to reduce inflammation, ease pain, and promote regeneration.

However, comfrey’s significance stretches beyond its medicinal value. In folklore, it was regarded as a powerful protective herb, often carried as a talisman for safe travel. Medieval travellers believed that comfrey could shield them from accidents and injuries, offering both physical and metaphysical protection. Pieces of comfrey root or leaves would be sewn into clothing or boots, worn as amulets, or carried in bags to guard against misfortune on long and dangerous journeys. For those on horseback, it was thought to prevent falls and injuries, especially when dealing with unpredictable animals. Comfrey’s ability to knit bones symbolised resilience and recovery, making it a comforting companion for those venturing into unknown territory.





Comfrey: A Symbol of Protection, Healing, and Renewal

Comfrey's significance in folklore extended beyond personal protection, serving as a guardian for homes and land. According to legend, planting comfrey along property boundaries could repel intruders and shield the household from negative energies. In some traditions, it was placed near stables to safeguard horses and livestock, particularly before long journeys. These practices cemented comfrey's reputation as a symbol of strength, safety, and good fortune, valued as a talisman in both daily life and travel.

Historically, comfrey's uses went beyond external remedies. Consumed as a tea or tincture, it was believed to address internal ailments, including digestive disorders, ulcers, and respiratory conditions such as bronchitis and asthma. Its restorative properties were thought to work internally just as effectively as they did externally, soothing and healing the body from within.

Comfrey's value also extended to agriculture, where it was cherished by farmers and gardeners for its rich nutrient profile. The plant is a natural accumulator of potassium and nitrogen, drawing these vital nutrients from the soil. Its rapidly decomposing leaves made it an excellent organic fertiliser, used to enrich compost or as mulch to nourish other plants. In this way, comfrey became a symbol of renewal and regeneration, fostering growth in both the natural world and human traditions.

Throughout history, comfrey has represented protection, healing, and renewal. Its contributions to herbal medicine, its role as a talisman for travellers, and its agricultural benefits highlight the multifaceted importance of this remarkable plant. Even today, comfrey remains a cornerstone of natural healing, particularly for external treatments, and continues to evoke stability and good fortune in an ever-changing world.

Comfrey's Balm

*Once they stood, so proud, so sure,
Now fears arise they can't ignore.
Confidence fades, doubts take hold,
Worries of the future unfold.*

*They crave stability, a life secure,
Resistant to change, uncertain, unsure.
Holding tight to what they know,
Afraid to let the new winds blow.*

*They keep things tidy, neat, and right,
Yet inside, they brace for night.
Afraid to fall, to lose their way,
To work, to cope, to face the day.*

*With bones that break and sprains that last,
Comfrey helps them heal the past.
Vision blurs, and letters swim,
While winter's cold brings a chilling whim.*

*Senses sharp, scents overwhelm—
Perfume, smoke invade their realm.
But Comfrey murmurs, calm and low:
"Bones will heal, and strength will grow.*

*Through change you fear, you will endure— In
time, your mind and body will heal."*

Symphytum: The Energy of 555 and Its Healing Potential

The comfrey plant (*Symphytum*) is not only a powerful healing herb but also a symbol of transformation and renewal. Its flowers, with their five petals, five sepals, and five stamens, resonate with the energy of the number 555. In numerology, 555 represents change, evolution, and new beginnings—inviting individuals to release old patterns and make space for growth.

This transformative energy aligns with the remedy's properties of *Symphytum*. The plant is known for its regenerative abilities, particularly in supporting the body's healing processes during times of physical and emotional change. As a homeopathic remedy, *Symphytum* promotes healing by encouraging the body to embrace and adapt to new challenges, mirroring the energy of 555.

Homeopaths utilise *Symphytum* in varying potencies to unlock its full potential. The connection between the plant's symbolic energy and homeopathy underscores that healing is a holistic process—one that integrates physical, emotional, and spiritual transformation. By working with *Symphytum*, individuals can navigate periods of recovery and renewal with the understanding that healing often involves both release and growth.

Ultimately, *Symphytum* embodies the essence of transformation, supporting both the body and mind as they regenerate and evolve, making it a vital remedy for those on a path to holistic well-being.

Common Uses of Symphytum (Comfrey)

- **Fractures:** Supports the healing of fractures, particularly in the extremities and skull, including the eye sockets.
- **Cancer:** Addresses cancers in the nose, eyes, and jawbone, and those that metastasise into the bones.
- **Injuries:** Aids in the healing of various injuries, especially those affecting the body's supportive structures.
- **Slow Healing:** Effective for conditions with slow or delayed healing processes.
- **Leukemia:** Considered in the treatment of leukemia.

Uncommon Uses of Symphytum (Comfrey)

- Ailments from cold exposure, especially from snow (*ACON*).
- Vision problems, such as letters swimming.
- Icy coldness of the nose (*VERAT*).
- Icy coldness in the hands, feet, and soles.
- Acute sensitivity to perfumes and tobacco smells.
- Sensation of sharp teeth hurting the sides of the tongue.
- Frequent licking of the lips.
- Cold sensation in the throat, worsened by inspiration.
- Nausea from the smell of meat (*CHOLCH*).
- Stomach pains from nuts (*SIL*).
- Constant clearing of the larynx while speaking.
- Palpitations, with the sensation that the heart may burst from the chest.
- Pains from old bone fractures (*BAMB*).
- Burning pains in the bones of the feet (*RUTA*).

- Restlessness in the legs, worsened by standing still.
- Stiffness in the extremities, relieved by motion.
- Irritable stump after surgery.
- Phantom limb pains.
- Testicular pain, aggravated by sexual excess.
- Menses-related complaints.

Mental Keynotes of Symphytum

- Ailments from a reversal of fortune (VAN).
- Dwells on past unpleasant occurrences.
- Censorious, critical attitude.
- Lack of self-confidence.
- Fear of impending misfortune.
- Silent grief, unexpressed sorrow.
- Resolution in actions, especially when it comes to choosing minor things.
- Irritability over trivial matters, coupled with a sense of urgency.
- Anxious and vivid dreams, often accompanied by weeping.
- Quarrelsome, prone to conflict.
- Strong desire for stability (notable as a single symptom).
- Loss of willpower (main remedy).
- Persistent sadness.
- Desire for rest and withdrawal.
- Aversion to cold or damp environments.
- Need for emotional and physical support during the healing process.

Stability and Resilience: The Role of *Symphytum* in Healing Body and Mind

Stability, as seen in the remedy *Symphytum*, goes beyond physical healing and extends into the mental and emotional symptoms, forming a profound connection between body and mind. Physically, bones provide the structure that supports us, giving strength and durability to face life's physical demands. On a deeper level, this concept of stability applies to the mind, where it manifests as the ability to maintain emotional and cognitive balance.

In life, stability often involves planning and anticipating potential challenges. Just as the body requires solid bones to endure movement and exertion, the mind seeks stability to navigate uncertainties, anxieties, and the unknown. A person who values stability may plan ahead, organising their life to prevent disruptions, just as strong bones prevent physical collapse. The fear of instability—whether physical, such as the fear of falling or injury, or mental, such as the fear of failure or unexpected events—reflects a core need for security. This desire for security can influence everything from decisions and relationships to how a person handles stress.

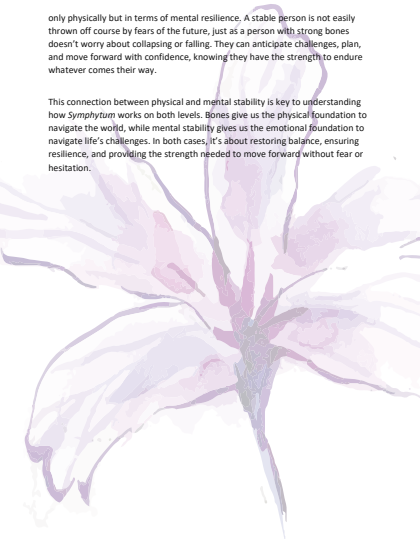
Physically, bones allow the body to handle shocks and endure movements without breaking down, giving us confidence to move freely, knowing we are supported. Similarly, mental stability provides confidence—the ability to face challenges without becoming overwhelmed or paralysed by fear. A person with mental stability feels secure in their thoughts and emotions, allowing them to focus on their goals without constantly worrying about what might go wrong.

When either the body or mind lacks stability, we can feel vulnerable. Weak or damaged bones make us prone to injury, while a lack of mental stability leads to anxiety, worry, and an overwhelming fear that something bad will happen. This fear stems from a sense that we're not secure enough, that we may not be able to withstand life's pressures. *Symphytum*, with its role in mending bones, reflects a broader theme of rebuilding that sense of security—whether in the body's ability to withstand physical challenges or in the mind's need to feel safe and capable of handling uncertainty.

Just as bones heal and regain strength after injury, the mind can recover from stress, fear, or emotional upheaval. *Symphytum* supports this recovery, not

only physically but in terms of mental resilience. A stable person is not easily thrown off course by fears of the future, just as a person with strong bones doesn't worry about collapsing or falling. They can anticipate challenges, plan, and move forward with confidence, knowing they have the strength to endure whatever comes their way.

This connection between physical and mental stability is key to understanding how *Symphytum* works on both levels. Bones give us the physical foundation to navigate the world, while mental stability gives us the emotional foundation to navigate life's challenges. In both cases, it's about restoring balance, ensuring resilience, and providing the strength needed to move forward without fear or hesitation.



Rubrics Reflecting the Mental Symptoms of Symphytum

Ailments from Reversal of Fortune – a significant life setback or disappointment

Obstinate in the execution of plans - Mind - Obstinate: A strong determination or stubbornness in carrying out plans aligns with obstinacy, which can be seen in those who push through despite obstacles.

Tidy - Mind - Fastidious: A desire for order and cleanliness, being particular about how things are arranged, connects to tidiness and meticulousness in one's surroundings.

Pertinacity - Mind - Perseverance or Mind - Tenacity: Similar to obstinacy, but with a more positive connotation of being determined, sticking to tasks or goals persistently.

Fear something will happen - Mind - Prophetic or Mind - Predicts events: belief that one knows or declares what will happen, often associated with a strong sense of conviction about the future.

Full of cares about the future - Mind - Anxiety - about future: A common rubric for those with worries and concerns specifically focused on upcoming events or circumstances.

Excitement anticipating events - Mind - Excitement, anticipatory: Emotional excitement or nervousness about events that are expected or being prepared for, linked to mental energy before significant occurrences.

Fear of becoming unfit for work - Mind - Fear - of failure or Mind - Fear - of incapacity for work: Concerns about losing one's ability to perform or maintain productivity, often tied to anxieties about self-worth or future success.

Fear of falling when walking - Mind - Fear - of falling: A specific fear often related to physical insecurity or lack of trust in one's physical abilities, sometimes linked with broader anxieties or past trauma.

Symphytum and Emotions: Healing After the Reversal of Fortune

In the rubric "Ailments from Reversal of Fortune," Symphytum is considered alongside Vanilla, addressing the profound emotional impact of a drastic change in financial or social status. This change may involve a fall from wealth to poverty or an unexpected rise to prosperity, yet the physical environment remains unchanged. The reversal is typically caused by external events, such as economic shifts or crises, rather than personal actions.

Symphytum helps restore emotional balance after such life shifts, addressing feelings of instability, grief, and anxiety. The patient may become fixated on what they've lost or gained, leading to emotional turmoil and a sense of being powerless. Symphytum offers support in navigating this turmoil, particularly when there is lingering grief, regret, or emotional numbness from the change.

The remedy's role in restoring stability is crucial for both physical and emotional well-being. Symphytum helps individuals re-establish their sense of security, both externally and internally, by addressing fear of future unpredictability. Whether dealing with a rise in wealth or a fall into hardship, Symphytum works to ease the emotional weight of these transitions.

Patients experiencing a reversal of fortune may also struggle with indecision, anxiety, and frustration, reflecting a profound loss of willpower and direction. This can manifest as irritability or a desire to protest against perceived injustices. Additionally, the grief tied to a dramatic shift in financial status may lead to feelings of inadequacy and a sense of lost identity.

Despite these challenges, Symphytum patients often find resilience and hope through a positive mindset. This shift toward optimism helps them cope with their circumstances, focusing on stability and personal growth. By embracing this mindset, individuals can reclaim their sense of control, transforming hardship into opportunities for emotional healing and growth.



Positive Rubrics Relating to Symphytum

1. **Positiveness - Mind:** A general disposition towards seeing the good in situations and maintaining a hopeful outlook on life.
2. **Optimistic - Mind:** A tendency to expect favourable outcomes, reflecting confidence in the future and belief in positive possibilities.
3. **Cheerful - Mind:** A light-hearted and buoyant state of mind, often characterised by a joyful demeanour and happiness in daily activities.
4. **Exhilaration - Mind:** A state of excitement and energy, often accompanied by enthusiasm and vitality, reflecting an uplifted mood.
5. **Blissful - Mind:** A profound state of happiness and contentment, where the individual feels a deep sense of peace and joy in their life circumstances.

These rubrics reflect the more uplifting emotional aspects of Symphytum, highlighting its potential to encourage positivity, resilience, and emotional healing, even in the face of adversity.





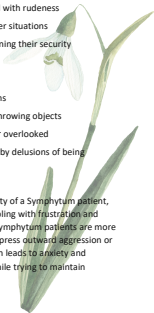
The Emotional Polarity of Symphytum

As with all remedies, Symphytum expresses a polarity of emotions. On one end of the spectrum, it manifests in individuals with stubbornness and a determined adherence to their plans. They exhibit a strong commitment to maintaining order, often sticking to their beliefs regardless of external opinions. This rigid nature reflects their desire to maintain stability, a key theme of Symphytum.

This determination can result in an inflexible disposition, perceiving threats to their way of life or fortune from external forces, leading to irritability and a quarrelsome nature. Emotional responses to these internal struggles may include:

- Protesting against perceived injustices or threats to stability
- Reactions of frustration or anger when faced with rudeness
- A tendency to dominate or assert control over situations
- A desire to fight those they feel are undermining their security
- Abrupt answers and heightened irritability
- Contradicting others views
- Difficulty acting justly in challenging situations
- Expressions of pent-up frustration, such as throwing objects
- Delusions of neglect, feeling unrecognised or overlooked
- A heightened sense of vulnerability, marked by delusions of being mocked or criticised

These emotional responses illustrate the complexity of a Symphytum patient, who may struggle to maintain security while grappling with frustration and defensiveness. However, evidence suggests that Symphytum patients are more inclined to internalise their feelings rather than express outward aggression or hostility. This tendency to suppress emotions often leads to anxiety and frustration as they navigate internal challenges while trying to maintain composure.



Keynotes & Rubrics Reflecting Suppression in Symphytum

- **Silent Grief:** A deep, unexpressed sorrow that the individual carries quietly, often resulting in emotional withdrawal.
- **Inability to Respond When Emotionally Hurt (Staph):** Difficulty articulating feelings or thoughts during emotional pain, reflecting a tendency to suppress emotions.
- **Brooding Over One's Condition:** An inclination to dwell on personal circumstances, leading to negative thinking and emotional turmoil.
- **Desire to Remain in Bed Rather Than Appear in Public:** A strong urge to withdraw from social situations due to feelings of vulnerability or emotional distress.
- **Yielding Disposition:** A tendency to defer to others, avoiding confrontation, and suppressing personal needs or desires.
- **Taciturn in Company:** A reluctance to engage in conversation or express thoughts and feelings, reflecting an internalised emotional struggle.

These rubrics and keynotes effectively capture the emotional suppression often associated with Symphytum, highlighting the complex relationship between internalised emotions and coping mechanisms.



Sensitivity in Symphytum

The sensitivity of a Symphytum patient to losing stability or facing reversals in fortune can lead to significant inner turmoil. They may struggle with decision-making, even over small choices, fearing that any action might disrupt their sense of security. This overwhelming fear of unintended consequences can lead to a complete inability to make decisions, leaving them feeling powerless and inactive.

Rubrics & Keynotes Reflecting Sensitivity in Symphytum:

- **Resolution even about trifles:** Difficulty making decisions, even regarding minor matters.
- **Remorse quickly repents remorse about trifles:** Quickly regrets decisions, especially concerning small issues.
- **Delusion, he has neglected his duty:** Strong feelings of having neglected responsibilities.
- **Delusion, he has done wrong:** Believes they have committed a wrongdoing.
- **Reproaching himself:** Frequently reproaches themselves, often harshly.

These emotions underscore the polarity of feelings a Symphytum patient may experience, illustrated further in the rubric for Loss of Willpower, with Symphytum being the primary remedy:

- Loss of Willpower (Symphytum, main remedy)
- Lack of initiative
- Helplessness
- Delusion that he is a child: Exhibiting childish behaviour or emotions.

Willpower is the ability to control one's thoughts, emotions, and actions, enabling an individual to stay focused on goals and resist distractions. When there is an excess of willpower, it can manifest as obstinacy or rigidity, as seen in a person who resists change or refuses to consider alternate perspectives. On the other hand, a deficiency in willpower leads to a loss of stability. Without the strength to assert oneself or resist external influences, a person may feel unstable, unsure, or incapable of making decisions. Both stability and willpower are deeply connected; they provide the foundation for emotional resilience and the capacity to navigate life's challenges with confidence and adaptability.

A peculiarity of **Symphytum** is its heightened sensitivity to music, much like **Tarantula** or **Nat – Cab, or Arum**. This sensitivity can manifest in various emotional states, with music either aggravating or ameliorating symptoms. The following rubrics reflect this particular aspect of **Symphytum**'s mental- emotional profile:

- **Music Cheerful from– Mind – Cheerfulness:** Despite the often-challenging emotional ups and down, **Symphytum** patients may experience moments of cheerfulness when in a more stable emotional state.
- **Aggravation – Music:** Sensitivity to certain types of music can worsen emotional symptoms, creating feelings of unease or irritability.
- **Amelioration – Music:** Conversely, some individuals may find solace or improvement in their condition when exposed to music, offering a momentary reprieve from emotional distress.
- **Aversion to Music:** A strong dislike or discomfort with music can emerge in patients, aligning with their heightened emotional sensitivity or a need to avoid stimuli that disrupt their internal state.
- **Suicidal Thoughts:** This extreme emotional sensitivity can sometimes lead to troubling, dark thoughts, reflecting the inner turmoil and struggle for stability.
- **Seem to Hear Shrill Music in the Ears:** A unique symptom of **Symphytum** is the auditory perception of shrill or discordant sounds, further emphasizing the remedy's connection to heightened sensitivity.
- **General (physical)– Aggravation for Music:** The influence of external stimulants, such as coffee, can exacerbate the sensitivity to music, worsening discomfort.

These rubrics highlight the complex interplay of emotions, external stimuli, and heightened sensitivity that **Symphytum** patients may experience, underscoring the remedy's multifaceted nature in treating both mental and physical symptoms.

Case Study: Symphytum in a 21-Year-Old Patient Following an Accident

A 21-year-old patient came to me after breaking her arm in an accident. She sought help solely for the physical symptoms of her injury. I prescribed Symphytum, as it is well-known for supporting bone healing. However, the interesting part of the case occurred when I asked her what was bothering her most about the injury. To my surprise, it wasn't the pain or discomfort; her main concern was that she wouldn't be able to work with her arm in such a condition.

At the time, I had prescribed Symphytum purely for its physical action on the bone. It wasn't until later, after completing my research for this project, that I realised how deeply the remedy addressed both physical and emotional symptoms. Her concern about being unable to work and the emotional stress this caused were clearly part of the remedy's picture, something I hadn't fully appreciated at the time.

This was a lightbulb moment for me—recognising how Symphytum not only helped with the physical healing of her arm but also supported the emotional impact of the situation. It highlighted the broader potential of the remedy and reinforced the importance of considering both physical and emotional aspects when selecting a remedy.

The remedy worked well, and her arm healed quickly without any further need for treatment.



Summary

Homeopathic repertories and Materia Medica while incredibly valuable, are not exhaustive. They provide a detailed guide to remedies and their known indications, but they don't always reflect the full range of a remedy's potential, especially its emotional and mental aspects. Remedies like *Symphytum* are often categorised primarily by their physical effects—such as their well- documented ability to support bone healing—while their broader, less obvious applications often remain underexplored or overlooked.

For example, *Symphytum*'s potential to support patients dealing with emotional trauma, anxiety, or challenges like fear of loss and struggles with motivation is rarely highlighted in repertories. These emotional and mental symptoms may not be the first associations with *Symphytum*, but they are crucial in understanding the remedy's depth and versatility.

This highlights why research into remedies like *Symphytum* is so important. By investigating these lesser-known aspects, practitioners can gain a more comprehensive understanding of its uses, allowing them to address both the physical and emotional needs of their patients. It also underscores the importance of moving beyond the information in standard repertories, encouraging a broader perspective and inspiring a deeper approach to homeopathic treatment.



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