



Memo to Mighty Members Tip #199

FOLLOW-UP: *Spongia tosta*

March 21, 2024

Me again, my dear Mighties. I hope you are doing well.

I'd like to follow up just a bit on my blog post from last weekend, [Awakening from Croupy Cough? *Spongia*](#).

First of all, doesn't *Spongia tosta* sound exotic and fascinating? What on earth is it? Do you know?

Well, my friends, it's toasted sponge.

Spongia, in its gross form, had been in use since the 1200s, but it fell out of favor until 500 years later when Dr. Samuel Hahnemann rediscovered its value when homeopathically prepared.

Dr. Hahnemann actually proved homeopathic *Spongia tosta* himself to determine its healing properties and even documented that *Spongia* was much more efficacious when toasted to a

brown color rather than to black or left in its natural state.¹

Isn't the history of homeopathy captivating?

Allow me to quote from Dr. Robin Murphy, who leaves no stone unturned in his magnificent work, "Nature's *Materia Medica*, Fourth Edition" (the materia medica we use in [The Academy of Practical Homeopathy®](#)):

"According to Hahnemann, toasted sponge was first mentioned as a specific for goiter by the alchemist Arnold Von Villanova in the thirteenth century, but it was generally given mixed with other substances and had fallen into disuse when Hahnemann proved it.

"The virtues of Spongia have been attributed to the iodine contained in it and partially liberated by the presence of roasting. But Spongia contains many other elements besides iodine and has a distinctive action of its own."



As discussed in my blog post, Dr. Hahnemann found *Spongia tosta* to be a capital medicine for croup.¹ However, as the *materia medica* noted, *Spongia* also "affects the heart valves, larynx, trachea and glands. Anxiety with pain in the region of heart or dyspnea."

Now, I'm not giving a potency or frequency for each of these conditions *Spongia* has been shown to address because, frankly, it depends on the case and what other homeopathics are being utilized concurrently.

I hate to say that, but there are times when we aren't able to offer an exact protocol, and this is one of those times. In the absence of a protocol, one must grow in their knowledge before being able to make a specific determination. (This is what we tackle in The Academy and Mastery™.)

But, my friends, this week I just wanted to demonstrate the vast experimentation and research that goes into the documentation of each of our homeopathic medicines — over literally *centuries*.

While my public readers most often associate *Spongia* with croup, I want you, as Mighty Members, to know it has many other uses. Homeopathy is a rich, expansive paradigm. While studying even the tip of the iceberg of these medicines can be quite fulfilling and productive, there is always so much more to learn.

To that end, don't forget I posted a new Mighty Musing this week, Reason the Thirty-Sixth (from Dr. James Compton Burnett's book, "Fifty Reasons for Being a Homeopath"), in which he discusses the remedies he utilized for cataracts. Look for it on your [membership page](#).

Stay Mighty!



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Links:*

¹ <https://homeopathybooks.in/materia-medica-pura-samuel-hahnemann/spongia/>

The Academy of Practical Homeopathy® — <https://academyofpracticalhomeopathy.com/>

Awakening from Croupy Cough? *Spongia* — <https://joettecalabrese.com/blog/awakening-from-croupy-cough-spongia/>

Mighty Members dashboard — <https://joetteslearningcenter.com/mighty-members-dashboard/>

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If you have questions regarding this Memo to Mighty Members, please post them in the [Mighty Members' Discussion Group](#) in Joette's Social Center rather than contacting my office.

Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

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