

Beginner's Guide to Homeopathy

Know-how of Common Ailments and
their Homeopathic Management



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T. S. IYER

**BEGINNER'S GUIDE
TO
HOMEOPATHY**
(The Stepping Stone to Homeopathy)

*Arranged and Compiled
by*

T. S. IYER



B. Jain Publishers (P) Ltd.

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Beginner's Guide to Homeopathy

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Dedicated to

The Memory of the late
Dr. W. Younan, M.B., C.M. (Edinburgh)
of
Calcutta
A Veteran Hahnemannian Homeopath

To *whom*

I am greatly indebted for all my knowledge
and experience of Homeopathy as taught
by Hahnemann—
the Great Founder.

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FOREWORD TO THE FIRST EDITION

“Healing” is an Art and not a mechanical routine. It is only he who has the capacity to apply his fine intellect, to unravel the various causes that bring about a diseased condition in an individual, assess their correct values and apply the simplest means to bring the individual easily, speedily and permanently to his normal condition, can be called a True Physician. Each individual is a separate entity and different individuals react to the same causes differently. So, it is the individual and not the cause, that has to be studied carefully, though, the cause has to be taken into account. It is the individual that has to be treated and not the cause. This is the correct way of treatment. Any treatment that takes into account only the cause and prescribes a routine treatment for all individuals affected by that cause is a very crude form of treatment and is liable to cause the individual great harm.

Most diseases, except accidents and malformations which cannot be really called diseased though they have to be treated, have their origin in some faulty conditions in which the individual lives, such as faulty food, bad habits, unhealthy surroundings, etc. So long as these faulty conditions persist, any form of treatment can give only temporary benefit. To give permanent relief, the faulty conditions must be removed and treatment given to correct the harm already done by the faulty conditions. Unless the causes that were responsible for the unhealthy state are removed, the diseased conditions are always liable to recur and form the basis for chronic diseases. It is the first duty of a true physician to try his best to find

out the faulty condition that caused the disease in his patient and advise him to rectify the faulty condition. Giving a few doses of medicine without such advice, is a great negligence on the part of the physician.

Nature produces certain symptoms, such as fever, vomiting, diarrhea, pains, etc., in the course of a disease. These symptoms are the reactions of the individual's vitality to cure himself of that disease. Thus, fever is produced to inhibit the growth of any germs that might be responsible for the disease, as they cannot grow at high temperatures, vomiting or diarrhea is produced to empty and clean the bowels, pain to give rest to the affected part etc. Thus, all symptoms are the curative reactions of the individual's vitality, and the correct method of treatment is to follow the path of Nature, which is the individual's vitality, and give medicines that work in the same way, that is, that produce symptoms which are found in the patient. In this way we will be helping nature and the cure will be easy, speedy and permanent. The other method of treatment, that is, giving medicines which have contrary effect, which is greatly followed by other schools, especially Allopathy, is very harmful and in most cases suppresses, without curing, the disease. This is another cause for many chronic diseases.

It is an individual's vitality that really conquers and cures his disease. A physician with his medicines can only help the vitality to affect the cure. Medicines as such, cannot cure diseases. They can only suppress the symptoms and give a false impression of a cure, when given for their contrary effects. Sometimes it may happen that the vitality has become so weakened in an individual that it cannot be roused to sufficient strength to cure the disease, and this is how that some cases become fatal. (I do not mean those that die on account of faulty treatment.)

To acquire and practise this Fine Art of Healing, a vast study, keen intellect and great experience are required. It is only people with these attributes that can become really successful Homeopathic

Physicians. A conscientious physician must be a student all his life. But one's life is not long enough to acquire all the knowledge required. So one must draw upon the experience and knowledge of others and supplement it with one's own knowledge and experience. So it becomes the bounden duty of every successful and intelligent practitioner to put down in writing his experiences and knowledge for the benefit of others, and for the good of Humanity. Moreover, the experiences and their interpretation by some, will be different from those of others. The study of the experiences and the methods of approach of different physicians, will greatly enhance the knowledge of even an experience physician.

We are greatly indebted to Mr. T. S. Iyer for the trouble he has taken in putting down his experiences, and methods of approach for the benefit of posterity. He is a man of large experience, keen intellect and great industry. Though he has had no regular medical education, being a mathematician and an economist, he made an intelligent study of Hahnemann's law of Cure for nearly 40 years, improved his knowledge by travel and study of the work in various institutions in America, and has acquired great experience. He devoted his life for the good of humanity and has acquired great fame by many miraculous cures he has effected. He is widely known in South India as one of the greatest physicians of the day. His philanthropy has become a byword. Real worth and philanthropy in a physician is a rare combination.

He has expounded the Law of Cure of Hahnemann very clearly in his Introduction, and dealt concisely and lucidly with the conception of how acute and chronic diseases are caused and should be treated by the Homeopathic law of Cure. The section dealing with "Diet" is very important, because about 75% of our diseases are directly or indirectly attributable to faulty dieting. In the same section he deals with general habits, exercise, etc. If diet, exercise and habits are properly regulated, more than half the battle is won and the path for a complete cure is made smoother and shorter.

Regulation of diet in various diseases is one of the most important points of treatment and not many physicians are well informed in this subject. This section should be carefully studied.

Then comes the important section on “Medicine”, which is very comprehensive. The most common diseases which are met with in practice, their causation, prevention and cure are briefly but very instructively dealt with, and this section will be of great practical use to every practitioner, young or old. As has been already stated, the name (cause) of a disease is not so important as the individual's reaction to it, but for easy reference, some comprehensive name should be given to a group of symptoms and the common name of diseases in use are as good as any other. This important section deals, briefly with definition, causation, prophylaxis and treatment. Of course the treatment portion cannot be exhaustive, as different individuals react differently. But the most common reactions with their remedies are clearly indicated. The preventive (prophylaxis) aspect of certain diseases is very instructive.

For individuals who react in a way different to what was indicated in the above section, a brief section on general Materia Medica has been included. And a Therapeutic Index is also given for easy reference. Though poisoning is more an accident than a disease, it is the doctor's duty to treat poisonings and accidents, and so a section on the this subject also has been introduced.

Mr. T. S. Iyer has very modestly designated his compilation as a “Beginner's Guide”. I am sure even experienced practitioners will find some very useful matter in it and it is a very good reference book for acute and chronic cases. Beginners will find it very useful to understand, learn and practise Homeopathy. I am quite confident that this book will become very popular and will be greatly in demand.

Col. K. V. Ramana Rao,

I.M.S. (Retd.)

FOREWORD TO THE SECOND EDITION

Sri T. S. Iyer has again yielded to the popular demand that he should give instruction on additional subjects in his “Beginner’s Guide to Homeopathy” and has taken great pains in making many useful additions to his already popular Guide, which required a second edition in such a short time. His new Chapters on:

1. Diseases of the Heart
2. Blood Pressure
3. Diabetes
4. Diseases of the Kidneys
5. Intestinal Disorders
6. Cancer
7. Diseases of the Children
8. General Discrasias and Constitutional treatment
9. Diseases of the Aged
10. Paralysis
11. Anterior Poliomyelitis
12. Neuritis etc.

and many additions to the existing chapters, are of very great value and are worth careful study by all doctors, especially beginners.

The most commonly used drugs are included in the Therapeutics of all diseases. Though particular individuals might require other drugs, the commonly used drugs should be studied first before discarding them, always keeping in mind the rule that only that drug which corresponds to be Totality of the symptoms of

the patient, is indicated, especially if there are any outstanding uncommon symptoms and not any other drug though it is reputed to give excellent result in any particular disease.

Shri T. S. Iyer has dealt clearly with the causation, symptoms, diagnosis, prognosis etc., of diseases and the student will do well to study them carefully to distinguish the various diseases and determine their seriousness. Though the symptoms and not the pathological changes in a patient, guide the selection of the proper drug, administration of drugs only does not complete the whole treatment and other aids such as surgical interference, proper dieting, rest, exercise etc., will be urgently required in some conditions, such as Ruptured Extra-uterine pregnancy, Duodenal ulcer or Appendicular Abscess etc., and unless these aids are resorted to, the case may end fatally. A clear understanding of the pathological changes that might be taking place in any case, is very important to determine the aids that are required for proper treatment. If the beginner or any physician who has not got such clear knowledge of the pathological changes, has any doubt in any particular case, he is strongly advised to consult a senior physician to avoid fatal mistakes.

We are greatly indebted to Sri. T. S. Iyer for the great trouble he has taken in his advanced age, to give such clear and useful instruction to the beginners and laymen who are anxious to treat others or themselves and their families (I would advise them to start treating themselves and then their families and lastly others and not begin with others) in the clear and simple Homeopathic way. And we hope that this second edition of the "Beginner's Guide to Homeopathy" will be as enthusiastically received by the public as the first edition was, for their own great advantage.

Col. K. V. Ramana Rao,
I.M.S. (Retd.)

PRRFACE TO THE FIRST EDITION

This is a small handbook intended for the use of beginners in Homeopathy and families who may wish to utilish Homeopathic remedies for ordinary ailments in their initial stages, and also for allopathic physicians who may be interested in Homeopathy and may wish to try these remedies. I am not a Graduate in Medicine but am only a layman who became interested in Homeopathy on accounts of its special advantages and thought that it was possible to study the subject with the help of the many classical works available, and to obtain the necessary experience for practice with the guidance of experienced physicians of the school. I was able to procure a large library of all important books on the subject and a large number of journals from the U.S.A., and to make an intensive study over thirty-eight years ago and had the help of an experienced Homeopathic Physician in the beginning, and later I was able to get into intimate touch with the late Dr. W. Younan. M.B., of Calcutta, a veteran Hahnemannian Homeopath of over forty years standing who was very much interested in me and helped and guided me in all possible ways in obtaining a sound knowledge of the subject, both in theory and in practice, particularly because I was an earnest student who was intent on gaining all possible knowledge and experience with a view to do social service and help the poor after my retirement from Government service. During my stay of seven years in Calcutta, I was able to attend Dr. Younan's clinic and to get valuable experience from the numerous difficult cases he was treating. My object in collecting a large number of books was to popularise Homeopathy in South India where it was not sufficiently well-known, and to make these valuable books available to all those who might become interested in Homeopathy.

My object in compiling this handbook is to get more people interested in the subject, and to present the subject in a practical way which could be easily understood by all and to embody the experience gained by me during all these years which could be made use of by others.

As the system of treatment and the selection of remedies are primarily based on the symptoms of patients, it may be possible for beginners to utilise the system for the treatment of ordinary cases of every day ailments if they have a fair knowledge of Anatomy, Physiology and Materia Medica. But to do justice to Homeopathy and to obtain the best advantage of the system in treating difficult and complicated cases, a good knowledge of Anatomy, Physiology, Pathology, Surgery, Botany, Chemistry and Materia Medica is absolutely necessary, as one must know clearly the true nature, condition and progress of the disease in a patient before he will be able to apply the most appropriate remedy suitable to the case. I would, therefore, advise beginners to obtain a fair working knowledge of these subjects in order to get good results from the cases they may treat. Graduates in Allopathic medicine can be easily trained in the system and can become successful practitioners if they can get the necessary training and experience from a Homeopathic Medical College or a experienced Homeopathic Physician for some time.

Homeopathy as a system of medicine has got numerous advantages over every other system. They are :

1. Homeopathic medicines have been standardised and are prepared according to the methods prescribed in the American Pharmacopoeia by reputed firms of over a century's standing in U. S. A.
2. They are the *cheapest* of all the medicines prepared under every other known system of Medicine.
3. They are most suitable for domestic practice and can be

easily handled and administered by any one, as they are readily available for use in the form of globules which are the minimum doses required.

4. As the doses administered are very small, there is no danger of over-dosing and no harm will result from the administration of wrong remedies. The medicines administered are *single* remedies and there is no compounding or ad-mixture of different medicines, and so there can be no mistake in administering remedies.
5. As the choice of remedies is based on the symptoms presented by the patient and detailed by him, and the symptoms really represent what the patient *feels* in his inner being, they are a far better and safer guide in ascertaining the nature of his real ailment than all the elaborate analysis and examination which the physician may conduct on his person and which really amount to a pure guess or opinion or diagnosis of the patient's complaint. The Allopathic physician has to give a name to the disease before he can prescribe any medicine, and if the diagnosis proves wrong, he has to change the medicine after some time. On the other hand, the Homeopathic system of case-taking coupled with the physical examination of the patient gives a true picture of the case which enables the physician to prescribe a suitable remedy. If two or three doses of a remedy so selected, do not help, another medicine can be chosen without loss of time and with no bad effects from the previous doses. The great advantage of Homeopathic remedies is that there is absolutely no bad effect left in the patient as a result of excessive medication.
6. The medicines are highly efficient in their action, even one or two doses of a correctly chosen remedy produce remarkable effects and in extreme cases work a wonderful

change in the condition of the patient at a critical stage.

7. As the Homeopathic treatment is purely constitutional based on the symptoms of the patient., it covers all stages and is both preventive in the initial stage and also curative when it develops into a full-fledged disease. Thus, most diseases can be aborted by proper medicines in the initial stages, before they develop into complicated ones.
8. As the medicines are very cheap and at the same time quite efficient, they are the most suitable for a poor country like India. As no elaborate equipment in the form of numerous medicines and other paraphernalia for compounding medicines are required, it is possible to extend necessary medical help to the poor people even in the remotest parts of the country without much trouble and expense if qualified doctors can be trained for the purpose and sent out.

If Homeopathy is recognised as a superior system of Medicine and becomes popular throughout of the country, and if more people avail themselves of its supreme advantages and are benefited thereby, I shall not have laboured in vain for all these years.

MAYAVA RAM,

December, 1948.

T. S. IYER.

PREFACE TO THE SECOND EDITION

I am grateful for the very good response for this Beginner's attempt of mine to write a Handbook for the use of Beginners on this important system of medicine, and I am glad that a larger number of people are becoming interested and are willing to give it a fair trial. It is encouraging that a second edition is called for within such a short time, and so, as desired by several of my allopathic friends who have now taken to Homeopathy and are practising it with confidence, I take this opportunity of enlarging the scope of this Beginner's Guide in order to include the treatment of a larger number of diseases which come before the regular practitioner, and so make the book useful for a larger number of people. I have dealt in greater detail about 'Preventive treatment, and constitutional treatment' because they are much more vital and important for the *preservation* of normal health than the actual treatment of diseases for the *restoration* of normal health, and Homeopathy lays much greater stress on this aspect of human welfare than any other system and shows the way. I have also added chapters relating to the treatment of Poliomyelitis and Cancer, two of the much dreaded diseases of the present day, and have shown that while vast sums of money are being spent both in the U.S.A. and Great Britain for the investigation of the etiology of these diseases and in discovering new remedies for a cure, eminent Homeopathic Physicians in both these countries have been doing silent work and treating and curing a large number of these cases in different stages of development with great success, with the help of a number of remedies proved and worked out by Hahnemann and his followers.

I hope that this edition will prove useful for all who are interested in Homeopathy, and that a larger number of people will benefit by this highly scientific system of medicine.

MAYAVA RAM,
December, 1952.

T. S. IYER.

LIST OF MEDICINES

A. Medicines Most Commonly Used

Aconite Nap. 30	Gelsemium 30
Antimonium Tart. 30	Hepar Sulphur 6, 30
Apis Mell. 30	Ignatia Amara 30, 200
Argentum Nitricum 30	Ipecacuanha 30
Arnica Mont. 30	Lycopodium Clav. 30, 200
Arsenicum Album 30	Mercurium Corrosivus 30
Baryta Carbonica 30, 200	Mercurius Solublis 30
Bryonia 30	Natrium Muriaticum 30
Calcarea Carbonica 30, 200	Nux Vomica 30
Calcarea Phosphorica 6, 30	Opium 30
Cantharis Vesi. 30	Phosphorus 30
Causticum 30	Pulsatilla Pratensis 30, 200
Chamomilla 30	Rhus Tox. 30
China 30	Secale Cor. 30
Cina 200	Sepia off. 30
Cuprum Metallicum 30	Silicea Terra 30
Drosera Rot. 30	Sulphur 30, 200
Dulcamara 30	Variolinum 30, 200
Euphrasia off 30	Veratrum Album 30

B. Medicines Less Commonly Used

Allium Cepa 30	Carbo Vegetabilis 30
Aloes Soc. 30	Caulophyllum 30
Antimonium Crudum 30	Chelidonium Majus 30
Aurum Metallicum 30	Cimicifuga 30
Baptisia Tinct. 30	Cocculus Indicus 30
Calcarea Fluorica 30	Coffee Cruda 30

Camphora 6	Colocynthis 30
Conium Mac. 30	Petroleum 30
Corallium Rubrum 30	Phosphoricum Acid 30
Eupatorium Perfoliatum 30	Plumbum Met. 30
Glonoinum 30	Podophyllum Pellatum 30
Graphites 30	Psorinum 30, 200
Hamamelis Vir. 30	Rheum Palnatum 30
Hyoscyamus Niger 30	Ruta Grav. 30
Hypericum Perf. 30	Sabina 30
Kali Bichromicum 30	Sanguinaria 30
Kali Carbonicum 30	Spigelia Anth. 30
Lachesis Mutus 30	Spongia Tosta 30
Ledum Pal. 30	Stannum Met. 30
Mercurius Sulphuricus 30, 200	Staphysagria 30
Mezereum 30	Stramonium Off. 30
Natrium Sulphuricum 6 x (trit) 30, 200	Symphytum 30
Nitricum Acidum 30	Tabacum 30
	Thuja Occ. 30

Tinctures For External Use

Arnica Mont. Q	Apis Mel. Q	Hypericum Q
Cantharides Q	Calendula Q	Ruta Grav. Q

The medicines should be kept in a dry place not exposed to the heat or light of the sun, free from odours and excluded as far as possible from bright light

Numerous new medicines have been added in the second revised edition but these have not been included in the above list.

CHAPTER XXI

DISEASES OF CHILDREN

Children are in the acute stage of life, rapidly growing and developing. The cell-life that clothes and binds them to earth is in a marvellous stage of activity. They are hypersensitive to influences that normally exercise less power later on. They are subject to disease that seldom attack adults. Besides this, with them, labelled diseases do not always run the same course as with their elders. For instance, what we call rheumatism-acute rheumatism is very different with widely different symptoms in the case of children, from that of adults.

First, we have to settle whether the ailment is acute or chronic and if it be the former, whether it occurs in a healthy or diseased child. A healthy child getting sick may present a few prominent symptoms due to some causes, which can be easily met by suitable remedies and the child will get cured more rapidly. A diseased child on the other hand, has been born with a family history and will require careful treatment even for acute troubles as these are based on the constitutional make-up and are brought about by various causes.

In Homeopathy the essentials, i.e., the symptoms so easy to get in the child and so all-important, if marked for a successful prescription, are briefly—

- (a) *Disposition*, or more important still, change of disposition due to illness.
- (b) *Fears*, habitual or, more important, new to child.
- (c) *Sensitiveness*, even to the least noise or any outside impression.

- (d) *Food cravings and loathings.*
- (e) Any rare and peculiar pathological symptoms, which may be noticed.
 - (i) *Disposition* : There may be extreme of this type. There may be obstinate *Natrium Mur.* and *Sepia* children who are not amenable to sympathy and there may be *Pulsatilla* children who are weepy, there are the heavy, lethargic and rather dull *Calcarea Carb.* type and the restless, suspicious and anxious *Arsenicum Alb. type* and there are the defiant, obstinate, passionate, sensitive and irritable *Nux Vom.* type and *Chamomilla* one which is not easily satisfied. Whatever the disease, these things must be taken into consideration in selecting the suitable medicine.
 - (ii) *Fears*: One type of child will wander about alone, while another will want some one near. In some there may be fears of the dark, of wind of thunder, of strangers, of falling down, or of a bath.
 - (iii) *Cravings and Loathings*: These are very strong in children and are very important in the selection of the remedy, as over-eating of any such article may be responsible for the illness. Some are found of salt, some of sweets and some of earth, chalk or slate pencils, while others may dislike milk, salt or sweets.
 - (iv) There are the dirty-nosed *Sulphur* children, the sweaty *Calcarea Carb.* children and the shy *Baryta Carb.* ones and the diseased children with glands and poor resistance to tubercle-all these points should be taken into consideration in the selection of the suitable remedies.

Some of the more common diseases to which children are subject, which come under the term 'scrofulosis' (see chapter XXII) and which may be treated more effectively by homeopathy during this period of life, are now dealt with. If these are attended to at an early stage, the children will be free from disease and will grow into healthy adult life, as they advance in age.

1. RICKETS-RACHITIS

Definition : This is a constitutional disease of childhood marked by increased cell growth of the bones, deficiency of earthy matter and deformities and changes in the liver and spleen, said to be due to lack of Vitamin D.

Causes : They are hereditary influences-chronic tuberculosis in the father and constitutional syphilis in the parents and cold, damp and ill-ventilated buildings.

Symptoms : Its premonitory symptoms are:-intestinal and bronchial catarrh, feverishness and restlessness towards evening and through the night, perspiration about the head, slow, irregular teething after a while, changes in the bony structure become apparent and the particular ends of the long bones swell.

Remedies

Calcarea Carb., for the fat, fair and lethargic type of child, with profusely sweating head, especially in sleep (*Silicea*, *Sanicula*), with soft, fat, flabby inadequate limbs that bend under its weight, with big abdomen.

Calcarera Phos., like *Calcarea Carb.*, head large, fontanelles long, open, but less sweating, bones of skull thin, even emaciated, sunk, flabby abdomen (reverse of *Calacarea Carb.*), spine too weak to support body, thin neck, too weak to support head, child pale and cold, seems stupid.

Silicea, pale, waxen, earthy face, head large (*Calcarea*, *Sulphur*) fontanelles open, body small and emaciated, except the plump abdomen, bones and muscles poorly developed, i.e., slow in learning to walk, worse from milk, infant unable to take any kind of milk (*aethusa*); diarrhea from milk; offensive sweat on head, neck, face and feet.

Sanicula, invaluable remedy for unflourishing, ill-developing children. Defective nutrition, thin and old-looking, dirty brownish skin, stubborn and touchy, cold, clammy hands and feet, profuse sweat about occiput and neck.

Sulphur, large head (like *Calcarea Carb.*), tendency to rickets (*Calc Carb.*), voracious appetite, defective assimilation, hungry, yet emaciated (*Iodum*), shrivelled and dried up, like a little old man, skin hangs in folds, yellowish wrinkled and flabby.

Chamomilla, intensely sensitive, intensely irritable, changeable, never satisfied, wants to be carried, can't keep still, painful gums, pain-colic, doubles and screams, kicks, diarrhea, grass-green stool, one cheek red, the other pale, coughing or ailments from anger, sleepy but can't sleep.

Arnica Mont. tender to touch, does not want to be disturbed, or irritated, or handled, worse from heat, especially if there has been any injury at birth or otherwise.

Alumina, abnormal cravings, liquid stools, with much straining, absence of sweat, dry, lustreless hair, persistent squint in the eye, slow in walking, speaking, cutting teeth, large head, open fontanelles, bathed in cold sweat, voracious appetite, distended abdomen, progressive wasting, persistent watery diarrhea.

Natrium Mur. particularly useful when the thighs are notably emaciated and the disease is in its very early stages, with slight pliability of the bones.

2. SCURVY

Arnica Mont., as detailed above a *great remedy here*.

Phosphorus, bruising, effusion of fluid into the tissue.

Kreosotum, gums bleed and ulcerate, offensive odours, mouth etc.,

As a constitutional treatment is required in all the cases referred to in this chapter, the instructions given in the 'Introduction' for the treatment of chronic diseases of children, regarding the potencies to be employed from time to time and intervals to be allowed between doses, should be followed.

As all these diseases are deficiency diseases, due to lack of vitamins and essential salts. It is necessary to attend the proper dieting of the children, in addition to the administration of appropriate remedies. The general use of the sunbaths and the addition to the daily diet of plenty of green vegetables, fruit juices, wheat oats or other whole-grain preparations and whole milk, in place of white bread, meat, coffee, tea and white sugar and the use of egg-yolk and codliver oil are essential, for the improvement of the constitution.

3. MALNUTRITION, WASTING, MARASMUS

The principal remedies with diagnostic symptoms are:

Calcarea Carb., coldness, profuse sweats, head (*silicea*), at night (*silicea*), cold, damp feet, cold legs with night sweats, milk disagree (*Calcarea Phos*, *Natrium Carb.*, *Magnesium Carb.*, *Aethusa Sil*), big head, with large hard abdomen (*Sil*), stomach swollen, distended, even with the rest of body emaciated, malnutrition, glands, bones and skin, faulty bone development, late teething and deficient teeth, sourness of sweat, of sweating head, sour stool, sour vomit, constipation with white stools, pass and vomit worms, chew and swallow, or grit teeth in sleep (*Cina*), cross and fretful, easily frightened.

Calcarea Phos, vomits milk (*Calcarea Carb.*, *Natrium Carb.*, *Magnesium Carb.*), stools green slimy with foetied flatus, face pale, white, sallow, neck cannot support head, marasmus, shrunken, emaciated and very anemic, tall scrawing children with dirty, brownish skin, peevish, restless, fretful, flabby, sunken abdomen (opposite of *Calc. Carb.*).

Phosphorus, tall, slender, delicate, grows too rapidly, delicate, waxy anemic, hectic blush, bleed easily, bruise easily, sensitive to cold, love to be touched and rubbed, fear that something will happen, of thunder, of the dark, of being alone, indifferent, desire for cold water, ices, salt, savouries, may complain of a hot spine, chilly patient, yet stomach and head better from cold, chest and limbs better from heat, *better from sleep-* from short sleep (*Sepia*).

Tuberculinum, deep-acting, long acting, affects constitutions more deeply than most remedies (*Sulph.*, *Sil. Dros.*), Tubercular family history, debilitated and anemic, hopelessness, desire to travel, to go somewhere, sensitive, dissatisfied, fear of dogs, aversion to meat, craves cold milk, excessive sweat in chronic diarrhea, driven out of bed with diarrhea, air hunger, suffocated in a warm room, better riding in a cold wind worse damp cold, old dingy look, very red lips (*Sulph.*) and very blue outer skin of the eye-balls.

Sulphur, *ravenous hunger*, especially at 11 a.m. *Heat vertex*, *with cold feet*, wakes screaming, great voracity, puts everything into its mouth, drinks much and eats little, craves much fat, slow, lazy, hungry and always tired, red lips, nostrils, eye-lids, anus, stool offensive, excoriating, frequent, slimy diarrhea or obstinate constipation, hates bath, worse after bath, limbs emaciate with distended abdomen, emaciates even with good appetite (*Iodum*), eruptions, itching, worse at night, boils.

Psorinum, pale, sickly, delicate children look unwasted, (*Sulph.*) have a filthy smell even after a bathin, dread of the bath (*Sulph.*), very chilly, worse open air, also worse warm bed, stools fluid, fetid.

Sepia, indifference, absence of joy, comprehension difficult, progressive emaciation, skin wrinkles, child looks like a shrivelled, dried-up old man, freckled, across nose and cheeks, child wets the bed in first sleep, damp cold legs and feet (*Calc*).

Silicea, child weak, puny, from defective assimilation, large head, body small, emaciated, except abdomen which is round and plump, face pale, waxy, earthy or yellowish, pinched and old looking, limbs shrunken, bones and muscles poorly developed, for the reason late walking, coldness, chilliness, head sweats profusely, in sleep (*Calcarea Carb.*), offensive sweat, head and face, offensive foot sweat, little injuries fester, poor healing, boils and pustules and sepsis, want of self-confidence.

Natrium Mur., nutrition impaired, eats and emaciates all the time (*Iodum*), emaciation, weakness, nervous prostration, nervous irritability, skin shiny, pale, waxy, as if greased, or skin dry, withered, shrunken, an infant looks like a little old man (*Iodum*, *Abrotanum*, *Sanicula*), collar bones become prominent and neck scrawny, but hips and lower limbs remain plump and round (opp. of *Abrot*, *Lycopodium* also emaciates downwards). Children with voracious appetite, yet emaciates (*Iod.*, *Sulph.*). One of the few mapped-tongue remedies, gets herpes about lips, terrible headaches, craving for salt, hates bread and fats, weeps easily, but not amenable to sympathy.

Abrotanum, emaciation mostly of legs; Ascending type (rev. of *Natrium Mur.*, *Lycopodium*), bloated abdomen, cross, irritable children, pale, hollow-eyed, old face (*Iodum*, *Natrium Mur.*, *Sulph.*), wrinkled, appetite very great, ravenous opposite while emaciating (*Iodum*), in marasmus, skin flabby and hangs loose.

Iodum, general emaciation, wants to eat all the time, While the body withers, the glands enlarge, (*Abrotanum*, *Natrium Mur.*), always hungry, eats between meals and is yet hungry, better eating, emaciates with an enormous appetite, excitement, anxiety, impulses,

worse trying to keep still, worse heat, better cold (*Lyc.*) (Opp. of *Sil.*), *always too hot.*

Sanicula, child looks old (*Argentum Nit.*), dirty, greasy and brownish, progressive emaciation, kicks off clothing in coldest weather (*Sulph.*), sweats on falling asleep, mostly neck, wets clothing through (*Calcarea Carb.*, *Sil.*), cold, clammy sweat, occiput and neck, child craves meat, fat, salt. (*Natrium Mur.*), *child wants to nurse all the time, yet loses flesh.* After intense straining, the stool nearly evacuated, recedes (*Sil.*), foul foot-sweat, chafes toes (*Sil.*).

Lycopodium, emaciates from above downwards (*Sanicula*, *Natrium Mur.*), lower limbs fairly nourished, flatulent, distended like a drum (*Argentum Nit.*). Can hardly breathe, so full, he cannot eat, wakes 'ugly', worse 4 to 8 p.m., no self-confidence (*Sil.*) miseries of anticipation (*Argentum Nit.*, *Sil.*), cries when thanked, when receiving a gift, withered lads, with dry cough, headache, better from cold, worse warm room (*Iod.*), red sand in urine, craves sweets (*Argentum Nit.*), hot drinks, *one foot hot, one cold (characteristic).* Sickly, wrinkled face with contracted eye-brows.

Argentum Nit., child looks dried up like a mummy, old looking, pale, bluish face, progressive emaciation, craves sweets (*Lycopodium Clav.*) which disagree, wants cold air (*Lycopodium Clav.*), cold drinks (opp. of *Lycopodium Clav.*), craves salt (*Phos.*, *Natrium Mur.*). A most flatulent remedy (*Lycopodium Clav.*) distended to bursting (*Lycopodium Clav.*). Emotional diarrhea, from anticipation (*Gels.*), examination funk, fear of high places.

Arsenicum, atrophy of infants, marasmus, face pale, anxious, distored, skin harsh, dry, tawny, rapid emaciation, sinking of strength. Least effort exhausting, chilliness, diarrhea as soon as begins to eat or drink, stools undigested, offensive, *anxiety, restlessness, prostration, burning and cadaveric odours,*

Hepar Sulph., sour smell (*Calcarea Carb.*), white (*Calcarea Carb.*), fetid evacuations, undigested stools, seems better after feeding (*Natrium Mur.*), chilly, over-sensitive to cold, to dry cold, to draughts (*Nux Vom.*, *Sulph.*), to touch, mild, also over-sensitive every little thing makes him angry, abusive impulsive (*Nux Vom.*). Quarrelsome (*Nux Vom.*), little injuries fester (*Sil.*), are very sensitive, ears discharge, lax, chilly, sweats all night, worse cold, better warm, wrapped up (*Sil.*) *Nux Vom.*, over-sensitive, irritable, touchy, never satisfied, violent temper uncontrollable, very chilly cannot uncover (rev. of *Sulph.*), always selecting his food and digesting almost none, yellow, sallow, bloated face, constipation, alternately diarrhea and constipation, irregular peristalsis, i.e., contents of intestines driven both ways, i.e., fitful or fruitless urging to stool.

Natrium Carb., nervous, withered infants, cannot stand milk, diarrhea from milk, aversion to milk, abdomen hard and bloated, much flatus, loud rumbling, worse and especially hungry at 11 p.m. and 5 a.m., headache from any mental exertion, 'ankles turn'-weak.

Baryta Carb., 'dwarfishness of mind and body and of organs', enlarged glands, enlarged abdomen, emaciation of tissues, emaciated limbs and dwarfishness of mind shy, bashful, easily frightened.

In cases that make no progress, on account of syphilitic or sycotic taint, the following remedies will be useful:

Leiticum. Dwarfish (*Baryta Carb.*), marasmic, worse at night, impulse to wash hands, where the syphilitic taint is far to progress.

Medorrhinum, sycotic taint blocks progress, poor reaction, lies on abdomen, sleeps in knee-elbow position, fiery-red, moist, itching anus (*Sulph.*), worse by day (opp. of *Leut.*).

4. TUBERCULOSIS

Diseases of Glands and Bones

The treatment of 'T.B.' glands and bones in children is a

great triumph for homeopathy. There have been numerous cases of children of 6 or 8 years of age, 'eaten up' with tubercle, who, from babyhood have been 'never without a bandage' and subject to repeated operations, where homeopathic treatment has not only promptly stopped further progress of the disease, but has closed the wounds, while long suffering and feeble existence were replaced by new energy and health. There were others also of children with tubercle who had hideous scars round the neck, on chest, arm and leg and who were successfully treated and brought to health in 2 or 3 years. These cures have been possible only with the constitutional treatment followed with the use of several remedies proved and worked out by Hahnemann and his fellow workers.

Therapeutic Hints

Drosera, excels all other remedies in T. B. gland and bone and is indicated in all tubercular manifestations, or a strong family history of tuberculosis. Under its influence, glands of neck, if they have to 'break', produce only very small opening, old suppurating glands soon diminish in size and close old cicatricial tissues yield and soften, deep tied down scars relax and come up so that deformity is greatly lessened. While the improvement in health, in appearance in nutrition, is rapid and striking, *Drosera* has also great use in the diseases of joints and bones (in persons with a T.B. history), even when these are not tuberculous, quickly taking every pain and improving health and well-being. Hahnemann urged that *Drosera* should be given in frequent doses and in the 30th potency. It is advisable to give *Drosera* 30 at fortnightly intervals to start with.

Silicea, hardened glands, especially about the neck, "Scrofulous glands", a deep remedy for eradicating the tuberculous tendency, when symptoms agree, *worse*, in wet, cold weather, *better* in dry, cold weather, but very chilly, tendency to swelling of glands, which suppurate, the *Silicea* child is timid, lacks confidence,