

A Woman with a Painful Thumb

Irene Sebastian, MD

Keywords: thumb pain; Guaiacum.

LR is a 39 year-old woman whose only complaint was right thumb pain. She had had the pain for approximately four years and never sought medical care because she had no health insurance during that time. She was not aware of a previous injury to her thumb. She described the pain as constant and sometimes throbbing. She said it felt “as if something is in there” and “as if the thumb is enlarged and swollen.” Sometimes there was a sense of heat inside the joint. She had difficulty grasping objects and the pain was aggravated by her attempts to use her hand. There was no weather or time or menstrual aggravation. Her review of systems as well as review of physical-generals and emotional state was unremarkable. On examination, there was minimal swelling and mild tenderness to palpation at the base of the thumb and over the thenar eminence. There was no erythema or warmth. An x-ray of her left hand indicated bony and cartilaginous degenerative changes involving the first carpal-metacarpal articulation as well as the radiocarpal articulation.

The following rubrics were used to begin the analysis:

- 1) “Extremity pain, upper limbs, finger, joints” was combined with “Extremity pain, upper limbs, fingers, first, thumb”
- 2) “Extremity pain, upper limbs, hand, holding anything” was combined with “Extremity pain, upper limbs, hand, grasping anything”
- 3) “as if enlarged/swollen” was entered into *ReferenceWorks* and exported as a rubric
- 4) “Heat in affected/painful part” was entered into *ReferenceWorks* and exported as a rubric

Seeing that *Guaiacum* appeared to be the best match and knowing that “cold applications ameliorate” is a keynote of *Guaiacum*, I asked the patient if holding her hand in hot or cold water


affected her pain. She said she had never noticed an effect; so I asked her to hold her hand under the faucet and test the effects of warm and cool water running over her hand. (I recommend testing with cool rather than cold water because if the water is very cold, then the painful part may simply become numb and the pain will be ameliorated by the numbness rather than the coolness.) She was surprised to discover that the cool water did in fact ameliorate the pain. Upon reading about *Guaiacum* in Roberts’ *The Rheumatic Remedies*, I learned that rubbing also ameliorates the pain; so I asked if rubbing the thumb made a difference. She immediately said, “Yes, I find myself unconsciously rubbing it all the time.” Roberts also mentioned the sensation of swelling and the sensation of heat in painful parts.

I gave her one dose of *Guaiacum* 30C on Jan 30, 2003. One week later, the pain was seventy percent better. I told her to repeat the remedy if she relapsed or if there were no further improvement for a one week period. I saw her again three months later; the pain had resolved by ninety percent after two doses. She did not need another dose until seven months later (November 22) when the pain relapsed after doing a lot of work with power tools. I gave her *Guaiacum* 200C and the pain resolved completely within three days. The 200C dose was repeated thirteen months later (January 7, 2005) for another relapse. She called my office sometime in 2007 to say good-bye because she had decided to leave New Orleans; she did not mention any further relapse.

Among several of my patients with similar presentations who have benefited from *Guaiacum*, none knew that the pain was ameliorated by cool water – in each case this was discovered by testing the effect of cool water on the painful joint. Perhaps if the pain were very acute or more intense, the patient would be more aware of the ameliora

	Guai.	Spig.	Caust.	Calc.	Lach.	Phos.	Am-c.	Lyc.	Acon.	Bry.	Chin.	Fl-ac.	Hep.	Kali-c.
Total	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Rubrics	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Families	10	10	10	10	10	10	10	10	10	10	10	10	10	10
ext pain, upper limbs, fingers, joint and first, thumb (133)	10	10	10	10	10	10	10	10	10	10	10	10	10	10
ext pain, upper limbs, hand, grasping and holding agg (40)	10	10	10	10	10	10	10	10	10	10	10	10	10	10
As if enlarged or swollen (236)	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Heat in affected or painful part (11)	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Cold applications amel (108)	10	10	10	10	10	10	10	10	10	10	10	10	10	10
Rubbing amel (208)	10	10	10	10	10	10	10	10	10	10	10	10	10	10

tion from cool water. When the painful joint is in a subacute state, many patients have difficulty describing the pain and its modalities; in such cases direct questioning may reveal the above pattern.

About the author: Irene Sebastian, MD, PhD, earned a PhD in Human Development from the University of Chicago and her MD from Northwestern University. She is in solo private practice and also works part-time in a clinic for the uninsured in New Orleans. She serves as First Vice-President of AIH. 

The Homeopathic Revolution

By Dana Ullman, MPH

North Atlantic Books, 2007.

Paperback, 307 pages.

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ISBN-10: 1-555643-671-8

\$19.95 US.

Reviewed by George Guess, MD, DHT

Our most prolific author has penned his masterpiece. Clearly wrought of arduous labor and meticulous, thorough research, he has unearthed a wealth of information about past adherents and practitioners of homeopathy. There are compelling tales throughout the book of illustrious people from all walks of life — politicians, clergymen, women suffragettes, philosophers, musicians, physicians, financiers, etc. They reveal the vast popularity of our healing discipline once upon a time. The breadth of support that homeopathy enjoyed is at once inspiring, exciting, and, I confess, saddening. All, I think, are easy to fathom — inspiration arises from a long restrained wish and anticipation of future glory for homeopathy; the sadness, alas, stems from disbelief and disappointment that so great a system of medicine, once hailed by royalty and world leaders, should have fallen on such hard times as these currently.

Of course there are several recent and contemporary supporters of homeopathy mentioned; e.g., Tina Turner, Norman Cousins, J.D. Salinger, Gabriel Garcia-Marquez, C. Everett Koop, Toby Maguire, Jennifer Aniston, Orlando Bloom, Cher, Sir Yehudi Menuhin, Vidal Sassoon, Cindy Crawford, Tony Blair, William and Hilary Clinton, and others. And the list of past famous people mentioned in this book is mind boggling.

Many of the tales told in the book are amazing and enlightening. The case of John D. Rockefeller, Sr., leaps to mind. This wealthy philanthropist was a dedicated homeopathic patient whose every intention was to distribute much of his largess equally between allopathic and homeopathic medicine; being a busy man, he allocated the responsibility for his charitable giving to two persons — Frederick T. Gates and John D. Rockefeller, Jr., neither of

THE *Why Famous People* HOMEOPATHIC *and Cultural Heroes* REVOLUTION *Choose Homeopathy*

DANA ULLMAN, MPH

whom cared for homeopathy. They saw to it that homeopathy received virtually no funding, despite the fact that \$550 million dollars was donated to various medical causes.

Another interesting fact: Abraham Lincoln and General George McClellan both employed homeopathic treatment personally, yet the Union army refused admittance of homeopathic physicians within its ranks. Yet another bit of irony!

One small objection I have is the rather far-fetched, I think, allusion to Moses's melting down of the golden calf after he descended Mt. Sinai and making his followers drink gold water made from it as a homeopathic application. Such a flight of imagination slightly detracts from the scholarly validity of the rest of the book and ought to have been edited out.

Many notable facts are uncovered in this detailed work. Here's one: Harold Griffith, MD, a Canadian physician and homeopath, made significant contributions to the field of anaesthesiology; he introduced the first surgical recovery room in Canada and, in 1942, was the first to employ curare as a muscle relaxant. It's remarkable how many homeopaths of the past made major contributions to medicine as a whole. Here's another: Despite the inability of physicians to serve as physicians in the Union army during the Civil War, things improved considerably during World War I, when almost 2,000 homeopathic physicians were commissioned as medical officers. And another: Many know of the infamous Andral study conducted in France in

the mid 1800's that was cited by many opponents of homeopathy as evidence of its ineffectiveness. Dana Ullman details the grossly alarming flaws of this "study" and the fact that Andral, a few years later, actually asserted that homeopathy deserved a close examination by every physician. I was previously unaware of any of the above facts.

It is really impressive how many such interesting facts, stories and vignettes about homeopathy, homeopaths and homeopathic supporters this book contains. This book is simultaneously entertaining and richly informative.

The Homeopathic Revolution is well referenced, indexed, and heavily end-noted, providing additional rich tidbits of information. The many facts

contained herein are compelling and should be, at least to a lay audience, very influential in convincing a skeptical public of the possible efficacy of homeopathy. Were this work to achieve wide readership, I think it could be pivotal in initiating a flood of interest in our medical art. To that end I would suggest that every homeopath familiarize himself with the book and recommend it to others.

About the reviewer: *George Guess, MD, DHT, practices homeopathy in Charlottesville, Virginia. His is editor of the American Journal of Homeopathic Medicine and Vice-President of the American Board of Homeotherapeutics.* A7H

Calendar of Homeopathic Events

This calendar is provided courtesy of Dr. Betty Wood

Scheduled Events

JUNE 13-15, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Live Clinic
Mentorship Training Program Part 3, Inner Health,
Inc.,

Contact: Alyson Garvey

Tel: 617-491-3374

Email: <mailto:alyson@innerhealth.us>alyson@
innerhealth.us

Visit: <http://www.innerhealth.us/for-homeopaths/
index.html>www.infohomeopathy.com

(416)315-0748; cjambrosic@hotmail.com
www.homoepathyschool.com

JULY 18-20, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Live Clinic
Mentorship Training Program Part 1, Inner Health,
Inc.,

Contact: Alyson Garvey

Tel: 617-491-3374

Email: <mailto:alyson@innerhealth.us>alyson@
innerhealth.us

Visit: <http://www.innerhealth.us/for-homeopaths/
index.html>www.infohomeopathy.com

JUNE 15-17, 2008

Homeopathic Community School, Seattle WA
Contact: Lucy Vaughters, PA-C, CCH, Director,
425-672-4485

mailto:info@homeocommunityschool.com

web: http://www.homeocommunityschool.com

JULY 18-20, 2008

Joanna Daly, Providence, RI
Methods of casework and analysis
contact Betsy Levine

207 589 3399; betsy@homeopathyschool.com

www.homoepathyschool.com

JUNE 21-22 2008

Dr. A.U. Ramakrishnan, Egg Harbor Twp, NJ
Post Graduate Course in Homeopathy
Endocrine and HEENT

Phone: 609-927-5660

Email: Info@bihusa.com

JULY 19, 2008

Pearlyn Goodman-Herrick, N.D., DHANP, Mount Dora,
FL.

12th Annual Summer Seminar

Contact: <mailto:homeopathylake@yahoo.
com>homeopathylake@yahoo.com

Phone 352-735-2702 or 352 406 0172.

JUNE 21-22, 2008

New York School of Homeopathy
Weekend Ten of the Foundation Year
contact: Susan Sonz, CCH, Director, 212-925-4623

<mailto:faculty@nyhomeopathy.com>faculty@
nyhomeopathy.com

<http://www.nyhomeopathy.com>http://www.
nyhomeopathy.com

SEPTEMBER 12-14, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Live Clinic
Mentorship Training Program Part 2, Inner Health,
Inc.,

Contact: Alyson Garvey

Tel: 617-491-3374

Email: <mailto:alyson@innerhealth.us>alyson@
innerhealth.us

JULY 7-13, 2008

Jo Daly and Murray Feldman, Calgary, AB
Clinical Workshop

contact Christine Jambrosic

Visit: <<http://www.innerhealth.us/for-homeopaths/index.html>>www.infohomeopathy.com

SEPTEMBER 12-14, 2008

New England School of Homeopathy - Portland, OR
8 Weekend Course 2008-2009 Teaching an integrated approach called Cycles and Segments; this course is designed for both the beginner and more experienced homeopaths.
Instructors: Drs. Paul Herscu ND and Amy Rothenberg ND
mailto:nesh@nesh.com, 413-256-5949, fax 860-253-5041
<http://www.nesh.com>

SEPTEMBER 25-28, 2008

Jenny Hwozdek and Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Case-taking Workshop, Apprenticeship Training Program, Inner Health, Inc.,
Contact: Alyson Garvey
Tel: 617-491-3374
Email: <<mailto:alyson@innerhealth.us>>alyson@innerhealth.us
Visit: <<http://www.innerhealth.us/for-homeopaths/index.html>>www.infohomeopathy.com

SEPTEMBER 26-28, 2008

Louis Klein FS Hom, Minneapolis
Homeopathic Master Clinician Course
Contact: Aryana Rayne at 604-947-0757
info@homeopathycourses.com
<http://www.homeopathycourses.com>

OCTOBER 11-12 2008

Dr. A.U. Ramakrishnan, Egg Harbor Twp, NJ
Post Graduate Course in Homeopathy Psychiatry and Some Polycrests
Phone: 609-927-5660
Email: Info@bihusa.com

OCTOBER 17-19, 2008

Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Live Clinic
Mentorship Training Program Part 3, Inner Health, Inc.,
Contact: Alyson Garvey
Tel: 617-491-3374
Email: <<mailto:alyson@innerhealth.us>>alyson@innerhealth.us
Visit: <<http://www.innerhealth.us/for-homeopaths/index.html>>www.infohomeopathy.com

OCTOBER 18-24, 2008

Massimo Mangialavori, Harvard, MA

The Language of the Body: Self Esteem and Affection Study of Homeopathic Remedies and Families for this Issue

Sponsored by New England Homeopathic Academy
Contact: Betty Wood 978-635-0605
mailto:bw@bettywoodmd.com for detailed course description

OCTOBER 23-24, 2008

Introduction to Medical Homeopathy for Physicians
Dr. Russell Malcolm, M.B.Ch.B., M.R.C.P., Westchester Marriot Hotel, Tarrytown, New York.
Sponsors: New York Medical College, The American Institute of Homeopathy, and The Homeopathic Medical Society of the State of New York.
31.5 Category 1 AMA PRA CME credits and CHE credits approved and available for entire program.
Registration: Office of Continuing Medical Education, New York Medical College, Vosburg Pavillion, Valhalla, NY 10595. 914/594-4487,
Fax: 914/594-4699.
www.nymc.edu/cme/upcoming_events.asp

OCTOBER 24-26, 2008

Systems & Symbiosis: The Bowel Nosodes
Dr. Russell Malcolm, M.B.Ch.B., M.R.C.P., Westchester Marriot Hotel, Tarrytown, New York.
Sponsors: New York Medical College, The American Institute of Homeopathy, and The Homeopathic Medical Society of the State of New York.
31.5 Category 1 AMA PRA CME credits and CHE credits approved and available for entire program.
Registration: Office of Continuing Medical Education, New York Medical College, Vosburg Pavillion, Valhalla, NY 10595. 914/594-4487,
Fax: 914/594-4699.
www.nymc.edu/cme/upcoming_events.asp

OCTOBER 24-26, 2008

Dr. Rajan Sankaran
Seminar on the Sensation Method
New York School of Homeopathy
contact: Susan Sonz, CCH, <<<mailto:faculty@nyhomeopathy.com>>faculty@nyhomeopathy.com>
<http://www.nyhomeopathy.com/Sankaran_Seminar.htm>http://www.nyhomeopathy.com/Sankaran_Seminar.htm

OCTOBER 31 - NOVEMBER 2, 2008

Divya Chhabra, Toronto
Ontario College of Homeopathic Medicine
info@ochm.ca, (416) 535-5995

NOVEMBER 7-9, 2008

New England School of Homeopathy - Portland, OR
8 Weekend Course 2008-2009 Teaching an integrated

approach called Cycles and Segments; this course is designed for both the beginner and more experienced homeopaths. Instructors: Drs. Paul Herscu ND and Amy Rothenberg ND
mailto:nesh@nesh.com, 413-256-5949, fax 860-253-5041
http://www.nesh.com

NOVEMBER 14-16, 2008
Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Live Clinic
Mentorship Training Program Part 1, Inner Health, Inc.,
Contact: Alyson Garvey
Tel: 617-491-3374
Email: <mailto:alyson@innerhealth.us>alyson@innerhealth.us
Visit: <http://www.innerhealth.us/for-homeopaths/index.html>www.infohomeopathy.com

DECEMBER 12-14, 2008
Melissa Burch, CCH, RsHom(NA), Cambridge, MA
Sensation Method Live Clinic
Mentorship Training Program Part 2, Inner Health, Inc.,
Contact: Alyson Garvey
Tel: 617-491-3374
Email: <mailto:alyson@innerhealth.us>alyson@innerhealth.us

Visit: <http://www.innerhealth.us/for-homeopaths/index.html>www.infohomeopathy.com

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INTERNATIONAL SEMINARS

JUNE 27-29, 2008
Galway, Ireland
Louis Klein FS Hom
Speaker at the Irish Homeopathic Society Conference
http://www.irishhomeopathyconference.com

OCTOBER 9-13, 2008
Seminar with Dr. Rajan Sankaran, Galway, Ireland
Venue: Menlo Park Hotel & Conference Centre.
Booking: Galway College of Homeopathy.
Email: admin@galwayhomeopathy.com
Website: www.galwayhomeopathy.com
Brochure: http://www.galwayhomeopathy.com/index.php/sankaran_seminar

NOVEMBER 17- 29, 2008
Dr. Rajan Sankaran, Mumbai ,India
Contact: Dr Shachindra Joshi/Bhawisha Joshi
Email :drshachindra@hotmail.com or
<mailto:bhawisha@vsnl.com>bhawisha@vsnl.com or
<mailto:spirit@vsnl.com>spirit@vsnl.com
Tel: +91-22-26149922 (Clinic)
+ 91-9820497991 (Mobile)



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Follow all formatting requirements.

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- *Keep copies of everything submitted.

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Requirements for paper format: Type or print out the manuscript on white bond paper, 216 X 279 mm (8.5 X 11 inches), or ISO A4 (212 X 297 mm), with margins of at least 25 mm (1 inch). Type or print on only one side of the paper. Use double spacing throughout, including for the title page, abstract, text, acknowledgments, references, individual tables, and legends. Number pages consecutively, beginning with the title page. Put the page number in the upper or lower right-hand corner of each page.

Research papers

The text of observational and experimental articles is usually (but not necessarily) divided into sections with the headings Introduction, Methods, Results, and Discussion. Long articles may need subheadings within some sections (especially the Results and Discussion sections) to clarify their content.

Manuscripts on Disks

Papers should be submitted in electronic form (email or disk) as well as on paper. The AJHM can accept a variety of word processing formats or text (ASCII or RTF) files.

When submitting disks or email, authors should:

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3. name the file clearly;

4. label the disk with the format of the file and the file name;
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Please avoid the temptation to try to make your written work look like a published article. Once your article is edited, our journal's style and design will be applied to your disk or computer file before it is output to typeset pages, and these are applied most easily to an unstyled manuscript. (In other words, if you put in special features to enhanced the appearance of the manuscript, we will need to spend time taking them out of the file before we can get on with the business of publishing your article.) If you think any part of your manuscript might need to have a special appearance, please indicate this on the print-out only

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The title page should carry 1) the title of the article, which should be concise but informative; 2) the name by which each author is known, with his or her highest academic degree(s) and institutional affiliation; 3) the name of the department(s) and institution(s) to which the work should be attributed; 4) disclaimers, if any; 5) the name and address of the author responsible for correspondence about the manuscript; 6) source(s) of support in the form of grants, equipment, drugs, or all of these; and 7) a short running head or footline of no more than 40 characters (count letters and spaces) at the foot of the title page.

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Acknowledgments

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References

References should be numbered consecutively in the order in which they are first mentioned in the text. Identify references in text, tables, and legends by Arabic numerals in parentheses. References cited only in tables or figure legends should be numbered in accordance with the sequence established by the first identification in the text of the particular table or figure.

Use the style of the examples below, which are based on the formats used by the NLM in Index Medicus. The titles of journals should be abbreviated according to the style used in Index Medicus. Consult the List of Journals Indexed in Index Medicus through the library's web site (<http://www.nlm.nih.gov>).

Reference Formats

Articles in Journals

1. Standard journal article

List the first six authors followed by et al.

Vega KJ, Pina I, Krevsky B. Heart transplantation is associated with an increased risk for pancreatobiliary disease. *Ann Intern Med* 1996;124:980-3.

More than six authors:

Parkin DM, Clayton D, Black RJ, Masuyer E, Friedl HP, Ivanov E, et al. Childhood leukaemia in Europe after Chernobyl: 5 year follow-up. *Br J Cancer* 1996;73:1006-12.

2. Organization as author

The Cardiac Society of Australia and New Zealand. Clinical exercise stress testing. Safety and performance guidelines. *Med J Aust* 1996;164:282-4.

3. No author given

Cancer in South Africa [editorial]. *S Afr Med J* 1994;84:15.

4. Article not in English

Ryder TE, Haukeland EA, Solhaug JH. Bilateral infrapatellar seneruptur hostidligere frisk kvinne. *Tidsskr Nor Laegeforen* 1996;116:41-2.

Books and Other Monographs

5. Personal author(s)

Ringsven MK, Bond D. Gerontology and leadership skills for nurses. 2nd ed. Albany (NY): Delmar Publishers; 1996.

6. Editor(s), compiler(s) as author

Norman LJ, Redfern SJ, editors. Mental health care for elderly people. New York: Churchill Livingstone; 1996.

7. Organization as author and publisher

Institute of Medicine (US). Looking at the future of the Medicaid program. Washington: The Institute; 1992.

8. Chapter in a book

Phillips SJ, Whisnant JP. Hypertension and stroke. In: Laragh JH, Brenner BM, editors. Hypertension: pathophysiology, diagnosis, and management. 2nd ed. New York: Raven Press; 1995. p. 465-78.

9. Conference proceedings

Kimura J, Shibasaki H, editors. Recent advances in clinical neurophysiology. Proceedings of the 10th International Congress of EMG and Clinical Neurophysiology; 1995 Oct 15-19; Kyoto, Japan. Amsterdam: Elsevier; 1996.

10. Conference paper

Bengtsson S, Solheim BG. Enforcement of data protection, privacy and security in medical informatics. In: Lun KC, Degoulet P, Piemme TE, Rienhoff O, editors. MEDINFO 92. Proceedings of the 7th World Congress on Medical Informatics; 1992 Sep 6-10; Geneva, Switzerland. Amsterdam: North-Holland; 1992. p. 1561-5.

Other Published Material

11. Newspaper article

Lee G. Hospitalizations tied to ozone pollution: study estimates 50,000 admissions annually. *The Washington Post* 1996 Jun 21; Sect. A:3 (col. 5).

12. Dictionary and similar references

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