

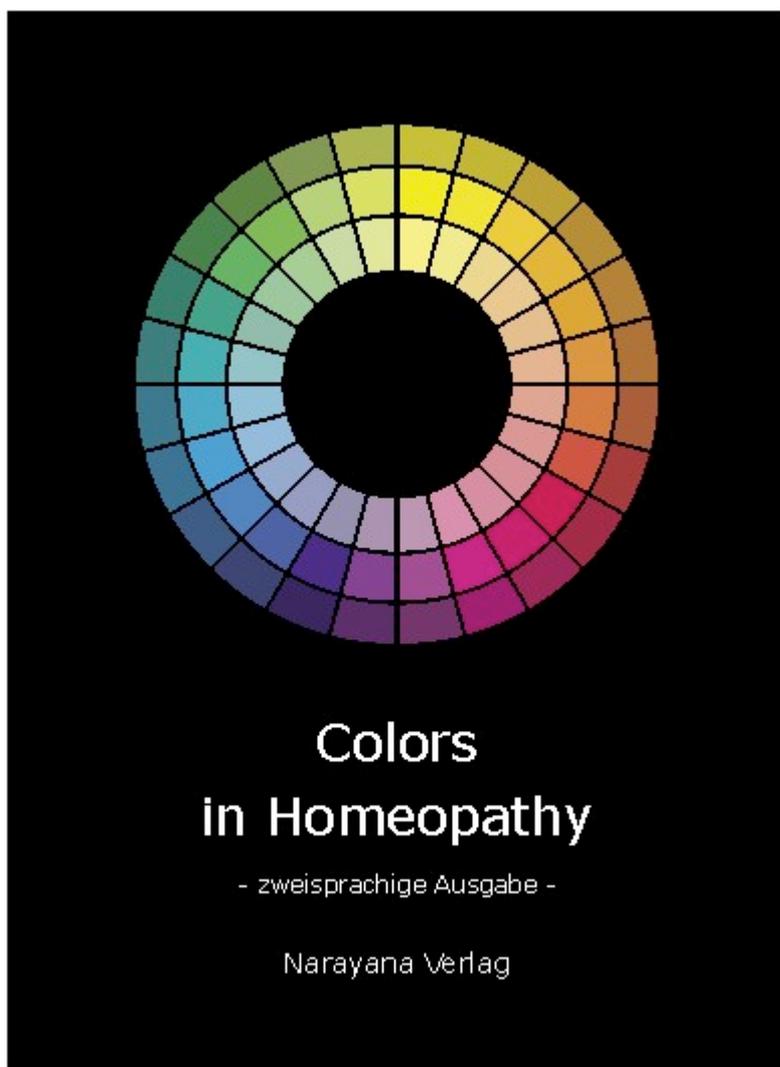
## Colors in Homeopathy

Written and translated by Ulrich Welte

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### Extended Color Table

32 pages €45

ISBN 3-921383-91-1

### Color Poster

64x42cm, 456 colours €29

ISBN 3-921383-92-7

Reviewed and discussed by Francis Treuherz.

This is one of the most unusual and fascinating works on homeopathy I have ever had the pleasure to discuss. The author and his collaborators have introduced a revolutionary development to homeopathy which does not in any way challenge the philosophy by

which we practice. Yet it opens a new and clinically useful avenue for case taking and confirmation of the correct prescription. The claim is made that this will potentially be useful for all our patients except the one in one hundred of our male patients who are colour-blind. It may even be possible for a colour blind homeopath to use this method. Let me declare my interest: I am one of them.

You know of course how we ask patients about their food preferences. We wish to find not just what is common but what is strange, rare, peculiar, characteristic, and spoken or observed spontaneously. This will help us find the simillimum. I once interviewed a patient before breakfast and could not make my mind up. We then took breakfast together and I marvelled with my mouth open as she licked the butter from her finger, and then from her toast and spread a new layer. I had my remedy (*Mercurius solubilis*). Another patient once told me she was hungry during our consultation; I offered her an apple but she declined and took a tin of tuna fish from her bag, with a tin opener and a fork, and rapidly consumed the contents. I had my remedy (*Ferrum iodatum*).

So it may become with colours. Your patient expresses a strong preference for say blue, not any blue, but a controlled blue from a small chart of 120 squares of bright pantone colours or a larger one of 456. Each colour is on a numbered grid. Each colour or group of closely related colours by grid number, is in a small repertory of colours. I just showed the chart to 2 non-medical staff at the clinic where I am working today. Each independently chose square 15c which is a blue with a large rubric of 37 black type, 20 ordinary type remedies in the book. On their web site there are also 15 conditional remedies (only one case) and there are also some with an asterisk, from research by the creator of the system, a Dr Hugbald Müller from Cologne (1921-2001), who discovered the significance of colour preferences. He had worked to perfect the idea for our art and science of homeopathy since 1985. Welte and colleagues have developed this work. According to Jan Scholten, Müller “discovered that not only has *Conium* a desire for darkness but also for the “colour” black.<sup>1</sup> His intuition led him to the idea that every remedy will have its preference. He checked it and it turned out to be correct”.

|                |   |
|----------------|---|
| Blue<br>15-16C | Abel, <b>Anthr</b> , Asperg-f, <b>Bac</b> , <b>Bamb-a</b> , Beryl?, Beryl-c?, Cob, Cocc, Coll, <b>Cop</b> , Corn, Cor-r?, <b>Cupr-acet</b> , <b>Cupr-br</b> , <b>Cupr-c</b> , <b>Cupr-cy</b> , <b>Cupr-s</b> , Dicha, <b>Dig</b> , <b>Dios</b> , Dyspr-p, EBV-Nos, Erech, Helio*, Hydrog?, Juni*, <b>Kali-bi</b> , <b>Kali-c</b> , <b>Kali-chl</b> , <b>Kali-cit</b> , <b>Kali-n</b> , <b>Kali-s</b> , Lac-h?, Lac-ov?, Lap-mar-c?, Lappa?, Led?, <b>Lilt</b> , <b>Lyss</b> , M-aust?, <b>Med</b> , Messing?, Moly, Neod?, Nicc?, <b>Onos</b> , Osm, Oxyg?, <b>Pall</b> , <b>Phys</b> , Pic-ac?, <b>Plb</b> , <b>Plb-c</b> , <b>Plb-i</b> , <b>Plb-m</b> , <b>Rad-br</b> , <b>Rad-met</b> , Rat?, <b>Rhod</b> , Rubi?, Ruth?, Sabal, <b>Salm-tp-Nos</b> , Samb, <b>Scan</b> , Ser-ang, <b>Tab</b> , Tax, <b>Teucr</b> , <b>Thal</b> , <b>Thal-s</b> , Thlas?, <b>Thuj</b> , Titan, Tril-p, Tung, X-ray? |
|----------------|---|

I tested this out on myself as a patient might, despite my lack of accurate colour vision. I chose what I know to be my favourite colour, the one I chose to decorate my study. The colour produced a grid reference and this in turn held 4 black type remedies. One of these has been successfully prescribed for me in the past. Perhaps I need it again, and as I write I have made a date with my homeopath.

The remedy lists (see box) do have some names which are unfamiliar such as the *Epstein Barr Virus Nosode* (*EBV-Nos*) . I asked the publisher and was told that Dr Müller has

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<sup>1</sup> Müller had found not only that a *Conium* patient said black was his favourite colour, but that this could be applied to the botanical family of apiaceae.

developed knowledge of some new remedies, especially unusual nosodes and that the information will be published in due course. The abbreviations used are those of *The Complete Repertory* by Roger van Zandvoort.

The format of the book is as follows: The cover has decorative circles of colours, but the book itself opens with 6 pages of 120 squares of colour and another 5 squares of black white and grey. Then there are two pages of pictures of coloured gemstones to help in natural colour selection as an alternative or complement to the laboratory produced standardised colours. Then there are 3 pages of a chart with the colour names and grid numbers as if they were rubrics with remedy lists, followed by 8 pages of remedy names listed with their best colours referenced. There follow 18 pages of text in English and the same text in German. There is a generous and positive foreword by Jan Scholten.

“The colour preference is a significant and effective symptom. It’s effective in the sense that it can give the indication or confirmation of a diagnosis in many cases. What does that mean? Its again an indication of the primacy of mind, Hahnemann called it vital force, ... . The colour preference as an expression of the inner state is closely connected with this vital force.”  
Jan Scholten.

The translation was done by the author. While I feel the meaning is generally clear it reads like my parents and my aunts and uncles talking English, pedantically correct, yet that is not always how we speak and with the occasional howler such as ‘accidentally’ for ‘incidentally’. Do not let these lapses of style deter you. I just hope that when a second edition is published, a native English speaker is invited to edit the translation. I am very pleased that this has been translated so thyat the ideas may be shared internationally.

Müller began to assess cured patients for colour preferences in about 1985 against an existing colour reference book and confirmed 26 remedies in his first publication and then 90 remedies were confirmed and the information passed to Welte. Welte has been working for 13 years with colleagues like Herbert Sigwart<sup>2</sup> to develop this system, and published a retrospective study.

Incidentally Müller also worked on styles of handwriting. The next step for Welte will be to build upon more of Müller’s work and relate colour preference to handwriting and then to relate handwriting to remedy selection. It has been done before<sup>3</sup> but can also be updated, systematised and translated.

Welte has developed a new standard of colour printing especially for this purpose. I would advise anyone who decides to follow this system to also buy the second volume and or poster of 456 extended colours. Here the colours have been printed to a higher quality like a precision tool with a UV lacquer, with more shades for each colour, both darker and lighter.

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<sup>2</sup> Herbert Sigwart & Ulrich Welte, 2002, *The favourite colour as a homeopathic symptom* *Homoeopathic Links* 1/01:20-24.

<sup>3</sup> Adolf Simon, 1930, *Paragnose, Erkennung von Krankheiten aus der Handschrift*, Berlin Oscar Schelbach.

Jean Rivere, 1973, *Les Correspondances Graphologiques en Homéopathie*, Paris, le Francois.

“Case taking can acquire a new dimension, in a relaxed state the patient should look at the colour circle or spectrum, scan all the colours and then tell spontaneously in which area he feels best.”

Welte discusses some difficulties and suggests solutions or compromises where feasible; these examples use his terminology:

- I like all colours
- I don't find my colour here
- Too many questions
- Trends of fashion
- Undecided
- Painters etc.
- Colour blindness
- Changes in colour preference
- Aversions to particular colours
- Dangers in overestimating colour preferences
- Changes in colour preferences
- Aversions to particular colours,

which are all discussed, but it is acknowledged that ‘every confident choice is only a good hint and no guarantee’. Children over 3 years of age for example are shown balloons and may keep one of their choice. Adults are asked about which colours they feel good, rather than colours for practical uses.

The preferences may be used for example as if they were a general symptom, to differentiate other possible similar remedies, to help in finding a small remedy, and, although I am not quite clear that is meant here, as a rescue symptom. As the knowledge and experience grows the information of more remedy-colour confirmations is there on the websites [www.narayana-verlag.de](http://www.narayana-verlag.de) and [www.homeo.de](http://www.homeo.de). If a colour preference can help us out to find a remedy it may help rescue homeopathy from the doldrums of philosophical controversy. Questions of colour choice could be added into the protocols of provings. Here is something new, for which no change in philosophy is required, and which may just be really useful.

“These vibrations ‘dye’ in the mind ... . Colour preference is of course not a disease but it may be connected to a diseases like a particular soil favouring growth of a particular weed”