

TABLE OF CONTENTS

Each chapter is used as a comparative device to explore the themes of a major remedy and at the same time to discuss the clinical relationships with many other remedies. Each remedy chosen represents certain essential features in our materia medica and has been chosen to act as a useful form of comparison with other remedies. Please see CHAPTER THEMES for more detailed comparison.

The last chapter, Zingiber is so titled as it covers many remedies, e.g., bowel nosodes, sarcodes, imponderabilia etc., that don't fit into any other chapter and needed another chapter to belong to. The choice of the remedy Zingiber is rather incidental. I like ginger, a ubiquitous food, and many people don't know it as a homeopathic remedy and so it seemed a good remedy to use as part of the exploration of smaller remedies in the book.

There are three detailed indexes in the book. The first is a simple remedy index, indicating exactly which page(s) a remedy is discussed. When in bold type, the number relates to where the remedy is mentioned in detail. When the remedy is in bold type, it indicates the fact that the remedy is a chapter heading. The second index is the CHAPTER THEMES index and shows the breakdown of each remedy into particular themes and the remedies that are mostly compared under each theme. The third index is a therapeutic repertory index that lists major symptoms and themes in a repertory structure, but where the numbers listed relate to the chapter in which it is found, not the page. All the indexes are designed to be used together for cross referencing as well as finding one's way through the book.

Chapter 1 Aconite	1
Chapter 2 Agaricus	9
Chapter 3 Apis	21
Chapter 4 Argentum nitricum	35
Chapter 5 Arnica	47
Chapter 6 Arsenicum album	57
Chapter 7 Aurum metallicum	67
Chapter 8 Baryta carbonica	81
Chapter 9 Calcarea carbonica	89

Chapter 10	Carcinosin	109
Chapter 11	Causticum	117
Chapter 12	Ferrum metallicum	125
Chapter 13	Graphites	133
Chapter 14	Ignatia	143
Chapter 15	Kali carbonicum	151
Chapter 16	Lac caninum	165
Chapter 17	Lachesis	179
Chapter 18	Lycopodium	195
Chapter 19	Medorrhinum	203
Chapter 20	Mercurius solubulis	213
Chapter 21	Natrum muriaticum	227
Chapter 22	Nux vomica	245
Chapter 23	Opium	257
Chapter 24	Phosphorus	269
Chapter 25	Platinum	289
Chapter 26	Psorinum	305
Chapter 27	Pulsatilla	313
Chapter 28	Sepia	325
Chapter 29	Silicea	347
Chapter 30	Staphysagria	357
Chapter 31	Stramonium	365
Chapter 32	Sulphur	377
Chapter 33	Tarentula hispanica	389
Chapter 34	Thuja	403
Chapter 35	Tuberculinum	417
Chapter 36	Zingiber	431
Index 1	Remedy Listing	469
Index 2	Chapter Themes	475
Index 3	Therapeutic Themes	505

Chapter Twenty Nine

Silicea

IDEA My survival is dependent on my ability to be firm, fixed and refined, to know where I stand in life, even if I have to adapt to maintain my integrity.

KEYNOTES • Delicate, refined, thin, vulnerable, timidity. • Fixed, rigid, obstinate, proud, hard. • Detailed, trifles, conscientious, fastidious. • Anxiety, apprehension, failure. • Over mentalized. • Sensitive. Worse impressions – light, noise, jarring. Being intruded on. • Development late in children: walking, talking, fontanelles closing. Late dentition. • Weakness: lacks stamina, grit. Exhaustion, sense of vulnerability. • Perspiration: head, feet; sour. Ailments from suppression of sweat. • Skin: suppurative processes, festering wounds, keloids, hard growths. Affections of nails, elastic tissues, cartilage, skin. • Glandular affections: tonsils, adenoids, lymphatics. • Inflammations: ear, sinus, tonsils, chest etc. Difficult to throw off diseases. • Aggravated by cold, drafts, wind. Easily chilled. < cold on head. • Aggravated by mother's milk. • Aggravated by moon phases. • Better by warmth, especially to head, feet.

Intrinsic State

Refined, delicate, sensitive.

Timid, reserved.

Anticipation, anxiety.

Slow development: normal childhood development is slow, walking, talking etc.

Conscientious, detailed. Obstinate.

Large head, small body. Perspiration: profuse, head, feet etc. Easily catches cold.

COMPARE

Calcarea carbonica, Calcarea fluorica, Calcarea phosphorica, Calcarea silicata, Gaertner, Lycopodium, Oleum jecoris, Parathyroid, Phosphorus, Sycotic Co., Thyroidinum.

Compensated State

Obstinate, fixed ideas.

Fear of pins, needles, sharp things (penetrating things). Splinters, inability to throw things off.

Suppression of discharges.

Haughty, removed.

Yielding, timid, bashful. Weak feeling, vulnerable.

Anxieties: anticipation, being exposed. Mental acuteness but easily tired and depleted.

Headaches after exertion. Headaches in occipital region, extending over head. Weakness in neck.

Suppurative conditions: abscesses, tonsils, glands, with induration. Slow healing processes.

Catches cold easily: tonsils, lymphatics, chest, sinuses etc.

Perspiration, acrid, offensive, sour, profuse.

Sharp, stitching pains.

Skin: keloids, acne, eczema. Ear: chronic inflammations.

COMPARE

Bambusa, Fluoric acid, Gelsemium, Hepar sulph, Kalis, Lycopodium, Medorrhinum, Mercurius, Pulsatilla, Sanicula, Staphysagria, Sulphur, Thuja.

Decompensated State

Weak, depletion. Chronic fatigue. Giving up.

Yielding, desires to be magnetized.

Delusion that the body is in half, the left side not belonging to her.

Mental weakness, memory deficient etc.

Brain degeneration. Bone affections, destructive tendencies. Suppurative processes: glands, bones.

Breasts: nodules, fistulae, cancer, with axilla inflamed.

Chest weakness: abscess, pneumonia. T.B.

Back: curvature, weakness, deformity.

Cancer.

COMPARE Anthracinum, Aurum, Calcarea carbonica, Calcarea fluorica, Calcarea phosphorica, Carcinosis, Fluoric acid, Hepar sulph, Iodum, Kali phosphoricum, Lapis albus, Phosphorus, Tuberculinum.

PROGRESSION

In the intrinsic stage, on the outside there are qualities of being being timid, refined, reserved and at times delicate and fragile, as if eminently adaptable. However, inside there is a greater rigidity, control, fixed ideas and behavior in an attempt to maintain identity and purpose. Both these opposing qualities

can be seen depending on the situation. The fixed, rigid posture and conscientiousness over details gets stronger in the more compensated stage, and can present as being haughty and distant and as the decompensated stage becomes dominant, there is greater weakness and fragility with destructive physical processes as the fundamental vulnerability and delicacy of the system is revealed. Physically there is a fragile state, with hardening of glands and growths and in more decompensated states leads to destructive processes of the joints, bones and lungs.

Rigidity v. flexibility, Timidity v. Obstinance

Silicea is one of the most commonly seen remedies, especially in children. It is not so often given in adults. Similar to *Calcarea carbonica* it relates strongly to the developmental stages in a young child's life and as such, that time can become a metaphor for the remedy. The challenge for the *Silicea* child and within the nature of the remedy is the need to stand up and be seen in the world; to have the strength and determination to be counted and to be recognized. When very young, that is seen in the challenge to walk and to talk and even for the fontanelles to close when a baby. As the child grows, the challenge is to hold one's own with other children, not to be overwhelmed by the tumult of relationships. To cope with this, the tendency is to become rigid and fixed in one's ideas of oneself and when challenged to retreat, (Mind, timidity), until one is strong enough to hold one's own, (Mind, obstinate). Everything is fine until exposed, (Mind, ailments, anticipation), and to cope they want to create a stable, secure world around them, (Mind, conscientious about trifles). When there is not enough strength to hold one's own in the world, physical conditions develop because of the intrinsic fragility in the body/mind in which things can't be thrown off. This can lead to many infections with suppurative processes as the body struggles with the assault it feels from life. The keynote physical condition of *Silicea* being used in suppurative conditions e.g., abscesses, cystic acne, splinters etc, where "every hurt festers" is a reflection of the inner state of the person needing *Silicea*. There is basically not the strength to throw things off. We also see the development of scars (cicatrices), which break open (Generalities, cicatrices, break open; keloid scars, skin, keloid), nail affections and other hardening conditions, where the basic rigidity finds its physical expression.

When young, this is not necessarily a conscious process, just an energetic susceptibility. As a child grows older, the expression of this state changes and the strategies to cope change. An adult *Silicea* often has much more expression on the emotional/mental level, helping to clarify the remedy. However, as with any prescription, symptoms found on both the mental and physical level give the most confidence.

The Challenge of Development: Too Delicate for the World

In children the developmental challenges and conditions lead *Silicea* to be often compared with *Calcarea carbonica*, *Calcarea fluorica*, *Calcarea phosphorica*, Fluoric acid, *Lycopodium*, *Medorrhinum*, *Phosphorus*, *Psorinum*, *Sanicula*, *Thuja* and *Tuberculinum*. The characteristic body type – thin with large head, somewhat angular in nature, will often differentiate it with other remedies, especially *Calcarea carbonica* in which it shares many physical qualities, such as offensive perspiration, head sweat at night, dentition issues and other physical development issues. However, the body type, especially in children is usually different. It is more commonly confused with *Calcarea phosphorica*, which can have a similar

thin body type. Phosphorus can also look like Silicea, yet the body type has a greater symmetry and smoothness, similar to the personality of Phosphorus. As with other mineral polychrest remedies, it can have an affinity with different miasms and nosodes and it shows a strong sycotic and tubercular tendency, as well as psoric. As such the main nosodes will have to be compared when dealing with developmental issues and may be needed as complementary remedies.

An adult Silicea type often present as a delicate, refined, somewhat proud person, (Mind, egotism), insistent on their ideas and yet very vulnerable to apparent challenge to their idea of themselves (Mind, timidity; confidence, want of). The more fragile aspect of Silicea may make one also consider Bambusa (bamboo) that is always looking for support, and feels weakness particularly in the neck and spine. It may be that they feel overburdened by life and are living under this pressure, having to persevere and yet not feeling it is the right thing for them. In Silicea, there is often a sensitive refined, even aristocratic quality, but with a certain weakness, where the travails of the world are too much for them. There may be a refined artistic aesthetic, a reserved disposition.

Fixedness v Yielding

The impression of Silicea as described in many books is of a yielding, timid nature but with fixed obstinate ideas inside. They can only be pushed so far. While this is true, what one can also see expressed is the fixed, obstinate nature. It presents as a person who has a very clear idea of himself in the world, but who will initially back down when challenged, or who won't really seem to resist. But inside, there is resistance and over time a greater rigidity is seen both physically and mentally. It is just that the true feelings and opinions will not be strongly expressed. There will be more giving in and initial retreat (which explains the significance of the term yielding for this remedy). Often the more fixed, obstinate quality will be seen in the work done by the person needing Silicea. That is often a channel for them, more so than in relationships, but in the context of relationships, they will want to be recognized, to be seen to be of worth and value, but they do not want consolation. Also, in relationships and in their own home, they are much more secure, and will often be the ones who dictate things in the house. They want things just so and will stubbornly adhere to their ideas, similar here to Lycopodium.

In the more broken down Silicea mental state, there can be a feeling that the body is divided or broken in half and that the left side of the body doesn't belong to her. Here we see that all the effort gone into maintaining an identity, a fixed position in life is gone, has broken up, leaving the person broken by being too brittle, rigid and fixed (Mind, delusion, body, left half does not belong to her), similar to Thuja. They can feel as if they have failed in life, they have not performed well enough and want to retreat, hide and give up. They may even think back to earlier days and to their youth, to before they failed (Dreams, youth, time of). Pride, Dignity, Recognition This proud aspect of Silicea needs some emphasis. Much of the conventional picture portrays a timid person, somewhat rigid and fixed but basically lacking confidence. However, what can be presented is a person who really needs to know where they stand, who wants to be appreciated and often feels they are not and are easily humiliated and insulted (like a festering wound). Hence the frequent comparison with Staphysagria. The basic delicacy will be there still but they may be looking for stability in their relationships, and feel easily abused and taken granted off. Another way this is seen is that the Silicea type may have a clear idea of who they think they are (a fixed

image) and are sensitive to when they feel this is not being recognized. They demand (internally) that they should be seen a certain way but don't make it clear they want this. So, there is misunderstanding with others who can't see this. Silicea has been described as having "princess" qualities. It is not the noble queen of Platina but the refined prince/ princess who feels easily neglected and not appreciated and who does not feel they are up to becoming King or Queen, or who resents having this image being put upon them. (One could make a case that Prince Charles is a Silicea type).

This desire for recognition can also bring other remedies for comparison especially certain metals like Argentums, Aurums, Germanium, Niccolum, Palladium and Platina, but whereas these remedies tend to make a lot of effort to be seen, Silicea is often too timid, reserved and refined to go to such extremes.

This refined, sensitive, proud and often intellectually inclined picture will be most commonly compared with Arsenicum album, Lycopodium, Pulsatilla, Staphysagria and Sulphur as well as some Silica salts, especially Calcareo silicata and Kali silicata. The Arsenicum album state is similar in the conscientiousness over trifles, being concerned with appearances and the order of things. Both can be very chilly, and easily get colds and chest infections. However, with Arsenicum, there is more anxiety about health and a general feeling of existential insecurity about life as a whole. They are not so fixed in their idea of themselves and their place in the world, more concerned with accumulating the security and financial support to protect themselves and be safe.

One other aspect of the yielding quality of Silicea is the desire to be magnetized, (Mind, magnetized, desire to be). It is actually more likely to be seen in being easily magnetized, as the yielding nature allows them to be "taken over" or easily influenced by other people and situations. It all depends at what level of compensation the Silicea person is in. At one level, there will be too much resistance and stubbornness, (the compensated stage), whereas in the decompensated stage one is more likely to see this occur.

Anxiety, Anticipation, Trifles

Lycopodium looks very like Silicea and has the same strong anticipatory anxiety, yet their concern is more for their performance and how they are seen by others, to be taken seriously and therefore with the compensatory bluff, whereas with Silicea the anxiety is more simply whether they have the strength and stamina to fulfill the task. See Lycopodium chapter. They do often want acknowledgement as well, but it's not to do with power as much as simple recognition and proof of their capability. Both can have a strong intellectual tendency and also have early baldness in males. The Silicea intellectual nature is very tenacious, with an ability to be absorbed in research of subjects that require much focus and detail. This is part of the overall conscientiousness seen in this remedy, especially as it's said, "over trifles," (Mind, conscientiousness about trifles). Even though Lycopodium is listed as bold type here, it is much less fundamental to its nature in comparison with Silicea. The key to the Silicea state is the dynamic between rigidity and flexibility, hardness and softness (yielding). In order to compensate for the inner feeling of fragility and yielding, there is a need to present a fixed, harder, more precise image into the world and also in the body, but as stated before, often the rigidity of thought is internalized. The over

conscientiousness is a mechanism to create stability when the underlying feeling is the opposite. In the American comedy 'Frasier', Niles is Silicea to Frasier's Lycopodium.

The anticipatory anxiety is very strong in Silicea and therefore will also be compared with remedies such as Argentum nitricum, Carcinosin, Gelsemium, and Medorrhinum etc. With Argentum nitricum it is the feeling of suddenly being exposed, of feeling that the pressure to perform is simply too much. It may be found in a person who has been able to perform for a long time and then suddenly can no longer do so. In Gelsemium it is based on an overall feeling of emotional weakness and the realization that they simply don't have what it takes. Gelsemium is the first remedy to use in simple acute anticipatory anxiety with no deeper constitutional issues, much more than Argentum nitricum. In Carcinosin and Medorrhinum, these anxieties will be seen as part of the broader picture and differentiation will be made on the whole case.

Staphysagria can look like Silicea with the same delicacy, emotional sensitivity and easily being hurt. They both can have a refined, delicate, yet proud sensibility. However, Staphysagria is more immediately sensitive to perceived slight and reacts more acutely on the emotional level. They wear their sensitivity more on their sleeve. Silicea allows the feelings to go deeper into the body/mind and copes by being more rigid, fixed, and hard in their demeanor.

Thuja can often look like Silicea and also is a complementary remedy. They both have sycotic qualities, affecting the skin and nails, with the characteristic distortion of nails, and mentally both have a fixed attitude to things. They can both present as being reserved and somewhat secretive and have social timidity. There is also a split in the personality of both. In Silicea the timidity alternates with rigidity and in Thuja, a fixed image is often presented to cover up a sense of isolation, perceived weaknesses or a feeling that something is wrong (ugly) in them. See Thuja chapter.

Kali silicata looks very similar to Silicea but is even more rigid and fixed. The Kali preoccupation with external order, conformity and duty may become more apparent, but it can strongly look like Silicea as well. See Kali carbonicum chapter. In Calarea silicata, the rigidity is tempered by a greater basic anxiety and self-doubt. See Calarea carbonica chapter. Pulsatilla and Silicea have often been compared, the former seen as the acute of the latter. There are some overlaps in the general disposition – timidity, bashful, sensitivity etc, as well as in an affinity for infectious processes of the ears, sinuses, eyes and lungs.

Mental and Physical Weakness, Yielding, Sensitivity, Intrusion - foreign objects

In Silicea, as the mental state gets more broken down, we see a gradual weakness of the intellect. Often the potential for intellectual endeavour is strong but the basic energy is limited. They can only go so far and then there will be seen a greater inability to sustain mental effort. Here Silicea will be compared with many remedies, (Mind, mental exertion agg; prostration of mind), but especially Calcareo carbonica, Calcareo phosphorica, Kali carbonicum, Kali phosphoricum, Kali silicata, Lycopodium, Natrum carbonicum, Natrum muriaticum, Phosphorus, Zincum metallicum, Zincum phosphoricum, etc.

Given the basic delicate nature of the constitution, we often see great sensitivity to the slightest noise, (Mind, sensitive, slightest noise, to the), with easily being startled, (Mind, starting, easily). This can occur at any stage in the Silicea pathology. When seen with general mental weakness and depletion, it can be compared with Kali phosphoricum, Phosphorus and Zincum metallicum. It can be that the extreme sensitivity to noise is similar to the classic feeling in Silicea, which is a great sensitivity to pointed things (Mind, sensitive, steel points directed toward her). It's a feeling of being penetrated, of being pierced (like a splinter) and a sharp, stitching sensation, a key symptom in Silicea pathology. Many remedies have sharp, stitching pains but the specific sensitivity to pointed things is not so common. Spigelia is the other most common remedy, (Mind, fear, pins) but other remedies that have a thing with knives are also included e.g., Alumina, Mercurius and Platina. The extreme sensitivity to vaccinations is another key area of Silicea pathology. Here we have the use of a needle to inject a "foreign material" into the body. Silicea children can faint before getting injections and in others there may be either no reaction at all, (yielding), or a strong physical and emotional reaction to vaccines, (obstinate).

This weak, yielding quality, seen along with a gradually weakening mental and physical capacity will especially require differentiation with Kali phosphoricum, Zincum metallicum and Zincum phosphoricum. Kali phosphoricum also presents with a combination of some timidity and also rigidity and a great sensitivity to noise and easily being startled. They can be quite nervous, sensitive and easily exhausted by mental work. They lose confidence in their abilities and also become quite irritable and eventually indifferent and depressed. But the nervousness is nearly always there. See Kali carbonicum chapter. Zincum often presents as a yielding, weak type of person but without the compensatory rigidity, hardness and fixedness found in Silicea. They are easily influenced by external things and let things happen to them, they are impressionable and often have a feeling of mental and physical weakness. It is one of the great "brain fag" remedies and when the condition becomes more decompensated, we see the characteristic neurological symptoms of the remedy, with trembling, twitching, restlessness, burning of the spine and of the nerves in general. Zincum phosphoricum is very much like Zincum metallicum, but the personality is both yielding and also extroverted and exuberant, a type of exaggerated emotional state. There is great burning again and mentally shows all the same symptoms of "brain fag."

Splinters, Wounds, Festering

The splinter sensation and Silicea's action in treating splinters, (Generalities, wounds, splinters, from; foreign bodies, from; penetrating, punctured), is another way of understanding this remedy. A vulnerable nature allows things (emotions, physical splinters) to penetrate and is unable to expel it easily, leading it to fester, (abscess, ulceration), and then to become hard around it, (cicatrices, keloids). This reflects both the yielding and obstinate nature within this remedy. Hepar sulph is the other major remedy that shares this quality of "every hurt festering", with suppurative conditions and sharp, splinter-type pains. In both remedies it is not just a physical state but represents a central theme of the remedy. In simple acute cases, both remedies may be indicated, perhaps Hepar sulph more so. In chronic conditions the nature of the two remedies needs more comparison. In Silicea there is more hardness that surrounds the festering wounds, as seen in the development of scars, cicatrices, keloids etc. In Hepar sulph there is simply more of a tendency for wounds to fester and suppurate, with sharp,

stitching pains. Like the nature of Hepar sulph, which is sensitive, touchy, intense, hasty and violent, there is an unpleasant aspect to them. They are easily hurt but are much more reactive than seen in Silicea, which closes up and holds their own opinions to themselves. Hepar sulph is more volatile and reactive and doesn't hold things back but lets things out much more. However, both remedies can complement one another when treating specific pathologies.

Children

The physical conditions in children often seen with Silicea – recurrent ear, throat, tonsils, sinus and chest infections will most commonly be compared with the major nosodes and also Baryta carbonica, Calcarea carbonica, Calcarea phosphorica, Calcarea sulphurica, Lycopodium, Pulsatilla and Sulphur. Baryta carbonica may especially be compared when tonsils and lymph are chronically inflamed and the child shows great timidity. However, in Baryta carbonica, the timidity is part of a greater immaturity and mental development problem than is often found in Silicea. The suppurative tendencies seen in Silicea – abscesses, pustules, septic conditions etc. will be compared with Calcarea sulphurica, Hecla lava, Hepar sulph, Mercurius, Phosphorus and Sulphur.

Silicea is one of the main remedies to consider when children fail to thrive in any way, unable to put on weight in spite of good feeding, remaining thin and fragile. In this respect it is often compared with Acetic acid, Calcarea carbonica, Calcarea phosphorica, Iodum, Oleum jecoris, amongst others (Generalities, emaciation, children in). Also the bowel nosode Gaertner can be compared here, which is also compared with Phosphorus and the Calcareas. In Silicea the lack of development will be focused more on physical symptoms.

Bones, Head, Back

Silicea has an affinity for bone conditions, including slow closing of fontanelles, (Head, fontanelles, open). It can also have other destructive bone problems – degeneration, abscess, bony growths, bony fistulae, hip-joint disease etc. and in these situations, Silicea will be mostly compared with the Calcareas, Fluoric acid, Hecla lava, Oleum jecoris, Phosphorus, Sulphur and Tuberculinum. This can be seen in children, young adults and elderly people.

There are many headaches in Silicea, with the occiput often the focus. The classic pain is where it moves from the occiput to the vertex and then settles in the forehead. The pain can be worse from any mental or physical exertion. The head pains can often come from tension in the neck, (Back, tension, cervical region). There can be great weakness felt there, (Back, weakness, cervical region), as well as the rest of the back and it has the feeling that the weakness makes it hard to hold the head up, (Head, hold up head, unable to hold), and there can be much spinal weakness and irritation. With these symptoms, Silicea can often be compared with Calcarea phosphorica, Gelsemium, Kali phosphoricum, Phosphorus, Zincum etc. The head pains tend to be much better from wrapping up the head, especially with warmth, (Head, pain, wrapping up head, amel). In the back, there can be structural degenerations of the spine, with neurological symptoms and even epilepsy. It can have curvature and TB of the spine and bones in general and many forms of destructive bone deformities. In these cases, it will often be compared with the same remedies as above.

Breasts

Silicea has an affinity for the breasts, with abscesses and nodules, leading to similar comparisons with Conium, Graphites, Hepar sulph, Mercurius, Phosphorus, Phytolacca and Sulphur. There can be many stitching, cutting pains when nursing. It is also a remedy for cancer of the mammae and for fistulous openings in the breasts, (Chest, fistulous openings, mammae in).

Lungs

Silicea is indicated in chronic problems of the lungs – asthma, bronchitis, pneumonia, abscesses etc. Here the tubercular and sycotic aspect of Silicea is clearly seen and will be compared often with Calcareo phosphorica, Medorrhinum, Phosphorus and Tuberculinum.

Skin

The skin also is clearly affected, with all sorts of growths, including warts, moles, keloid scars and eruptions such as eczema and psoriasis. When keloid scars are apparent, then Silicea will be mostly compared with Fluoric acid and Graphites and also Thiosinaminun. Differences will mainly be made on more constitutional characteristics such as body type and mental/emotional picture. Thuja will often be considered with Silicea when warty growths are strong and can show a similar mental picture as well – timid, reserved, fixed ideas and anxiety in company. Thuja also complements the action of Silicea. They both share symptoms of the nails – rigid, thick and brittle nails which split easily, as does Antimonium crudum, Graphites, Fluoric acid and Sulphur, (Extremities, nails, complaints of, corrugated; distorted; ribbed; split). Chronic conditions of the nails can be a good keynote to help find a remedy. Fluoric acid shares many symptoms on a physical level, including an affinity for the skin, glands and bones. However, on a more constitutional level, there are many differences. Fluoric acid is generally warm blooded and mentally is more unpredictable, hurried and compulsive. However, they can still be used to complement one another when some of the physicals are very similar. Calcareo fluorica also needs to be considered for similar conditions as for Silicea. Anthracinum can be compared in cases of a tendency to festering wounds that don't heal or become hard. They may show similar mental characteristics – reserved, timid and quiet.