



From the practice for the practice

The anxious patient

by Dr. Konrad Werthmann



Anxiety is a problem that we come across frequently in general practice. It would appear to be important that in its pathology, fear can be classified into those symptoms which can be attributed to *Mucor racemosus* and those which can be attributed to *Aspergillus niger*.

The symptoms are always an opportunity to discharge the unconscious potential for fear somatically, i.e. to neutralise it. Often, a guilty conscience also indicates an unconscious potential for fear.

The symptoms from the *Aspergillus niger* sector mostly include symptoms from the tuberculinic organic system, i.e. from the area of the gut (constipation, diarrhoea), the respiratory organs (increase in the rate of respiration, sudden onset of asthma-like breathing), the skin (sweats, tingling, itching) and the genito-urinary tract (urinary retention, loss of libido, an excess or lack of drive).

The *Mucor* anxiety symptoms are mostly expressed as heart prob-

lems, fear, and concern about loved ones or about the progress of children, etc. They are more of an anxiety of the heart.

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Therapy:

Mucor anxiety:

- 1) 2x ½ tsp. of ALKALAN daily in warm water and 3x 20 drops of SANUVIS daily.
- 2) At the same time, start by taking 2x 10 drops of QUENTAKEHL 5X daily over a period of 10 - 14 days, then change to
- 3) 1x 10 drops each of MUCEDOKEHL 5X (mornings and evenings) and NIGERSAN 5X (evenings) daily.
- 4) At the time of starting point 3, also start point 4: 2x 10 drops of ASPERGILLUS oryzae 6X and PINIKEHL 5X daily.

Aspergillus niger anxiety:

- 1) 2x ½ tsp. of ALKALAN daily in warm water and 2x 10 drops CITROKEHL daily over a period of months and
- 2) at the same time start with QUENTAKEHL 2x 10 drops over 7 – 10 days, then
- 3) change to 1x 10 drops each of MUCEDOKEHL 5X (mornings) and NIGERSAN 5X (midday and evenings) daily over a period of months.
- 4) At the same time as point 3, begin: 1 capsule of LATENSIN „weak“ once a week, 1x 5-10 drops BOVISAN 5X daily and 1x 5-10 drops UTILIN „S“ 6X daily rubbed in or taken orally.

In principle it is true that:

These suggested forms of therapy do not replace an exact diagnosis as the result of an examination by a specialist physician.