ANTIDEPRESSANTS FOR THE OLIVE TREES

Homeopathic treatment in olive tree cultivation

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SUMMARY

The author impressively demonstrates the positive effects of using classical homeopathy in commercial olive cultivation. This applies to the health of the trees and soil, as well as to yield and the ecosystem. The methodology differs little from human homeopathy.

KEYWORDS

Olive cultivation, Crete, Greece, homeopathic agriculture, Olea Homeopathica, Natrium muriaticum, Phosphorus, Ledum, Dacus, Euphyllura olivina, Thuja, Silicea, Kalium carbonicum, Calcium carbonicum, Ferrum phosphoricum, Cuprum metallicum, Aconitum, Belladonna

Introduction

The homeopathic treatment of plants is well established. It is mostly based on experience. In other cases, homeopathic medicines are used according to certain theoretical principles or subtle criteria. Anthroposophical agriculture is the best example of this. In my experience, however, there are no publications on the treatment of plants according to the principles of classical homeopathy.

Project "Olea Homeopathica"

This is a report on the experience of treating a medium-sized olive grove according to the principles of classical homeopathy. About 1000 trees in the area of Sitia (Crete), spread over 3 different locations, were cultivated according to strict classical homeopathic criteria. No sprays or fertilisers of any kind were used. In addition to the reuse of olive leaves and chopped branches, soil improvement consisted solely in the application of homeopathic remedies to the field.

This cultivation trial has now been running for 8 years.

1 Kaviraj, V.D.: Homöopathie für Garten und Landwirtschaft; Maute, C.: Homöopathie für Pflanzen. Der praktische Leitfaden für Zimmer-, Balkon- und Gartenpflanzen; Maute, C.: Naturgesunde Pflanzen durch Homöopathie: Die Selbstheilungskräfte der Pflanzen wecken. Für alle Garten-, Balkon- und Zimmerpflanzen; Tichavsky, R.: The Plant Doctor in Homeopathy for everyone. https://hpathy.com/?s=Radko+Tichavsky

Effectiveness and efficiency

The following criteria were used to assess this form of cultivation:

- Harvest
- Quality of the olive oil
- Tree health
- Ecological impact
- Financial expense
- Amount of work

After an initial experimental phase, the harvest during this period was compared to other conventionally cultivated olive tree crops. One exception was the 2023/24 **harvest** period. Due to climatic factors, the harvest on Crete was significantly reduced in this year. Estimates talked about 20-25% of the usual harvest. The homeopathically treated fields, on the other hand, showed no losses in any of the three growing areas, so this cannot have been a localised effect. The homeopathically treated trees appear to be more robust to climatic changes.

The olive oil produced was at all times of the best **quality**. This is shown both by the analysis of the ingredients and the taste assessment by the relevant expert bodies, which award high quality oils with corresponding seals.

2 Auszug aus dem Test-Zertifikat H-5019 vom 1. 12. 23 (Multichrom.Lab, Athen): Säure 0,38; Hydroxytyrosol 5 (dieser Wert ist besonders wichtig, da er erlaubt, das Öl als Gesundheitsprodukt zu bezeichnen)

High-quality oil is only one expression of healthy trees. More important criteria are the size and colour of the leaves, as well as healthy shoots. Any changes or disturbances in the health of the tree provide the symptoms indicating the choice of homeopathic therapy, just as in humans. This means that tree health is the main concern of this form of homeopathic cultivation. The condition of the trees was therefore often better than in neighbouring, conventionally cultivated, fields.

4. Homeopathic farming is undoubtedly the most ecological form of cultivation. The soil is not damaged by insecticides, pesticides and fertilisers. Even in the usual organic cultivation of olive trees, problematic substances such as copper are sometimes applied. The stone dust zeolite, which is widely used on Crete, is also often contaminated with arsenic, which pollutes the soil and later becomes part of the food chain.

3 z.B. 2021 die Bronzemedaille und 2022 zwei Sterne der Berlin Global Olive Oil Awards

In addition, stones such as zeolite often have to be transported over long distances. In the homeopathic treatment of trees, only remedies that are available in every homeopathic practice or pharmacy are applied. The soil quality is constantly improving, which in the case of the Olea Homeopathica project has yet to be confirmed by appropriate analyses.

5. As the amount of material used is considerably lower, costs are significantly reduced. This positive effect is only offset to a small extent by the fact that the soil and trees have to be treated more frequently with homeopathic remedies than is necessary in conventional agriculture. This requires the use of transport vehicles and may lead to increased labour costs.

6. The question of the amount of work involved cannot be conclusively assessed at present. The trial phase included very intensive personal certain circumstances, many experiments were necessary in which individual branches, individual trees or groups of trees were treated with one potency and other trees with another potency. Writing and affixing the labels alone required a lot of organisation and management. This can certainly be shortened as experience increases. But, just as in homeopathic treatment of humans, a considerably greater effort is required for anamnesis, diagnosis, remedy finding and judging the course of the therapy.

The homeopathic treatment of olive trees

I grew up with and among olive trees. Nevertheless, I never had a deeper relationship with them. When I took over the cultivation of the family olive trees 8 years ago, I was determined from the beginning to practise the most ecological form of cultivation. The usual, conventional cultivation method is harmful to the trees and disastrous for the soil and the ecosystem in general. As I had already been working as a homeopath for 9 years (3 years in Germany and 6 years in Crete), it seemed natural to me to apply this form of therapy consistently in agriculture as well.

At first, I tried to understand the material needs of trees and soil, which is why I studied agricultural textbooks. My first attempt was to support the metabolism with potentised remedies, in which potassium, nitrogen, and others played an important role. This was not particularly homeopathic and it was also completely ineffective. Instead of at least a tonne of olive oil, which would have been expected, I only produced a few litres. The well-known literature on the homeopathic treatment of plants was no help to me either.

At this point I could have given up and attributed the failure to homeopathy. However, I realised that I had chosen the wrong approach. I therefore decided to treat the trees in exactly the same way as I treat mypatients.

This is illustrated by the following example.
In the 5th year of my cultivation trial, my trees were in poor condition. I had them professionally pruned in spring and given them Arnica and Calendula. But the leaves were dull, almost yellowish, without any vividness. Since the trees in the surrounding fields were lush and green, it was clearly due to my care. I took my time, sat down between the trees, and let their condition affect me. I became very sad. Were the trees sad? Was I sad with the trees? It's hard to say. I decided to give the trees Natrium muriaticum and watered them with a dose of C200. After two weeks, the condition had changed dramatically. The trees had become vigorous. They could even be described as confident. My assistant asked me what I had done to the trees, why they suddenly looked so good. I replied that I had given them an antidepressant. He should spread that in the village "kafenion" (coffeehouse).

This example shows that it is indeed possible to treat according to general homeopathic criteria, possibly even on a constitutional level. Admittedly, in this case it was not the individual tree that was treated, but the whole field. But this is justified given that an entire field usually has common characteristics. One reason for this may be that trees are very closely connected with each other, such that they function as a unified organism and all show symptoms together when difficulties arise. Certa
inly, there is also an individual tree treatment.

4 https://www.ted.com/talks/suzanne_simard_how_trees_talk_to_each_other

However, this would require more intensive work and a closer relationship with each individual tree, which is not compatible with a full-time homeopathic practice.

One of the many impressive experiences was treating the trees with phosphorus during flowering. This was based on a recommendation from Camilla Sherr. After having sprayed about three quarters of the trees, I ran out of remedy. The result was that there was a clear line in the field in autumn. On one side were the trees that had received the Phosphorus and had a good harvest. On the other side were all the trees that had not received it and also all the trees in the neighbouring fields that had no yield that year.

5 Sherr, C.: Agri-Homöopathie, Online-Seminar, Mathias Berner Academy, 2022, https://academy.mathiasberner.de/startseite-academy/

The treatment of diseases

Crete is characterised by monoculture of olive trees, which leads to major problems with pest infestation. This is usually dealt with pesticides. This is why olive monocultures all over the world lead to groundwater contamination with pesticides. The homeopathic treatment of such epidemic diseases is therefore an important part of sustainable olive tree cultivation.
Here are two examples:

6 Hermosin, M. C./Calderon, M. J./Real, M., & Cornejo, J.: Impact of herbicides used in olive groves on waters of the Guadalquivir river basin (southern Spain). Agriculture, ecosystems & environment, 164, 2013, 229-243. Fava, L./Orrù, M. A./Scardala, S./Alonzo, E./Fardella, M./Strumia, C., ... & Funari, E.: Pesticides and their metabolites in selected Italian groundwater and surface water used for drinking. Annali dell'Istituto superiore di sanità, 46, 2010, 309-316. https://www.neakriti.gr/kriti/2021068_yfalmyro-kai-dilitirio-akatallilo-nero-sti-boreia-akti-toy-irakleioy-ti-mesara-kai

Dacus

Dacus is a fruit fly. When the olives gradually become fuller and riper from July to October (the harvest is between November and January), the fly bites the olives and lays its eggs inside. The olive gradually dries up and falls off. The damage is immense.
If the olives are sprayed late, some of the pesticides end up in the olive oil. To minimise this, pesticide spraying is stopped a few weeks before the harvest, but this means that some of the harvested olives still contain live maggots. Although these die during pressing, they reduce the quality of the oil.
According to my experiments, Ledum was the best remedy. When it was applied to the fruit, the larvae in the olive died without affecting the fruit. Actually, this is a 'proven indication', as we know it from humans. Ledum, however, did not always work. In the first year this therapy was ineffective, but in the second year it was highly successful. Why was that? It was probably due to the weather. In the first year, the weather was overcast and slightly rainy. Ledum was ineffective. The following year it was hot during the Dacus period, with lots of sunshine and Ledum worked very well. This proves that the conditions also play a role in trees. In the third year, Dacus infestation was so low that no treatment was necessary, even though there was a normal infestation in the surrounding fields. This shows that homeopathic treatment, even according to proven indications, not only leads to an acute improvement in symptoms, but also increases the resilience of the trees in the medium term. Later, Ledum was regularly successful under proper weather conditions.

Olive psyllid (Euphyllura olivina)

The olive psyllid usually nests in the leaf axils, flowers and young fruit in spring. It excretes a whitish substance that looks like cotton, which gave it the Greek name "Vamvakada" (roughly meaning cotton-like). Infestation with the olive psyllid leads to a considerable reduction in fruit formation and significantly reduces the harvest.

To treat this disease I used the following categories:

Expectoration; WHITE; albuminous (42): **Agar.**, alum., **ALUMN.**, am-c., am-m., ant-t., **Apis**, **ARG.**, arn., **Ars.**, asaf., **Bar-c.**, bor., bov., bry., calc-s., **Caust.**, chin., **COC-C.**, coca, cur., eucal., **Ferr.**, hydrog., ip., **Kali-bi.**, kali-m., **Laur.**, **Med.**, meph., **Mez.**, **NAT-M.**, **Nat-s.**, petr., **Ph-ac.**, **PHOS.**, **Sel.**, **SENEG.**, **Sil.**, squil., **Stann.**, sulph.

Expectoration; WHITE; egg, of, like (9): agav-t., **Arn.**, benz., linu-c., lipp., **NAT-M.**, **Nat-s.**, sang., visc.

Skin; ERUPTIONS; discharging, moist; tenacious, viscid (5):**Anac.**, kali-s., mez., **Rhus-t.**, viol-t.

Skin; ERUPTIONS; discharging, moist; white (17): bor., **CALC.**, calc-sil., **Carb-v.**, caust., **Dulc.**, graph., lyc., med., merc., mez., **Nat-m.**, **Phos.**, psor., **PULS.**, sep., **SIL.**

After studying the various remedies, the following medicines, among others, were finally used:
Calc., Cocc-c., Mez., Petr., Sulph.
I also experimented with Tropaeolum majus and Cuprum. according to the experiences of Kaviraj and Maute.
Natrium muriaticum, which I have always used since then, worked best. Nat-m., which had been useful as a general therapeutic agent in one of the fields the year before, was also the best remedy against the olive psyllid the following year. However, it also showed the best results against the pest in the other two fields. Cuprum metallicum also led to a significant improvement. Cupr. could possibly be a reserve remedy for other climatic conditions. All other remedies were unsuccessful in my experiment.

The olive psyllid infestation was also considerably reduced in the following years, so that in some cases no further treatment was necessary. Other diseases emerged.

Weather and soil support

Olive trees are very robust. They can survive the whole summer without water and withstand a variety of climatic events. However, this does not mean that weather extremes, which occur more and more frequently, let them unaffected. It is important to recognise these stresses and handle them with appropriate measures.
Classic examples are Acon. in the case of cold north wind that characterises winters here. Bell. is regularly successful in severe summer heat.
I occasionally used Nat-s. for wet conditions, but without success. Based on the remedy profile, this would have matched, but I rarely use it in my homeopathic practice either. Possibly the experience from human practice can be a key to finding a remedy for trees.
Depending on weather and vegetation conditions, Thuj., Sil., Kali-c., Calc. and Ferr-p. were used to improve the soil. In this way, it was possible to dispense with the fertilisation normally used in organic cultivation.

Conclusions

These initial experiences with the Olea Homeopathica project suggest that the principles of homeopathic human medicine can be transferred to agriculture. The treatment of diseases and the improvement of tree health was well possible homeopathically.
This year I will try to see whether pharmaceutical testing on trees lead to results. One of the substances to be tested is Borax, as boron plays an important role in olive cultivation.
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It would also be important to gain a better understanding of other aspects of tree health. For example, the question arises as to what role nosodes could play in olive tree cultivations or agriculture in general. To what extent are the concepts of chronic diseases, for example the miasmatic concepts (e.g. of Vijayakar) or the levels of health (Vithoulkas) relevant for homeopathic agriculture?
None of this can be researched by a single person but requires a coordinated effort. What is certain, however, is that homeopathic agriculture can make a significant contribution to addressing ecological crisis, if it is consistently applied.

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- Maute, C.: Naturally healthy plants through homeopathic: Awaken the self-healing powers of the plants. For all garden, balcony and houseplants, Gräfe and Unzer Verlag. Munich,2022

7 Kaviraj, V.D.: Homöopathie für Garten und Landwirtschaft, S. 163
8 Maute, C.: Homöopathie für Rosen, S.115

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