

Homœopathic Treatment of the Multiple Sclerosis Patient

by Andre Saine

The following repertory additions and case are part of a longer article and one of three cases. It has been abbreviated from the Transactions of the Homeopathic Academy of Naturopathic Physicians 1987 by Ian Watson. A review appears later in this issue.

Remedies that have been reported to have benefited patients with MS are reported in our repertories. In the Synthetic Repertory of Barthel the following twenty-seven remedies are listed in Generalities under Sclerosis, multiple: **alum.**, **arg-n.**, **aur.**, **aur-m.**, **bar-c.**, **bell.**, **calc.**, **cann-i.**, **carb-s.**, **caust.**, **con.**, **gels.**, **hyosin.**, **irid.**, **lath.**, **nux-v.**, **phos.**, **phys.**, **pic-ac.**, **plb.**, **sil.**, **sulph.**, **tarent.**, **thuj.**, **wildb.**, **xan.**

Twenty-six other remedies can be added from reports of various authors: **ars.**, **agar.**, **atrop.**, **cham.**, **chel.**, **coloc.**, **crot-h.**, **cup-ar.**, **ign.**, **kali-p.**, **lach.**, **lyc.**, **mag-c.**, **mag-p.**, **med.**, **merc.**, **nat-m.**, **ox-ac.**, **petr.**, **psor.**, **rhus-t.**, **sep.**, **sep.**, **stram.**, **stry-p.**, **tub.**, **variol.**, **zinc.**, **zinc-val.**

To these two lists I would add: **puls.** and **rhod.** and elevate the grade of the following remedies: **alum.**, **arg-n.**, **caust.**, **lach.**, **NAT-M.**, **PHOS.**, **sep.**, **SULPH.**

The accumulated rubric would then be: **alum.**, **agar.**, **arg-n.**, **ars.**, **atrop.**, **aur.**, **aur-m.**, **bar-c.**, **bell.**, **calc.**, **cann-i.**, **carb-s.**, **caust.**, **cham.**, **chel.**, **coloc.**, **con.**, **crot-h.**, **cup-ar.**, **gels.**, **hyosin.**, **ign.**, **irid.**, **kali-p.**, **lach.**, **lath.**, **lyc.**, **mag-c.**, **mag-p.**, **med.**, **merc.**, **NAT-M.**, **nux-v.**, **ox-ac.**, **petr.**, **PHOS.**, **phys.**, **pic-ac.**, **plb.**, **psor.**, **puls.**, **rhod.**, **rhus-t.**, **sep.**, **sil.**, **stram.**, **stry-p.**, **SULPH.**, **tarent.**, **thuj.**, **tub.**, **variol.**, **wildb.**, **xan.**, **zinc.**, **zinc-val.**

Case example

D.W., 29 year-old female, experienced the first symptoms of MS in April 1983 within days of extraction of her wisdom teeth. Ascending paresthesia and paralysis. Great weakness. All symptoms worsened after a car accident in June 1984. In December 1984, she experienced a severe exacerbation during a flu. In a wheelchair since January 1985. Now in the progressive state. On August 28th, 1985, she complained of burning feet and legs(3), severe clonus of the lower extremities(3), spastic reflexes, urinary incontinence, constipation. All symptoms of MS are markedly worse before a storm(3) and during lightning(3). Desires bread and farinaceous(3), and ice-cold drinks(3). Mentions that sometimes she would rather have several glasses of ice-cold water than to have dinner. Chews on the ice. Worse from spicy foods and milk. Aversion to salt and sweet. Warm blooded but used to be very chilly before the onset of MS. Sensitive to extremes of temperature. Has only a five-degree range of intolerance, but much worse from the heat. Faintness in warm room. Aching in shoulder joints since age 18, worse cold wet weather. Redness of joints since age 10, worse cold wet weather. Menses normal. Extreme fear of thunderstorm and lightning(3), fear of being alone(3), dark(3), high places, spiders and of being forsaken. Anxiety about health(3). Hypersensitive to odors(3). Impatient(3). Irritable(3). Laughs over serious matters(3). Weeps easily(3). Weeps telling her symptoms(2). Tall and thin. Severe clonus. Babinski bilateral. Hyper-reflexia(3). Intention tremors(3).

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Assessment: clear case of *Phosphorus*. Very good prognosis. **Plan:** *Phosphorus* 6c qid. As this patient was referred to me by another homœopath far away I recommended he prescribes *Phosphorus* in increasing potencies and to contact me only in the occurrence of complication.

October 26: everything is worse. Took *Phosphorus* 6c qid, then 12c tid and lastly 30c with no response. She is referred back to me. As she is living in the mid-west and since the fall storms have been coming through all her symptoms are much worse. Before a storm her "body gets straight like a bar" and experienced total body clonus. Severe vertigo since one month, worse lying and turning in bed (3). Paresthesia worse. *Strychnicum phos* 30x bid.

October 28: no change. Very impatient (3). Impulsive (3). In a hurry (3). Irritated easily (2). **Plan:** *Rhododendron* 12x qid.

November 16: all symptoms were 10% worse during the first week. Now energy 50% better. Clonus and paresthesia 50% less. Starting to relapse. **Plan:** *Rhododendron* 30x bid.

January 6, 1986: remission for 3 weeks. Then relapse. Took *Rhododendron* 200c qd for 5 weeks. Clonus 80% better. Now can hold up the urine 6 hours during the day and 7 hours at night. Before had urgency in less than 2 hours. **Plan:** *Rhododendron* 200c qd until relapse. Then *Rhododendron* 1M qd.

February 3: she experiences clonus only if she stops taking *Rhododendron* for more than 2 days. Now very irritable and impatient before a storm. Yells, curses and throws things. Can feel sensation of hot and cold in the feet (first time in more than 6 months). Has more energy and needs less sleep. Now desires (3) and has been experiencing pain in the areas of the wisdom teeth. **Plan:** same.

February 11: she has developed the flu. Chills extending from the tips of fingers, worse from motion. Stiffness and back pain during chills. Vertigo worse slight motion. Fever. Headache. Dry mouth and thirst for cold drinks. **Plan:** *Bryonia* 12x q1/2-2h.

February 13: flu is much better but relapse of MS. **Plan:** *Rhododendron* 10M 1 dose followed by *Bryonia* if needed.

February 25: MS very good but has severe spells of coughing since 1 week. **Plan:** *Phosphorus* 12x q2h.

March 10: relapse of MS. **Plan:** *Rhododendron* 10M as needed.

March 31: felt good. Could start to move the toes and sensation was returning up to the waist. Trembling of the hands has decreased considerably. She can now put her socks on by herself and drops things less frequently. But now she has relapsed and has stopped responding to *Rhododendron*. Now worse from the wind; not so sensitive to a storm. Irritability, impatience and MS all worse from the wind. **Plan:** *Chamomilla* 200x bid.

May 2: 50% better. Relapse since the week after exposure to toxic chemicals. **Plan:** *Chamomilla* 1M bid.

May 18: no more irritability and not so sensitive to the wind, but sensitive to storms again. **Plan:** *Rhododendron* 50M one dose, repeat only if needed.

June 2: better. Now sensitive to slight change in weather and temperature, and to the wind again. No change with *Rhododendron* 50M. **Plan:** *Natrum carbonicum* 30x tid.

July 25: energy, moods and MS all better. Now can tolerate the heat. Used to be exhausted after 10 minutes in the sun; now can last 2 hours with no problem. Stool q2d. **Plan:** *Natrum carbonicum* 1M as needed.

August 17: relapse. Now worse again before a storm. **Plan:** *Rhododendron* 50M as needed.

November 5: all is better. She has been able to walk for the first time since December 1984. She has been experiencing vertigo. Worse turning the head quickly, turning in bed and raising the head too fast. Better lying with the head elevated. **Plan:** *Conium* 200x as needed.

November 24: could not get the *Conium* for 1 week. She tried *Bryonia* 12c. No change. After *Conium* the vertigo disappeared right away. **Plan:** same.

December 17: relapse of the vertigo. **Plan:** *Conium* CM one dose.

January 30 1987: vertigo disappeared right away after *Conium*. Now financial problems with the farm; worries a lot. Relapse of MS and also of an old peptic ulcer. Burning in stomach like fire, worse touch (3), warm drinks (3), flatulent foods (3). **Plan:** *Phosphorus* 30c qd until relief of pain, then as needed.

April 29: all is better. Needs to take *Phosphorus* 30c q4-5d.

Postscript: June 2nd: feelings are returning in the feet and hands. Clonus and intention tremors are minimal. Not sensitive to storms anymore. Can walk up to two blocks. Moods and energy are very good.

Comments: this is a very difficult case of MS in the progressive stage. We have observed definite response to the remedy and a partial reversal of the condition. It is interesting to note that she didn't react to the *Phosphorus* at first when it was so well indicated. But only after a series of remedies did the patient respond well to the same *Phosphorus* that was left from the last use in September 1985. This is a good example of the zig-zag method as described by Hahnemann in paragraphs 162-164 and 180-184 of the *Organon*. The placebo effect was not of great help in this case. Lastly this case teaches both the physician and the patient and her relatives to be patient and not to lose hope even in the most difficult situations. □