

Polycrest Remedies

What is a Polycrest remedy?

A polycrest remedy in homeopathy is a remedy that has many uses. In other words the remedy has the ability to treat many ailments. There are 50-60 polycrest remedies with this ability.

There is no standard and final list of such remedies. Each practitioner makes his own list depending on the type of cases received and needs of his/her clinic.

I think most of the remedies described by Dr.Margret Tyler in her book on drug picture can be considered as an ideal example of polycrest remedy.

Dr.Yasgur mentions that a polycrest a remedy whose provings and clinical applications show that it has many widespread uses, covering a wide variety of mental, emotional and physical symptomatology.

For example, compare the uses of Nux vomica, a polycrest, with Selenium.

Dr. J.V.Allen says a polycrest is a remedy which affects all or nearly all the tissues of the body, has a wide variation in symptoms and its curative power reaches deep into the anatomy ... is equally useful in acute and chronic disorders, but in chronic work may prove curative or ameliorative when all other methods fail.

How do we identify a polycrest in clinic?

The polycrest can be identified from various angle e.g.

- Sphere of action
- Mental emotional picture
- Characteristic symptoms either mental or physical
- General modalities

This is still a burning problem with homoeopaths that most of us stumble down when we have to select a correct polycrest for our patients as homeopaths grow with experience, their knowledge of remedies grows. However, it can be difficult to maintain an intimate knowledge even of all the polycrest remedies . The main reason for this is many polycrest have a similar or identical feature like phosphorous and causticum,This is a constant challenge for all homeopaths. For beginner homeopaths, it can be both an advantage and a disadvantage to not have preconceived ideas of the importance of any one remedy. To see all remedies as equally important can be liberating. It can also be profoundly confusing.

Hence many practitioners are too afraid to start the case with a polycrest but to start a case with a small remedy e.g. in a case of arthritis of left knee joint they start a case with Mimosa, however the desire to prescribe beyond the confines of polycrest remedies has been one of the most

evolutionary aspects of homeopathic prescribing in the last few decade. As with all changes it can brings certain risks with it. The tendency is to give lesser-known remedies using analysis which requires more subjective interpretation. The symptoms from provings become less important than other means of analysis. But the same problem is seen with the prescribing of polycrest remedies. These remedies have been overused because of dependence on a generalized, somewhat generic analysis of the emotional and essence picture. It can be quite easy to see a Nux vomica "type" person or a Lycopodium "type" person. How many of us when we were studying homeopathy saw in ourselves many of the polycrest, depending on which remedy we were reading that week? Therefore, to justify a polycrest remedy it is good to look for very clear keynote or general characteristics. Relying only on the psychological picture can be a big mistake. The study of materia medica has been so desultory, disconnected and unsystematic, that few have ever approached the scientific conception of the action of a polycrest.

Common /uncommon picture of a polycrest!!!!

Many times I have witnessed in a conference a scientific paper in which the case is reported to have been divested of all characteristic symptoms, and the importance is strongly directed toward less important symptoms that the doctor finds interesting!!!. It goes to show that there are many ways of arriving at the goal, and Homoeopathy is so rich in its material that the technique of one prescriber may differ from that of another while both reach the right prescription.

I would like to give an example ,I had a case of a man aged 58 years with depression with diabetes that was very chronic ,the following was his symptoms

- Desires sugar
- Estranged from his family
- Love for cats and even dreams of cats.
- Prefers to sleep in a sitting position
- Sadness worse eating after
- Sadness music aggravates
- Sadness that invited alcoholism
- Sadness with sighing respiration
- Sadness worse any consolation
- Want of elegance

I gave him Nux Vomica 200c and he got completely recovered from his depression, now here a well-known remedy was used as a polycrest-selected upon symptoms that do not immediately come to the mind as belonging to its great characteristics!!!! hence you will see that many times we use polycrest which were not selected in a classical manner, the very reason why I choose to give Nux vomica to the person was that I knew the depression of Nux vomica from Kents materia medica, there are cases like that many in my clinic where Lachesis has been given even though there was no aggravation from sleep or Lycopodium even though there was no desire for sweets!!! This kind of homoeopathy of prescribing polycrest on less important symptoms I have seen in cases of Boger who used to give remedy to his patients not on usual symptoms that direct most minds to the remedies, but gives other symptoms less often depended on in prescribing. Most of the

homoeopaths are not familiar with the less striking symptoms that have been given highest rank in common materia medica.

One of the most common situation in our practice is that we usually get a very blurred picture of polycrest in our day to day cases, when the case is complete , on first glance it looks like a common garden variety of polycrest or nosode. With experience, we all begin to recognize that much (or most) remedies that are associated with extreme emotional or mental pathologies - like Hyoscyamus or Ignatia - do not manifest with the full blown symptomatology we have studied in the materia medicas. In fact, it is reasonable to say that one of the hallmarks of a gifted prescriber is the ability to differentiate between the subtle expressions of these states. This signifies the role of differential materia medica of polycrest remedies.

It should be added that similar difficulties commonly appear when differentiating between a polycrest and a nosode. For instance, a child may look very much like a Calcarea carbonica, but there are also a few hints of Medorrhinum. If certain keynotes for Calcarea carbonica are missing or if other information might contraindicate its choice, the nosode would then be favoured.

When one should avoid polycrest?

It should be avoided when there are no essence to help one find the remedy. Ideally, the case should have a clear essence, totality, confirming keynotes and confirming general and causation symptoms. This “perfect case” is not what we often see before us and for various reasons one or more of these categories is missing. In such a situation it is best to wait for symptoms to develop ,instead we should think of an intercurrent remedy like a nosode however I would like to warn reader that in very few handful of cases when the essence is missing it must not prejudice you into avoiding all polycrest remedies. In fact it is still just as likely that a polycrest remedy will be indicated.

If your patient does not have any keynotes to support the prescription you want to give then consider the following: If it is a common polycrest you want to give then most likely you will have to look for a better remedy or that remedy combined with something else that does fit with the peculiar keynote symptoms of the case. For example, I once had a case of a endogenous depression in a man. He had some symptoms of Aurum metallicum but there were no strong confirming keynotes. I gave it to him anyway as it fit the essence so well. A month later he was no better and then I found he had a strong craving for bitter food and an aggravation to the sea. Now I was more certain of the prescription and gave him Aurum muriaticum, which had a very deep and long lasting positive effect on him. If you do not have a strong “homeopathic symptom” as opposed to the common symptoms of the illness then do not let go of this symptom easily as it is the raft you can hold onto in a stormy sea.