

THE ITCH THAT CANNOT BE SCRATCHED:

Understanding Eczema and Psoriasis for a practitioner.

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When exploring the nature of skin disease, particularly eczema and psoriasis, by investigating the underlying genetic origin of skin problems, the effect of miasms emerges as a major catalyst. The role of miasms in creating and maintaining skin diseases is crucial to a more holistic understanding encompassing the physical, emotional, and biochemical factors contributing to these diseases. Whilst miasms cannot be eliminated by any physical means, empirical evidence suggests that they can be deactivated through homeopathic and herbal treatments, as well as dietary management, individually tailored to the needs of the client.

The principle supporting this type of treatment for skin disease emerges from understanding the essential triggers of skin problems and working with clients to develop remedies that more substantially address the issues, rather than just treating the surface symptoms. Miasms are intrinsically linked to the genetic programming of the individual and are part of the subtle structures attached to our DNA. Miasms are like shadows forming the background in the multiple reflections of a hall of mirrors. These reflections of the shadow cast by the original point of the reflection are part of the genetic blueprint passed on to future generations to resolve. The word miasm means a 'cloud or fog in the being' and they were first introduced into the theory of homeopathy by Hahnemann in 1828. Miasms are constitutional weaknesses created by either a personal or ancestral suppression of a disease. Everyone's genetic structure contains miasmatic imprints and Hahnemann considered psora to be the primary miasm – 'an itch that could not be scratched' - that is to say, an itch that was originally suppressed by a grandparent will be transferred down the genetic lineage for someone else to attempt to scratch.

Often the most obvious miasms are those that distress the skin, as the first thing we notice about someone is their appearance, yet what is often not acknowledged is that a skin problem is the external reflection of an internal problem. What is also not often recognized, particularly in Western medicine, is that all skin problems have an emotional stress at their core. There are three basic miasms affecting the integumentary system; psora, syphilinum and sycosis – a combination is tuberculinum being the most predominate in my experience. Miasms lie dormant in a person's genetic makeup until a pre-encoded trigger is activated by the occurrence of something contraindicated to that individual's maintenance of well-being. These triggers are most commonly a trauma or intervention of some kind that affects the person's physical, mental and/or emotional status.

Prime triggers are invasive assaults on the immune system like immunizations and ingested substances that stress the body. Drugs, like antibiotics or corticoids, are also one of the biggest triggers for miasms. If using the metaphor of a jack-in-the-box, the miasm lies contained and dormant inside its box of genetic encoding, primed and ready on its highly tensioned spring, until something triggers the catch; like an unnecessary and unwelcomed jab from a hypodermic needle assaulting a new born baby's immune system with a Hep B inoculation, for instance. This invasive assault triggers the catch, freeing the miasm to leap out of its containment and make an often dramatic appearance in the person's life, by way of a physical ailment, or in the case of the new born, possibly even death.

A person's miasms cannot be taken away or added to. They form part of each individual's genetic makeup and can be either negative or positive components of the human blueprint. A miasm can lie dormant indefinitely or be in varying stages of activation, from partly opened to fully active. In the sequence of the resolution of disease, the skin is the last to heal, therefore skin ailments can often take longer to permanently heal than the other systems of the body that are involved at the core of the problem, such as the liver or large intestine. If a miasm has been triggered but is not completely activated, then it needs to be fully opened by homeopathic stimulation before the problem can be adequately addressed and the journey of successful healing begun. Once the miasm has been fully opened and Jack is bouncing around on his spring, then the deactivation process can commence.

To deactivate, a miasm often requires a combination of support mechanisms, such as dietary adjustments, intestinal cleansing, homeopathic and herbal treatments and balancing the emotional and mental issues at the core of the miasm's original response. The three main organs involved in skin problems, other than the integumentary system itself, are the liver, lungs and large intestine. Here can be seen that the basic emotions of anger and resentment, grief and guilt and the inability to let go are major keys to the resolution of skin problems.

In Western medicine, cortisone is the most common treatment for skin ailments. The ingestion of cortisone or the application of cortisone cream begins the vicious cycle of degeneration. Cortisone actually compromises skin integrity and suppresses the body's natural ability to heal. Skin, being the largest organ of the human physiology, is fundamentally linked to all systems of the body. The use of cortisone, whether external or internal, causes adrenal depletion and thus the domino effect begins, eventually forcing the reactions into the lungs – the internal skin of the body. Western medicine focuses so predominantly on the symptoms of a disease and rarely addresses the core issues, especially in the case of a miasmatic response.

An important step in initiating the healing process is to offer the client the opportunity to understand that their skin condition is their body's way of expressing unresolved emotions through their skin. By assisting the client to connect with and acknowledge these emotions and encouraging them to verbalize their feelings, the body can begin to heal. Cleansing the large intestine and then the liver and gall bladder with herbal support and dietary management to avoid the triggers, as well as implementing ways to neutralize the stress that triggers the underlying emotional response, are key strategies in the health regime. The practitioner's prime focus is to first inform the client of the process involved and then to fully open the miasm with homeopathic support. If the life force and immune system of the client are low, then it is very important to support the blood chemistry with appropriate foods and herbals. In particular, the reduction of stress will assist the miasm to deactivate.

Applying natural creams to sooth the ailment whilst being supportive, should not be relied on as the only source of treatment. However, using a non mineral based aqueous cream that will not suppress the ailment, can offer great local relief for the problem. The use of petrochemical based creams like sorbaline is definitely not recommended, as these cause even more problems in the long run. A very soothing cream can be produced by using a base of 50% purified water blended with coco butter and oils, especially those containing essential fatty acids such as flax seed, linseed, and evening primrose; plus coconut, avocado, wheat germ, and rosehip as well as vegetable glycerin with grape seed oil extract for preserving the cream. Dry skin is an indication of general dehydration and the applications of skin preparations alone, whilst being supportive and soothing, will not resolve the problem. If the cause of the dehydration is simply due to not drinking enough water, this can be a result of self-punishing behavior due to a lack of self esteem and other associated issues. Other issues of dehydration can involve the adrenals, kidneys and thyroid, as well as other systems, and have a more involved physical inter-relationship.

CASE STUDIES

1. A client's ability to heal is directly linked to their ability to understand and address the emotional patterns linked to their ailment. A female client with eczema between the fingers of both hands would begin to scratch her hand fervently whenever she was confronted with a distressing event or interaction with someone. As soon as she understood the chain of events involved in her eczema flaring up, she would look at her response at what had annoyed her and change her attitude. Her hand would then stop itching immediately and the eczema would rapidly subside. This sort of realization is invaluable feedback for a client in harnessing their own self-empowerment and for maintaining well-being.
2. A young male student studying VCE who had severe eczema over a large part of his body was able to look at and address his emotional patterns and the healing process took 18 months to completely clear up his condition, resulting in clear, scar free skin.

Before



After



3. However an older male client who had been using cortisone for 30 years for a small localized skin ailment has adamantly resisted looking at his emotional patterns and after 30 months his condition has greatly improved, yet it is still not completely healed.

closing:

Assisting the client to discover what really honors their truth can be of major benefit to the healing process. Miasms are not activated in the first place if a person is living a life guided by their own truth and they have not had to endure unwelcomed assaults on their physiology such as immunizations, antibiotics and corticoids. If someone is living in a way that honors their integrity and fulfils their true life path and goals, there is no reason for Jack to come flying out of his box. Achieving this sort of balanced life is how miasms are resolved and no longer passed on to future generations. Imagine what happens if the image that is creating the reflection in the mirror is now standing in perfect alignment with its source of light – a shadow is no longer cast and all the mirrors reflecting the future generations do not detect or reproduce any shadows either.

When a client suffering from a skin ailment first arrives on the doorstep of a therapist, their overwhelming focus is usually to simply find a treatment to make the problem go away as quickly as possible. It can take time for them to realize that there is far more involved than just finding the right topical application to sooth and remove the surface problem. Here it is extremely important that the therapist educates the client from the very beginning on the steps that will be required to resolve the problem completely. By explaining that our skin actually heals from the inside out first and that the core issues of miasms, diet, emotional issues and external disruptive factors such as medication are to first be addressed before long term benefit will be achieved, gives the client an understanding of the possible time line involved in their pathway of healing. Finally, it is also up to the practitioner to be able to recommend and collaborate with other appropriate qualified practitioners, such as homeopaths and herbalists, to assist with the complete health care regime that will eventually result in removing that itch that cannot be scratched.

Reference:

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