



Case Study
Gelsemium sempervirens

Dr Hélène Renoux



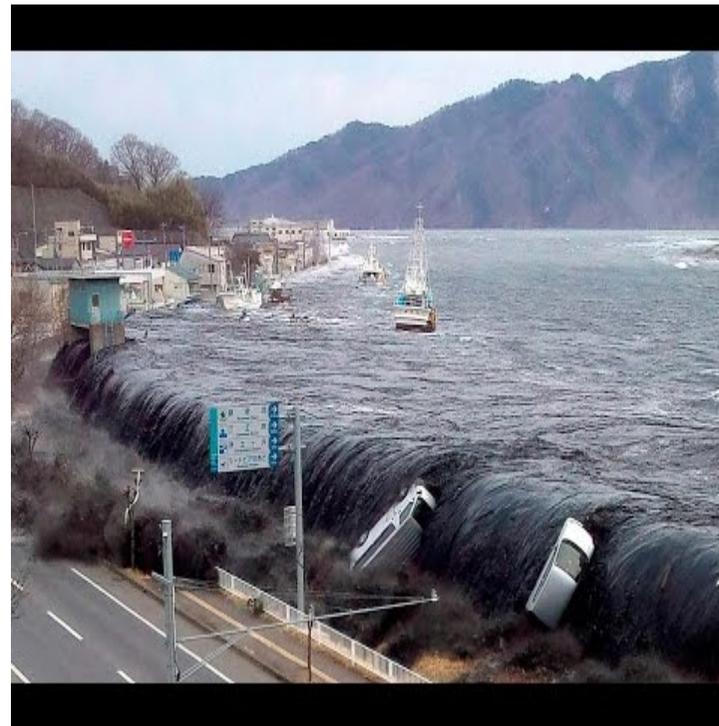
Sleeplessness Cassandra

- Woman 66 years old,
- First consultation 26th of March 2011
- Aim : withdrawal of anxiolytics and sleeping pills : Lexomil and Stilnox
- With these medications she can only sleep between midnight and 5am.
- But in fact she has panick attacks since very long
- Fear of accident, fear of bad news



Sleeplessness Cassandra

- The anxiety is always linked to bad news.
- Such as the tsunami on TV
- With trembling, confusion, disorientation, fear of loss of control
- Lost in roads she knows well.



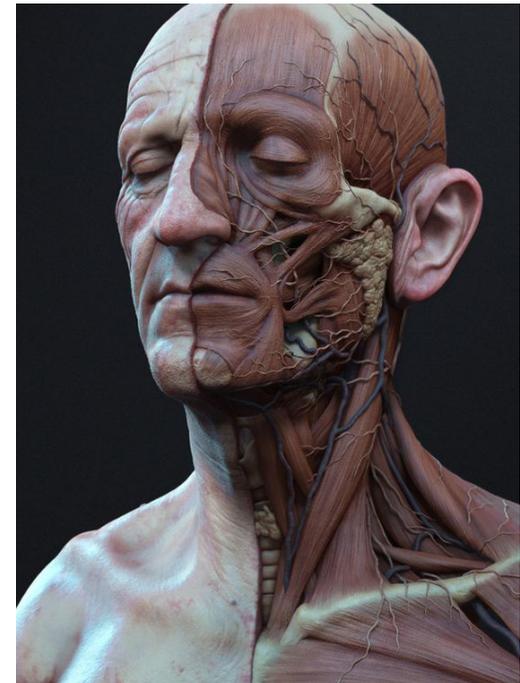
Sleeplessnesss Cassandra

- Background: She is a piano teacher and a painter, she paints 17th century sceneries or more personal creations
- Hysterectomy, thyroidectomy (levothyrox)
- Arthrosis knee
- Desire for sweets, aversion to milk
- Thirstless, chilly



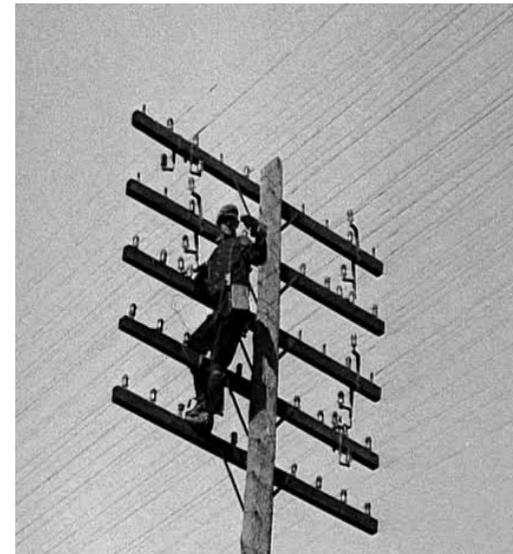
Sleeplessness Cassandra

- Younger she attempted suicide after a disappointed love
- Then 25 years of psychoanalysis...
- But still when she hears a bad new she loses control
- And what about your personal creations?
- Entrails !



Sleeplessness Cassandra

- She witnessed a terrible accident when she was a child
- A man fell out of a pole, in front of her
- His brain exploded on the ground
- Since then she tends to anticipate accidents with a terrible anxiety
- Prescription : **Gelsemium sempervirens 200K**
- 5 pills each night for 8 days



Sleeplessness Cassandra

- Second consultation 21st of July 2011
- Immediate results, Stilnox withdrawn, fine sleep
- Progressively early waking again and return to medications
- No more episode of confusion
- Extremely chilly
- Weak libido
- **Gelsemium sempervirens LM5**, 3 pills
before going to bed for 3 months



Sleeplessness Cassandra

- 3rd consultation 4th of October 2012
- Complete withdrawal of anxiolytics and sleeping pills
- Seldom terrifying images during a nap without important disturbance
- Aim : long lasting flu, failure of antibiotics, « frozen and cold »
- Prescription : Echinacea TM



Sleeplessness Cassandra : repertorization

| | |
|---|-----|
| 1:PSYCHISME - TROUBLES SUITE DE - frayeur - accident; à la vue d'un | 3 |
| 2:PSYCHISME - TROUBLES SUITE DE - frayeur | 85 |
| 3:PSYCHISME - TROUBLES SUITE DE - mental; choc | 45 |
| 4:PSYCHISME - PEUR - tremblant de peur | 45 |
| 5:GÉNÉRAUX - CHALEUR - manque de chaleur vitale | 282 |
| 6:PSYCHISME - TROUBLES SUITE DE - mauvaises nouvelles | 67 |
| 7:ESTOMAC - ABSENCE de soif | 189 |
| 8:PSYCHISME - HORRIBLES et des histoires tristes; profondément affecté par des choses | 67 |

| | gels. | calc. | op. | acon. | puls. | nux-v. | phos. | aur. | caust. | nat-m. | |
|---|-------|-------|------|-------|-------|--------|-------|------|--------|--------|--|
| | 7/17 | 7/16 | 7/16 | 7/13 | 7/13 | 6/11 | 6/11 | 6/10 | 6/10 | 6/10 | |
| 1 | - | 2 | 4 | 4 | - | - | - | - | - | - | |
| 2 | 3 | 1 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | |
| 3 | 1 | - | 2 | 1 | 1 | 1 | - | - | - | 1 | |
| 4 | 3 | 2 | 3 | 1 | 1 | - | 1 | 2 | 1 | - | |
| 5 | 2 | 3 | 1 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | |
| 6 | 4 | 3 | - | 1 | 1 | 2 | 1 | 1 | 1 | 2 | |
| 7 | 3 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | |
| 8 | 1 | 4 | 1 | - | 2 | 2 | 2 | 2 | 2 | 2 | |

Sleelessness Cassandra

- Differential diagnosis between Gelsemium, Opium and Aconit
- Gelsemium because « ailments from bad news », not only the early trauma, but also confusion by ANY bad news (Tsunami)
- The key symptom: **She anticipates accidents in any assumed dangerous situation**

