

THE SEVEN EXPRESSIONS

Where a disease is in the body shows the element that is out of balance. For instance, diseases of the skin, kidneys or nervous system show an air imbalance; diseases of the colon show an air-earth imbalance; diseases of the stomach or liver show a fire imbalance; diseases of the heart show an air-fire-water imbalance; and so on. Refer to the five-element charts to work these out. This energetically relates to the subtler or more energetic aspect of the disease and usually (but not always) responds best to being treated on a more energetic level (i.e. with homeopathic remedies and maybe at higher potencies).

How a disease manifests relates to the seven expressions (or pathologies). These are:

- ◆ Wind. Literal wind or gas. Also cramping, spasming. Twitching. Tremors. Itching. Shooting or stabbing pains. Wandering pains. < drafts.
- ◆ Heat. Any heat symptoms. Also burning, pounding, pulsating or throbbing. Redness. Rapid pulse. Thirsty. Urine that is strong smelling and scanty. < heat, > cold.
- ◆ Cold. Any coldness. Also chills. Slow pulse. Lack of energy. < cold, > heat.
- ◆ Damp. Copious discharges. Catarrh, mucous. Weeping, oozing. Thick coating on tongue. Swelling and oedema. < damp.
- ◆ Dryness. And dryness or lack of lubrication. Thirst.
- ◆ Crystallisation. Calcifications. Overgrowths. Hardenings. Fibroids. Deposits. Scarring.
- ◆ Destruction. Destruction of tissue. Ulcers. Degeneration.

The expressions often combine. For example, a skin condition may show damp and heat (redness, inflammation, with oozing or with yellow discharges). Or it may be cold and damp (no inflammation, cold to touch, with clear or white discharge). Or it may show heat and dryness (inflamed and hot with no discharge) and maybe wind too (itching).

Expressions usually (but again by no means always) respond best to more physical treatment (herbs in parent tinctures, lower potencies of homeopathic remedies, diet changes, naturopathic measures etc.).

So where a disease is shows the element out of balance, how it manifests shows the expression. For example, a genito-urinary disease would be the water element out of balance, but be manifesting as dry heat, damp heat, cold damp, or dry wind (for example). So we may want to treat the element imbalance more energetically (with homeopathic remedies), and the expression more physically (with herbs, low potencies, and naturopathic measures). As an analogy, think of the difference between constitutional and acute (or lesional) prescribing. The constitutional is akin to the element imbalance, and the acute or lesional akin to the expression. Any constitutional type may need any given acute remedy for, say, an infected throat or swollen ankle, and often we will give that remedy in a lower potency (to match the physical). For constitutional prescribing we tend to prescribe more energetically (higher potency).

Herbal treatment for the expressions.

- ◆ Wind: sedatives and nervines, antispasmodics, diaphoretics (relax tension in the skin), anti-tussives. If accompanied by cold: stimulants.
- ◆ Heat: cooling or cold herbs, bitters, cooling diaphoretics, diuretics, laxatives, anti-inflammatories, anti-microbials, demulcents.
- ◆ Cold: warming, heating herbs.
- ◆ Damp: astringents, diuretics, expectorants, anti-catarrhals.
- ◆ Dryness: demulcents., emollients.
- ◆ Crystallisation: demulcents, diuretics.
- ◆ Destruction: nutritives, vulneraries.