

SCHODERER'S DICTIONARY

with

Electric Signs, Astrology & Prescriptions

V. M. KULKARNI



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# SCHUESSLER BIOCHEMISTRY

WITH

Biochemic Hygiene, Astrology & Prescriber

By

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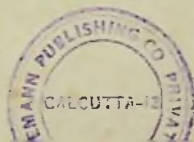
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## INTRODUCTION

**D**R. SCHUESSLER has simplified the art of healing to such a great extent that it can safely be said that before the advent of the science of Biochemistry the causation of disease was little known and less understood. Biochemistry offers a most scientific explanation for the diagnosis of diseases by logically basing their origin on the deficiency of one or more inorganic salts in the system, and providing a most practical and effective method for their correction by supplying the deficient cell-salts in the form of tissue or biochemic remedies.

In the dark ages priests made people believe that certain deities caused and spread disease whenever they were angry and on the plea of propitiating these deities they exacted certain fees from the people. Later on a certain class of people who practised black magic assured people that ghosts caused diseases of their own accord or on the instigation of the enemies of sick persons. They took money, sheep, fowls, fruits, flowers, etc. in the form of sacrifice to appease the ghosts and to cure the ailments. In England diseases were attributed to some innocent old women, who were branded as witches, and were burnt alive on charges of having caused illnesses, storms, cyclones and other disasters.

Then followed another set of healers who undertook to heal the sick with plants, drugs and chemicals. This mode of treatment is called the Ayurvedic system. A physician declared that the medical science was first given by God Shiva to his beloved wife Parvati. Another one composed some verses to prove that God Brahma, the Creator gave the science to one of his favourite sons called Prajapati who revealed it to the Ashvini Brothers from whom God Indra learnt it and then revealed it to the sage Bharadwaja; with his assistance all other sages were able to study it.

This system advocated that all disease was due to the abnormal condition of the humours in the human system called *vata*, the wind; *pitta*, the bile; *kapha*, the phlegm and claimed that their normal balance could be rendered possible by administration of food-stuffs incorporating various tastes. It asserts that sweet, sour and saltish food-stuffs destroy the extra wind; bitter, pungent and astringent food-stuffs destroy the extra phlegm; bitter, astringent and sweet food-stuffs destroy the extra bile. Likewise the bitter, pungent and astringent food-stuffs increase the wind; sweet, sour and saltish food-stuffs increase the phlegm and sour, saltish and pungent food-stuffs increase the bile. So to keep the humours in equilibrium the Ayurvedic system prescribed a mixed diet of different tastes. This idea fell short of the realization of the

cure. Then these physicians prepared several medicines with poisonous drugs and metals for different diseases, mercury being the most prominent among them. They burnt different kinds of metals and got oxides out of them and prepared medicines for the cure of the diseases.

Then rose another school of medicine called Unani under the royal patronage of the Mohamedan rulers. It asserts that there are four fluids in the human body, viz., red-blood, black-blood, yellow bile and white lymph. The advocates of this system called hakeems, maintain that abnormal and subnormal conditions in these fluids cause diseases and to keep them in normal conditions they administer syrups, jams, etc. with *kushtas* ( oxides ) and some drugs mixed together. Both these systems fell more into the hands of quacks rather than the real exponents and so they failed to hold any sway upon the public mind.

Next came Allopathy, a system based upon dissimilar treatment. It advocates that microbes are the cause of disease and makes use of strong and poisonous medicines to kill them whereby to heal the sick. One physician mixes 4 or 5 drugs in his mixture, another 6 to 8; yet another 9 or 10. Some administer such mixtures, one of them before food and another after food. Though such mixtures are able to suppress some diseases for a time, the

very diseases after some time reappear in their worse form or some entirely new diseases spring up as a consequence of the poisonous drugs swallowed by the patients.

“Take this simple case,” wrote Dr. H. W. Thomas, “for instance, how often has it not occurred in allopathic practice? A patient is suffering from cough; medicines called expectorants are prescribed: at the next visit the cough is somewhat relieved, but the expectorants have unfortunately produced nausea and appetite is gone; mineral acids are ordered to improve the tone of the stomach and to restore appetite. At the following visit appetite is better, but the mucous membrane of the bowels has become irritated by the acids and diarrhoea is produced; to check this, astringents must be given which have occasioned by the time of the next visit, a return of aggravation of the cough; and thus the round has to be recommenced.” Those that have delved deep into this system of healing will surely have known its shortcomings to effect a cure in the real sense of the word.

In 1790 a new departure in the art of healing was made by Dr. Samuel Hahnemann, the then allopathic doctor of high repute. Not being satisfied with the results of 10 years' practice in allopathy he renounced it and began to make researches and experiments in the healing art. He pointed out

a new method of healing with atoms and ions of drugs on homoeopathic principles, which are as true to-day as they were 150 years ago. He announced that diseases were not healed by allopathic methods but the patients were cured by Nature or by the homoeopathicity of one of the drugs contained in the allopathic mixtures. The principle of his method is very simple, being a natural truth that disease symptoms are repelled by drug symptoms on the principle of "Likes are cured by the likes" "Similia Similibus Curantur." Every one in these days knows that positive is repelled by positive and negative by negative. For further particulars regarding this system of medicine the reader is referred to any authoritative guides on the subject.

Later on, in 1873 Dr. Wilhelm Schuessler of Oldenburg (Germany) a homoeopathic physician of long experience made researches and experiments on Biological principles and succeeded in pointing out a new and simpler method of healing. This system deals with 12 remedies which in composition correspond with the inorganic elements found in the human body. It works in harmony with the natural laws of physiological chemistry and restores health by supplying the tissues with the inorganic salts, deficiency of which is responsible for deviation in health which is termed disease.

The function of these remedies is to supply the organism with the needed elements in the

form of Biochemic Remedies. Schuessler asserts that these 12 remedies are quite sufficient to heal all curable diseases and even in incurable ones they can give relief to the patients and prolong their lives by mitigating their suffering. He simplified the art of healing to a very great extent, reduced the materia medica to simple 12 cell-salts, so that even a man of average intelligence may be able to treat with success most of the common ailments of life with their help. These 12 remedies are best suited for domestic practice. They are quite harmless and if judiciously administered they aid Nature in her efforts to cure by supplying her own physiological function-remedies. Many a time they have saved the patients from the horrors of the surgeon's knife, and have cured many so called incurable diseases.

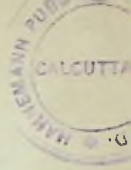
The Biochemic Prescriber, the predecessor of this work, having gone out of print, my publishers requested me to rewrite it with more detailed information, so as to make it serviceable to laymen as well as to practitioners. This venture is undertaken in compliance with their request and I have spared no effort to make the book practical in every way. The change in the name of the book is deemed necessary on account of the incorporation of other matter not contained in its predecessor. The

potencies of the remedies prescribed in this book have been given by way of suggestion only, the same having worked well in my hands during a practice of over forty years in handling these remedies. They may be varied according to one's experience and knowledge and the acute or chronic state of the disease.

I would be remiss if I close this preface without acknowledging my indebtedness to Drs. Carey, Boericke and Dewey, Chapman and Shanon whose valuable standard works I had frequent occasion to make use of in preparing this book.

V. M. KULKARNI





# SCHUESSLER BIOCHEMISTRY

## PART FIRST

### The Biochemic Theory

**BIOCHEMISTRY** is a system of scientific treatment which restores impaired health by supplying to the body the deficient cell-salts.

The cell-salts are the inorganic constituents of our tissues. They are supplied by Nature in a pure and atomised form in certain proportions in all the tissues of our bodies, in all plants and in all our foodstuffs, while they are ample in their crude and impure state on the earth we inhabit.

Chemistry has demonstrated that the human body is composed of water, of organic matter and of inorganic substances.

The analysis of the healthy blood and tissues of human beings and animals shows that they contain, besides water, organic constituents such as albumen, fibrin, mucus, fat, etc., and inorganic elements such as calcarea (lime), ferrum (iron), kalium (potash) natrum (soda), magnesia, silicea, etc.

These inorganic substances enter into the composition of every tissue of the body in their proper proportions. They are the vital portion of the body, its workers and builders, while the organic

substances are simply inert matter used by them in building the cells of the body.

“ Cell-salts keep up our healthful ease  
Their want alone creates disease  
The proper strengths of these salts pure  
Supply the need and cause the cure.”

### Diseases, how they are caused and how they are to be remedied

Every disease which afflicts humanity is due to a lack of one or more of these inorganic elements in the body, caused by improper diet or by unnatural mode of living. To restore the system to its normal healthy condition it is only necessary to administer the same inorganic elements in a pure and atomised form, which alone is well able to supply the deficiency or rectify the disturbed molecular motion when properly assimilated by the blood. For instance, a deficiency of *Calcium Phosphate* in the bone tissues, may cause spinal weakness, spinal curvature, rickets, etc. These ailments can be cured by a few atomised doses of the same tissue salt; and a lack of *Magnesium Phosphate* in the nerve and muscle cells causes spasms, cramps, convulsions, etc., which are cured by the administration of a few doses of the same inorganic substance. Thus it is evident that the undisturbed state of health is entirely dependent on

the natural proportions and harmonious function of these cell-salts in the tissues.

E'en burning fire these salts resist  
In human ashes they exist.

### Biochemistry helps Nature

Nature works everywhere with atoms and group of atoms. Biochemistry aids Nature in her healing operations by supplying through the blood stream deficient cell-salts in the organism.

### Biochemistry founded by Schuessler

Though Hahnemann was the first to investigate the pathogenetic effects, and therapeutic uses of some of these important inorganic substances, and though it was announced in 1832 in Stapf's *Archiv* "All the essential component parts of the human body are great remedies," it was Dr. Schuessler of Oldenburg, Germany, who originated the theory of curing diseases by supplying deficiencies and founded the Biochemic System of Medicine in 1873.

### Life and labours of Dr. Schuessler

Dr. Wilhelm Heinrich Schuessler, the founder and propagator of the Biochemic system of treatment was born at Zwishenaln, Germany, on the 21st

of August 1821. He studied medicine and the allied sciences in Berlin, Paris, Prague and Giessen where he received his medical Diploma and practised as a Homoeopathic physician for several years.

His attention was then drawn by statements made by Prof. Moleschot the great physiologist of Rome that "*the structure and vitality of the organs depend upon the presence of necessary quantities of the inorganic constituents*" and by Prof. Virchow the great German pathologist that "*Disease is an altered state of the cell and hence the normal state of the cell constitutes health*" which prompted him to make researches and establish a new "Cellular therapy."

Thus he analysed the ashes of human body and found in them the 12 tissue salts intact; they are:—

Names	Abbreviations	
1. Calcarea Fluorica	Calc. Fluor	C. F.
2. Calcarea Phosphorica	Calc. Phos.	C. P.
3. Calcarea Sulphurica	Calc. Sulph.	C. S.
4. Ferrum Phosphoricum	Fer. Phos.	F. P.
5. Kali Muriaticum	Kali Mur.	K.M.
6. Kali Phosphoricum	Kali Phos.	K. P.
7. Kali Sulphuricum	Kali Sulph.	K. S.
8. Magnesia Phosphorica	Mag. Phos.	M.P.
9. Natrum Muriaticum	Nat. Mur.	N.M.
10. Natrum Phosphoricum	Nat. Phos.	N. P.

11. Natrum Sulphuricum	Nat. Sulph.	N. S.
12. Silicea	Sil.	Sil.

Then he ordered these salts from a chemist's shop, purified them and prepared their triturations according to the Homoeopathic pharmacopoeia and began to treat patients according to the principle of supplying deficiency and when he got success he published a book entitled "*An abridged Homoeopathic Therapeutics*" prescribing the above tissue remedies for the treatment of diseases in 1873. It was soon translated and published in all civilised European languages, such as, French, Spanish, Italian, and in English by J. T. O'conner, M. D. and by M. Docetti Walker, M. D. in the British Isles and by Dr. C. Hering in the United States of America. This mode of treatment became so popular in Germany that the book reached its 25th edition in 1898 a few days before his death. During his life time he was charging very little to his patients and he bequeathed all his property to the poor of his country. His Biochemic system of medicine remains and will remain for ever one of the greatest boons not only to humanity but even to the animal kingdom. The author of this book has been able to treat and cure cattle, horses, dogs, cats, doves, parrots, etc., with these tissue remedies.

## The Principles of Schuessler Biochemistry

The idea upon which Biochemic Therapeutics is based is a physiological fact that both the structure and vitality of the organs of the body are dependent upon certain necessary quantities and proper apportionment of its inorganic constituents. ( Drs. Boericke and Dewey ).

Kind Nature has supplied cell-salts  
In all our food-stuffs with no faults  
In atomised organic form  
Their proper-functions to perform  
These bounties of Her we discard  
And our own health we disregard.

And when we suffer from disease, instead of supplying the necessary cell-salts in our bodies to cure the diseases, we usually take some poisonous drugs. These poisonous drugs do not cure, but they suppress the symptoms of our diseases, and though our sufferings are alleviated for the time being, our disease reappears in the same or a different form. The best method of healing the disease radically is to supply the cell-salts needed by the patient's organism.

Great Schuessler says with confidence  
On Biologic evidence  
That these cell-salts can safely cure,  
All curable diseases sure.

**Dr. Schuessler's simple logic regarding  
his mode of treatment is**

- (1) The human body contains these 12 inorganic elements which are essential for a normal cell-function to preserve our health.
- (2) Either due to errors in diet or due to our unnatural mode of living, one or more of these elements may be deficient or abnormal in an impure state and may disturb the normal cell-function and cause disease.
- (3) The supply of these salts in a pure and atomised form as needed by the human organism will restore normal cell-function and proper health.

**The Biochemic Medicines**

The Biochemic medicines are the inorganic substances purified and atomised by trituration and thus rendered fine enough to be absorbed by the delicate cells when needed. Dr. Carey says:—It seems reasonable that, to make the cell salts immediately useful they should be prepared in the same delicate form in which Nature uses them, and that if they are to be absorbed by the microscopic corpuscles, they must themselves be finer than the corpuscles. We know that the mineral or cell-salts are infinitesimally sub-divided in the different kinds of

food we take ; thus are capable of assimilation by the cells. The cells of each tissue group receive their own special and peculiar cell-salts, for instance, those entering into the promotion of nerve cells are magnesia, potash, soda and iron ; of bone cells lime, magnesia, silicea, etc., etc., which are extracted by the body from the food we take.

### Their Preparation

An ounce of chemically pure substance is added to an ounce of chemically pure refined sugar of milk in a glass mortar and both are reduced to a fine powder by triturating vigorously for an hour and by scraping the mixture together with a glass spatula at intervals of every six minutes. Two ounces of such sugar of milk are then added and the mixture is triturated vigorously in the same way for one hour. Three ounces of such sugar of milk are again added and the whole mixture is triturated well very vigorously for an hour more in the same way. Three ounces of such sugar of milk are at last added and the whole mixture of ten ounces is triturated carefully for one hour more in the same way very vigorously. Thus each molecule of that drug is turned into ten molecules and it is then called the first decimal or IX trituration of the original drug. 2x, from IX and 3x from 2x, and all other attenuations from one lower into one higher are prepared in the same way.

Thus in 2x trituration one molecule of the original drug is divided into 100, in 3x into 1000, and in 6x into 1,000,000, and in 12x into 1000,000,000,000 molecules and so on.

In the same way each molecule is reduced to several unimaginably infinitesimal atoms and then to uncountable *ions* in higher and higher potencies. The more the drug is atomised, the more effective it becomes and its dynamic action being well developed, it becomes a potent and very useful therapeutic agent in obstinate, chronic and even hereditary diseases. Potencies upto 12x are called the low, 30x and 60x are called the middle and 100x and higher ones than that are called the high potencies.

### Caution

The Biochemic triturations unless prepared with extreme care under laboratory conditions will not be found to be effective. To ensure the desired results always use the medicines correctly prepared or got from a reliable dealer. As the drugs are very easy for substitution care should be taken to ascertain that the dealers from whom the drugs are purchased are above suspicion. It is always advisable to have these drugs purchased from established and reputed dealers. These drugs if not properly potentised cause aggravations of symptoms. For instance *Ferrum phos.* aggravates inflammatory con-

ditions or causes sleeplessness, *Kali mur.* aggravates discharges, *Magnesia phos.* increases spasms, hiccoughs, convulsions, etc.

The odour of allopathic drugs, scents and strong smelling articles like camphor, tobacco, naphthalene balls, etc. spoil the efficacy of these remedies. The reader is, therefore, advised to keep these remedies carefully, if possible in a special cupboard or chest which should be kept in a cool place, and guard them against such or any other substances of noxious odour.

Dr. Chapman says "Great care should be exercised in purchasing the tissue remedies. It is very easy to substitute them. Some allopathic druggists in order to bring discredit to this new system have stooped to substitution. Some unscrupulous persons have adulterated them with the object of gaining money, so it is very necessary that a great care should be taken and no remedies purchased except from dealers who are entirely above suspicion. There are instances of failures and aggravations caused by the drugs purchased from such unscrupulous persons."

### Use of potencies

As a rule the high potency gives results contrary to those of the low. For instance, *Ferrum phos.* in low potencies causes insomnia, while the same

cures it in higher ones; so also *Silicea* hastens suppuration breaks open boils, abscesses, carbuncles, fistulas, cancers, etc. and increases discharges from them while the same in higher potency heals them up by decreasing the discharge from them.

High strength does always contrary.

To what's done by strength primary.

As a rule whatever result is produced by a medicine the contrary is done by its atom. This rule holds good everywhere.

Hence generally in all acute diseases the low, in sub-acute cases the middle, and in all chronic cases the high potencies are used. In acute cases when the patient gets better the higher potencies are given till the disease is entirely cured and its recurrence prevented; and in chronic cases when the patient feels better the lower ones may be given to hasten the healing process and to see whether the patient can bear them without aggravation.

## Dose and its Mode of Administration

### DOSE

For an adult 5 grains, for weak and nervous persons 3 or 4 grains, for children 2 or 3 grains and for infants only 1 grain may be given for a dose. The powder may be dissolved in water or milk, or given dry on tongue.

## ITS REPETITION

In ordinary acute cases, a dose is repeated every two hours, in sub-acute diseases less frequently and in chronic cases only two doses of each kind may be given in a day. In hereditary, chronic and obstinate diseases, doses of very high potency should be given at long intervals ; for instance once or twice a week. But in very acute cases of severe pain, cramps, convulsions, etc., remedies may be repeated every 10 or 15 minutes and if necessary every 5 minutes till the patient feels better. In such cases 10 to 20 grains of the powder may be dissolved in 2 or 3 ounces of hot water and administered in small sips as often as necessary. In some cases two or three remedies may be required to be alternated or a less important one may be given intercurrently.

### Important Hints

If a right remedy is administered in its proper strength, the patients notice a speedy cure. If the cure is slow, lower potencies may be tried more frequently to ensure a speedy relief. If any aggravation in the symptoms is noticed, the treatment must be stopped for a length of time and the disease may get cured when the drug symptoms abate of their own accord. Otherwise a few doses of Hepar sulph. 12x or 6x may be given as an antidote and the same remedy tried in higher potencies.

If the patient does not feel any change for a length of time, the remedy must be changed by watching accurately the disease symptoms and studying the drug symptoms carefully. The judicious use of a right remedy in its proper strength is able to cure any obstinate diseases. It will even in the last stage of incurable diseases relieve patients of their pangs and suffering, and if the end is to come it will be a peaceful one.

### The External Use

These remedies may be used for local applications to the affected parts in compresses or in unctions; 20 to 30 grains of the prescribed remedy may be dissolved in 6 ounces of water and a piece of lint or a clean cloth is saturated with it and placed as a compress over the affected parts. It is used for bruises, cuts, wounds, open ulcers, etc. They may be injected in the rectum or urethra, if necessary.

An unction is prepared by dissolving 20 to 30 grains of the medicine in a table-spoonful of pure glycerine, vaseline, butter, oil, or cocoanut juice and can be applied to sprains, piles, tumours, abscesses, boils, rheumatic or neuralgic pains, etc. The dry powder itself may be sprinkled thickly over the poultice and can be applied to the boils, carbuncles, felons, fistulas, etc. These external applications not only alleviate the pains but also hasten the cure.

### Advantages of Biochemistry

- 1 The theory upon which this system of medicine is based is most rational.
- 2 The method of preparing these medicines is entirely scientific.
- 3 The mode of treatment is quite logical.
- 4 The principle of supplying deficiencies is quite rational.
- 5 The deductions of restoration are quite natural,
- 6 The Materia Medica is very simple.
- 7 The medicines are non-poisonous and are entirely harmless.
- 8 The administration is in very minute atomised doses.
- 9 There is no doubt and confusion in prescribing.
- 10 All the diseases can be cured without recourse to any debilitating processes such as vomiting, purging, bleeding, blistering, etc.
- 11 Self-treatment is possible in the absence of a physician.
- 12 The drugs are portable and are very convenient for travellers.

### Hygiene on Biochemic principles

A healthy state is attained by those who implicitly obey Nature's laws while a diseased condition is the result of transgressing them. If we care-

fully investigate the causes of all diseases they can directly or indirectly be traced to our errors in diet or to the indiscretions of our own or to our inherited faulty mode of living.

All the animals which obey strictly their natural instinct generally live seven times the number of years they require for their proper development of their bodies. Considering the average number of years we require for the development of our bodies to be 20, we must be able to live at least 140 years. There are several instances of persons having lived longer than that. But in these days of physical degeneration a very few of us can live over 70 years.

Scrupulous observance of the following twelve hygienic rules is necessary both for the preservation of health and the prolongation of life.

(1) Always breathe pure air through nostrils.

(2) Eat a fresh fruit or drink pure water when you are thirsty.

(3) Partake of wholesome food, supplied by Nature, only when you are hungry, such as fruits, nuts, cereals, vegetables, etc., (animals, drugs, narcotics and stimulants are not included in the foodstuffs supplied by Nature.)

(4) Masticate the food thoroughly and insalivate it properly before swallowing it.

(5) Obey calls of nature as soon as you have an inclination.

(6) Take daily proper exercise (such as walking, running, climbing up and down, etc.)

(7) Take due rest after exercise.

(8) Sleep only during the night and not during the day. Do not keep up at nights.

(9) Bathe daily and clean the whole body thoroughly.

(10) Wed a healthy person whom you love and who cherishes love for you in return.

(11) Act according to the dictates of Nature.

(12) Always keep cheerful (and do not brood over sorrowful events.)

### Diet on Biochemic principles

Deterioration in the physical stamina of the people is due primarily to defects in the food they eat, and more of it is chargeable to the unwholesome method of preparing their wheat bread and of boiling rice than to any other cause.

(1) The combination of elements supplied by Nature in wheat, rice, and all our foodstuffs, seems to be a necessary condition to proper health and successful blood and bone-forming process of our bodies.

Not only stomachs are deranged and bowels constipated, but the general health also is affected by the emasculated wheat flour which is separated from its gluten; the teeth of those who use such

flour as their daily food do not last long ; and their infants also cut teeth very late.

(2) The method prevailing in Southern India, of boiling rice by adding a large quantity of water and throwing away the surplus when the rice is boiled is from the Biochemic point of view, very objectionable ; because the most valuable salts which are essential for the development of the body are thus thrown away with the water. The best way is to steam it in the cookers which are now-a-days sold everywhere. Regarding the preparation of rice, only the external kernel or the epicarp may be removed from the paddy while the internal bran or the pericarp should be retained, as it contains the most valuable and nutritive tissue salts.

Dr. Ruddock the famous author of the Text Book of Homoeopathy also strongly maintains that the elimination of tissue salts from our foodstuffs which have been so richly provided by Nature is the prime cause of degeneration of tissue and the main source of several diseases. He says :—

*(3) "No single constituent part of our food is capable of acting by itself alone, and that one missing element may make the other partly or even wholly inefficient."*

(4) In the preparation of wheat for the purpose of food, we should bear in mind that its value as food depends not upon the quantity of starch it

contains but upon the amount of gluten; and any process which diminishes this element is very objectionable.

(5) The dark portion of the wheat kernel which chiefly contains the gluten, its most nutritious constituent, is almost entirely separated in the process of dressing; while the central, almost wholly starch, and of much less value to the body, is retained. In thus rejecting the dark portion immediately underlying the bran, which is almost entirely removed with it, and used for the food of our cattle, we lose the most nutritious as well as the sweetest portion of the grain.

(6) The mineral (inorganic) ingredients of a kernel of wheat which are unequally distributed in it are chiefly phosphoric acid, potash, soda, magnesia, oxide of iron, sulphuric acid, salt and silicea; in superfine flour they exist in the proportion of a little over one per cent; in the next quality, between 3 and 4 per cent; in still coarser flour, about five per cent; and in bran, 7 per cent. Thus it will be seen that fine flour contains but a small portion of those mineral ingredients which are found in wheat before grinding a large portion being cast off with the bran.

(7) The mineral constituents of the vegetables we consume are as indispensable to the human organism as any other; experiments upon the

lower animals prove that the withdrawal of these elements from vegetable food is prejudicial, and that the animals so fed perish from starvation. Mineral ingredients form the nourishment for important parts of the animal economy, and dissolved in the blood, are taken up, at points where they are necessary to sustain local parts. Thus, phosphate of lime is required by the bones, phosphates of magnesia and potash by muscles, soda by the cartilages, phosphorus by the brain, silicea by the hair, teeth and nails (also by blood and connective tissue) and iron by the red globules of the blood and black colouring matter within the eye (also of the hair).

(8) Potatoes, onions and cabbages act as anti-scorbutics and are very valuable adjuncts as foodstuffs. "The best method," says Dr. Ruddock, "of cooking potatoes is by steaming; by this process heat penetrates everywhere and there is no loss of salts. The cookers are the best means which can be used for this purpose. If potatoes are boiled, the skins should not be previously removed or a large amount of salts will pass out." Dr. Litheby estimates the waste when the skins are removed at 14 per cent and when not removed at only 3 per cent; this rule holds good in the case of all foodstuffs such as wheat, barley, oats, maize, rice, peas, beans, grams, lentils, etc.

(9) The external portion of all foodstuffs which are exposed to the air, water or earth and into which the rays of the sun penetrate more easily contain a greater portion of those inorganic elements and will thus always serve as a health sustaining and health-restoring substances.

(10) Many a rich political agitator who had turned dyspeptic, diabetic or gouty, over his usual fatty or objectionable food has returned from prison quite healthy and robust and entirely free from his original troubles ; neither the patient himself nor the jail authorities being aware of the cause ; the prime cause of his regaining health may be traced to a great extent to his partaking of the coarse and unrefined food containing all the Biochemic salts as supplied by Nature.

(11) The external portion of apples, peaches, pears, cucumbers, etc., contain a greater proportion of these inorganic salts than their internal one and should not be therefore discarded.

(12) During illness it is better to avoid coffee, tea, mineral waters and stimulants of every description. Tobacco, sweetmeat, spices, cakes, fried things, pickles, preserved foods and all substances which seem to disagree with one's health must be avoided ; rice water, barley water, oats, vegetable soup, green vegetables, etc. may be taken in moderation ; milk, skimmed milk, whey and fruits may be

taken freely. During the course of chronic diseases it is advisable to eat only those things which agree and avoid those which disagree or seem to be prejudicial to one's health.

### Abbreviations used in this book.

1. Alt. = alternately.
2. Freq. = frequently.
3. Ext. = externally.
4. Int. = internally.
5. Low = low potency.
6. Mid = middle potency.
7. High = high potency.
8. 10mts. = every ten minutes.
9. 2 hrs. = every two hours.
10. 6 x = Sixth decimal potency.
11. 200c = two hundredth centesimal potency.
12. 6 x - 30 x = any potency from 6 x to 30 x which prescribers may think suitable.

## PART SECOND

### Materia Medica

**CALCAREA FLUORICA** is a constituent of the enamel of teeth, the surface of bones, connective tissue, the elastic fibres of all muscular tissue and the cells of epidermis. It cures encysted or bony tumours and ulcerations of the bones (high). Decay of teeth (high,) looseness of teeth (mid). Induration of glands (low.) Relaxed uvula, piles or fissures in the anus, constipation with hard stools. Prolapse of the womb (low), varicose veins, dilatation of the blood vessels, whitlows, varicose ulcers, indolent ulcers, etc. (mid).

**Mind** :—Depression, groundless fear of money matters, 3ox.

**Head** :—Blood tumours on infant's head ; hard excrescences, ulcers of the scalp with hard edges. Bruises on the bony surface, 6ox and Ext. 12x or 6x.

**Eyes** :—Sparks before eyes, white spots on the cornea, aching of the eyeballs, 3ox ; dimness of sight, partial blindness ; hard tumours on eyelids, ulcers with hard edges on cornea, hard cataract, enlarged and hardened meibomian glands (both Int. and Ext. different strengths according to the case).

**Ears** :—Noise in the ear ; calcareous deposits on the tympani.

**Nose** :—Stuffy cold, dry coryza, thick yellow lumpy offensive discharges ; osseous growths, ozae-

na ; caries, foul breath. Adenoid growths chiefly in children. In polypi it helps to contract and makes them smaller so that the patient breathes easily. Nose cold ; pain in nasal bone.

**Face** :—Hard swelling on cheek, chin or lip with pain or tooth-ache, hard growth on jaws or cheek-bones, crack on lips or cheeks, caries of malar bone.

**Mouth** :—Cracks on tongue, lips or inner side of cheeks, ulceration of palate or inner cheek or tongue.

**Tongue** :—Hard or cracked or flabby ; hard tumour. Ranula.

**Teeth** :—Painful or loose in their sockets ; teeth losing enamel, teeth brittle ; decay of teeth, 200x.

**Throat** :—Relaxed, enlarged tonsil, elongated uvula, enlarged blood vessels ; diphtheria (with *Kali phos.* or *Calcar phos.*,) sore or ulcerated due to tertiary syphilis (high.)

**Stomach** :—Vomiting of undigested food (with or after *Ferrum phos.*). Hiccough (with *Magnesia phos.*).

**Abdomen** :—Pain in liver or right hypochondrium, constipation. flatulence (with *Magnesia phos.*) blind piles with tumours, bleeding piles which bleed or cause rush of blood to head, (with *Ferrum phos.* 30x-200x.) fissures in anus, (Int. 30x Ext. 3x or 6x with cocoanut milk, fresh butter or vaseline).

Hernia (Int. and Ext.) Itching in anus; pain in the back or waist. Intestinal prolapse.

**Stools** :—Hard, difficult for expulsion, knotty stools, too large accumulation of stools in lower bowels. Fall of rectum, (Int. and Ext.)

**Urine** :—Copious with frequent urging, scanty high-coloured or having strong pungent odour.

**Male** :—Dribbling of seminal or prostatic fluid, dwindling of testes, hardening of the testes, enlarged testes due to accumulation of blood, wind or water; hard chancre (hunterian).

**Female** :—Displacements of the womb under whatever name they may be; uterus flabby, relaxed or hardened. Excessive menses (if red with *Ferrum phos.*, dark thick with *Kali mur.*, dark thin and weakening with *Kali phos.*). Bearing down with pain in uterine region (with *Magnesia phos.*). Hard knots in breast; cancers, hard tumours benign or malignant (Int. and Ext.). It is also an excellent remedy for hard labour, after-pain due to weak and feeble contraction of the womb after delivery.

**Respiratory system** :—Cough due to tickling or with tiny lumps of mucus, hoarseness after talking or reading much; asthma with tiny yellow lumps expectorated with difficulty.

**Circulatory system** :—Dilatation of blood vessels, varicose veins (with *Calcar phos.*). First stage of aneurism (with *Ferrum phos.* high). Hypertrophy

of the heart (with *Kali mur.*). Irregularity of heart's action (with *Kali phos.*).

**Neck** :—Induration of the glands of the neck, small hard goitres.

**Back** :—Spinal irritation, spina ventosa, pain in the lower part of the spine, hard growths on it.

**Extremities** :—Chronic synovitis, gout, whitlow elbow joint swollen, etc.

**Skin** :—Chapped hands, lips, cheeks, fingers, roughness, hardness and looseness of skin, varicose, ulcers, fistulous ulcers with hard edges secreting small hard lumps. Eczema with thickened skin (Int. and Ext.).

**Fever** :—Lasting for a week or longer at a time with thirst and brown coating on tongue.

**Tissues** :—Suppuration of bones and periosteum. Relaxed elastic tissue, flabby or hard, (Int. and Ext.). Induration of glands on any part of the body. Bony growths, cysts, dropsy caused by heart disease; anaemia; ulcers on bony surface, caries, nodes, necrosis, (high). Indolent ulcers on any part with hard edges, (Int. and Ext.).

**Modalities** :—Worse in damp weather, better by heat and rubbing.

**Administration** :—High potencies in chronic diseases. Mid potencies in sub-acute diseases and low potencies in hard tumours and relaxed tissues.

“ When a fibrinous exudation is not dissolved by

suppuration but has become hardened *Calcar fluor.* must be given,"—Schuessler. "Encysted tumours, swellings and indurated enlargements, hardened glands, etc. need this salt,"—Carey. The author has obtained satisfactory results in healing cataracts (hard), ozaena, looseness of teeth, piles, indurated glands, hard knots in female breasts, ovarian, uterine, and bony tumours, displacement of uterus, fall of rectum, etc., with this remedy. Dr. Nicholas reports a number of cases of osseous growth cured and benefited by *Calcar fluor.*,—Organon 1880. The author has cured four cases of that nature.

## CALCAREA PHOSPHORICA

CALCAREA PHOSPHORICA is the constituent of teeth, bones, connective tissue, blood, corpuscles and gastric juice. It cures rickets, fractures (low,) ulceration of bones, spinal weakness (high.) Dyspepsia, difficult dentition, anaemia, chlorosis (low). Convulsions, spasms, epilepsy, wasting diseases, rheumatism, neuralgia, polypus (high). Goitre, cysts, fistulas, phosphaturia, gravel (mid.). Diabetes mellitus, hydrocele, leucorrhoea (mid.).

**Mind** :—Impaired memory. Anxiety from any cause. Inability for any mental work, fretfulness and peevishness of children, mental weakness caused by self-abuse (with *Kali phos.*). Effects of grief and disappointment.

**Head** :—Headache on the top with cold or tight sensation. Headache of school girls or of girls at puberty. Tearing pain in the bones of the head. Vertigo of the aged. Itching or soreness of the scalp. Hydrocephalus ; scrofulous ulcers.

**Eyes** :—Scrofulous ophthalmia or keratitis. Amaurosis and cataract. Photophobia chiefly to artificial light, ulcers on cornea. Opacity following inflammation, congenital amblyopia of children of scrofulous persons. Neuralgic pain in eye.

**Eyes** :—Aching with albuminous discharge or swelling of glands, thin offensive discharge in tuberculous patients who waste away gradually.

**Ears** :—Swollen ulcerated in scrofulous persons, point of nose icy cold. Albuminous discharge from nose, soreness of nostrils with sneezing ( with *Natrum mur.* ), nose-bleed in afternoon ( with *Ferrum phos.* ) polypus or ozaena ( with *Calcar fluor* ).

**Face** :—Anaemic ( with *Ferrum phos.* ) chlorotic ( with *Natrum mur.* ), pimples of young persons, freckles and lupus ( with *Kali mur.* ), swelling of parotid and submaxillary glands.

**Mouth** :—Bad disgusting taste in morning, tongue swollen or blistered, upper lip swollen and painful, gums painful.

**Teeth** :—Troubles such as pain, fever, convulsions, constipation, diarrhoea, etc., during teething ; toothache worse at night.

**Throat** :—Glands painful, tonsils swollen (with *Ferrum phos.*) hoarseness day and night. Relaxed sore throat (with *Calcar fluor.*), clergyman's sore-throat, pain while swallowing, hoarseness, chronic catarrh causing burning and soreness even in pharynx and larynx or causing considerable dropping from posterior nares.

**Stomach** :—Heartburn and flatulence, pain after eating, unusual hunger, child wants to be nursed frequently but vomits easily, cannot assimilate food, marasmus. Craving for ham, bacon and salted meat.

**Abdomen and anus** :—Sunken and flabby; flatulence, enlargement of mesenteric glands. Soreness, burning and sinking sensation around navel. Fetid flatus (with *Magnesia phos.*), colic with slimy loose stools, cholera infantum, slimy stools. Summer diarrhoea, teething diarrhoea aggravated by fruits. Frequent desire to pass stools without proper evacuation (with *Kali phos.*). Diarrhoea with headache of school girls, constipation with hard stools (with *Natrum mur.*), worm troubles (with *Natrum phos.*), liver inactive, gall-stone (*Natrum sulph.*), to cure and prevent protruding piles with fissures (*Calcar fluor.*), with itching (*Natrum mur.* Int. and Ext.) bleeding (*Ferrum phos.*), abdominal hernia (with *Ferrum phos.* and *Calcar fluor.*), chronic oozing of albuminous substance among anaemic persons due to piles, offensive stools (with *Kali phos.*). Painless fistula

in anus with *Silicea* and *Calcar sulph.* Tabes mesenterica (with *Silicea* high.). offensive pus with stools (*silicea* and *Kali phos.*) pain in sacrum after stools (with *Magnesia phos.*).

**Urine** :—Albuminuria (with *Kali phos.*) phosphaturia (with *Natrum phos.* Enuresis of the aged and young children (with *Natrum sulph.* Renal colic—with *Magnesia phos.*) Renal stone (with *Natrum sulph.*). To cure and prevent try different potencies. Urine copious (with *Natrum mur.* Diabetes mellitus with *Natrum sulph.* and *Kali mur.*

**Male** :—Desire increased but power decreased with *Natrum phos.* high). painful erection (with *Ferrum phos.*) swelling of testes and scrotum (with *Ferrum phos.*) itching of scrotum (with *Natrum mur.* high Int., low Ext.) Chronic gonorrhoea or gonorrhoeal rheumatism (with *Kali mur.*). Pain in urethra and prostate gland (with *Kali mur.*). Gleet (with *Natrum phos.*, *Natrum mur.*, *Kali mur.* or *Silicea* according to characteristic symptoms). Effects of masturbation (with *Ferrum phos.* and *Natrum phos.*, high).

**Female** :—Weakness and distress in uterine region (with *Kali phos.* low and *Natrum phos.* high). All sorts of displacements (with *Calcar flour.* and *Ferrum phos.*) Voluptuous feeling and itching (with *Natrum mur.* high). Tendency to masturbation, nymphomania worse after menses. Amenor—

rhoea due to anaemia (with *Ferrum phos.*). Menses too early or too late. Bi-weekly menses with bright red discharge (with *Ferrum phos.* high,) with pain in back or labour like pain (with *Magnesia phos.*). Menses with flushed face or hot extremities (with *Ferrum phos.*, high.) Menstruation during lactation, menses late and dark in rheumatic patients, albuminous leucorrhoea. If with burning in vagina (alt. with *Natrum mur.*, high). Mammae hard or too loose and enlarged (with *Calcar fluor.*). Pain and soreness in mammae when menses approach (with *Ferrum phos.* and *Kali mur.*). Burning in mammae (with *Natrum mur.*), milk salty and bluish among nursing women, disagrees with children. Cough, weariness and weakness during pregnancy and nursing period (with *Kali phos.* low and *Natrum phos.* high).

**Respiratory system** :—Hoarseness and cough worse at night, albuminous expectoration, soreness and pain in chest, sternum and clavicle with difficult breathing. Incipient phthisis in anaemic or scrofulous persons with cold extremities and low fever, profuse sweat about head and neck and weakness, whooping cough; cough during teething worse at night (*Natrum mur.* and *Silicea*) Suffocative attacks of cough in children, after nursing or crying face becomes blue, night sweats, involuntary sighing, obstinate hiccough, not cured by *Magnesia phos.*

**Circulatory system** :—Palpitations with weak-

ness and anxiety. Imperfect circulation with cold extremities or formication in any part of the body. Pain in the region of heart during inspiration. Leucaemia—excess of white corpuscles,— (with *Ferrum phos.*).

**Nervous system** :—All nervous diseases, such as convulsions, chorea, hysteria, epilepsy, cramps, colic, spasms, severe neuralgic pains not cured or partially cured by *Magnesia phos.* and which are worse at night. Shooting pains all over body like electric shocks, at times like trickling of cold water. Paralysis associated with rheumatism. Trembling of limbs, coldness, numbness, crawling, creeping and trickling sensation in limbs. Neuralgia deep-seated with tearing pains worse from any change of weather.

**Neck and Back** :—Thin neck in rickety children, Rheumatic or neuralgic pain in neck caused by exposure or cold or constipation or curvature. Back-ache in lumbar region, weakness of spine, pain in coccyx, caries of the vertebrae, spina bifida.

**Extremities** :—Sore aching in shoulder blades, difficulty to lift arms up, cramp like pains in forearms wrists (with *Natrum sulph.*), in finger (with *Natrum, phos.*) gouty nodosities, ulcerated pain in roots of finger nails, aching soreness in thighs, pain in knees and shinbones, cramps in calves; ankle joints feel dislocated, gouty pains in ankles and toes. Bow legs of rickety children, abscess on lumbar region. Syphilitic periostitis and ulcers, dropsical swellings (with

*Natrum sulph.* and *Natrum mur.*)

**Skin** :—All eruptions such as pimples, boils, abscesses, carbuncles, cancers, fistulas, etc., are much benefited by this remedy and entirely cured when the discharge is albuminous. It is also indicated in dry itching eczema, pruritus of vagina, tubercles on the skin, acne rosacea and scaling herpes of any nature.

**Sleep** :—Drowsy and often disturbed with vivid dreams. Persons cannot get up early in the morning, feel weary with stretching or yawning.

**Fever** :—Cold clammy sweat on the face and body, chilliness and shivering in the beginning and excessive perspiration in the end. Hectic fever with copious night-sweats, chronic intermittent fever in scrofulous patients, useful in all fevers as a tonic.

**Tissues** :—Anaemia, chlorosis, rickets, tuberculosis, emaciation among children. Tabes mesenterica, bones thin and brittle, bronchocele, goitre polypus nodes, exostosis, ulceptions of the bones, pancreatic disease, All bone diseases even fractures require the use of this important tissue remedy.

**Modalities** :—Worse at night, from cold, change of weather and getting wet or damp and better from warmth and rest.

**Administration** :—Lower potencies for the young and higher for the old persons.

“Without Calcar phos. no bone can be formed,

it contains 57 per cent of it. Its sphere includes all bone diseases,"—Chapman. In anaemia and chlorosis *Calcar phos.* supplies new blood cells while *Ferrum phos.* colours them red and enriches them,"—Schuesler. "*Calcar phos.* is a fine constitutional remedy in old cases of cerebral anaemia where nutrition is manifestly defective,"—Arndt. The author finds it an excellent remedy in chronic coughs of the consumptives with coldness of extremities, retarded dentition, rickets, fractures, etc., even of animals such as horses, bullocks, dogs, etc. It has also cured spasms and epilepsy even where *Magnesia phos.* and other remedies have failed. It completes the cure. No woman should be without it, both during pregnancy and during nursing period. Dr. Chapman says:—"I have given it with excellent results in the acute or chronic stages of enlargement of tonsils even when suffocation is threatened.

### CALCAREA SULPHURICA

CALCAREA SULPHURICA is a constituent of epithelial cells, skin, connective tissue, the liver and bile. It cures suppurative stage of boils, buboes, wounds, carbuncles, mastitis, abscesses, ulcerated glands, etc., (low,) (with *Silicea*, high). Sore throat, fistulas, cancers, gonorrhoea, advanced stage of lung diseases with sanious or yellow purulent discharges (mid.) Ophthalmia with thick yellow pus (mid.)

Deafness with discharge of matter from the middle ear sometimes mixed with blood (low), (after *Silicea*)  
 Croup (after *Kali mur.*) Hip-joint disease (with *Ferrum phos.*,) lichen. Hectic fever caused by formation of pus with cough burning in soles or red urine (mid. and low), patient craves sour fruits.

**Mind:**—Discontented, greedy, ambitious, full of fears. Irritable, changeable at times, with loss of memory.

**Head:**—Scald head in children. Eruptions with purulent crusts (after *Kali Mur.*), dandruff. Vertigo.

**Eyes:**—Abscess on cornea; latter stage of inflammation with thick purulent pus. Hypopyon (after *Silicea*). Inflammation of conjunctiva or retina or ulcers with characteristic yellow purulent discharge. Hemiopia.

**Ears:**—Sanious or yellow purulent discharge with or without deafness.

**Nose:**—Chronic cold with thick yellow or purulent secretion at times mixed with blood, from right nostril during day and from the left at night.

**Face:**—Pimples with purulent discharge, herpetic eruptions on the cheeks.

**Mouth:**—Ulceration of gums, tongue coated as if with dried clay, pyorrhoea, purulent or blood mixed discharge from gums, ulceration of teeth, latter stage of inflammation of tongue.

**Throat:**—Sore suppurated throat; tonsilitis

latter suppurated stage, quinsy.

**Stomach** :—Abnormal thirst and great appetite, craving for tea, stimulants, claret, champagne, wine and green vegetables and sour fruits.

**Abdomen and stools** :—Hepatitis, abscess of liver, stomach or duodenal ulcer or intestinal ulcer of appendicitis causing sanious or purulent discharge from stools, dysentery or diarrhoea or tabes causing such discharge.

**Urinary** :—Orange coloured urine with hepatitis, nephritis, cystitis, etc. containing pus cells and blood cells or with hectic fever (with *Silicea* high.)

**Male** :—Suppurating abscess of prostatic gland, ulcerated state of gonorrhoea or syphilis or buboes caused by them.

**Female** :—Late long lasting menses containing purulent matter, leucorrhoea with thick yellow bloody discharge. Labia swollen and suppurated (with *Silicea*.)

**Respiratory system** :—Last stage of consumption; third stage of pneumonia or pleuritis: chronic bronchitis, last stage of croup, all respiratory troubles with purulent or sanious discharge with or without hectic fever (after *Kali mur.* with *Silicea*.)

**Circulatory system** :—Pericarditis in suppurated condition.

**Neck, back and extremities** :—Carbuncles on neck or back or buttocks or thighs (with *Silicea*.)

witlows (after *Kali mur.* and *Silicea*) in suppurated state after *Ferrum phos.*, *Kali mur.* and *Silicea*.

**Nervous system** :—Twitching weakness, languor, tremulousness ; craving for stimulants to control these troubles.

**Skin** :—Herpetic eruption, boils, abscesses, burns, scalds, cuts, wounds, carbuncles, fistulas, etc. in suppurated state with purulent or sanious discharge, Small-pox eruptions or syphilitic sores with such discharges (after *Kali mur* or *Silicea*).

**Sleep** :—Sleeplessness and lethargy without hectic fever.

**Fever** :—Typhoid or typhus fever. Fever with dysentery or purulent diarrhoea, phthisis or tabes mesenterica, hectic fever.

**Tissue** :—Suppurated wounds, ulcerated glands, ulcerations of the bones, and neglected burns with characteristic discharge, buboes, purulent leucorrhoea, suppurated cystic or malignant tumours.

**Modalities** :—Worse from getting wet ; better from warmth. Patients crave sour things.

**Administration** :—Low potencies for all suppurated conditions both Int. and Ext. 30x and 200x are useful in chronic cases.

“In true suppuration *Calcar sulph.* is always the chief remedy, because there can be no true suppuration when this worker is present in proper quantity,”  
—Carey. “ If there is a deficiency of it in any small

part of its domain suppuration is the result. The presence of pus with a vent is the general indication for its use,"—Boericke and Dewey. "While *Silicea* hastens the process of suppuration in the normal manner *Calcar sulph.* closes up the process at the proper time, if it is present in the blood in proper quantity,"—Carey. "If given after *Silicea* it will cause the abscess to heal,"—Boericke and Dewey. "Thick, yellow, or sanious discharge from any organ of the body is an indication for its use," —Carey. The author finds it of great service after *Kali mur.* in chronic gonorrhoeal discharges, suppurated wounds, burns, scalds, cystitis, nodules, etc. and after *Silicea* in otorrhoea, gonorrhoea, leucorrhoea, suppurated glands, suppurated wounds, etc.

## FERRUM PHOSPHORICUM

FERRUM PHOSPHORICUM is a constituent of the blood, blood vessels, the muscle cells, liver, spleen, etc. It cures the first stage of all inflammations, pains, apoplexy, rheumatism, etc., (low.) Fevers, haemorrhages (mid. and low,) fresh wounds, congestions, congestive headaches, conjunctivitis, retinitis (mid.,) otitis, nasal catarrh (low,) epistaxis (mid.,) gastritis vomiting of undigested foods, or of bright red blood (low.) Insomnia, haematuria (high,) haemorrhoids, incontinence of urine (mid.,) metritis, cystitis, orchitis, ovaritis, nephritis, vaginitis, tonsillitis, bronchitis.

pneumonia (12x,) erysipelas (12x or 30x), amenorrhoea, anaemia (3x,) measles, small-pox, chicken-pox (6x), pimples, boils, carbuncles, abscess, etc. (low.) It effects wonderful cure (with *Kali mur.*) in inflammations, (with *Kali phos.*, in insomnia and insanity, (with *Calcar phos.*) in anaemia and chlorosis, (with *Calcar fluor.*) in piles, hernia, fall of uterus and rectum, (with *Kali sulph.*) in evening fever and purulent cough or croup, broncho-pneumonia and phthisis and (with *Natrum sulph.*) in diabetes mellitus and insipidus.

**Mind** :—Indifference ; loss of hope and courage, dizziness, wildness, madness, maniacal mood (with *Kali phos.*,) delirium tremens ( with *Natrum mur.* )

**Head** :—Rush of blood to head causing headache and pain in the temples (30x.) Head sore to touch, congestive headache, pain as if a nail being driven in one side over the eye. Headache with vomiting of undigested food. Dull right sided headache from vertex to right supra-orbital region. Vertigo with rush of blood to head. Meningitis with heaviness and drowsiness. Eruptions first stage.

**Eyes** :—Photophobia, conjunctivitis, retinitis, ophthalmia, sensation as if a grain of sand were under eyelids. Stye, encysted tumour over the lids abscess of cornea.

**Ears** :—Earache with or without inflammation but with burning throbbing pain, noise due to blood

pressure, otitis, deafness, tympanitis, inflammation of external ear, noise in the ear.

**Nose** :—First stage of cold in the head ; tendency to catch cold. Bleeding from nose due to injury or not ; nasal catarrh.

**Face** :—Dark circles under eyes ; cheek sore and hot congestive or inflammatory. Tic Douloureux, flushed, florid complexion.

**Mouth** :—Gums hot and inflamed ; redness of the mucous membrane of the mouth.

**Tongue** :—Clean, red or inflamed or swollen.

**Teeth** :—Toothache relieved by cold, teeth feel enlarged. Inflamed gums ; teething troubles with feverishness.

**Throat** :—Dry, sore red inflamed with much pain. Inflammation of the fauces. First stage of diphtheria with fever. Haemorrhages from pharynx larynx, trachea and bronchi, enlargement of submaxillary gland, sore throat of singers and speakers.

**Stomach** :—Inflammation with pain and vomiting, burning sore, pain with aversion to milk and flesh meat. Thirst for cold water, desire for liquor. Tenderness at pit of stomach, vomiting of undigested food or bright blood or sour fluids. Indigestion, flatulence, dyspepsia.

**Abdomen and stools** :—First stage of inflammatory condition of stomach, liver, spleen, pancreas and bowels and appendix, constipation with heat.

Diarrhoea of undigested food. Dysentery (with *Kali mur.*) Incarcerated hernia, first stage, bleeding piles, haemorrhage of bright blood from bowels with tendency to coagulate, fever caused by intestinal and thread worms.

**Urinary** :—Cystitis first stage : haematuria, frequent desire to urinate. Incontinence of urine from weakness of sphincter. Diurnal enuresis, ischuria. Nephritis and Bright's disease with fever, wetting the bed due to worms (with *Natrum phos.*,) polyuria, (with *Natrum mur.*)

**Male** :—First stage of orchitis and epididymitis urethritis, prostatitis, Varicocele, bubo, first stage of gonorrhoea, balanitis.

**Female** :—Oopharitis, metritis, vaginitis, gonorrhoea, mastitis. Very useful in morning sickness and after birth, dysmenorrhoea severe on a previous day and first day, menses every three weeks. Vagina dry, hot and painful, causing pain on coition, milk fever and puerperal fever.

**Respiratory system** :—First stage of all the inflammatory conditions of the respiratory organs. Rhinitis, laryngitis, tracheitis, bronchitis, pleuritis, pneumonia, broncho-pneumonia and pleuro-pneumonia, phthisis florida, expectoration scanty and blood streaked. Cough with dyspnoea haemoptysis, tickling cough. Hard dry cough with soreness of lungs, croup first stage, whooping cough with soreness of

lungs, croup, first stage, whooping cough with blood discharge, hoarseness with pain in larynx.

**Circulatory system** :—Palpitations of the heart. Inflammation of the blood vessels, aneurism (with *Calcar fluor.*, (high) phlebitis, varicose veins, rapid full pulse : Endocarditis, hyperaemia.

**Nervous System** :—Neuralgia with congestion, inflammation or fever, convulsion, hysteria or epilepsy with rush of blood to head, paralysis, complicated with rheumatism. Prostration and weariness, better when stimulants taken.

**Neck, back and extremities** :—Stiff-neck due to cold or exposure. Shooting pain or rheumatic pain in back, loin and kidney region also in shoulders, knees, ankles. First stage of whitlows and hip-joint disease. Extremities hot or swollen (Int. and Ext.)

**Skin** :—First inflammatory condition of all skin diseases such as eruptions, boils, abscesses, carbuncles, erysipelas, scarlet fever, whitlows, fistulas and eruptive fevers, ulcers with fever, mechanical injuries.

**Sleep** :—Sleeplessness during night, use 30x and above, not lower as it would make the case worse ; (alt. with *Kali phos.* 6x or 12x.)

**Fever** :—First stage of all fevers, catarrhal rheumatic, eruptive, gastric, typhoid, typhus, scarlet, erysipelatic, intermittent and even hectic with or without rush of blood to head, or face. Early stage of plague and ague with quick pulse and chilly sensations.

**Tissues** :—Anaemia, want of red blood, leucæmia, chlorosis (with *Calcar phos.*,) all mechanical injuries even fractures (with *Calcar phos.*,) (Int. and Ext.) Inflammation of the bony surface, ostitis first stage. Varicose veins.

**Modalities** :—Symptoms worse from warmth, motion and excitement, better from cold ; high potencies agree well with the aged, lower with the young ladies. Even one dose of 200th has frequently stopped the hæmorrhage of red blood.

**Administration** :—12x and 30x are the most suited ; 3x and 6x cause sometimes sleeplessness and aggravations ; 200 is useful in catarrh, diarrhoea and obstinate bleedings.

“Whenever there is an inflammation under whatever name it may be known, *Ferrum phos.*, is the chief remedy. It is indicated in hæmorrhages from any orifice of the body,”—Carey. “*Ferrum phos.* cure stomach - ache from chill, with loose evacuation caused by insufficient absorption from relaxed condition of villi,”—Schuessler. “For incipient colds it is worth its weight in gold,”—Dr. Lambert. “In pharyngeal catarrh, with characteristic white, frothy expectoration, it has never disappointed me,”—King. “Unless Aconite be given immediately after exposure, in my experience it is useless, but the remedial value of *Ferrum phos.*, continues for several hours.”—Copeland. The author finds it an excellent remedy

in the first stage of all eruptive fevers such as measles, small-pox, chicken-pox, erysipelas, etc., rheumatism, gonorrhoea, dysentery, and of all inflammatory conditions. In serious injuries it is safer than Arnica as it does not cause erysipelatous condition like the latter. It can be freely used both Int. and Ext.

### KALI MURIATICUM

KALI MURIATICUM is a constituent of the blood corpuscles, muscles, nerve and brain cells as well as inter-cellular fluids. It is indicated in exudation of white and fibrous nature in croup, bronchitis, diphtheria, eruptive diseases, pneumonia, mumps, glandular swellings, etc., with white or greyish white coating of the tongue (6x.) Second stage of all inflammatory conditions such as meningitis, ophthalmia (12x,) otitis tonsillitis, bronchitis, pneumonia orchitis, vaginitis, etc. (6x,) also second stage of boils, carbuncles (6x,) abscesses (3x), erysipeas measles, small-pox, chicken-pox (12x.) It is the second remedy in gastric, enteric or typhoid fevers. In puerperal fevers it is the chief remedy for exudation (low.) In rheumatic fevers, eczema, crusta lactaea, burns, herpes, shingles, etc., with white or grey coated tongue (6x-30x.)

**Mind** :—Desire to starve during illness.

**Head** :—Sick headache with white coating of the

tongue or vomiting of white substance. Dandruff, crusta lactaea ; meningitis.

**Eyes** :—Inflamed or sore with white discharge, blisters on cornea ; soft cataract. Trachoma ; sensation of sand in eyes. Retinitis, keratitis, iritis, blepharitis, etc., in second stage.

**Ears** :—Otitis, otorrhoea, deafness, tympanitis, otalgia, etc., with white coating of tongue, cracking, snapping and noise in ears, white discharges from ear with white tongue.

**Nose** :—Stuffy cold ; catarrh with thick white phlegm, dark bleeding from nose in the after-noon.

**Face** —Cheeks swollen and painful ; face-ache.

**Mouth** :—White blisters or ulcers in mouth all over, swollen gums and glands.

**Tongue** :—Blisters or ulcers on tongue, white coat or greyish white coat on tongue.

**Teeth** :—Tooth-ache with swelling of gums, gum-boil, darkish blood from gums.

**Throat** :—Inflamed or ulcerated with white coating on tongue, tonsillitis, diphtheria, (use also *Kali mur.* 3x or 6x for gargles) mumps, copious thick saliva, pharyngitis and laryngitis with white coated tongue.

**Stomach** :—Gastritis, hepatitis and poor appetite with white or grey white coated tongue. Pastry, oily, fatty and fried food disagree ; belching of gas, flatulence, stomach-ache, constipation, vomiting of

blackish blood or vomiting or hawking up of white phlegm.

**Abdomen and stools:**—Torpid liver with pain in the region of liver, constipation with white or grey tongue. Jaundice with yellow urine and whitish stools. Typhoid and typhus fever with constipation, flatulence or diarrhoea with white or grey tongue. Typhlitis, peri-typhlitis, peritonitis, diarrhoea, dysentery and piles with slimy motions and grey or white tongue, duodenal catarrh or ulcer with light coloured stools and white or grey tongue.

**Urine:**—Nephritis or cystitis with thick white slimy mucus in urine, dark coloured urine, uric acid deposits or fibrinous thread in urine.

**Male:**—Gonorrhoea, balanitis, orchitis, bubo, soft swelling, syphilitic sores with white discharge, and white or grey tongue (also Ext.)

**Female:**—Menstruation retarded or suppressed too early or too late with blackish discharge and white or greyish tongue. Leucorrhoea milk-white, thick non-irritating mucus, ulceration of os and cervix uteri with thick white discharge and white or greyish tongue. Morning sickness in pregnancy with vomiting of white substance. Secondary stage of inflammation of breasts, gathered breasts, milk fever, puerperal fever, puerperal mania; septic poison.

**Respiratory system:**—Loss of voice, asthma

bronchitis, pleuritis, pneumonia, phthisis with thick white stringy exudation, whooping cough, croupy-cough, wheezy cough, rattling cough; with characteristic symptoms.

**Circulatory system** :—Carditis, endocarditis and pericarditis with white ropy exudations, palpitations, hypotrophic conditions from excessive flow of blood to the heart.

**Back and exremities** :—Rheumatic pain with or without fever. Rheumatic gout, glands of neck swollen; chronic swelling of legs and feet, second stage of hip-joint disease; chronic swellings and ulcers on hand or legs.

**Nervous system** :—Epilepsy chiefly after suppression of any skin diseases with external remedies.

**Skin** :—Boils, abscesses, carbuncles, etc., in their second stages, acne, eczema, erythema and all skin diseases arising after vaccination or an attack of measles, crusta, lactaea, burns, scalds, eruptive fever, erysipelas, herpes, shingles, lupus, sycosis, ulcers, guinea worm troubles, etc., with characteristic symptoms of discharge and tongue coated grey.

**Sleep** :—Restless; starts up at the least noise.

**Fever** :—Second stage of all fevers such as catarrhal, rheumatic, gastric, typhoid, remittent, intermittent, puerperal, etc., with white or greyish tongue.

**Tissues** :—Anaemia, dropsy arising from heart

liver or kidney troubles, glandular swellings, follicular infiltrations, proud flesh, scurvy, second stage of all eruptions.

**Modalities** :—Symptoms worse by fatty food, milk, flesh, meat, pastry, etc., better by starving.

**Administration** :—6x and 12x are the mostly used, 3x and 6x for burns (Ext.) and for gargles, 30x and higher for chronic ailments.

“*Kali mur.*, is a valuable remedy for many diseases especially eczema which has been developed after vaccination with bad vaccine lymph.”—Schuessler.  
“*Kali mur.* is one of the most useful and positive of all our remedies in the hands of the aurist, chiefly suited to the second or latter stages of catarrhal states,”—Boericke and Dewey. “It is a remedy for sluggish patients being anti-scrofulous anti-sycotic and anti-syphilitic,”—Saunders. It is deep acting remedy with eradicating tendencies, useful as an intercurrent and to prepare the way for other indicated remedies,”—Boericke and Dewey. The author finds it a sure remedy for ophthalmia, otorrhoea, bronchitis, pneumonia, diarrhoea, dyspepsia, gonorrhoea, amenorrhoea, leucorrhoea, rheumatism, epilepsy, etc., when you have its characteristic indications. Dr. Saunders asserts that *Kali mur.* is prophylactic of small-pox. He has never known a vaccination to “take” when the remedy has been given either directly before or after it

in 3x potency. In epidemic none of his patients would get disease when *Kali mur.* was administered as a prophylactic.

## KALI PHOSPHORICUM

KALI PHOSPHORICUM is the constituent of the brain, the nerves, the muscles and the blood corpuscles. It cures mental depression, brain-fag, vertigo (6x,) delirium (12x-30x,) convulsions, hysteria, fits (mid.,) insomnia (low,) neurasthenia (30x,) nervous asthma (12x or 3x,) sciatica (3x,) paralysis (high,) epilepsy, etc., with white slimy or brown coating of the tongue (high.) Strabismus (6x,) drooping of eyelids (12x,) offensive fetid discharge from ears, gangrenous sore throat (6x,) painless diarrhoea, stools putrid like rice water (6x,) putrid and typhoid dysentery, noisy offensive flatus, painful piles (low) neuralgia, neuralgic pains, spinal anaemia (12x or 30x,) itching of palms and soles (6x-30x,) nervous palpitation (200x higher.) Atrophy, wasting diseases with putrid stools; gangrenous condition, septic haemorrhage (6x,) leucaemia (6x.) Insanity (try various potencies.) Locomotor ataxia with yellow urine or brown coating of the tongue (high.)

**Mind** :—Nervousness, anxiety, despondency, depression of spirits, impatience and irritability. After-effects of grief, home-sickness, hallucinations and illusions of senses, hysteria from sudden emo-

tion. Fits of laughter, madness, insanity, puerperal mania, stupor, low delirium, mental aberrations, rambling talk, inability to remember, restlessness.

**Head** :—Nervous headache ; sensitiveness to noise, neuralgic headache, pain and weight in back part of head, vertigo, noise in the head, water in the brain, concussion of the brain, headache when menses approach, itching of scalp.

**Eyes** :—Dimness of sight, drooping of eyelids, dilated pupils, weak sight or squint after diphtheria, sensation of sand in the eyes, black spots before eyes, partial or total blindness from the decay of the optic nerve.

**Ears** :—Sensitiveness, cannot bear noise, deafness, due to nervousness, foul discharge due to ulceration of membrane of tympanum and suppuration of middle ear. Humming and buzzing noise.

**Nose** :—Catarrh with fetid discharge, foul odour caused by ozaena or ulceration, predisposition to bleed ; soreness.

**Face** :—Livid and sunken with sunken eyes. Neuralgic face-ache. Facial paralysis, pale, sickly and sallow looks.

**Mouth** :—Sore lips, spongy gums, breath offensive, gums, fetid, spongy and receding, cancrum oris, profuse thick saliva.

**Tongue** :—Brownish, muster-coloured, dry or inflamed.

**Teeth** :—Toothache in nervous persons, severe pain in decayed or filled teeth, gums bleeding or spongy.

**Throat** :—Tonsil enlarged, sore and painful with hoarseness or not, gangrenous sore throat, Diphtheria and its after effects. Paralysis of vocal cords.

**Stomach** :—Gastric ulcer, nervous gone feeling in the pit of stomach from fright or excitement. Pain in epigastrium, vomiting of sour or bitter food, blood or blue or green substance.

**Abdomen** :—Weakness and pain in the left side, spleen enlarged, flatulence, colic in left side. Abdomen distended with gas, ineffectual urging to stool, typhoid fever with debility.

**Anus and stools** :—Noisy offensive flatus with constipation or diarrhoea with painless thin stools, putrid having rice water colour, having carrion-like odour. Typhoid, dysentery with putrid, 'bloody stools ; piles sore, painful and itching ; profuse, painless, offensive stools while eating.

**Male** :—Intense sexual desire with strength decreased, emissions at night, priapism in morning. Phagedenic chancre, gonorrhoea with discharging blood, spermatorrhoea with nervous prostration. Sexual weakness amounting to impotency.

**Female** :—Menses late, scanty, dark, thin and irregular with nervous exhaustion ; profuse, dark,

thin, not coagulating and offensive ; suppression with nervous exhaustion. Hysteria during menses or with a sensation of a ball in the throat which may cause crying. Leucorrhoea acrid, scalding and offensive with exhaustion. Threatened miscarriage ( with *Calacar fluor.*, ) feeble ineffectual labour pains, tedious labour. It facilitates an easy labour and keeps up strength and presence of mind in nervous people if taken during pregnancy at least for four to six weeks, child-bed fever ; puerperal mania, mastitis with a discharge of foul brownish pus and nervous exhaustion.

**Respiratory system** :—Hoarseness with exhausted feeling, exhaustion or paralysis of vocal cords. Exhausting cough, nervous cough, croupy cough, or spasmodic cough with saltish or brownish expectoration and brown coated tongue, chest very sore, shortness of breath or asthma while climbing the hills or staircases (frequent large and strong doses,) hay-asthma with nervous exhaustion.

**Circulatory system** :—Weakness of heart beats pulse beats below normal, intermittent, irregular pulse from fear, grief or emotion, palpitation on ascending staircases with nervousness (Int. and Ext. ) Fainting from fatigue, nervousness or fear, restlessness and melancholia chief symptoms in any disease. Vertigo, dizziness and faintness from any cause.

**Nervous system** :—Nervousness neuralgia, dep-

ression. Sciatica with dragging pain and restlessness. Paralysis of any part of optical nerves, tongue, throat, facial nerves, infantile paralyais. Locomotor ataxia (with *Magnesia phos.*,) paraplegia, hemiplegia atrophica, (with *Calcar phos.*) Epilepsy (with *Silicea*,) hysteria, convulsions with sensation of a ball rising in the throat, neurasthenia.

**Sleep** :—Sleeplessness with nervousness. Wakefulness with high blood pressure (with *Ferrum phos.* high.) Hysterical yawning. Somnambulism, night terrors ; lassivious dreams. Talking and walking while asleep.

**Back and extremities** :—Spinal anaemia, idiopathic softening of the spinal cord. Itching of palms and soles and of legs with numbness, pain in hips. Paralysing, drawing pain in soles of feet, chilblains on toes acute or chronic, rheumatic pains with exhaustion.

**Skin** :—Baldness, withered and wrinkled, blisters on skin, itching of palms and soles, eczema with nervous feeling. Gentle friction agreeable, excess causing soreness or chapping, malignant pustules on skin, small-pox or chicken-pox with putrid conditions.

**Fever** :—Intermittent, remittent, typhoid or typhus fever with nervousness and fetid discharges or sweat. Hay-fever with nervousness, exhaustion and fetid discharges or sweat. Hay-fever with nervousness.

**Tissues** :—Atrophic paralysis, spinal anaemia from debilitating diseases. Haemorrhages of dark thin blood, softening of the bones wasting diseases, with putrid stools, scurvy, gangrenous conditions. Rickets with foul stools, lucaemia, typhoid or typhus fever with putrid stools. Whitlows.

**Modalities** :—Symptoms worse from noise, exertion, excitement and worry and also from cold air from 2 to 5 a. m. Better from gentle motion, eating and in pleasant company.

**Administration** :—6x to 30x are the potencies mostly needed, 200x has been employed in chronic nervous troubles, 3x and 6x are useful in asthma, sleeplessness and for external use.

“In paralysis after diphtheria I know of no better remedy than Kali phos,”—Schuessler. “Kali phos, is to my mind the most wonderful curative agent ever discovered by man and the blessing it has already conferred on the race are many,”—Carey. “Kali phos. is the great brain and nerve remedy. Someone has happily called it “Elixir of Life.” It is the greatest blessing in medicine that world has ever known; and when its range is thoroughly understood by the whole medical profession, insane asylums will be largely decreased. It is a most wonderful remedy known in the hards of accoucher. Occasional doses for a month previous to labour will give vigour and tone to the system

and ensure a safe easy confinement. It takes the place of Ergot and leaves the patient in a better condition,"—Chapman. The author has cured with it several cases of insanity, insomnia, neurasthenia, hysteria, epilepsy, paralysis (facial, partial, atrophic, locomotor, etc.,) neuralgia sciatica, etc.

### KALI SULPHURICUM

**KALI SULPHURICUM** is a constituent of the cells, inter-cellular fluids, muscles, nerves, epithelium and blood corpuscles. It is indicated in exudation of silmy and yellowish nature in ophthalmia and in cough bronchitis, pneumonia, etc., with rattling of mucus, dysentery, diarrhoea, leucorrhoea, etc. (6x) boils, carbuncles, tubercular ulcers (6x), eczema, dandruff, lupus, epithelioma (60x) and want of perspiration in fevers (3x or 6x), amenorrhoea (3x,) third stage of inflammatory diseases (12x-60x,) small-pox, chicken-pox, measles, erysipelas, scarlet fever, etc. (6x.) Neuralgic or rheumatic pains of wandering nature worse in the evening (12x,) fever worse in the evening, until mid-night (6x or 12x.) Menstrual troubles with feeling of weight in the abdomen (low.)

**Mind** :—Timid, bashful, anxious, hurrying and irritable.

**Head and scalp** :—Vertigo with fear of falling. Headache worse in warm rooms and evenings.

better in open air. Falling off of hair ; bald spots, dandruff, scald head with sticky discharge and scaling,

**Eyes** :—Conjunctivitis and ophthalmia in third stage with yellowish crusts on lids, hypopyon- cataract, opacity of crystalline lens,

**Ears** :—Discharge yellow, watery or slimy with pain or deafness (ear should be thoroughly syringed and washed with the lotion of this remedy.)

**Nose** :—Catarrh with yellow, slimy discharge in its third stage (with *Ferrum phos.*.) loss of smell and ozaena with such discharge.

**Face** :—Face-ache or neuralgia with shifting pains, worse in heated room and in evening, better in open air, cancer or eipthelioma of the face, lupus.

**Mouth** :—Epithelioma of the lip, swelling or dryness, of lower lip, skin peels off in large flakes.

**Tongue** :—Yellow, slimy coating of the tongue at times with white edge. Taste insipid.

**Teeth** :—Tooth-ache worse in warm room and in evening, better in open air ; gums painful.

**Throat** :—Dry constricted, tonsils swollen with difficult swallowing ; in later stage with yellow coating, catarrh of throat causing hawking up of mucus.

**Gastric system** :—Burning heat in stomach ; nausea, vomiting, chronic catarrh of the stomach with slimy yellow coat on tongue, sensation of fulness, pressure and heaviness due to dyspeptic

condition, colicky pain not cured by *Magnesia phos.* Jaundice from gastro-duodenal catarrh, gastric fever at 4 p.m. (with *Ferrum phos.*) Thirstlessness.

**Abdomen and stools** :—Abdominal troubles with heaviness, pressure and flatulence having sulphurous odour, worse in evening, pain of colicky nature, loose stools of slimy purulent nature without thirst; piles with itching of anus, blind (with *Calcar fluor.* 12x) bleeding (with *Ferrum phos.* 30x), with yellow slimy tongue. Typhoid or typhus fever with evening aggravation and bloating of abdomen. Habitual constipation, pain in rectum and anus. Symptoms of cholera or diarrhoea with black thin offensive stools without thirst.

**Urinary system** :—Nephritis or cystitis after scarlet or typhoid fever with slimy, yellow matter in urine. Albuminia (with *Calcar phos.*.) oxaluria (with *Natrum phos.*.) painful urination with viscid deposits.

**Male** :—Gonorrhoea or gleet or balanitis with slimy, greenish yellow discharge, orchitis in its third stage with characteristic tongue.

**Female** :—Menses scanty, late with heaviness in abdomen and greenish yellow tongue and thirstlessness: Leucorrhoea or gonorrhoea with greenish yellow discharge.

**Respiratory system** :—Inflammation such as bronchitis, pleuritis or pneumonia in their third stage

with slimy, greenish yellow discharge, greenish yellow coated tongue and evening aggravation with or without fever and thirstlessness (with *Ferrum phos.*) Bronchial asthma with above symptoms (with *Kali phos.*) catarrhal cough, croupy cough, wheezing cough, rattling cough or whooping cough with above symptoms, worse in evening and warm room, better in open air.

**Circulatory system:**—Pulse quick with throbbing, with boring pain over the crest of ileum or very slow pulsation all over the body at times.

**Nervous system:**—Neuralgic pains of shifting nature from one place to another, worse in evening and in warm room and better in open air (with *Ferrum phos.*) chorea (with *Magnesia phos.*)

**Sleep:**—Restless sleep, the patient wakes up frequently with vivid dreams or nightmare.

**Neck, back and extremities:**—Rheumatic or neuralgic pain in any part of the body, shifting from one place to another without thirst and evening aggravation and yellow, slimy coating of tongue.

**Skin:**—Dry (with *Ferrum phos.*, high.) Eruptions in their third stage with greenish yellow discharge, even chronic eczema with such symptoms yields to this remedy, used Int. and Ext. All eruptive fevers, small-pox, chicken-pox, measles, French measles, erysipelas, scarlet fever, for desquamation

and characteristic discharge and forming of scales, skin hot in all fevers without sweat. Scaly tetter, tubercular ulcers, epithelioma with characteristic symptoms.

**Fever** :—All fevers catarrhal, rheumatic, eruptive, remittent, intermittent, gastric, typhoid, typhus, scarlet, hectic, etc., even fevers caused by septic conditions or blood poisoning yield to this remedy if the characteristic symptoms are present. In hot dry skin it should be given frequently in low potency to induce perspiration with warm covering.

**Tissues** :—Tubercular ulcer, epithelial cancers, diabetic carbuncles, mammary abscesses, indolent, obstinate sores, worst type of fistulas yield to this wonderful remedy if alternated with suitable cell salts and treated with care, both employed Int. and Ext.

**Modalities** :—Trouble arises or aggravates at 4 p. m. and is severe till 8 p. m. or mid-night. All symptoms get worse in warm room and in the evening and ameliorate in open air.

**Administration** :—6x in fevers, 6x to 30x in suppurations, 200x and higher in eczema and epithelioma, 6x and 3x for Ext. use.

“A deficiency of Kali sulph. may according to location and extent, occasion the following symptoms; feeling of heaviness and weariness, vertigo, chilliness, palpitation, fear, melancholy, tooth-ache

headache, pains in limbs, which intermit and change location. These pains are worse in closed rooms by warmth and towards evening and better in fresh air that is rich in oxygen,"—Boericke and Dewey. "It cures headaches which grow worse in the heated room and in the evening and are better in cool open air,"—Schuessler. "It aids desquamation in eruptive diseases and assists in the formation of new skin"—Carey. "It cures pain in abdomen just above the angle of the crest of the ileum, on a line towards the umbilicus, deep within, beside the right hip,"—Walker. The author finds it very useful in neuralgic and rheumatic pains of wandering nature, in promoting perspiration in all sorts of fevers, typhoid or enteric fever with rise of temperature in the evening or at night and fall in the morning; pneumonia, small-pox, measles, erysipelas, diseases of women, etc., with its characteristic symptoms.

### MAGNESIA PHOSPHORICA

MAGNESIA PHOSPHORICA is a constituent of the blood and white fibres of nerves and muscles, brain, spinal marrow and teeth. It cures all ailments of spasmodic nature such as cramps, colicky pains (mid.,) lockjaw, tetanus, locomotor ataxia, hysteria, epilepsy, paralysis, chorea (mid. and high.) neuralgic or rheumatic pains, tooth-ache, headache, constriction of the throat (mid.,) goitre (low,) hiccough,

asthma, cough, angina pectoris, palpitation (mid. and high,) sciatica (low.) Writer's or piano-player's cramps, (mid. and low,) nocturnal enuresis from nervous irritation, cutting and lightning-like pain in haemorrhoids (12x.) Cholera or intermittent fevers with cramps in the calves (6x,) membranous dysmenorrhoea (low,) convulsive sobbing, spasmodic yawning, spasmodic retention of urine (mid. or low.)

**Mind** :—Indisposition to work mentally or physically. Illusions of senses, dullness, forgetfulness, lamenting and talking to oneself.

**Head** :—Nervous headache, spasmodic headache, pain on the top of the head or on the occiput of whatever nature, shooting, darting, stabbing, intermittent, shifting or spasmodic, relieved by hot and aggravated by cold applications. Vertigo of spasmodic nature, cold in head.

**Eyes** :—Drooping of eyelids (with *Kali phos.*) contracted pupils. Dark spots, sparks or colours before eyes. Photophobia, diplopia, squinting, nystagmus, supra-orbital or infra-orbital neuralgia worse on right side relieved by warmth. Great pain with lachrymation (with *Natrum mur.*) retinitis, pigmentosa, lids feel heavy or itch. Dimness of sight (with *Kali phos.*)

**Ears** :—Weakness of auditory nerves causing deafness. Otagia of nervous or spasmodic nature

and other internal troubles worse from touch of cold water or exposure to cold winds, better from warmth or rubbing.

**Nose** :—Loss of or perversion of sense of smell not from cold but from weakness of nerves. Alternate gushing and stoppage of discharge from nose. Smarting and rawness, worse left side.

**Face** :—Prosopalgia, lightning-like pains shifting and intermittent, better from warmth. Right side neuralgic pain (with or without tears *natrum mur.*) Face-ache of rheumatic or spasmodic nature better from warmth and worse from cold.

**Mouth** :—Convulsive twitchings, tetanic spasms, spasmodic stammering.

**Tongue** .—Clean with pain in stomach, white coated with loose stools, red with canker sores, spasmodic pain from cancer.

**Teeth** :—Tooth-ache, spasmodic, rheumatic or shifting worse from cold things and better from hot (with *Calcar phos.*) Severe pain in decayed or filled teeth, ulcerations of teeth with swollen glands, convulsions or cramps of children during teething period.

**Throat** :—Sore causing swallowing painful, spasmodic constriction of throat, closing of larynx, spasms of glottis. Sudden shrill noise while speaking, singing or coughing.

**Stomach** :—Spasmodic, neuralgic or intermittent

pain relieved by heat, pressure or bending. Vomiting with constrictive pain, belching of gas. Hiccough, goitre of dyspeptic patients.

**Abdomen and stools** :—Flatulent, spasmodic and remittent pain relieved by warmth, rubbing or bending down. Colic of infants with screaming and drawing up of legs. Flatulent colic with convulsions and bloating of abdomen, constipation with flatulence, colic or dry hard dark-brown stools which are passed with difficulty (alt. *Natrum mur.*) gnawing pain in bowels with hiccough or belching of gas. Diarrhoea or dysentery with griping (with *Kali mur.*) Warm water may be syringed in bowels mixed with Magnesia phos., pain in rectum. Piles with cutting, darting pain (Int. and Ext.)

**Urine** :—Spasmodic retention of urine (alt. *Ferrum phos.*,) constant painful urging to urinate of gouty patients (with *Natrum sulph.*,) spasms of neck of bladder. Vesical, neuralgia caused by the use of catheter, spasmodic cutting pain while passing gravel phosphaturia, nocturnal enuresis with nervousness.

**Male** :—Sexual desire unusually increased without proper strength. Spasmodic stricture from gonorrhoea or prostatitis.

**Female** :—Dysmenorrhoea, worse right side, better from hot fomentations, worse from cold; ovarian neuralgia worse right side, ovaritis, vaginitis, membranous dysmenorrhoea with dark fibrous

flow. Labour like pains, pains as a rule precede the discharges, spasmodic labour pains with cramps in legs. Expulsive efforts, excessive puerperal convulsions, retained placenta. It also relaxes contracted uterus.

**Respiratory system** :—Asthma with belching of gas ; spasmodic constriction of chest, spasmodic pain in chest. Spasms of glottis, whooping cough (with *Kali mur.*,) convulsive fits of cough. Darting pain in chest, worse on right side. It works better when given in hot water.

**Circulatory system** :—Spasmodic nervous palpitation of the heart. Angina pectoris, neuralgic spasms (in hot water freq.)

**Nervous system** :—Paralytic condition worse right side. Trembling and involuntary motion of limbs chiefly of head or hands. Epilepsy, hysteria chorea, catalepsy, convulsions with sudden spasmodic fit. Twitchings all over the body, writer's cramps. Telegraphist's piano-player's or compositor's cramps. Tetanic spasm, lockjaw (also rub the teeth during the fit with Magnesia phos. (6x) convulsive sobbing, hiccough, singultus.

**Sleep** :—Spasmodic yawning and troublesome dreams disturbing sleep. Drowsiness.

**Neck and back** :—Stiff-neck worse right side, neuralgic pain in neck, back and small of the back. Inter-costal neuralgia, dorsal spine cannot bear

even touch of anything.

**Extremities:**—Darting pains in shoulders, arms and all other joints worse at night and right side. Involuntary shaking of hands, paralysis agitans, cramps in calves, neuralgia in lower limbs, sciatica worse right side, shooting pains in limbs, violent pains in joints due to rheumatism. Electric shock like pains in limbs. Deficiency in locomotive power.

**Skin:**—Burning, stinging pain in bunious corns, herpes, itches, insect-bites, centipede bites.

**Fever:**—Intermittent fever with shivering and chill at 9 a. m. or 7 p. m. local time with spasms in any part of the body or cramps in the calves, chill runs up and down the spine.

**Tissues:**—Want of sensibility or neuralgic or spasmodic pains in any tissue, nervous asthma, tetanus, etc.

**Modalities:**—All the spasmodic troubles and symptoms which are aggravated by cold or cold applications and ameliorated by hot or hot applications require the use of Magnesia phos. When given or applied in hot water it works better.

**Administration:**—30x and higher in nervous diseases, 6x in hot water for cramps and Ext. use.

“Dr. Schuessler says that the action of Magnesia phos. is the reverse of that of iron. By functional disturbance of the molecules of the latter the muscular fibres relax; through the functional distur-

bances magnesium molecules they contract; hence it is the remedy for cramps, convulsions and other nervous phenomena,"—Boericke and Dewey. "It is purely anti-spasmodic in retention of urine, paralysis agitans, etc."—Boericke and Dewey. "It cures loss of or perversion of the sense of smell,"—Schuessler. "It is the true anti-spasmodic remedy resembling electric shocks,"—Carey. "This salt is Nature's anti-spasmodic and if given in hot water will produce grand results."—Chapman. "It cures itching of lids, Retinitis, pigmentosa; a remedy to be thought of in all forms of internal ear diseases,"—Copeland. The author has obtained magnificent results with it in membranous dysmenorrhoea, whooping cough, hiccough, cholera, dysentery with tenesmus, neuralgic or rheumatic pains, sciatica with excruciating spasmodic pains, writer's, telegraphist's and compositor's cramps and lock-jaw during hysteric and epileptic fits.

## NATRUM MURIATICUM

NATRUM MURIATICUM is a constituent of every tissue of the body and enamel of teeth. It cures all diseases caused by unequalization of water in the system, viz., the diseases with an excessive dryness of some mucous membrane with copious discharge of watery fluid in the other, such as sun-stroke, constipation with excess of tears or salivation;

diabetes or diarrhoea with thirst and dryness of tongue, lips or throat (mid.) Melancholia, brain-fag, hammering headache, muscular asthenopia, ciliary neuralgia etc., with sweat or dryness of skin (high.) Influenza with coryza (low,) cold with sneezing, goitre, with watery secretion, mumps with salivation, water-brash, ravenous hunger (low,) gleet, scrotal oedema, watery leucorrhoea (mid.) Asthma, or whooping cough with watery or frothy mucous discharge (mid.), palpitations, sciatica, paralysis, epilepsy insomnia, intermittent fever (high,) eczema, herpes, pemphigus rupia, anaemia, emaciation (mid.,) etc.

**Mind** :—Dejected. Hopeless for the future, consolation aggravates. Readiness to shed tears, hypochondriacal mood with constipation, depression with tendency to dwell upon past sad events. Stupor, low delirium in typhoid or typhus fevers, delirium tremens. Despondence, melancholy, excitement, madness, inclination to dance or sing. Brain-fag.

**Head and scalp** :—Headache in fore-head and temples, Headache with tears or constipation. Sun-headache, sun-strok. Hemicrania. Hammering headache, headaches of school girls during puberty or during menstrual period, headache with frothy or watery vomiting. Eruptions on the scalp with watery contents, dandruff, white scales on the scalp, falling off of hair.

**Eyes** :—Weak with tears. Blisters or white

spots on cornea. Scrofulous ulcers on cornea with photophobia. Dryness of lids. Granular eyelids. Muscular asthenopia, conjunctivitis, blepharitis or neuralgic pains with tears, ciliary neuralgia commencing at sun-rise and stopping at sun-set. Opacity of the crystalline lens.

**Ears:**—Deafness from the swelling of the eustachian tubes or tympanic cavity or from overdose of quinine or with purulent or watery discharges. Roaring, itching or burning in the ear.

**Nose:**—Catarrh with thin discharge or with loss of smell and taste. Influenza, hay-fever, much sneezing. Discharges of thin red blood of anaemic patients, formation of scales or crusts in nostrils.

**Face:**—Face-ache with constipation or periodical neuralgia after quinine, sweating while eating, sycosis, whiskers fall out with itching, burning pustules on forehead or chin, sallow looking face due to chlorosis.

**Mouth:**—Copious salty saliva, blisters, humid sores, thrush, cracks or fissures on lips or corners of mouth.

**Tongue:**—Loss of taste; frothy saliva on the sides; vesicles on the tip, mapped tongue, dry tongue or the sensation of hair on tongue, inflammation of salivary glands, ranula; swelling of glands under tongue, dryness of tongue with loose stools in fevers.

**Teeth:**—Sensitive, easily bleeding, ulcerated

gums. Tooth-ache with tears, gum-boils, neuralgic pain in teeth.

**Throat:**—Inflammation of mucous membrane of the throat with salivation, uvula elongated, sore throat with saliva or dry throat or vomiting of thin, watery substance. Wasting of neck, thin neck, goitre, mumps with salivation. Post-diphtheric paralysis, offensive breath.

**Stomach:**—Great craving for salt or salted food. Great thirst, vomiting of watery, frothy or stringy thin mucus. Ravenous hunger. Heart-burn, water-brash, indigestion, sinking or pain in stomach.

**Abdomen and stools:**—Jaundice with painful liver, white stools, pain in liver or spleen. Burning in the abdomen. Dry stools or constipation with salivation or drowsiness. Piles with itching or stinging or burning sensation in the anus and salivation and hard stools, causing fissures. Diarrhoea with salivation, diarrhoea in alternation with constipation. Involuntary loose stools with dryness of mouth.

**Urine:**—Diabetes insipidus; polyuria with great thirst. Burning sensation after urination, catarrh of bladder, incontinence of urine.

**Male:**—Chronic gonorrhoea with thin discharge; chronic syphilis with serious discharge. Loss of hair from pubes, pain in spermatic cord and testicles. Impotence, discharge of prostatic fluid, hydrocele, scrotal oedema, oedema. Violent

itching of scrotum, spermatorrhoea, seminal emissions followed by chilliness.

**Female** :—Menses thin, delayed with headache, dullness and sadness, soreness, smarting or burning in vagina after urinating. Itching of the vulva. Menses mixed with leucorrhoea, acrid watery, slimy leucorrhoea, dryness of vagina, coition causing pain, pruritus vulvae. Headache during menses. Prolapse of uterus, relieved by sitting or lying on back. Morning sickness with watery substance, during pregnancy; wasting of mammary glands.

**Respiratory system** :—Laryngitis, bronchitis, pleuritis or pneumonia with dry, short cough day and night or with clear, frothy or watery phlegm, cough causing spurting of urine, cough causing headache, tears running down the cheeks, whooping cough, asthma, hoarseness or dyspnoea with characteristic symptoms of this cell-salt.

**Circulatory system** :—Palpitation of heart among anaemic, chlorotic or asthmatic patients bursting headache, anxiety, sadness, pain in region of heart's apex. Intermittent rapid pulse hypertrophy of heart, pulsation felt all over the body, chiefly in the pit of the stomach, which may be painful, scurvy.

**Nervous system** :—Relaxation of muscular system with weakness. Twitching in muscles. Neuralgia. Paralysis. Hysterical spasms with thirst or debility. Epilepsy preceded with burning in stomach or with

froth in mouth during the fit. Singultus. Tendency to catch cold periodically.

**Sleep** :—Excessive sleep. Unrefreshing sleep, constant desire to sleep. Dreams of robbers in the house. Frequent starting during sleep. Sleep very restless and sleeplessness.

**Neck and back** :—Wasting of the neck, chiefly among children. Spine sensitive to touch, feeling of coldness in the back, paralytic pain in small of back, spinal weakness, pain in the back or waist, or backache relieved by lying on hard substance.

**Extremities** :—Periodic attacks of gout. Involuntary motion of legs, starting and jerking of limbs during sleep (with *Magnesia phos.*) Weakness of knees, calves and ankles. Pain in hip, coxalgia, sciatica, painful contraction of hamstrings. Synovitis. Herpes in bend of knees, urticaria about joints, cracks between toes, warts on palms; hang-nails. Dropsical swellings. Frequent falling asleep of legs and feet, periodic rheumatic gout.

**Skin** :—All skin affections with blisters or vesicles and thin white scales. Eczema, fine scales or eruptions with watery contents. Herpes in bend of knees and elbows or near arm-pits. Intertrigo, chiefly between thighs and scrotum with watery symptoms, warts on palms or soles, (Int. and Ext.,) shingles, pemphigus, herpes, watery blebs, herpes circinatus, blisters, rupia, sycosis, urticaria; miliary

eruptions. Bites of insects, bugs, ants, centipedes, rats, serpents, etc. (Int. and Ext.) Eczema from eating too much salt. (Int. and Ext.), fungus, eczematous, warts, nettle-rash, hang-nails, etc., eczema of eyebrows.

**Fever** :—Chilly and thirsty at the same time, chill all over in different parts of the body, chiefly in spine, stomach or hands. Malarial fever, scarlet fever, rheumatic fever, hay-fever, typhus or typhoid fever with thirst, drowsiness and too much perspiration or watery vomiting, intermittent fever not cured or made worse by quinine, chill at 10 a. m., or from morning till noon. Anteponing fever coming on two or three hours previous to its time. Periodic fever with throbbing headache, great languor, emaciation, thirst or fever, blisters on lips, tongue or corners of mouth.

**Tissues** :—Anaemic conditions due to abuse of salt or with thin blood, chlorosis with dirty torpid skin, face pale and yellowish, wasting off of neck or buttocks. Emaciation while living well, chronic swelling of the lymphatic and sebaceous glands. Diabetes insipidus or mellitus, Grave's disease, Basedaw's disease, Addison's disease, gouty conditions, etc.

**Modalities** :—Worse in morning, periodically in cold weather and at the sea-side. Better in the evening.

**Administration** :—30x to 60x is best suited in all cases; 200 has often cured the most obstinate malarial fever. 3x and 6x are recommended for bites (Int. and Ext.).

“The whole quantity of this salt in the human body is approximately II ounces.”—Stonham. “It works with water and properly distributes it, through the organism,”—Chapman. “A disturbance in the molecular motion of this salt in the organism, may cause diarrhoea and thirst, constipation and lachrymation, etc. It carries the water to the tissue-cells, enabling them to enlarge and multiply,”—Saunders. “The importance of this cell-salt, cannot be too highly estimated,”—Boericke and Dewey. “Natrium mur is my calorifacient,”—Burnett.

It is our common salt. A disturbance in the molecular motion of it in the organism, may cause diarrhoea with thirst, constipation with salivation or lachrymation, etc. Cattle not fed with proper supply of this salt, will have craving for human excretions, so also dogs. There are examples of cocoa-palms and mango trees, bearing larger and sweeter fruits when salt is used as a manure for them. A judicious use of this salt in proper potency, will enable one to effect wonderful cures. Many Homoeopathic plants owe their healing virtues to the presence of this salt in a pure and atomised form.

## NATRUM PHOSPHORICUM

NATRUM PHOSPHORICUM is a constituent of the blood corpuscles, the gastric juice, the liver, the nerves and the muscles. It cures gastric disorders such as acidity, sour belching, biliousness, flatulence, bilious colic etc. (low), vomiting of sour substance, sour smelling diarrhoea with yellow coating of the tongue (low,). Ophthalmia or nasal catarrh with yellow discharge (low,) jaundice (1x-2x). Long or thread worms (3x or 6x,) constipation (6x,) tape worm (1x or 2x,) scrofula (mid. and low.) dim sight, facial neuralgia (mid. and high,) dyspepsia, with sour taste (low,) grinding of teeth or itching of anus due to worms, colic due to worms (low.) Leucorrhoea (mid.) or sterility with acid and watery leucorrhoeai discharge (6x-60x). Seminal emissions without dreams (mid.,) urine dark red, with arthritis (6x,) phthisis florida, consumption with acidity (12x). Rheumatic arthritis of joints of fingers (6x or 12x). Intermittent fever with vomiting of acid sour mass (low). Erythema, eczema, crusta lactaea, etc., with symptoms of acidity (6x or 12x). Sour smelling stools or perspiration (12x or 6x.) Goitre (6x).

**Mind**:—Nervous, irritable, vexed at trifles. Anxious, forgetful and prostrated and apprehensive of fear, walking at night during sleep, imagines that somebody is come and mistakes even furniture for persons.

**Head and Scalp** :—Headache on crown of head or fore-head, bilious headache or vomiting on awakening in the morning, giddiness with gastric troubles.

**Eyes** :—Ophthalmia, hypopyon; golden yellow or creamy discharge from eyes. Pain in eyes, dim-sight, squinting due to worms. Granular conjunctivitis.

**Ears** :—One ear hot and itching with gastric troubles. Scabs on ears with yellow discharge. Heat and burning in ears, roaring in ears.

**Nose** :—Picking at the nose with acidity of the stomach or worms. Catarrh with thick yellow or creamy discharge.

**Face** :—Red and bloated without fever. Blotches come and go suddenly, due to bilious condition. White about nose or mouth.

**Mouth** :—Creamy, yellow coating of the back part of the roof of mouth, sour taste.

**Tongue** :—Moist, creamy or golden yellow coating at the back part of the tongue. Difficult speech.

**Teeth** :—Grinding of teeth due to worms or acidity.

**Throat** :—Sore, raw feeling in throat, throat and tonsils inflamed with creamy or golden yellow coating with acidity. False diphtheria with creamy coating of the base of the tongue and palate, tonsils

and uvula. Naso-pharyngeal catarrh. Dropping of thick, yellow mucus from the posterior nares, worse at night.

**Stomach** :—Acidity, sour risings due to excess of bile or lactic acid. Pain after food, vomiting of sour dark, fluids, water-brash with acidity, food causes pain. Imperfect assimilation of fats from lack of bile. Empty gone feeling in stomach. Ulceration of stomach, nausea with sour rising.

**Abdomen and stools** :—Yellow, sour smelling, slimy, watery, purulent diarrhoea chiefly in children. Diarrhoea of jelly like substance with straining, caused by acidity, worms of all kinds (even tape worm and guinea worm), causing pain, vomiting and loose stools with picking of the nose and itching of the anus (2x-6x) also use injection of Natrum phos. with a syringe. Intestinal long or thread worms with acidity, squinting, pain in bowels and restless sleep, flatulent colic. Habitual constipation, very obstinate, sore and raw anus.

**Urine** :—Frequent with inability to retain it, with acidity, chiefly among children (6x,) constant urging to urinate, flow intermits, requires straining, incontinence in children. Atony of the bladder, diabetes with liver disorders, dark red urine among rheumatic patients.

**Male** :—Seminal emissions (30x or 60x,) without dreams followed by weakness; desire increased or

decreased with acidity. Semen thin, watery, drawing pain in spermatic cords and testicles.

**Female**:—Menses early pale and irregular with frontal headache; sour vomiting, sour smelling leucorrhoea, weakness and distress in uterine region, prolapse, uterine displacement with rheumatic pains. Sterility. Excitement before menses. Morning sickness with sour vomiting during pregnancy.

**Respiratory system**:—Consumption with acidity and soreness of the lips. Phthisis florida in young persons. Pain in chest, worse from pressure or felt while breathing deep.

**Circulatory system**:—Palpitations, irregular heart beats or pains about the base of heart with acidity, trembling about the heart, sore always after eating. Rheumatic pains suddenly go to heart.

**Nervous system**:—Nervousness from mental exertion and sexual excess, prostration and tired feeling with trembling or palpitation and acidity. Squinting or twitching of facial muscles due to irritation caused by worms.

**Sleep**:—Restless sleep due to acidity or worm troubles, which may cause grinding of teeth, startling in sleep, picking of nose and itching of anus. Children may scream and get up easily with dreams, adults may wake up easily with dreams regarding sexual matters or emissions.

**Neck, back and extremities**:—Crick in neck,

swelling of glands in neck, goitre. Spinal weakness, spinal anaemia. Rheumatic arthritis or gout with acidity, pains felt in small joints, chiefly in finger joints. Aching wrists, crampy pains in hands while writing, arms tired. Paralytic weakness of lower limbs. Inside thighs draw. Sore hamstrings, pains in knees, ankles and shins, in hollow and ball of foot. Synovial crepitation.

**Skin** :—Yellow, jaundiced and easily chafing, crusta lactaea. Hives, itching all over the body, reddish brown spots like rash or insect bites. Eczema with honey coloured, creamy secretion and acidity. Rose-rash with golden yellow scabs. Eczematous eruptions, with much itching at ankle joints.

**Fever** :—Intermittent fever with vomiting of sour substance. Sour smelling perspiration, feet icy cold during the day and burn at night. Flashes of heat due to acidity, causing headache every afternoon. Remittent fever with vomiting or acidity; fever caused by worms.

**Tissues** :—Anaemia with acidity (with *Calcar phos.*) jaundice (with *Kali mur.*) bone diseases (with *Calcar phos.*) scrofula before suppuration, to dissolve the morbidity of glands (with *Magnesia phos.*) leucaemia, leucocytosis, enlargements and swellings of lymphatic glands, marasmus in children (with *Calcar phos.*).

**Modalities** :—Symptoms worse durnig thun-

derstorm; during menstruation, symptoms have an evening aggravation, aversion to open air.

**Administration** :—Dr. Schuessler recommends in 6x, Drs. Quesse and Boericke recommended 4x; Dr. Morgan prefers 30x. The author finds it useful for jaundice and worm-troubles in 3x and 6x. In most obstinate cases, such as tape worms and jaundice with acidity, it may be tried in 2x or 3x, 200x and higher give excellent results in spermatorrhoea, nervous tremblings and obstinate night emissions and long standing gleet with characteristic discharge and acidity.

“Natrium phos, is the remedy in all cases where there exists an excess of acid in the system,”—Chapman. “An excess of acid, is a misnomer and a true way to put it is “A deficiency exists in the phosphates of sodium, i. e. Natrium phos.”—Carey. “It splits up lactic acid into carbonic acid and water and throws is off through the lungs,”—Chapman. “Uric acid is kept soluble in the blood by the presence of Natrium phos. and the natural temperature of the blood,”—Saunders. “Natrium phos. serves to emulsify fatty acids. It is therefore a remedy for all dyspeptic conditions traceable to fats, or such as are aggravated by their use,”—Boericke and Dewey. “The role of this salt in the normal economy according to Prof. Moleschot and Dr. Schuessler, largely consists in the catalysis of lactic acid in the blood, thus purifying

that fluid organ from this effete product of muscular function, which transforms stored glycogen into the acid,"—Boericke and Dewey. The author finds it an excellent remedy in vomiting, diarrhoea, colic and other troubles, either caused by worms or biliousness, ophthalmia, neuralgia, rheumatism, leucorrhoea, spermatorrhoea, leucaemia, jaundice, scrofula, goitre, swelling of glands of neck, etc.

"Natrium phos. decomposes lactic acid into carbonic acid and water. Uric acid is kept soluble in the blood by the presence of this salt and the natural temperature of the blood. It also emulsifies fatty acids,"—Boericke. "*Natrium mur.* is the regulator of the distribution of fluids in the body,"—Saunders. "*Natrium sulph.* aids and regulates the excretion of superfluous water, e. g., that which arises from the decomposition of lactic acid by Natrium phos. Its action is opposite of *Natrium mur.*, which attracts water to be used in the organism while *Natrium sulph.* does it to eliminate it from the organism. *Natrium mur.* furthers the division of cells for purposes of increase while *Natrium sulph.* takes away water from worn out leucocytes.

## NATRUM SULPHURICUM

NATRUM SULPHURICUM is a constituent of the inter-cellular fluids. It cures liver complaints, biliousness, gall-stones (6x), jaundice, dropsy, excess of

bile, bitter taste, greenish diarrhoea, etc. (low,) painter's colic, enlargement of spleen (3x or 12x,) uric acid troubles with greenish yellow coating of the tongue (6x or 12x,) morning diarrhoea (12x or 30x,) chronic headache (high,) flatulence, colic, polyuria, diabetes, lithiac deposits, gout, gravel preputial and, scrotal oedema (12x,) enlarged prostate (6x-30x,) condylomata (6x or 12x, Ext. 3x,) gonorrhoea and sycosis (mid. and high.) Menses profuse, acrid and corrosive ; leucorrhoea, acrid and corrosive with parts inflamed (low.) Humid asthma with rattling of mucus (low.) Influenza with cough, greenish, thick, ropy expectoration (low,) eczema, ringworm (high,) epistaxis (high,) warts, erysipelas, oedema, sycosis, leucaemia (different potencies.)

**Mind** :—Bilious excitement, irritability causing sleeplessness, suicidal tendency, mental troubles caused by injury to head, despondency worse in morning or in damp weather.

**Head** :—Bilious headache, sick headache, headache on top of head, headache with dizziness or drowsiness, congestive headache (with *Ferrum phos.*,) occipital headache, etc., with bitter taste in morning. Delirium with burning in top of head due to excess of bile, violent pains at the base of brain. Ill-effects of fall or any injury, spinal meningitis. Hydrocephalus, scalp sensitive, hair roots painful.

**Eyes** :—Yellowness of conjunctivae, chronic

conjunctivitis with granular lids, with green pus and photophobia. Burning of the edges of lids, agglutination of lids in morning. Maculae on cornea.

**Ears** :—Ear-ache. Lightning like pain through ears. Ringing in ears.

**Nose** :—Nasal catarrh, dryness and burning in nose. Stufing up of nose. Itching of wings of nose, nose-bleed. Ozaena syphilitica, pus changes to greenish colour when exposed to light.

**Face** :—Sallow or yellowish, due to liver disorder ; pimples on face, erysipelas with shiny swelling, pain in zygoma.

**Mouth** :—Bitter taste in mouth, due to biliousness with tenacious greenish-white slime, coming up from oesophagus. Roof of mouth sore to touch, palate very sensitive. Burning in mouth.

**Tongue** :—Bitter taste with brownish green, greyish green or greenish coating on tongue. Burning blister on the tip of tongue.

**Teeth and gums** :—Toothache better from tobacco smoke or holding cold water in mouth. Gums bleed or burn. Blisters on gums.

**Throat** :—Sore with feeling of a lump while swallowing. Dry ulcerated throat, pharyngial catarrh, profuse tenacious mucus. Diphtheria with greenish coat in throat or with greenish vomiting.

**Stomach** :—Nausea and vomiting of bitter substance, due to biliousness. Bilious colic with above

symptoms and greenish or darkish stools, bitter or sour rising. Inability to digest starchy food. Heart-burn, sour rising, flatulency, stomach feels distended.

**Abdomen and stools:**—Congestion of liver. Liver sensitive, sore to touch with sharp, shooting pain, cannot bear tight clothing over the region of hypochondria, congestion of liver, great flatulence. Tympanitis in bilious fevers. Flatulent colic. Heat in lower bowels, with green bilious discharges, diarrhoea with loose, greenish or blackish stools. Hereditary looseness of bowels in old women, cannot control, worse in morning. Typhlitis, loose morning stools, tape worm, lead colic constipation, wart-like eruptions on anus and between thighs. condylomata, sycosis.

**Urine:**—Urine loaded with bile, diabetes insipidus or mellitus. Chronic nephritis, yellowish green discharge from urethra, gravel, gouty condition, brick-dust like or sandy deposits in urine. Renal calculi, burning during micturition, polyuria.

**Male:**—Prostate enlarged, pus and mucus in the urine, preputial and scrotal oedema. Hydrocele, chronic gonorrhoea, suppressed gonorrhoea, and sycosis, condylomata, soft fleshy excrescences of syphilitic origin, (Int. and Ext.)

**Female:**—Profuse menses, with morning diarrhoea or colic and constipation. Nose bleed before menses. Leucorrhoea acrid, corrosive and causing

inflammation of parts. Genital inflamed, swollen and covered with vesicles. Herpetic vulvitis. Vomiting of bitter substance during pregnancy. Phlegmasia albadolens.

**Respiratory system** :—Hoarseness, bronchial catarrh, cough, asthma, humid asthma with rattling of mucus and expectorating thick, ropy, greenish, pus-like phlegm, worse in morning or in damp weather. Dyspnoea during damp, wet weather.

**Circulatory system** :—Giddiness, feeling of pressure and uneasiness in the region of heart, relieved by going in fresh air.

**Nervous system** :—Prostration ; weary feeling, chorea, trembling of whole body, trembling of hands while writing ; twitching of hands and feet during sleep, sciatica, pain from hip to knee.

**Sleep** :—Disturbed with attacks of nightmare or twitching of hands or feet or with dreams of flying in the air or drowning in water or of being involved in a mob fight. Drowsiness with biliousness, morning sleep disturbed by the attacks of cough and asthma.

**Back and extremities** :—Bruised pain in small of back, soreness up and down the spine and neck, spinal meningitis with drawing back of neck and spasms of back. Trembling of hands, oedema of feet, paronychia, panaritium, rheumatic pain in large joints, itching of toes, inflammation and suppuration.

around roots of nails, tingling, pain under nails, locomotor ataxia, podagra, burning in skin. Tendency to get warts on scalp, fore-head, around eyes, face, chest, hands, feet, anus, etc. Eczema, vesicles and eruptions, containing yellow watery secretions. Fingers swollen and stiff, palms of hands sore. Erysipelas, smooth red shiny pemphigus, vesicles, etc., with watery, thin or greenish yellow discharge. Ring-worm with vesicles, containing yellow scales, eczema, oedematous inflammation of skin, sycotic excrescences, fistulous ulcers of long standing with watery, thin pus, with bluish broad margin, sycotic eruptions.

**Fever** :—Intermittent, (Ague) remittent, bilious remittent and yellow fever with greenish yellow, brownish or blackish vomiting or with watery, greenish yellow loose stools or with soreness in the hepatic region and flatulence, shifting in abdomen from place to place, chill with coldness and sweat without thirst.

**Tissues** :—Oedema, invading the areolar tissues, dropsy, leucaemia, sycosis. Hydrogenoid constitution, secretions watery or greenish yellow from any tissue, pyemia.

**Modalities** :—Symptoms always worse in damp, wet weather, by lying on left side or by eating fish and plants growing near rivers or tanks, containing much water and also by living in marshy places and

Ague districts ; better from dry warm atmosphere.

**Administration** :—In constipation, tape worm and lead colic 2x or 3x frequently ; when liver, spleen and pancreas are affected 6x. In urinary troubles and diabetes 12x, in diarrhoea, headache and nervous disease 30x or 30c and in all chronic troubles 200x and higher.

“Natrum sulph. is found in inter-cellular fluids ; its principal office is to regulate the water in the tissues, blood and fluids of the body,”—Carey. *Natrum phos.* creates water by breaking up lactic acid, *Natrum mur.* distributes it and *Natrum sulph.* regulates the quantity of it in the system,”—Chapman. “Natrum sulph. by stimulating the epithelial cells of the bile ducts, pancreas and intestinal canal, furthers the normal secretion of these organs. It also has the functions to stimulate the nerves of these parts,”—Boericke and Dewey. “It serves as a preventive for cholera, by eliminating excess of water in the blood. A chief remedy to control the excess of inter-cellular fluids in influenza,”—Carey. “It cures dull pain in the right ileo-cecal region, shifting flatus, tenderness to pressure and coating tongue,”—Ward. The author finds it a reliable remedy of influenza, cholera, malaria, disorders of liver and spleen, gall-stones flatulent colic, humid asthma, fistula, syphilitic ozaena, warts, urinary troubles, vomiting or diarrhoea of bilious or

greenish yellow substance, etc.

## SILICEA

**SILICEA** is a constituent of the hair, nails, skin, periosteum, neurilema (nerve sheath) and bone tissue. It cures sweating about the head, sensitiveness of scalp, sore to touch (high.) Painful eruptions on the head, discharging thick yellow pus; threatened suppuration in the abscesses, boils, carbuncles, whitlows (low), scrofula, glandular enlargements, fistula (low and high), purulent otorrhoea, phthisis, tuberculosis of lungs, intestines or bones (high), ozaena with fetid discharge. Rickets (mid. and high) caries of bones (high.) Rickets with large head or large abdomen among children; diarrhoea of cadaverous odour (high), fistulous ulcers (mid.), gleet, tertiary syphilis (high.) Menses with icy coldness over the whole body, constipation (mid.,) fetid foot-sweats, pthysical abscesses (high); offensive perspiration (high), epilepsy during full-moon, or at nights (high), effects of impure, vaccination (mid.,) lepra, nodes, coppery spots, deep-seated phlegmonous erysipelas, etc., (mid. and high.)

**Mind** :—Over-sensitiveness. Despondency, disgust of life. Irritability, brain-fag, inability to think.

**Head and scalp** :—Headache, vertigo, cerebral apoplexy, sweat on head, large open fontanelles, hair falls out, eruptions, pustules, nodes, boils, etc., on

the scalp, scalp sensitive to touch. Suppurating wounds.

**Eyes** :—Blepharitis, pustular keratitis, ulcers of cornea, sloughing ulcers, cataract, amplyopia after suppressed foot-sweats or eruptions, corneal scars and opacities after measles or small-pox, ciliary neuralgia ; styes, indurations and small boils on the lids, etc.

**Ears** :—Roaring in ears. Sensitiveness to noise or sounds. Deafness, otitis, otorrhoea, caries of mastoid cells with ichorous discharge. Boils and cystic tumours in or around ears ( Int. and Ext. )

**Nose** :—Tip of nose red. Itching of nostrils, coryza, nasal catarrh, ozaena, caries, investrate ulceration producing acrid, corroding discharge. herpetic eruptions around nostrils.

**Face** :—Pale complexion, face-ache, eruptions, acne, sycosis, lupus, etc., caries and necrosis of jaw-bone, indurations of cellular tissue after eruptions, etc.

**Mouth** :—Suppuration of glands in the mouth, ulceration of corners of mouth. Gangrenous, perforating ulcer of palate.

**Tongue** :—Induration, ulcers, sensation of hair on tongue.

**Teeth and gums** :—Gums sensitive, gum-boils, boils on the jaw, tooth-ache, neither heat nor cold gives relief. Pyorrhoea, ulcers, fistula dentalis, etc.

**Throat** :—Enlargement of thyroid gland. Tonsillitis in suppurated stage. Quinsy, paralysis, goitre.

**Stomach** :—Chronic dyspepsia, heart-burn and acid eructations. Induration of pylorus, hungry but cannot digest milk, warm food and flesh-meat, child vomits as soon as nursed.

**Abdomen and stools** :—Large abdomen in children (due to rickets or worms), enlargement of inguinal or mesenteric glands, hepatic abscess with induration, shifting flatulence, worm troubles, chiefly colic, worse at and during full-moon or new-moon. Constipation, stools partially recede after having been expelled. Diarrhoea with cadaverous odour, foul offensive loose stools, painful piles, fissure or fistula in anus.

**Urine** :—Suppurated condition of metritis or cystitis and chronic catarrh of the bladder, urine loaded with pus and blood, chronic prostatitis, uric acid troubles with reddish sandy deposits in urine, enuresis from worms or chorea.

**Male** :—Chronic gonorrhoea, thick, purulent, fetid discharge, chronic syphilis with suppurations, persistent sexual thoughts with weakness or impotence. Exhaustion after coition, itching or sweating of scrotum, hydrocele, seminal emissions.

**Female** :—Scanty menses associated with fetid foot-sweats, icy-coldness of the body or characteristic constipation and foul stools. Burning and itching

with acrid leucorrhoea. Menses during lactation, bloody discharge between periods. Leucorrhoea like discharge during periods, nymphomania, sterility. Serous cysts of vagina, abscess of labia with fistulous openings. Breasts very hard and painful, mastitis nipples crack and ulcerate easily, fistulous ulcers of mammae, hard lumps and tumours threatening suppuration.

**Respiratory system** :—Bronchitis, pneumonia, pleuritis, and phthisis pulmonalis with expectoration of thick, greenish, yellow pus, hectic fever and night sweats. Abscess of lung, with discharge of greenish yellow pus, deep-seated pain in chest.

**Circulatory system** :—Palpitation, heart disease, nervousness.

**Nervous system** :—Obstinate neuralgia, worse at night. Epilepsy with aura in the solar plexus with slight provocation. Hysteria worse at night, new-moon or full-moon. Paretic conditions.

**Sleep** :—Sleeplessness, talking in sleep, bad, unpleasant dreams during sleep.

**Neck, back and extremities** :—Carbuncle on neck or back. Spinal irritation, curvature, boils, abscesses or old ulcers. Soreness between shoulders, pain in coccyx after riding, Psoa's abscess. Hip-joint disease, whitlow, Pott's disease, proud flesh, caries, synovitis. Fetid perspiration of feet, offensive sweat in the axillae, weak ankles. Ingrowing toe-nails

Arms and hands feel heavy and paralysed, pain in shoulders and arms at night ; caries of bone with fistulous openings.

**Skin** :—Sensitive, itching, burning worse at night. Eruptions, pustules, boils, carbuncles, whitlows, abscesses, malignant pustules, malignant and benign tumours, chilblains, crusta lactaea, proud flesh, ulcers. Suppurating tendency, least injuries suppurate, ulcers show no tendency, to heal, scrofulous eruptions, rhagades, bursa, erysipelas, lepra nodes, copper coloured spots, lymphangitis (even elephantiasis.)

**Fever** :—Hectic fever, septic fever, fever during suppurative process, sweat at night, heat in afternoon and whole night.

**Tissue** :—Swelling of glands, enlarged and suppurated glands, especially cervical scrofulous glands. Suppuration of sebaceous glands, foreign bodies in tissues, in any part of the body, such as fish-bone, pieces of mutton in throat and disorganised suppurated matter in lungs or sores.

**Modalities** :—Symptoms are worse at night, during full-moon or new-moon. Better by heat, in warm room and in summer.

**Administration** :—6x and 3x to open boils, etc. Int. and Ext. 200x to heal them and for night sweat, tuberculosis, etc.

“Silicea works with albumen and fibrine. It is

an excellent remedy for deep-seated suppurations. A physician (Carey) advances the rather novel, yet probable theory that in suppurative processes, such as boils, abscesses, carbuncles, etc., it takes the place of lancet and cuts its way through the skin to the surface, thereby liberating the accumulated mass of disorganised, non-functional organic matter,"—Chapman. "The chief remedy to promote the discharge of pus,"—Carey. "In badly nourished states, owing to defective assimilation, Silicea is especially indicated ; also in deeply seated tubercular and septic (vaccine) infections. It ripens the abscess and promotes suppuration, the reverse of *Calcar sulph.*"—Saunders. "Dr. Saunders says : of 62 cases of night-sweats treated, in 43 the perspiration was stopped, and in 13 it was lessened. Higher potencies of Silicea, as a rule act best,"—Boericke and Dewey. "It is a deeply penetrating remedy and while closely resembling mercury in its sphere of action, it should not be administered after mercury, as it may complicate the case,"—Gilchrist. In such cases, the author gives Hepar sulph. or Aurum met. to antidote the poisonous effects of mercury, before he administers Silicea. The author is of opinion that it is an offensive lancet in the hands of Biochemic physicians. It not only hastens suppuration more effectively than poultices but also breaks open boils, carbuncles, abscesses, whitlows, buboes, fistulas, tumours, cancers and



already suppurated glands and elephantiasis. It has cured wonderfully night-sweats, rickets, epilepsy, madness, ozaena, caries, etc., when it is indicated and carefully administered.

# MEDICAL ASTROLOGY

## Cell-salts : their relation to Zodiacal Signs

IN presenting to the reader the information herein given I do not claim that the thought demonstrating the relation of the zodiac to the cell-salts of Biochemistry is my original one. Having read Dr. Carey's book "The relation of the mineral salts of the body to the signs of the zodiac", I desired to know more about this phenomenon. My efforts have led me to the domain of the Hindu Astrology and I am inclined to believe in these findings. I have every hope the information will be appreciated, more especially by the seekers after Truth.

The twelve zodiacal signs constitute the twelve different organs of the Grand Man known as *Puru-sha* in Rigveda (Purusha sookta) and the Sankhya Philosophy and all the the living beings are His miniatures—the subjects and objects. Nature is what is styled as Prakriti, the active principle in the universe.

1. *Aries*, the Ram, is His head ; its chief constituents is Kali phos.
2. *Taurus*, the bull, is His neck, throat and cerebellum : its constituent is Natrum sulph.
3. *Gimini*, the twins, is His lymphatic and

respiratory system; the chief constituent of which is Kali mur.

4. *Cancer*, the crab, is His solar plexus and the chest; the chief constituent being Calcar fluor.

5. *Leo*, the lion, is His heart and motor nerves; the chief constituent being Magnesia phos.

6. *Virgo*, the Virgin, is His abdominal region and its chief constituent is Kali sulph.

7. *Libra*, the balance, is His urinary and sexual organs, the chief constituent being Natrum phos.

8. *Scorpio* is His hips, the chief constituent of which is Calcar sulph.

9. *Sagittarius*, the Archer, is His thighs, its constituent being Silicea.

10. *Capricorn* is His bones and thighs up to knees, the chief constituent being Calcar phos.

11. *Aquarius*, the water bearer, is His calves up to ankles and nerves, the chief constituent being Natrum mur.

12. And *Pisces*, the fishes, is His feet and blood, chiefly red corpuscles, the chief constituent of it being Ferrum phos.

Each cell-salt has its source divine

Of starry zodiacal sign.

Each of these twelve cell-salts is originated and developed on this earth in the whole vegetable kingdom and in all the animals when the sun enters each sign of the zodiac, *i.e.*, when the earth comes

between the sun and each sign of the zodiac.

They are as follows :—

1. Sign *Aries*, the Ram. Time March 21 to April 21. Cell-salt Kali Phosphoricum (Phosphate of Potash) develops when the earth comes between the sun and Aries, the Ram.

This is a very exalted position of the sun. A person born in this period is, as a rule, intelligent, timid, easily excited, enterprising, brilliant and holding some position. In all his ailments Kali phos. may play a conspicuous part. He may become an expert engineer, electrician or a physician.

2. Sign *Taurus*, the Bull. Time April 21 to May 21 Cell-salt Natrum Sulph. (Sodium Sulphate.) Venus is the lord of this sign of zodiac and the moon is exalted in this place, while no planet is degraded here. He, who is born in these days with venus or moon in this position, becomes a successful physician and an expert healer. He possesses robust health, good commanding appearance, full face and thick neck. He has, as a rule, strong will and strong power of endurance and will be always happy. Natrum sulph. will be of great service to him in all his ailments.

3. Sign *Gimini*, the Twins. Time May 21 to June 21. Cell-salt Kali Muriaticum (Chloride of Potash). Mercury is the lord of this zodiacal sign. If Mercury happens to be in this sign of zodiac at

the birth of any person, he will be both intelligent and lucky and will hold a high position. He may have handsome appearance, vigorous body, strong heart and strong mind. He may have small but sharp eyes, fair complexion, small nose, thin lips and winning manners. As a rule, he may be witty and humorous. Kali mur. may be of great use to him in all his ailments even when other salts are indicated.

4. Sign *Cancer*, the Crab. Times June 21 to July 22. Cell-salt *Calcarea Fluorica* (Fluoride of Lime). The moon is the lord of this sign and it is in exalted position of Jupiter and degraded position of Mars.

A person born in this period is, as a rule, talented, attractive with a good personal appearance, full chest, round pleasing face but of pale complexion, weak bodied and of limited means.

If Moon and Jupiter both be in cancer or either of them in that position and the other in the 4th, 7th or 10th sign of zodiac from cancer he will be rich, respected everywhere and may live about 1000 lunar months. He is likely to suffer from hardened glands. He will have strong teeth. He may have frequent attacks of cough, piles and flatulence. *Calcar fluor.* will play an important part in all his ailments.

5. Zodiacal sign *Leo*, the Lion. July 22 to August 23. Cell-salt *Magnesia Phosphorica* (Phosphate of Magnesium). Sun is the lord of this zodiacal sign. No planet is exalted or degraded in this posi-

tion. A person born in these days, is, as a rule, bold, strong, majestic, and magnetic but cruel. He possesses a well shaped head, strong heart, broad shoulders, round face, nice pair of moustaches and a full beard. He is warm hearted, generous minded, courageous and fearless but capable of doing any rash actions and does not like to be ruled by others but wishes to rule others. Magnesia phos. will be found of great service to him in all his ailments.

6. Sign *Virgo*, the Virgin. Time August 23 to September 23. Cell-salt Kali Sulphuricum (Sulphate of Potash). Mercury is the lord of this sign of zodiac. This is an exalted position of Mercury and degraded position of Venus. A person born during this period, is, as a rule, wise, bashful, timid, non-interfering with other's affairs, shrewd, good-looking with full face, strong, intelligent with pleasing voice and agreeable manners. If Mercury be in this zodiac at the birth of any person, he will be very intelligent, happy and respected everywhere. Kali sulph. will be of great use to him in all his ailments.

7. Sign *Libra*, the Balance. Time September 23 to October 23. Cell-salt Natrum Phosphoricum. (Phosphate of Soda). Venus is the lord of this sign of zodiac. Saturn is exalted and Sun is degraded in this place. He who is born in these-days when Venus holds this position, is, as a rule, handsome looking, intelligent, fair and just. And the one born when

Saturn holds this position, holds a respectable and independent position and the one born when Sun holds this position may have failures in life and may not succeed to hold a high independent position. He may be thin, tall and weak and may not like to work hard. He will be of bilious temperament and Natrum phos. will be of great use to him in all his ailments.

8. Sign *Scorpio*. Time October 23 to November 22. Calcareo Sulphurica (Sulphate of lime). Mars is the lord of this sign of zodiac. (None is exalted but Moon is degraded in this position.)

A person born in this period is generally fat, robust and of dignified appearance. He possesses strong will power with great determination and high ambition; as a rule, he succeeds in building fortune. He may suffer from liver troubles, skin affections, and venereal diseases. Calcar sulph. will prove of great use to him in all his ailments.

9. Sign *Sagittarius*, the Archer. Time November 22 to December 21. Cell-salt Silicea (Acidum Silicium) (flint).

Jupiter is the lord of this sign of zodiac. No planet is either exalted or degraded in this position. A person born in this period when Jupiter holds this position is, as a rule, intelligent, keen-sighted, thin haired and handsome looking. He may turn an author or critic or a learned man. He will have strong body and will and strong mind and may command respect

anywhere. He is likely to succeed in his enterprises which may be varied. He may turn a poet, philosopher or physician or an astrologer. Silicea will be of great service to him in his ailments.

10. Sign *Capricorn*. Time December 21 to January 21. Calcareo Phosphorica (Phosphate of lime). Saturn is the lord of this zodiacal sign. It is the exalted position of Mars and degraded position of Jupiter.

As a rule a person born in these days is below the average height. He has a dark complexion, black hair and black eyes. He is handsome looking and intelligent. He may be cruel, self-willed and obstinate. He is likely to suffer from weakness of bone, liver or spleen troubles, albuminuria or anaemia. Calcar phos. will suit him well.

11. Zodiacal sign *Aquarius*, the water-bearer. Time January 21 to February 20. Cell-salt Natrum Muriaticum (Sodium Chloride or common salt). Saturn and Uranus are the lords of this zodiacal sign. No planet is either exalted or debilitated in this position. A person born in these days when Saturn holds this position, is as a rule noble, hard working, intelligent and generous. He may be able to hold an independent position. Natrum mur. is of great use to him in all his ailments.

As the name of its zodiac indicates Natrum mur. is a real water carrier in the human body. If its

atoms are present in our organism as Nature intends they maintain our proper health by carrying water properly throughout the body and maintaining the equilibrium. The lack of its proper strength in our body may either cause thirst with loose stools if water be less in the upper and more in the lower parts; or may cause hard stools with salivation or lacrymation if water be less in the lower and more in our upper part of the body.

Kind Nature has supplied Nat. Mur.  
In proper strength in our foods sure.

But we discard all the bran and gluten from our wheat and also all the bran from the rice and eat only the starchy portion. We also eat crude (salt) sodium chloride too much daily which instead of doing good proves detrimental to our system.

Kind Nature throws it away from our body through perspiration, stools and urine ; otherwise it would have done us greater harm. As the molecules of it are not assimilated by cells, it does not serve as medicine but serves as poison. But the purified and atomised sodium chloride or Natrum mur. 30 and 200x or c, is assimilated properly and serves as a miraculous healing agent as it becomes pure and atomised like that found in our food-stuffs as caused by nature.

12. Sign *Pisces* or the fishes. Time February 20 to March 21. Cell-salt Ferrum Phosphoricum (Phosphate of Iron).

Jupiter and Neptune are the lords of this zodiacal sign. It is a debilitated position for Mercury but exalted one for Venus. A person born in these days has generally bright eyes, full face, pleasing appearance and courteous manners. He is obliging and ready to take up another's burden and relieve him from his difficulties. He is a great sympathiser of the poor and the afflicted. He also succeeds as a physician and magnetic healer. He may suffer from colds, fevers, inflammations, etc. Ferrum phos. plays an important part in all his ailments.

During the birth time of any person if three planets happen to be in their exalted position, he will rise to a very high position and will be respected everywhere like a king and if three planets happen to be in their own houses, he will attain some independent position and will be a wise ruler like a premier. He will be head of some government offices or factories or mercantile firms but if three planets happen to be in the degraded position, he will have to serve the whole of his life in servitude; even if he be born in a rich family he will be controlled by the other members of his family or by his own wife.

Regarding the effects of homoeopathic and biochemic drugs Schuessler says that the disease is rectified by

Biochemistry directly by administration of homogeneous substances whereas it is rectified by Homoeopathy indirectly by the administration of heterogeneous substances. The author agrees with him when a homoeopath treats his patients with nosodes and metal preparations but when plant preparations are given to the patients, he avers that the treatment is homogeneous as many plants probably all contain one or other cell-salt in them.

We may even anticipate a time when the inorganic constituents of all the plants will be known to the physicians and it would be needless to triturate the chemicals as the medicinal use of the plants would suffice to heal disease on the biochemic principles.

# INSTRUCTIVE CLINICAL CASES

reported from the New World

## 1. Calcar Fluor. in osteo-sarcoma.

Injury to the tibia of some years standing. A painful growth appeared on the seat of injury. This was diagnosed as an *osteo-sarcoma* by a prominent surgeon who advised an operation. Calcar fluor. relieved the pain and reduced the growth. (L. A. Bell, M. D.) (Boericke & Dewey.)

## 2. Calcar fluor. in cataract.

In the Homoeopatische Monatsblatter for 1882, page 95, is a report of thirteen cases of cataract cured. In eleven cases, with *Calcar fluor.* improvement showed itself within eight days. The other two cases required *Kali mur.* after *Calcar fluor.* (Boericke & Dewey).

## 3. Calcar phos. in nasal polipi.

Nasal polipi in both nostrils, large gray, and bleeding easily. *Calcar phos.* 30 every morning for a week freed her entirely. The larger ones came away entirely; the smaller ones were absorbed. (J. G. Gilchrist).

## 4. Calcar phos. in fracture.

Mr. D. aged 23 who was 'an anaemic and frai

man received the injury several months before I saw him; and when the splints were removed the soreness was gone but there was no union of bones. The parts were cut down open, the ends freshened, brought together and supported and *Calcar phos.* was given four times daily with a very fine result. (O. A. Palmar, M. D.)

#### 5. *Calcar sulph.* in sycosis.

Dr. Goullon reports a case of sycosis cured by *Calcar sulph.* 12x, the case presented the yellow purulent conditions calling for this remedy. (Prof. Ziet, 1885).

#### 6. *Calcar sulph.* in Bright's disease.

I have two cases of Bright's disease following scarlatina. Tube casts were present, albumen, general anasarca, heart weakness, retinitis, albuminuria were present. There seemed to be extensive destruction of tissue, and as the cases also presented a profuse desquamation, I gave them *Calcar sulph.* 6x, which speedily brought about a cure. (C. F. Fisher, M. D.)

#### 7. *Ferrum phos.* in pneumonia.

Case of pneumonia of left upper lobe with well marked crepitation and profuse expectoration of frothy pink mucus, yellow watery diarrhoea. green vomiting, *Ferrum phos.* every two hours produced immediate improvement although we consider her moribund (she had tuberculosis) the diarrhoea and

vomiting were unaffected. (Dr. Goodno, M. D.).

#### 8. *Ferrum phos.* in enuresis.

Dr. S. B. Dickerman reports a case of enuresis cured with *Ferrum phos.* 200. The enuresis occurred in the day time. He seldom wet the bed at night; the guiding symptoms emphasise its use in diurnal enuresis. (Boericke & Dewey, page 334).

#### 9. *Kali mur.* in opacity of cornea.

Child aged 8 with opacity of both cornea with fresh ulceration and with some infiltration but no redness. The ulceration healed, and the infiltration speedily cleared up under *Kali mur.* 6. (Boericke & Dewey, page 219).

#### 10. *Kali mur.* in eczema.

Eczema in a child on cheeks, chin and behind ears; skin swollen and inflamed and underneath it indurations, pustules developed early; cured in one week by *Kali mur.* 6x every four hours, (D. B. Whittier).

#### 11. *Kali phos.* in sudden blindness.

Dr. M. E. Douglas relates a case of sudden blindness occurring in connection with the albuminuria of pregnancy and refers to another in which *Kali phos.* 6x produced a recovery. (American Medical M. O. 1889; Boericke & Dewey).

#### 12. *Kali phos.* in mental derangement and insomnia.

Dr. Alice I. Ross reports a case of mental de-

rangement in a man past 59. Had not slept for nights. Thought himself friendless and penniless, *Kali phos.* brought about gradual improvement in sleep, appetite, etc., until he fully recovered, a normal strong and healthy man. (Iowa Hom. Journal, Boericke & Dewey, page 266).

### 13. *Kali sulph.* in psoriasis.

In a case of psoriasis which lasted 25 years the scaly eruptions, mostly on arms relieved by hot water, entirely disappeared but returned a year after *Kali sulph.* in repeated doses of the 30th, finally 200th, brought relief. (C.H.G.).

### 14. *Kali sulph.* in last stage of whooping cough.

Child aged 18 months, in the last stage of whooping cough with blistered lip and mouth, black thin offensive stools five times a day. Hard and tympanitic abdomen, wasted to a shadow and given up to die by parents and physicians got completely well from *Kali sulph.* (C. B. Knerr, M. D.).

### 15. *Magnesia phos.* in facial neuralgia.

Dr. A. C. Allen reports a case of right facial neuralgia with sharp quick spasmodic lightning like pains sensitive to touch, relieved by heat and pressure accompanied by prostration and night sweats cured by *Magnesia Phos.* 200 after several other remedies had failed to give permanent relief.

### 16 *Magnesia phos.* in menstrual colic.

I had a patient with very severe shooting neuralgic

pains during the menstrual period. The pains were in the stomach, and lasted the first day or two. Commenced in the back and came directly around and entered in the pit of the stomach, They were relieved by heat and pressure. *Magnesia phos.* 10 M and she had no more pains. ( T. C. Kent. M. D. from Carey ).

### 17. *Natrum mur.* in dysmenorrhoea.

Dysmenorrhoea of years standing, characterised by pain and soreness in left side, with headache and diarrhoea. Patient feels best in cold, dry weather every summer has urticarious eruptions. Dreams of robbers, has frequent cold, sore on upper lip, *Natrum mur.* 200 cured. ( Dr. R. D. Belding, N. Y. St. Trans, Boericke & Dewey ).

### 18. *Natrum mur* in chorea.

H. S. aged 7, chorea of two years, caused by fright; pale, delicate, anaemic, drank much water, feverish white tongue, sore mouth, *Natrum mur.* 200 cured permanently ( C.P. Hart M. D. )

### 19. *Natrum phos.* in chronic catarrh.

Dr. H. Golullon praises *Natrum phos.* in chronic post nasal catarrh giving as indications the golden yellow exudation and yellow tongue, etc. and relates a case cured by it after *Kali bich*, had failed as well as everything else and patient had become hypochondriacal.

**20. Natrum phos. in gastralgia.**

Patient with troublesome burning in the stomach after eating and continuing after next meal time; pain developed one or two hours after meals. Tongue light grey, no bad taste, no tenderness, bowels regular, stools normal, thirst; the burning was so troublesome as to keep him awake at night. *Natrum phos.* cured. (Medical Era.)

**21. Natrum sulph. in diarrhoea.**

Morning diarrhoea on rising; gushing accompanied with flatulence. The stool spatters all over the vessel, *Natrum sulph.* CM. potency cured (Dr. C. Lippe.)

**22. Natrum sulph. in epilepsy.**

Chronic epilepsy cured by *Natrum sulph.* A case of ten years standing resulting from injury to the head was cured by *Natrum sulph.* 200. (Dr. A. L. Blackwood.)

**23. Silicea in epilepsy.**

Mrs.—a widow aged 30, ever since the death of her husband, which occurred six years ago, epileptic attacks at night while sleeping, groans, bites her tongue, bloody foaming, bowels were constipated, no uterine trouble. *Silicea* 200 greatly lessened the frequency of the attack. (Hoyne.)

**24. Silicea in Skin disease.**

Th. aged 15, thick crop of papules on the forehead, face and both hands, red looking, itches

and burns in the day time only. The spots on the forehead are much worse when he takes off his hat. Not at all annoyed in the evening when warm or at night. The entire eruption vanished in less than a fortnight under *Silicea* 200. (R. A. Cooper).

### Astonishing cures by Dr. Schuessler

#### 25. Natrum phos. in lactic acid trouble.

Woman aged 50 suffered for two years from gastralgia and enteralgia attacks lasting several days; at each attack vomiting of fluid as sour as vinegar. Two allopaths had treated in vain diagnosing the affection as cancer of the stomach and wandering kidneys; my diagnosis was oversecretion of lactic acid. Improvement set in two days and in a weeks was entirely cured by *Natrum phos.*

#### 26. Kali phos. in cholera.

An old man was attacked by a severe vomiting and diarrhoea accompanied by exceedingly painful cramps in the calves. Evacuations had the appearance of rich water. I undertook the treatment about six hours after the beginning of the attack and one dose of *Kali phos.* effected a cure. This would justify the belief that *Kali phos.* is a specific against cholera,

#### 27. Kali mur. in leucorrhoea.

M. M. a young lady aged 17 consulted me for

obstinate acrid leucorrhoea. I tried the whole series of remedies indicated for such cases. All were without effect, so that I could not but wonder at the patience and perseverance of the patient whom I saw once a week. *Kali mur.* effected permanent cure. (Dr. S.)

### 28. *Calcar fluor.* in hard swelling.

A hard swelling under the chin about the size of a pigeon's egg disappeared completely in about four weeks under the use of *Calcar fluor.* Both old and new schools of medicine had failed to cure. (Dr. K.)

## Instructive Clinical Cases reported from Europe

### 29. *Kali phos.* in mental derangement.

Dr. A. of Arnsberg reports :

"I saw a lady aged 44 suffering from mental derangement. Religious melancholy was at the root also ; before this occurrence she had not inclined to religious excitement. She now declares she was lost for ever, lamented, cried, wrung her hands and tore her clothes or pieces of paper which were laid about to prevent her tearing her garments. She did not know those around her and was unable to sleep. Her eyes had an unconscious stare, and frequently it required two persons to hold her down ; only by hold-

ing her nose and by force a little food or medicine could be put down her throat. I gave her *Kali phos.* with excellent results. My former experience gained by this remedy led me to select it."

### 30. *Silicea* in swelling.

Dr. Mossa of Hamburg reports an interesting case in the *Berliner Zeitsch Rift* where *Silicea* 30 produced and cured cystic growths. A carpenter showed a swelling in the left bend of the elbow that had been there for over one year. It was soft but recently had become painful. *Silicea* 30 twice daily stopped the pain after three days but a ganglion appeared at the back of the left hand, size of a hazel nut. In ten days further treatment with *Silicea* both cysts disappeared, (Boericke and Dewey). If Dr. Mossa had tried *Silicea* in a higher potency in the beginning of his treatment the ganglion would not have appeared. The author is aware of some instances of troubles having appeared in the other testicle when one was treated with low potency and also instances where troubles having appeared in the other eye when one was treated with low potency. But they got all right when the higher potencies were administered.

### 31. *Calcar phos.* in rickets.

Dr. Knupel of Magdenburg reports cases in which children had formerly been born rachitic, but through the maternal ingestion of *Calcar phos.* during

pregnancy all subsequent children were born perfectly healthy.

### 32. *Ferrum phos.* in fever.

Dr. Sulzer of Berlin, reports a case of fever and violent pain in the right shoulder joint, high temperature, full and rapid pulse, thirst and loss of appetite. Shoulder red swollen and sensitive, pressure of the pillow was unbearable, *Ferrum phos.* 6x cured. (Schuessler).

### 33. *Magnesia phos.* in spasmodic sobbing.

I was requested to go into the country to see a man who had been suffering the last three days from spasmodic convulsive sobbing. He was lying in bed. Sub-cutaneous injections of morphia, friction with chloroform and snaps (mustard poultices) were all of no use. Although the sobbing was mitigated for two or three hours it returned with more violence than ever. I gave him a powder of *Magnesia phos.* in water, after the second dose the sobbing ceased altogether, to the astonishment of all those present. (Dr. F. of Also, Hungary).

### 34. *Silicea* in suppressed footsweats.

A case of suppressed footsweat resulted in protracted bronchial catarrh cured by *Calcar sulph.* and *Silicea.* (Dr. Berner of Munich).

### 35. *Calcar Fluor.* in caries.

A case of caries of tibia of three years standing; fistulous opening led down to the bone, through

which splinters of dead bone were being discharged constantly, the secretion therefrom being thick and yellow accompanied by boring nightly pains. *Calcar fluor.* cured completely in five months. (Dr. Hansen of Copenhagen.)

### 36. *Calcar fluor.* in indurated glands.

In a child of 5 years who for the past two years had numerous indurated glandular enlargements in the submaxillary region *Calcar fluor.* dissipated them in a few weeks. (Berliner Zeitschrift.)

Astonishing cures effected by  
Dr. Saunders, L. R. C. P., London

### 37. Epilepsy which resisted all other treatments cured by Tissue Remedies.

I was asked by a patient of mine at Kidderminster to treat a niece of hers, in the country, who suffered from severe epileptic fits, which nothing had ever relieved. On getting full details of her symptoms, I prescribed chiefly *Kali mur.*, *Kali sulph.* and *Kali phos.* In seven months time, she was completely cured and I got from her one of the most grateful letters I have ever received from anyone.

### 38. Exophthalmic goitre cured by *Natrum mur.* and *Kali phos.*

A Colonial merchant who came to England in despair, none of his friends at the Cape ever expect-

ed to see him again after being under various eminent allopathic specialists' treatment he was advised to come to me and in six months' time I sent him back cured by means of *Natrum mur.* 200 and nothing else but a little *Kali phos.* 6x laterly in alternation. He is still a living wonder to his friends at home and in the colony; as he not only had the excessively protruding eyeballs, but also terrific palpitation of heart and nervous exhaustion.

**39. Loss of sight in a case of choroido retinitis cured by Kali mur., Natrum phos., Calcar phos. and Kali phos.**

A boy aged 14 had kidney trouble, which caused a great congestion of the choroidal and retinal vessels of the orbits with effusion of blood resulting in the loss of sight of one eye; an eminent oculist predicting that he would soon be blind in the other also. He was brought to me to see what my treatment could do. But I only promised to try and save the sight of the better eye. However, after a two months course of the Biochemic remedies, his sight was so remarkably improved that he was taken to the oculist again to see what he would say. He was simply astounded; and said he had never seen such a wonderful case of "spontaneous resolution" in all his forty years' medical career but when informed that it was due to a course of internal treatment called "Biochemic" he

literally stamped round the room with surprise.

#### 40. Biochemistry in tonsillitis.

A young man aged 17 and his sister aged 7 having been troubled from birth from chronic enlargement of tonsils, were entirely cured by a course of Biochemic treatment consisting chiefly of *Calcar phos.* and *Kali mur.* The wanton way in which tonsils are nowadays "guillotined" is a disgrace to our boasted science of healing "and those surgeons who assert that they cannot see any use for the tonsils should learn the use of them by having their own excised. They would then find not only that they were continually liable to laryngeal and bronchial troubles and possibly even phthisis itself, but also lose what are practically two indispensable "organismic filters" or "scavengers" and throat lubricators. They would moreover be liable to choke, when swallowing their food. In any case their assertions are utterly presumptuous.

**Astonishing cures effected by  
Dr. Burnett, M. D., London**

#### 41. *Natrum mur.* in neuralgia.

Daughter of a London Alderman was suffering from fearful neuralgia of the face; at intervals she had it for years, no troubles or expense had

been spared in endeavouring to cure it. Their family adviser had not managed to cure this neuralgia notwithstanding several consultations with his colleagues and other men of eminence had been also consulted, but to no avail. I found that the pain was worse in cold weather and at the sea-side and better from away from the sea and when the pain came the eyes watered. *Natrum mur.* thrice a day cured my young patient in about three weeks permanently.

42. I have cured with *Natrum mur.* chilliness, swelled spleen, gout, constipation and also neuralgia. A lady, wife of an officer came over from India to be under my care. The difficulty in her case lay in this, that she was to stop with her husband's friends who have a lovely place near the sea in Sussex; but it usually upset her so much that she could not stay there. "And you know" she said "it is so very unfortunate, for I can stay there for nothing; I have the use of a carriage and everything so very nice, and yet I am obliged to decline going there, and have to go to nasty lodgings by myself which of course I have to pay. I get dreadfully ill on board the ship and also on the sea-shore." *Natrum mur.* cured her, being the most suitable.

43. *Natrum mur.* in hiccough.

A clergyman's wife, aged 50, consulted me

(20-2-1878) complaining of severe dyspepsia, hiccough occurring morning, noon and night for at least ten years which was brought on by quinine. It was not a hiccough that made much noise only, but shook her body also to the ground; it used to last about ten minutes and was very distressing. (Dr. Hynde had given her quinine). *Natrum mur.* cured her permanently.

#### 44. *Calcar fluor.* in hard lump.

A maiden lady aged 60 had a shiny swelling on her left index finger which had been for about eighteen months. The lump was hard, painful and about the size of small split walnut but rather flatter; patient nervous and depressed. *Calcar fluor.* cured her entirely in two months and a half.

### Astonishing cures reported by Dr. Clarke, M. D., London

45. Multiple cheloid, which appeared after the excision of tumour in the scar. It was excised at St. Bartholomew's Hospital, but rapidly returned and increased in size, until the patient, a girl, was put on *Silicea* night and morning.

The gradual disappearance of the growth under this treatment was one of the prettiest things I have ever seen in medicine. (Hom. World, 1885).

**46. Magnesia phos. in chorea.**

Gertrude S. aged 6, was admitted to London Homoeopathic Hospital on March 30th 1887. She had suffered from well marked chorea during the preceding eight months and the usual remedies for such conditions had been administered to her as an outpatient during the previous two months with but small success. No definite cause was to be made out. Within seven weeks this obstinate case of a very troublesome disease yielded completely to *Magnesia phos.*

**Instructive Clinical Cases reported by  
Dr. Walker of Dundee, Scotland**

**47. Silicea saved a girl's foot from amputation.**

A girl aged 14 had a bone disease for a long time. Her medical man made arrangements with a specialist to take the foot off. Her friends were greatly distressed and asked my help. *Silicea*, a dose every hour internally and a lotion of the same on lint applied externally showed a marked improvement on the fifth day and amputation was abandoned; perfectly cured.

**48. A case of oedema pulmonarium.**

Spasmodic cough threatening suffocation, dyspnoea and livid countenance cured by *Kali phos.* and *Natrum mur.* when administered alternately.

**Instructive Clinical Cases and  
astonishing cures effected by the author**

**49. Biochemistry saved a woman from operation and saved troubles of surgeon's knife.**

A woman aged 30 had a hard lump in her left breast which grew larger gradually. Her physician applied something which produced pain but did not reduce the hardness nor its size. Failing this she was recommended operation. *Calcar Fluor.* 6x Int. and Ext. reduced its hardness. *Ferrum phos.* 30x and *Kali mur.* 12x cured it entirely.

**50. An operation obviated ; bony tumour cured by Calcar fluor and Ferrum phos.**

A boy aged 14 received an injury to the bone in his right leg, below his knee, when playing cricket. It was treated for some days by an allopathic physician who relieved the boy of his pain. After some time a painful growth appeared on the same place. It was shown to half a dozen physicians of dominant school all of whom advised an immediate operation. *Ferrum phos.* 200x and *Calcar fluor.* 200x relieved the pain and cured the tumour entirely.

**51. A woman spared from horrors of the surgeon's knife.**

A woman aged 55 had a hard uterine tumour of the size of an apple. She was brought to me

by her son for treatment. She said, "this is of several years standing, it is gradually increasing in size. It has been shown to more than a dozen doctors, all of them recommend operation. I would rather prefer death to horrors of the knife." *Calcar fluor.* 12x and 60x and *Silicea* 200x and CM. reduced hardness in two months and *Ferrum phos.* 30x and 200x, *Kali mur.* 12x and 60x dissolved it entirely in about six months.

### 52. Fistula cured without operation.

A man aged 50 had been suffering from fistula in ano for seventeen years. He tried allopathic and some unani treatment without avail ; all the doctors whom he consulted recommended operation. At last he came under my treatment. *Calendula* externally and *Calcar phos.* internally cured him entirely after persevering in the treatment for nine months, but without operation to the gratification of himself and his family. He was not required to absent himself a single day from his regular work during the treatment.

### 53. Biochemistry in worst type of small-pox.

I have treated several cases of small-pox with marked success ; three of them were of a very severe type, one being of a girl aged 3 months ; the other of 3 years and the third of a woman of 21 years. *Ferrum phos.* 12x, *Kali mur.* 6x and *Kali sulph* 6x were the chief remedies ; milk was freely allowed ;

they all got over the trouble without much suffering and without much disfiguring marks on the face. (Thuja lotion was applied to pustules by camel's hair brush thrice a day.)

**54. Kali phos. cured a case of madness.**

Master M. aged 18 suddenly became violent; he had no sleep for about a month. An allopathic M. D. treated him for three weeks and as there was no improvement, arrangements were made to send the patient to lunatic asylum. At 10-30 a. m. a cold compress of *Kali phos.* lotion was kept on his head and a hot footbath was given to him for about ten minutes. *Kali phos.* 20 grains was mixed in a cup of water and a tea-spoonful of it was given to him every ten minutes. He slept well till 4-30 p. m. and got up very quiet and said that he was very hungry. He ate very heartily. *Kali phos.* cured him entirely in ten days and he was soon able to return to school. Masturbation suspected but denied.

**55. An astonishing cure effected by Kali phos. in insomnia and neuritis.**

A man aged 35, had a sunstroke while on his outdoor work. After some time he lost his only son; since that he had no sound sleep for over ten years. He also frequently suffered from what the allopathic physician who treated him called neuritis. While under treatment he was ordered not to move from his bed as his neuritis was of a very bad type. He

also swallowed large quantities of poisons and narcotics, which neither relieved his pains nor improved his sleep. At last he came under my treatment. I gave him *Kali phos.* which induced healthy sleep and next morning he felt much refreshed and on the third day much of his pain was also relieved,

"I thank you heartily" he said to me, "your sweet powders acted like magic and I feel now quite refreshed; those poisonous drugs were cutting my life short without giving me any sleep." He was soon after advised to take walks in the sun as long as he could bear and to continue the treatment. He was alright in three months by taking *Natrum mur.* in the morning and *Kali phos.* at bed time,

#### 56. So called rupture of brain nerve cured wonderfully by *Kali phos.* and *Ferrum phos.*

Mr. L. aged 51 was not able to hold his head up properly. He was under allopathic treatment for eighteen days without any relief. Finding no improvement he came to me for treatment, He stated that he had taken one or two extra pegs at the request of a friend one day and since then he could not hold his head up, that his physician had diagnosed his case as the rupture of brain nerve. I gave him *Kali phos.* and *Ferrum phos.* He felt better in twenty-four hours, I gave him *Natrum mur.* 200 and he was alright in five days to the astonishment of his wife, who had

no faith in homoeopathic treatment. Since then she preferred homoeopathic treatment for herself and her children also.

**57. Kali phos. and Magnesia phos. saved a life.**

A man aged 50 had an attack of cholera; his symptoms were thirst, prostration, low pulse, cramps, vomiting, rice water colour stools, etc. I prescribed *Magnesia phos.* and *Kali phos.* in hot water which were given frequently. He was completely cured in a very short time: when his urine was stopped a few doses of *Natrum sulph.* were required to be given.

**51. Whooping cough satisfactorily cured by Magnesia phos., Kali mur. and Kali phos.**

A child aged 15 months was suffering from whooping cough; was given ayurvedic and allopathic treatments without any relief. The disease grew worse, the spasm were so severe that the child looked blue and swollen in the face; used to lie quite exhausted. *Magnesia phos.* and *Kali phos.* with an intercurrent dose of *Kali mur.* improved the child very satisfactorily.

**59. Biochemistry in rheumatism.**

A widow aged 30 was suffering from rheumatism for over seven years; it was of shifting nature. One evening she got fever and mumps and felt terrible pain in her joints. An allopathic physician who was her relative injected morphia to induce sleep

and mitigate the pain in her joints. She slept only for an hour and woke up with more agonising pain. Next day she came under my treatment; *Ferrum phos.* 30x and *Magnesia phos.* 60x cured her in a very short time. (1920).

#### 60. Obstinate neuralgia cured.

A rich, young and otherwise healthy lady suffered from neuralgic headache. She tried allopathic and ayurvedic treatments but neither the medicines nor blisters nor leeches gave her any relief; the leeches weakened her rapidly. She said: "They have sucked my precious blood and made me very weak." She was also suffering from membranous dysmenorrhoea, *Ferrum phos.* 200x, *Magnesia phos.* 60x and *Kali mur.* 30x cured her completely. An occasional dose of *Calcar phos.* braced her up.

#### 61. A very severe case of dysentery cured by Biochemistry.

A young man was suffering from dysentery; passed stools every half hour. A bed-pan was to be used as he felt intense pain and could not move from his bed. He said that ayurvedic and allopathic treatments had done him no good and homoeopathic and biochemic medicines were self administered without avail. The bed-pan showed slime and black blood only and no particles of feces. I gave him *Magnesia phos.* and *Kali phos.* which he at first refused to take, saying such powders had made

his case worse. I assured him that they were of high potencies and should not make him worse. The very first dose improved him decidedly and he recovered satisfactory under Biochemic treatment in a short time, quite to his amazement.

### 62. Paralysis cured where other systems failed.

Mr. K. a teacher in Marathi school suffered from paralysis in the right side ; could not bear light and kept himself in dark room. The right eye was sunken, the right cheek was hollow and he had no control over the right hand and right leg. Allopathic treatment failed to cure him. He could not sleep, his speech was indistinct, *Kali phos.* 30x improved his sleep, and enabled him to sleep well. *Ferrum phos.* 30x and *Magnesia phos.* 30x improved his condition. He was given occasional doses of *Calcar phos.* which braced him up. Some days later he was able to go up the ascent in the sun at 5 p. m. with an umbrella in one hand and a stick in the other.

### 63. *Magnesia phos.* in dysmenorrhoea.

A stout young lady suffered from very serious pain before and during the first day of her periods. She was an inveterate coffee drinker and had been suffering since her puberty from agonising pains in her right ovary, uterus, back and loins. During her periods she used to get occasional hysteric fits also. *Magnesia phos.* 30x in hot water was given every ten minutes. Occasional dose of *Ferrum phos.*

30x was also given. The very first dose reduced the pain and after taking few sips she slept well and got up next morning quite refreshed. *Magnesia phos.*, *Kali phos.* and *Ferrum phos.* cured her in three months.

#### 64. Convulsions cured.

A child aged 4 months was suffering from convulsions. Talisman, spells, and holy ashes were of no avail. *Magnesia phos.* 30x and *Kali phos.* 60x cured him.

#### 65. Effects of sunstroke cured by *Natrum mur.* and *Kali phos.*

Two brothers one aged 15 and the other aged 13 sat in the hot sun watching cricket match and got an attack of sunstroke ; headache, fever, rapid pulse, red, face fast and difficult breathing were present. *Natrum mur.* 30x and *Kali phos.* 6x were given frequently in alternation. They recovered rapidly and were able to attend school.

#### 66. Biochemistry in so called troubles of devils.

A married woman of strong built aged 28, was suffering from scanty menses. She used to breathe with very great difficulty whenever she got hysteric fits and shock so violently that even four men could not keep her under restraint. Her relatives thought she was possessed of a devil. *Kali phos.* 6gc, *Natrum mur.* 30x and *Magnesia phos.* cured her in three weeks.

**67. Biochemistry in troubles by so called ghosts.**

A girl aged 16 looking much younger had a voracious appetite. Having tried best medical aid available to no purpose, her relatives thought that the ghosts were the cause of the trouble. Talisman, vows, spells, incantation, charms, holy charcoals and ashes were tried but without any effect. *Kali phos.* and *Natrum phos.* improved her in fifteen days and she was all right in three months.

**68. Biochemistry in hysteria.**

A girl aged 17 suffered from amenorrhea for two years; was getting frequent attacks of hysteria spasms and hiccough, *Kali phos.* 6x, *Magnesia phos.* 30x and *Ferrum phos.* 12x cured her in four weeks.

**69. Biochemistry in hiccough, etc.**

Mr. R. aged 52, was suffering from continuous hiccough and also unquenchable thirst; he used to get not less than fifty loose and watery motions daily which made him despair of his life. Several physicians of dominant school treated him without avail. He was treated by an eminent allopathic doctor who kept him only on his drugs and buttermilk. The patient thought the buttermilk caused him tonsillitis and fever and took some rice-conji one day for which he received the doctor's rebuke. Later on he came under my treatment and I gave him *Natrum mur.* 60x which reduced his hiccough, thirst and also diarrhoea, and allowed him to take

rice and milk, and he was able to attend his duties in a very short time. His wife said that the magical powders had saved the life of her husband which would have been otherwise lost under noxious drugs.

His brother said to me : " I was a staunch adherent of allopathy and an ardent admirer of Dr. . . . . . but now I have become a convert of homoeopathy and an admirer of yours. "

#### 70. So called haunting of ghosts relieved by Biochemistry.

A boy aged 12 used to shriek while sleeping, almost every night ; if asked next morning he used to say that ghosts were haunting him. *Natrum phos.* 6x and *Natrum sulph.* 6x cured him in ten days.

#### 71. A life saved by *Natrum sulph.*

An English lady aged about 70, was not able to move from her bed ; her abdomen looked swollen ; she had not had a wink of sleep for several nights ; her eyes and skin were yellow ; her scanty stools were green, urine yellow, tongue coated yellowish green, felt no appetite ; she could not digest any food. Her family physician failed to give her relief. He at last prescribed olive oil to be given in large quantities: As there was no improvement with that oil I was called in to treat her. I gave her a dose of *Natrum sulph.* as her gall-bladder was deranged, her abdomen bloated and her pulse irregular ; she then

passed some stools and also some wind which relieved her considerably. *Ferrum phos.* improved her appetite and *Kali phos.* enabled her to sleep well; *Natrum sulph.* relieved her from other troubles and she improved satisfactorily and was all right within four weeks.

**72. A case of obstinate gonorrhoea cured by Silicea.**

A very obstinate and chronic case of gonorrhoea with fetid purulent discharge which resisted all other treatments and which when treated and suppressed by injections would cause pain in the urethra, swelling of the testicles and itching of the scrotum, was radically cured by *Silicea* CM. potency and *Calcar phos.* 6x.

## PART THREE

### Therapeutic Application of Schuessler Remedies

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#### I. Diseases of Mind and Brain

**MIND** :—Indifferent, loss of courage or presence of mind, annoyed at trifles, maniacal mood, *Ferrum phos.* 30x or 60x. Depression with groundless fear of money affairs, *Calcar fluor.* 30x. Sadness, person prefers solitude, easily gets vexed, *Natrum mur.* 30. Inability to think or study, *Magnesia phos.* 30x. Nervousness, irritability, *Natrum phos.* 30x or 60x. Mental illusion, irritability, low spirits, oversensitiveness to noise, melancholic mood; excessive shyness makes mountains out of mole-hills; indisposition to mix with people, *Kali phos.* 30x or 60x. Softening of the brain, *Kali phos.* 12x.

**Brain-fag** :—Exhaustion from overwork of brain, *Kali phos.* 12x, with weak memory, *natrum mur.* 30x.

**Loss of memory** :—Forgetfulness, *Kali phos.* 6x. alt. *Magnesia phos.* 30x. Hypochondriasis, morbid anxiety about one's own health, *Kali phos.* 30x, with constipation or much thirst, *Natrum mur.* 30x.

**Nostalgia** :—Home-sickness, intense longing to go home to see the relatives, *Silicea* 30x.

**Monomania** :—Madness confined to trifling subjects, like pins; the patient being sane in other respect, *Silicea* 30x or 60x.

**Madness** :—Coming on during full moon, the patient keeps grumbling day and night, quarrelling, breaking cups, glasses, chimneys, etc., but behaving very prudently on other occasions, *Silicea* 30x, Madness with want of correct reasoning power; mania with sleeplessness, mania caused by self-abuse, mania of any type with sleeplessness, *Kali phos.* 6x and *Ferrum phos.* 30x. Snuicidal tendency, irritability with biliousness, *Natrum sulph.* 30x, melancholy, *Natrum sulph.* 30x

**Brain** :—Feels as if loose, *Natrum sulph.* 12x.

**Great mental prostration** :—*Natrum phos.* 30x. Fancy as if person seen or footsteps heard, *Natrum phos.* 30x, chromic 200x.

**Meningitis** is an inflammation of the membranes of the brain due to a lack of phosphate of iron and potassium chloride causing a rapid circulation and a surplus of fibrinous matter at the part affected, (Carey.) First stage with fever, rapid pulse, delirium, etc. *Ferrum phos.* 12x, white tongue with effusion, *Kali mur.* 6x and *Ferrum phos.* 30x. Violent pains at base of brain and determination of blood, *Natrum sulph.* 12x or 30x with *Ferrum phos.* 30x, and *Kali phos.* 12x, accompanied with cold water compress on head and hot foot-bath twice or

thrice a day. Hydrocephaloid condition, open fontanelle, *Calcar phos.* 12x.

**Delirium tremens or Mania a Potu** :—is due to an uneven distribution of water ; when alcoholic drinks are taken, the water in the system is called upon to wash out the poison as it has no place in the organisation of man, (Carey). Sleeplessness, restlessness, *Kali phos.* 6x and *Natrum mur.* 30x alt. If fever is present *Ferrum phos.* 12x also ; cold water compress of *Kali phos.* on the head with hot foot-bath is an excellent auxiliary measure.

### Clinical Evidence.

1. A retired officer, aged about 60, who used to get excited for the least thing was wonderfully improved by *Ferrum phos.* 30x.
2. Nervousness and irritability of a student, aged about 20, was cured by *Natrum phos.* 30x.
3. Excessive shyness in a girl, aged about 10, improved wonderfully by *Kali phos.* 30x.
4. Inability to study in a law student, aged about 22, was satisfactorily cured by *Kali phos.* 12x and *Natrum mur.* 30x.
5. A case of hypochondriacal mood in a person, aged about 45, was cured by *Kali phos.* 30x and *Natrum mur.* 30x.
6. Madness coming on during full-moon in a servant who was honest and right in other respect

was cured by Silicea 30x given twice daily for six months.

7. Religious mania, and melancholic conditions in a day aged 44, who used to cry, lament, wring her hands and tear her clothes was cured by Kali phos. (Dr. A. of Arnsburg).

8. Another case of religious melancholia of three weeks standing in a woman was entirely cured by Kali phos, in one week. (Dr. A. of Arnsburg.)

9. A lady, aged 25, insane but not violent, melancholia due to domestic troubles, weak mind, depressed spirits, cross, fretful, constantly looking on the dark side of life, sleepless at night, gloomy by day. Kali phos. made her brighter so much in a short time that she sang and played on the piano. When seemed perfectly well she was sent home. (Dr. W. E. Tylor, Supdt. Western Asylum for Insane.)

10. An old man of 80 suffered from mental derangement, intense hypochondriasis and melancholia, he was tired of life but had fear of death. For weeks he was treated with Nux vomica, Aurum and Bromide of potassium in allopathic doses to no purpose. He improved and became all right by Kali phos. (Dr. A. of Arnsburg).

11. Dr. Alice Ross reports a case of mental derangement in a man passed 50, had not slept for nights; thought himself friendless and penniless.

Kali phos. brought on gradual improvement in sleep.

12. Kali phos. brought a complete cure in a book-keeper of large manufacturing company working very hard, he was sleepless and could not eat. (Dr. C. R. Vogel, M.D.)

13. A gentleman aged about 50 had drinking habit; he used to take a peg twice a day after each meal; he got an attack of inflammation of brain; he was wonderfully improved with Ferrum phos. 30x and Natrum mur. 30x.

14. A gentleman aged about 55 was suffering from softening of the brain; his speech was affected and he used to become giddy frequently, Kali phos. 12x cured him.

15. Kali phos. in brain-fag from mental strain in a man engaged in literary work gave immediate relief; his nervousness, inability to think and exhausted feeling were all cured. (Chapman.)

16. A school girl getting confused during recitations, irritable and over-sensitive to noise was cured by Silicea 30x given twice daily for four weeks.

## II. Diseases of Head and Scalp

**Head:**—Intense pressure and heat on the top of head. *Natrum phos.* 30x. Burning on the top of head, *Natrum sulph.* 12x or 30x. Fontanelles remain open too long, *Calcar phos.* 6x and *Silicea* 200x. Skull

is soft and thin, effects of injury, hydrocephalus, *Calcar phos.* 12x and *Natrum sulph.* 12x or 30x.

**Crusta lactea:** seborrhoea of the scalp in nursing infants, *Kali mur.* 6x Int. and Ext.

**Dandruff,** scaly scurf on the scalp, *Kali mur.* 6x, later on *Kali sulph.* 6x and *Calcar sulph.* 6x, Int. and Ext.

**Scalp:**—Nodules on scalp, *Silicea* 30x. Blood tumours, *Calcar fluor.* 30x. Scrofulous ulcers with hard edges on scalp, *Calcar phos.* 6x thrice a day, same remedies in 6x or 12x may be applied externally. Dandruff and scald head, copious scales on head, hair fall off. causing bald spots, *Kali Sulph* 12x. First stage of eruptions with redness and throbbing pain *Ferrum phos.* 12x, second stage of same eruptions dandruff, crusta lactea, *Kali mur.* 6x. Hair fall off, dandruff, scald head with purulent crusts, with watery discharge, scalp sensitive and painful; *Calcar sulph.* 6x, Int. and Ext. Itching eruptions, burning on the top of head, *Natrum sulph.* 12x.

**Vertigo:**—Giddiness or dizziness with nervous exhaustion on rising from lying and looking upward. *Kali phos.* 6x or 12x, with rush of blood to head, *Ferrum phos.* 30x. Vertigo of aged, *Calcar phos.* 30x, with sparks before eyes or from mental exhaustion, *Magnesia phos.* 30x, with sour taste in morning or sour belchings, *Natrum phos.* 6x, with bitter taste in morning, *Natrum sulph.* 6x or 12x, with an inclina-

tion to fall forward or to the left, *Silicea* 30x. Vertigo with nausea on moving head quickly, *Calcar sulph.* 12x or 30x. Sweat on the head of rickety children and of tuberculous patients, *Silicea* 200x. Hair fall off, *Silicea* 200x, *Calcar sulph.* 30x. Bald spots on head, *Calcar sulph.* 12x, offensive eruptions on scalp, *Silicea* 30x. Painful pustules on the scalp, *Silicea* 12x: Painful eruptions on the scalp, *Silicea* 30x.

**Headache** is not a disease itself. It is a concomitant symptom of some disease that causes it. Headache from cold, rush of blood to head, with inflammatory condition, with throbbing pain, with reddish face or bloodshot eyes, beating harassing headache over the eyes, in the temples with vomiting of undigested food or caused by injury, dull headache, worse right side, aggravated by stooping or by application of cold substances, will yield to *Ferrum phos.* 30x.

Headache with white or grey coated tongue with loss of appetite, sluggish liver or hawking up of white mucus in the secondary stage of catarrh, *Kali mur.* 6x or 12x.

Headache with nervousness caused by hard studies or mental work or anxiety or shock after hearing some sad event; with much prostration, with gone feeling at the pit of stomach, with weariness, sleeplessness, yawning, worse from motion and open air but better during eating and cheerful excitement

*Kali phos.* 6x or 12x, in long-standing cases 30x or 200x. Patients may have brownish coating over the tongue. Headache worse in the evening after 4 p. m. worse in the closed heated room and better in open air, *Kali sulph.* 12x.

Headache in spasmodic or neuralgic type, with or without sparks before eyes, having excruciating, darting, shooting pain, relieved by heat and aggravated by cold *Magnesia phos.* 30 or 30x.

Headache appearing or getting worse in morning and disappearing in evening, sun-headache with tears or excess of saliva as a rule accompanied with constipation, sleeplessness or unrefreshing sleep or vomiting of watery substance especially among young girls with menstrual disorders, *Natrum mur* 30, or 200x. It cures migraine (one-sided headache) also.

Headache on the top of head with sour risings and a yellow creamy coating on the back part of the tongue or on the roof of the tongue, *Natrum phos.* 12x.

Headache caused by excess of bile with bitter taste in the morning with loose stools or bitter vomiting or with giddiness or greenish grey coating of the tongue, severe pain in both temples, sun-headache commencing after sunrise getting increased till noon and subsiding at sunset, severe pain on the top of the head, noise unbearable, *Natrum-*

*sulph.* 30x. In chronic cases 200x.

Headache of nervous girls attending school, improved neither by heat nor cold, gastric headache, rheumatic headache, headache with cold feeling in head, neuralgic headache not relieved by *Magnesia-phos.*, *Calcar phos.* 12x or 30x.

Headache with vertigo and nausea, pain in the whole head and worse in forehead, *Calcar sulph.* 30x.

Headache of scrofulous and tubercular patients with night sweats, headache anaemic patients or caused by small nodules or lumps on head, congestive, nervous, rheumatic or gastric headache, *Silicea* 30x or 200x.

### Clinical Evidence

17. Intense heat on the top of head of a man aged 40, with sour belching cured by *Natrum phos.* 30x.

18. Burning on the top of head with bitter taste in a widow aged 50, cured by *Natrum sulph.* 30x.

19. Fontanelles open in a rickety boy cured by *Calcar phos.* 6x and sun-bath.

20. Fontanelles open in a rickety girl with a large abdomen cured by *Silicea* 200x and sun-bath.

21. Dr. Quesse reports a case of meningitis being cured in Mr. D. with *Ferrum phos.* and *Kali*

phos, His temperature 104 degrees yielded and he was free from fever and his convalescence cured by Calcar phos. in eight days.

22. Meningitis in a boy aged 5 with white tongue and fever cured by Ferrum phos. 12x and Kali mur. 60x.

23. Dr. Chapman reports a case of meningitis being controlled with Kali phos. alone.

24. A grave case of the inflammation of the brain in the case of 9 years old girl whose pulse and fever were very high and was delirious for days was cured by Ferrum phos., Kali mur. and Kali phos. when given constantly to the surprise of her parents and consulting physicians.

25. Severe headache, general soreness of the vertex, soreness of scalp, cannot bear to have her hair touched, great nervousness of night, Ferrum phos. 6x gives speedy relief.

26. Frontal headache relieved by nosebleed which followed, Ferrum phos. 6x cured.

27. Patient could not see, seemed as if blood rushed in the two eyes, Ferrum phos. 6x cured.

28. Dull pain on top of the head during menses cured as if by magic by a few doses of Ferrum phos. (Rane.)

29. Headache beginning every night at ten o'clock with chill or congestive symptoms, Magnesia phos. 12x cured.

30. Periodic dull headache with tears and constipation cured by Natrum mur. 30x.

31. A severe one-side headache in a syphilitic patient cured by Natrum mur. 30x.

32. Severe pain as if the top of head would split with constipation in a widow aged 55 cured by Natrum mur. 200x.

33. A Hindu lady aged 35 was suffering from severe headache which was worse in a warm room and in evening, felt better in open room. She was suffering from stoppage of menses with a feeling of heaviness in abdomen, Kali phos. 6x cured.

34. A severe headache in a lady aged 30 which was commencing every morning becoming very severe in noon and subsiding in evening at sunset cured by Natrum mur. 200x.

35. Headache on the top of head accompanied with sour vomiting in a man aged 37, was cured by Natrum phos. 12x.

36. Severe headache accompanied with gastric derangement and rheumatic pains in the joints in a girl of 25 years old, was cured by Calcar phos. 6x.

### III. Diseases of Eye

First stage of inflammation under whatever name it may be such as, iritis keratitis, blepharitis retinitis, conjunctivitis and ophthalmia in their first

stage with pain, redness, burning or photophobia, *Ferrum phos.* 30x.

Second stage of all the above inflammatory conditions with white or grey white matter with soreness and with or without a feeling of sand in the eyes, blisters on cornea, granulated eyelids, obstinate type of trachoma with soreness or scales on eyelids and with white coated tongue, *Kali mur.* 6x or 12x. In soft cataract use it both internally and also externally in the eye as drops making a lotion in 6x.

Third stage of all the above inflammatory conditions with yellow or greenish yellow watery mater and yellow crusts on eyelids, *Kali sulph.* 6x. both internally and externally in the eye as drops making a lotion.

Weakness of sight with nervous exhaustion chiefly after any debilitating disease ; squinting after diphtheria, black spots before eyes, sensation of small piece of stick in the eyes, photophobia with soreness of eyeballs and edges of lids and burning of eyes as if with smoke with characteristic colour of the tongue : *Kali phos.* 6x or 12x.

**Diplopia**—the seeing of single object double, colours, black spots, sparks and flashes of light before eyes. Ptosis, drooping of eyelids, hypersthenia of retina, (exalted power), retinitis, pigmentosa, retinal sclerosis with pigmentation and atrophy, *Magnesia phos.* 30x : 12x for drops.

All eye troubles with excess of tears, such as muscular asthenopia (weakness), myopia (short sightedness), presbyopia (far sightedness), amblyopia (partial blindness), blisters or spots on cornea, ciliary neuralgia and incipient cataract among too much salt eaters and even glaucoma are curable by the judicious use of *Natrum mur.* both Int. and Ext. Use 30th and higher potencies and avoid too much use of salt, if possible take salt free diet or take very little rock salt.

Ophthalmia simple or scrofulous with golden-yellow creamy matter, conjunctivitis, or hypopyon with discharge of such matter ; lids glued together in the morning. Dim-sight, blood-shot eyes, burning lachrymation and sparks before eyes. Squinting due to worm troubles, *Natrum phos.* 6x or 12x ; give 3x every two or three hours and give injection of *Natrum phos.* 3x to expel worms. Scrofulous ophthalmia and conjunctivitis with discharge of golden-yellow creamy matter with sour belching, yellow coating on the palate with or without lachrymation, *Natrum phos.* 6x. Squinting caused by worm troubles and acidity of the stomach or boring pain in the eyes or sparks before eyes, *Natrum phos.* 3x or 6x with *Magnesia phos.* 30x.

Granular conjunctivitis, chronic ophthalmia or scrofulous ophthalmia, large blister like granulations with burning of edges of lids or burning lachryma-

tion and hypopyon with greenish yellow discharge *Natrum sulph.* 12x or 30x.

Congenital amblyopia in rickety children, congenital ophthalmia among children of scrofulous patients, photophobia with keratitis in scrofulous patients, squinting, ptosis and other spasmodic affections not yielding to *Magnesia phos.*, *Calcar phos.* 12x. It is also an excellent remedy in cataract with gout, lupus scrofula, tuberculosis and cancer.

Eyeballs yellow, due to jaundice, caused by liver troubles. Hypopyon, chronic conjunctivitis with greenish yellow matter. Burning of edges of lids, spots on cornea, *Calcar fluor* 30x.

Dimness of sight, partial blindness, sparks before eyes, spots on cornea, *Calcar fluor.* 30x.

Deep ulcer or abscess of cornea, hypopyon with thick yellow purulent matter. Ophthalmia, retinitis, conjunctivitis, phlyctenular keratitis, with such a discharge of long-standing cases after *Calcar sulph.*, *Silicea* or in alternation with *Silicea* high.

Scrofulous ophthalmia in advanced stages, hypopyon, *Natrum phos.* 200x, deep-seated abscess on cornea 30x, styes, boils or cystic tumours on eyelids, induration on the lids 12x. Amblyopia and cataract after checked foot-sweat, 30.

*Blindness*, incipient, *Calcar fluor* 30 and *Natrum ma.* 30. If caused by suppression of foot-sweat, *Silicea* 30. From weakness or paralysis of optical

nerves *Kali phos.* 12x and *Magnesia phos.* 30. If congenital in scrofulous patients *Calcar phos.* 12x or 30x intercurrently.

Meibomian glands enlarged, *Calcar fluor.* 30x.

Styes on lids before breaking, *Silicea* 6x ; after breaking, *Silicea* 200 and *Calcar sulph.* 30x.

Ciliary neuralgia over right eye, *Silicea*, 200 ; over left eye, *Kali phos.* 12x ; over both eyes, *Natrum mur* 30x.

*Cataract*, opacity of the lens of the eye, incipient, *Natrum mur.* 30x or 30 ; avoid eating too much of salt. Soft with white or grey coating on tongue, *Kali mur.* 6x, avoid flesh-meat ; hard, *Calcar fluor.* 6x or 12x, if long-standing 30x or 30, avoid eating chunam, flesh-meat, tobacco and all pulses, potatoes, brinjals, etc. Instil *Succus Cineraria Maritima* drops in the eye twice a day.

Blindness or weakness of sight from the shock of lightning or frequently seeing cinema shows, *Magnesia phos.* 30x or 30c.

### Clinical Evidence

37. A valuable agent in cases of cornea, in cases of (yellowish) pus in the anterior chamber (hypopyon). Three cases of this type have been cured with *Kali sulph.* 3x. (Dr. S.C. French, M.D.) It is an unfailing remedy when the discharge is yellow

and the tongue has characteristic coating of the remedy. I use 12x internally and 6x externally for the eye drops, (author).

38. Natrum mur. is of possible use in glaucoma. (Boericke & Dewey; The Twelve Tissue Remedies).

39. Natrum mur. is a most reliable and unailing remedy in all ailments of eyes accompanied with lachrymation and constipation, (author).

40. A weak child 2 years old, thin skull, fontanelles open soft cataract in left eye, Calcar fluor. 6x showed anterior fontanelles closed and child improved in general health. No change in cataract. (Dr. Stewart of Cincinnati). Kali mur. suits well in soft cataract; it should have been tried then, (author).

41. I have used Calcar fluor, in my clinic in a number of cases of dimness of vision and partial blindness. In one case of senile cataract there was certainly great improvement in sight. (R. S. Copeland).

42. Kali phos. is suited in muscular and accommodative asthenopia and in co-ordination of the ocular muscles, especially from defective innervation. (Dr. H. C. French, M. D.).

43. The author finds it useful in asthenopia resulting from cholera, small-pox, measles, diabetes, sprue and diabetes mellitus. He has cured two cases of ptosis with continued use of it both Int. and Ext.

of course in alternation with Magnesia phos. 30x.

44. A case of itching, and burning of eyes and blurring in sight occasionally, floating specks before eyes, light aggravates, all symptoms cured by Kali phos. 6x.

45. An old Parsi lady was almost blind in her left eye, and was able to see a bit through her right eye, by taking uric acid free diet and by taking Calcar fluor. thrice daily and by using succus Cineraria Maritima drops was able to read newspapers and attend to all her household duties.

46. Ulcer of cornea in a boy aged 9, after the attack of measles, cured by Kali mur. Int. and Ext.

47. A girl aged 10 had ulceration on her right cornea, she was tried by three doctors and two hakims without avail, Kali mur. 6x Int. and Ext. cured her.

48. Incessant lachrymation and weeping tendency in a girl aged 15, cured by Natrum mur. 200, six doses in two weeks.

49. Pain, burning, redness and inflammation of any part of the eyes with sensation of sand, worse from hot application and better from cool and photophobia worse from artificial lights yield wonderfully to Ferrum phos. (Dr. F. H. Ivins, M. D.).

50. Ferrum phos. is specially adopted to conjunctivitis with great relaxation of that membrane. (Dr. R. Cooper, M. D.).

51. In retinitis with engorgement of the retinal vessels Ferrum phos. is of great service. (Dr. H. C. French, M. D.).

52. It is safe and sure remedy in the first stage of ophthalmia ; it presents all bad consequences of this troublesome ailment, (author).

53. Kali mur. possesses a specific influence over many of the pathological changes of the eyes. In chronic abscess of the cornea it has been found good. (Dr. H. C. French, M. D.).

54. Dr. Geo. S. Horton finds Kali mur. of great service in ulcerations of cornea chiefly of asthenic type, and also in photophobia with or without lachrymation.

55. The author finds it an excellent remedy in ulcers of the cornea and in soft cataract and cataract softened by Calcar fluor.

56. Meibomian glands in a young girl aged 18, became soft under the external and internal use of Calcar fluor. 6x and were dissolved entirely by the continued use of Ferrum phos. 12x and Kali mur. 6x.

57. A young girl had scrofula glands on the left side of her neck, conjunctivitis with yellow creamy discharge from both sides so much that her eyelids were getting glued together in the morning, used to see sparks and dark spots before eyes. Magnesia phos. 6x and Natrum phos. 6x, taken regularly for three and half months cured her entirely.

58. Chronic conjunctivitis with greenish yellow discharge with bitter taste in the mouth every morning and yellowish eyeballs was cured by Natrum sulph. 12x in six weeks.

59. A little girl aged 8 was brought to me who suffered from severe inflammation of the conjunctiva with great dread of light. She had been treated for time without relief. The eye affection dated from the time she had measles, some years previous. The enlargement of the glands of the neck and the creamy secretion of the eyelids led me to try Natrum phos. of which I administered a dose three times daily. A week later the child was brought to me, her eyes were bright and perfectly cured, (from Schuessler).

60. A case of strained eyes cured. A young school girl came to me with a bad case of strained eyes from excessive attention to her studies. The conjunctiva was inflamed and there was great intolerance of light. It had been gradually growing worse from a week past. Ferrum phos. cured the case in a few days and she did not stop her studies. (Chapman).

61. A case of ulcer of the cornea with elevated edges and vascular base resulting from phlyctenular keratitis; in spite of all treatment it had steadily increased; cornea hazy around ulcer; Kali mur. 6x improved the condition and the ulcer began to heal at

once and in two weeks all inflammatory symptoms disappeared. (Dr. G. S. Norton, M. D.).

#### IV. Diseases of Ear

**Otalgia:**—Earache, pain in the ear due to cold, inflammation, congestion or injury of any kind, *Ferrum phos.* 12x; nervous or spasmodic pain, *Magnesia, phos.* 6x, in hot water.

**Otitis:**—Inflammation of the ear with throbbing or radiating pain and noticeable pulsation in the ear without any discharge, *Ferrum phos.* 6x or 12x.

**Otorrhoea:**—Catarrh of the ear, white thick discharge due to secondary stage of otitis with white or grey coated tongue, with or without deafness, *Kali mar.* 6x or 12x.

Otorrhoea in its third stage with sanious (blood-mixed) or thick yellow purulent discharge accompanied with deafness, *Calcar sulph.* 6x.

Otorrhoea in its fourth stage with thick yellow or thin discharge of greenish yellow colour, yellow coating on tongue and deafness, *Kali sulph.* 12x or 30x.

Otorrhoea foul, long-standing and obstinate, *Silicea*, 6x, to hasten suppuration and to evacuate all the pus, *Silicea* 200x and to heal it *Calcar sulph.* 30x.

Otorrhoea with deafness, discharge, being dirty

brown, foul and offensive with nervous exhaustion, *Kali phos.* 6x.

Otorrhoea of long-standing with thin discharge, *Natrum mur.* 30x.

**Deafness**:—Caused by abuse of quinine with roaring noise in the ear, *Natrum mur.* 30x.

Deafness caused by electric shocks with neuralgic pain, *Magnesia phos.* 30x.

Deafness with thin albuminous discharge not yielding to proper remedies (*Kali mur.* and *Magnesia phos.*.) *Calcar phos.* 12x.

Deafness with perforation of tympanum and otorrhoea, *Calcar phos.* 6x or 12x.

Dullness of hearing with over-sensitiveness to noise, foul otorrhoea, thin and ichorous, *Silicea* 30x to 200x.

Earache worse in damp air with ringing in ears, *Natrum sulph.* 6x.

**Tinnitis Aurium**, noise in the ear, calcareous deposits on the tympani, *Calcar fluor.* 30x.

External ear sore, one ear red and hot and itching frequently, *Natrum phos.* 6x.

Itching and burning in the ear, *Natrum mur.* 30x. Roaring in the ear, *Natrum mur.* 30x; with acidity, *Natrum phos.* 6x.

Ringing in the ear like that of bells with biliousness, liver troubles or bitter taste, *Natrum sulph.* 12x.

### Clinical Evidence

62. Three cases of earache caused by cold and inflammation cured by Ferrum phos. 12x.

63. Two cases of spasmodic pain in the ear; one of a young lady and the other of an old man, cured by Magnesia phos. 12x given in hot water.

64. About a dozen cases of ear discharge resulted after the attack of measles cured by Kali mur. 6x.

65. A long-standing case of otorrhoea was cured by Kali mur. 12x and Calcar sulph. 12x in seven weeks.

66. An obstinate case of otorrhoea was treated with Silicea 6x for two weeks; then it brought on more discharge of pus; later on when Silicea 200x twice a week and Calcar sulph. 12x four times a day were given, the ear was washed with Calcar sulph. 6x lotion for three weeks which cured the trouble radically. It is over eight years now there is no relapse.

67. A very interesting case of otorrhoea with enlarged glands almost to a point of suppuration, I treated the case with Calcar sulph., Ferrum phos. and Silicea. These drugs brought the case to happy termination in twelve days. (Dr. Houson, Texas).

## V. Diseases of Nose

Tendency to catch cold. *Calcar phos.* 6x. First stage of cold in the head with pain, inflammation and fever, *Ferrum phos.* 6x.

**Dry coryza**, stuffy cold in head with white or grey-white tongue and stringy thick white discharge from nose *Kali mur.* 6x.

**Chronic catarrh**, with thin or frothy discharge with sneezing, *Natrum mur.* 30x or 60x.

Third stage of catarrh with yellow, slimy or thin yellow discharge worse in evening and in heated room, *Kali sulph.* 6x Albuminous discharge from nose with sneezing and sore nostrils, *Calcar phos.* 6x or 12x. Thick yellow purulent discharge tinged with or without blood, *Calcar sulph.* 6x. Naso-pharyngeal discharge of golden yellow colour with acidity *Natrum phos.* 6x. Catarrh with profuse greenish, yellow discharge worse in morning and damp weather, *Natrum sulph.* 6x or 12x. Dry and loose catarrh alternately with loss of perversion of smell, *Magnesia phos.* 12x. Foul, creamy, offensive discharge, *Kali phos.* 6x. Stuffy, cold, dry catarrh discharging small yellowish hard lumps, *Calcar fluor.* 12x. Painful dryness of nostrils or yellow offensive discharge, *Silicea.* 12x or 30x.

**Ozaena**, ulceration of the nasal bone. To remove the rotted and disorganised tissues of the

bone, *Silicea* 6x, later on *Silicea* 200 twice a week and *Calcar sulph.* 6x every three or four hours. *Calcar phos.* 6x or 12x should be given to promote healthy tissues intercurrently throughout the treatment.

**Polypus**, a smooth pedunculated growth on the mucous surface of the nose ; soft, *Kali mur.* 6x ; hard, *Calcar fluor.* 6x ; to soften it and reduce size *Calcar phos.* 6x to be alternated with above remedies to destroy the diseased tissues and promote healthy ones. *Silicea* 12x may be required to expel disorganised tissues.

**Rhinitis**, inflammation of nasal mucous membrane, *Ferrum phos.* 12x and *Kali mur.* 6x ; sneezing *Natrum mur.* 30x.

### Clinical Evidence

68. Tendency to catch cold frequently, at first watery, later on albuminous, wasting and irregular menses, in a girl aged 17, was entirely cured in six months with *Natrum mur.* 200 twice a week and *Calcar phos.* four times a day.

69. Chronic catarrh with thin discharge and sneezing, turning into thick stringy occasionally, cured with *Natrum mur.* 6x four times a day.

70. A girl aged 9 had a thin discharge from nose. It used to appear and disappear every week or so. She had a very obstinate constipation, *Natrum mur.* 200x twice a week was prescribed and she

was asked to avoid salt and to take morning walks in the bright sunlight daily. She became all right in three months. She grew much stronger also.

71. Thick yellow purulent discharge of long-standing, tinged with blood at times, was treated with *Silicea* 200x and *Calcar sulph.* 12x. Steady improvement was noticed in a week, and she felt all right in three months.

72. Polypus, difficulty to breathe through the nose and constipation in a young man of 22 was cured by *Calcar fluor.* 6x, *Kali mur.* and *Calcar phos.* 6x and occasional dose of *Silicea* 30x. He was asked to observe vegetable diet strictly and to take breathing exercises according to yogic method by standing in the hot sun daily. He steadily improved and became all right in five months.

73. Four cases of ozaena; one in a merchant aged 45, one a woman of 42, another in a woman of 40, and another in a landlord of about 50; all of them gave the history of syphilis and of having taken mercurial preparations and after trying doctors, hakims and vaidyas' treatments, were given *Aurum* 200 for six weeks and the regular treatment with *Silicea* 6x *Silicea* 200x, *Calcar sulph.* 6x and 12x and *Calcar phos.* 6x and 12; they steadily improved under strict diet and sun-baths, the first patient in nine months, the second patient in twelve months, the third in fifteen months and the

fourth in ten months. None of them had a relapse except one who had indulged much in taking flesh meat and in drinking wines, liquors and tobacco.

## VI. Diseases of Mouth and Lips

**Aphthae**, thrush, white ulcers in the mouth of babies or nursing mothers. Bottle-fed children and nursing mothers who indulge in spiced foods, fried food, pickles and pungent food, etc. *Kali mur.* 12x for babies and 6x for mothers. The same may be used in lotion to wash the ulcers and gargle the mouth of the mother. If there is fever, *Ferrum phos.* 12x, if there is flow of saliva, *Natrum mur.* 30x.

**Canker** consists of small whitish greenish ulcers forming on the mucous membrane of the lips, mouth and tongue. These ulcers arise from the inflammatory condition of stomach and liver or of both and may cause fever and pain in the mouth, *Kali mur.* 6x Int. and Ext. for wash. If there is salivation, *Natrum mur.* 30x and if there be malignant condition, *Kali phos.* 6x may be required.

Lower lip dry and skin peels off in flakes, *Kali sulph.* 6x. Upper lip painful and swollen, *Calcar phos.* 6x, cracks and fissures of the lips, *Calcar fluor.* 12x Int. and Ext. Canker sores on the lips with acidity, *Natrum phos.* 6x. Cold sores on corners of mouth

*Calcar fluor.* 12x. Inside of lips sore, *Calcar sulph.* 12x.

### Clinical Evidence

74. Aphthae. I was called to attend a baby who had thrush. The mouth was covered with a white coating and there was considerable fretfulness and fever. I prescribed Ferrum phos. and Kali mur. in the same solution a dose every hour. In two days she was reported well. (Chapman).

75. I use Ferrum phos. 12x and Kali mur. 6x in alternation in all my young patients whenever I notice that they suffer from aphthae or thrush. I require no other remedy, (author).

76. In all cases of canker I use Kali mur. 12x and Natrum mur. 30 always with beneficial result. Int. and Ext.

77. A lady aged about 50 whose lower lip was terribly fissured, got wonderfully improved by taking *Calcar fluor.* 30x thrice daily and by applying externally *Calcar fluor.* 6x ointment.

### VII. Tongue and Taste

Tongue moist with excess of saliva and constipation, tongue dry with loss of taste and loose stools, *Natrum mur.* 30x.

Tongue coated with slimy, watery mucous or if

frothy bubbles appear on the edges of it with saltish taste, *Natrum mur.* 30x.

Loss of taste or saltish taste or sensation of hair on the tongue also indicate *Natrum mur.*

Inflammation of tongue with red or dark red swelling with or without fever, *Ferrum phos.* 12x.

Tongue cracked or hardened after inflammation, *Calcar fluor.* 12x or 30x.

Tongue indurated and painful or having suppurated ulcers with pus of greasy taste, *Silicea* 12x.

Tongue inflamed or swollen with white or greyish slimy coating, *Kali mur.*

Tongue swollen with foul disgusting taste and white coat or having pimples, *Calcar phos.* 6x.

Inflamed tongue with red and sore edges or darkish brown coat on tongue with dryness, *Kali phos.* 6x.

Tongue creamy or golden coloured, taste sour with acidity, *Natrum phos.* 6x.

Tongue brownish green or greenish yellow with bitter taste, *Natrum sulph.* 6x or 12x.

Tongue reddish with yellowish slimy coating with flatulent colic, *Magnesia phos.* 6x.

*Note* :—The tongue shows unhealthy coating whenever the stomach is disordered ; as soon as the stomach improves the tongue assumes the natural healthy colour.

## VIII. Diseases of Teeth and Gums

Teething is not a disease. It is the natural development of calcareous substance of the bones in the mouth. Healthy children begin to cut their teeth in their ninth month without any difficulty. Bottle-fed children of those parents who eat mostly starchy food removing the bran of wheat and rice cut their teeth late also suffer from constipation or diarrhoea, fever or swelling of gums, restlessness, peevishness, flatulence, convulsions, etc. *Calcar phos.* 6x or 12.

*Calcar phos.* 6x is the chief remedy in teething disorders of children. It supplies the want of calcareous substance in the bones and enables children to cut their teeth properly in due time. It should be given from the beginning of the seventh month regularly three or four times daily. If there be convulsions, flatulence and spasms, *Magnesia phos.* 12x or 30x must be given in alternation with it. *Ferrum phos.* 30x for excessive dribbling of saliva may be required if those symptoms appear. If pregnant women take *Calcar phos.* 6x regularly three or four times a day their children will cut teeth without any trouble.

**Toothache:** Those who partake of natural food do not, as a rule, suffer from toothache. It may be caused from exposures, errors in diet or stomach

disorders or it may be simply neuralgic among those who suffer from constipation and uric acid troubles.

**Treatment** :—Gums inflamed, sore and red, pain relieved by cold and aggravated by hot application, *Ferrum phos.* 12x. Shooting pain and neuralgic type, relieved by hot and aggravated by cold application, *Magnesia phos.* 12x. Gums swollen and tongue coated white, *Kali mur.* 6x. Pain worse at night, not relieved by *Magnesia phos.*, chiefly in decayed teeth, *Calcar phos.* 6x. and later *Calcar phos.* 200x.

Nervous pain with prostration and bleeding from gums, worse from mental exertion, *Kali phos.* 6x ; worse in warm room and in evening, *Kali sulph.* 6x. ; with salivation or lachrymation and constipation, *Natrum mur.* 30x ; with looseness of teeth *Calcar fluor.* 30x. From suppression of foot-sweats, *Silicea* 30 ; due to the formation of abscess, *Silicea* 6x. ; worse during night neither improved by hot nor cold application, *Silicea* 12x.

**Gums** :—Spongy and bleeding, if the blood is red, *Ferrum phos.* 6x or 12x ; if blood is dark and thin, *Kali phos.* 6x ; if dark thick *Kali mur.*

**Gum-boil** :—Red and inflamed with throbbing pain, *Ferrum phos.* 12x ; painful with white tongue, *Kali mur.* 6x. If pus is formed *Silicea* 6x to break it and remove the pus, then *Silicea* 200x and *Calcar sulph.* 6x to heal it.

**Pyorrhoea** :—If the pus is purulent yellow,

offensive, *Silicea* 6x; to remove the pus already formed and later on to heal the pus forming condition, *Silicea* 200x and *Calcar sulph.* 6x or 12x with occasional dose of *Calcar phos.* 12x.

### Clinical Evidence

78. A syphilitic father's children were getting their teeth decayed and paining frequently, *Calcar fluor.* 200 not only stopped the pain but also arrested the tendency of the teeth decay.

79. Toothache of an elderly woman, which was worse at night and not relieved by *Magnesia phos.* cured by *Calcar phos.* 12x wonderfully.

80. A lady aged about 50 was getting toothache whenever her abdomen was bloated with flatulence and she used to get it bloated whenever she ate potatoes, brinjals, prongs and grams pulse. She used to get relief of pain with *Magnesia phos.* 12x in hot water.

81. Spongy swollen gums in a pregnant woman aged 35, improved wonderfully by taking *Ferrum phos.* 12x and *Kali mur.* 6x

82. A gum-boil in an old person who was fond of flesh-meat was wonderfully improved and cured with *Ferrum phos.* 12x and *Kali mur.* 6x.

83. Half a dozen cases of pyorrhoea were wonderfully improved and cured when the patients were kept strictly on vegetable diet and were made to

abstain from liquor, tobacco and spices and were treated with *Ferrum phos.* 30x, *Calcar phos.* 12x, *Silicea* 200x and *Calcar sulph.* 12x according to symptoms.

## IX. Diseases of Throat

Hoarseness and irritation among singers and public speakers, *Ferrum phos.* 12x, if with white tongue, *Kali mur.* 6x, with forthy expectoration, *Natrum mur.* 30x. Cough worse at night with albuminous expectoration, *Calcar phos.* 6x.

Throat may be inflamed, painful, sore or ulcerated, the causes are exposure, sudden cold, irritating food with constipation or talking too much or singing long, etc.

*Treatment* :— First stage of inflammation with pain, fever and soreness, *Ferrum phos.* 12x. Second stage with white stringy expectoration, white or grey coated tongue with tonsillitis, ulceration, in throat, diphtheric condition, *Kali mur.* 6x Int. and Ext. for gargles. Cough worse at night with albuminous expectoration, *Calcar phos.* 6x. Third stage of ulcerated sore throat with yellow, purulent or blood streaked discharge, *Calcar sulph.* 6x. Gangrenous and malignant sore throat and foul breath, *Kali phos.* 6x. Cough with tickling in the larynx caused by the elongation of vuluva, *Calcar fluor.* 12. Spasms

of the throat with sensation of choking, *Magnesia phos.* 12x sore throat with salivation or lachrymation, *Natrum mur.* 30x, with acidity and creamy coating of the tongue, *Natrum phos.* 6x. Cough worse in the morning with bitter taste or feeling of a lump in the throat, *Natrum sulph.* 6x same remedies may be used for gargling the throat.

**Croup:**- see " Diseases of Children ."

**Diphtheria** :—See " Diseases of Children".

**Goitre** :— Great enlargement of thyroid gland. See "Glandular Affections".

**Exophthalmic goitre** :—Goitre with protrusion of the eyes and anaemia. See "Diseases of Tissues."

**Uvula** :—Elongated, *Natrum mur.* 30 and *Calcar fluor.* 12x or 30x.

### Clinical Evidence

84. Sore throat yields wonderfully if treated with Ferrum phos. 12x and Kali mur. 6x in its early stage.

85. An advanced case of sore throat in a woman was treated with Kali phos. 6x, Kali mur. 12x and Calcar sulph. 6x and an occasional dose of Silicea 200x. The patient improved satisfactorily and became all right in three weeks.

## X. Diseases of Stomach

These as a rule are caused on account of our own errors in diet, that is, either by overloading the stomach or by partaking of substances not intended by Nature as our food.

*Treatment* :— Loss of appetite, no desire to take food, pain in stomach after eating or drinking, with accumulation of gas, *Calcar phos.* 6x every two hours. In old persons and in long-standing cases, *Calcar phos.* 12x every three or four hours. With acidity, heart-burn, sour belching, pain after taking any food with creamy golden yellow coating on the back part of the tongue, *Natrum phos.* 6x. Depraved appetite, craving for chalk or salted meat, etc., *Calcar phos* 12x. Voracious appetite with gone feeling in the stomach, flatulence, depression of spirits, *Kali phos.* 6x. Pain or heaviness in the stomach worse in the evening with yellow coating on the tongue, *Kali sulph.* 6x. Burning sensation in the stomach, hard stools, insalivation or lachrymation or vomiting of watery matter, *Natrum mur.* 30x. Bitter taste in mornings, pain in the region of liver, thirstlessness, biliousness, greenish yellow coating on tongue, *Natrum sulph.* 6x or 12x.

**Nausea** and vomiting are caused by errors in diet, pregnancy, sea-sickness. worms, biliousness indigestion, dyspepsia, and use of tobacco, liquor, etc.

*Treatment* :— Vomiting of undigested food or of bright red blood, *Ferrum phos.* 12x or 30x, Vomiting of thick white phlegm or darkish blood with white coated tongue, *Kali mur.* 6x. Vomiting of watery transparent fluid with constipation, *Natrum mur.* 30x. Vomiting of dark substance like coffee-grounds, *Kali phos.* 6x. Vomiting of sour fluids or worms with burning in stomach, *Natrum phos.* 6x. Vomiting of bilious matter with bitter taste in the mouth, *Natrum sulph.* 6x or 12x. Vomiting of undigested food not cured by *Ferrum phos.* *Calcar fluor.* 12x. Vomiting of infants soon after being nursed, *Silicea* 30x or 60x.

*Suggestions* :— In case of vomiting caused by errors in diet, tobacco, liquor, or any other poison, it should not be checked, as emptying the stomach of such stuff is beneficial. Vomiting of pregnancy must be treated according to symptoms. *Ferrum phos.* 12x is the chief remedy for them. In any case fruit and milk diet is wholesome.

Spasms or crampy pains in the stomach, neuralgic pains, hiccough, flatulence with clean tongue, *Magnesia phos.* 12x.

If from milk, fatty food, fried things, flesh-meat with inactivity of liver or pain in the region of live under right ribs indicating white coating of the tongue, *Kali mur.* 6x.

*Accessory Measures*:—The food must be masticated properly and insalivated before swallowing. Absolute cleanliness of the mouth is essential. Cleanse and wash with reliable antiseptic. Keep bowels regular.

**Gastric fever** due to stomach disorders in the first stage of fever with vomiting of undigested food or stools containing undigested food, *Ferrum phos.* Second stage with white coated tongue, *Kali mur.* 6x. Third stage, prostration, foul breath, voracious appetite, *Kali phos.* 6x.

**Gastric ulcer**:—Feverishness, *Ferrum phos.* 12x vomiting, *Kali mur.* 6x; bitter taste, *Natrum sulph.* 12x; latter stage with foul breath, *Kali phos.* 6x; passing of pus in the stool, *Silicea* 12x and *Calcar sulph.* 6x.

### Clinical Evidence

86. A young lady was getting pain after taking any food, used to vomit food undigested, had frequent attacks of frontal headache and used to get monthly periods every three weeks; *Ferrum phos.* 12x five grains, thrice daily, improved her rapidly and cured all her troubles radically.

87. A young man was anaemic and had no appetite at all; he was wasting and was getting weaker day by day. *Calcar phos.* 6x and *Natrum phos.* 6x alternately every two hours improved him

in three days and he felt all right in three weeks.

88. A young man complained of an unnatural appetite ; he had to eat almost every hour, feeling such a craving for food ; yet he felt much exhausted and languid. Kali phos. improved him in two days. ( Schuessler ).

89. A man aged 40 was suffering from fulness in the stomach, heaviness in the abdomen and colicky pains in the stomach worse in the evening with constipation ; Kali sulph. 6x five grains every three hours improved him in twenty-four hours and he was all right in a week.

90. A man aged 36 complained of chronic dyspepsia and biliousness, Calcar phos. 6x and Natrum phos. 6x five grains each alternately improved him in three days and he felt all right in four weeks.

91. Patient with troublesome burning in the stomach after eating and continuing until next meal time ; pain develops one or two hours after meals, no thirst but the burning was troublesome as to keep him awake at night. Natrum phos. cured him. ( Med. Era. )

92. Child with indigestion after typhoid fever, everything soured in his stomach, breath sour, vomiting curdled milk and sour smelling fluids, green stools alternating with constipation with troubled colic ; white coated tongue. Child fretful, cross and restless, Natrum phos. cured. ( Med. Era. ).

93. A young man with chronic dyspepsia, tried several remedies without effect. I discovered in his mouth a thin yellow coating on the soft palate : I prescribed Natrum phos. which cured him in a short time ( C. Hg. ).

94. Stomach-ache with saliva, hungry frequently, offensive breath and constipation in a man aged 30 for over a year improved in two days and cured in two weeks with Natrum mur. 30x.

95. Bitter taste, vomiting of bitter substance heartburn, gastric troubles with eructations in a man aged 48 cured by Natrum sulph 6x five grains every three hours.

96. A young woman aged 30 was suffering from frequent indigestion with spasmodic pain, frequent pain in the pit of the stomach after least food, belching of wind giving no relief, for some years ; she was prescribed five grains Magnesia phos. 12x in hot water every four hours. She was asked to abstain from potatoes and brinjals and from flesh-meat. She improved in three days and felt all right in three months. (No other drug was given).

97. A young girl after eating potatoes and prongs suffered from flatulence, constipation and high fever. It was diagnosed as a gastric fever by allopathic doctors. The fever was unabated, there were no fluctuations visible ; the patient had no hunger at all ; she had much thirst and prostration, Fer-

rum phos. 12x, Kali mur. 6x and Kali phos. 6x were given in turn; she improved steadily and got all right in a short time.

98. A young lady aged 28, complained of excessive gas in her stomach; though she had much hunger she used to get pain in the stomach after taking food. She was anaemic, her menses were scanty and irregular; Calcar phos. 6x five grains every three hours improved her wonderfully; she was all right in three months.

99. A young man's case which was suspected as gastric ulcer was cured by Kali mur. 6x, Silicea 12x and Calcar sulph. 6x in three months; the patient had white coated tongue, foul breath, pain in his stomach, desire for stool soon after taking food, fever, passing pus with his stools, etc.

100. H. C. aged 30 years, is always troubled with burning pain in stomach after eating. Pain comes on one or two hours after eating and causes him much annoyance. Fears to eat on this account. Is quite melancholic. Bowels loose. Tongue of a light grey colour. Put him on Natrum phos. after each meal. An immediate cure. (Dr. Wm. Shampary).

101. Miss A. aged 35. Ailing for thirteen years. Very emaciated. Continual vomiting when food was taken. Severe pains in stomach, also in umbilical region. Very depressed condition. Advised, as a last resort, immediate surgical operation. I

diagnosed chronic gastric ulceration. Sclerotic condition of the preaortic lymphatic nodes and vessels in umbilical region. The Schuessler remedies used were Ferrum phos., Kali phos. and intercurrently Calcar phos. A non-irritating and fat free diet was maintained. The condition at the end of two months' treatment was as follows:—

No pain in the stomach or umbilical region. Sclerotic condition softened. Abdominal pulsation hardly perceptible. Emaciation rapidly disappearing. (Dr. Ford Wilson, Vancouver, B. C., Canada).

### XI. Diseases of Abdomen

Liver inflamed with heat, pain and fever, *Ferrum phos.* 12x. Sluggish with constipation and white coated tongue; no desire to take food, inability to digest milk, butter or ghee, pain under right shoulder blade, *Kali mur.* 6x. Jaundiced condition with light coloured stools and yellow urine, *Kali mur.* 12x. Painful with prostration and yellow urine, *Kali phos.* 6x. Enlarged and indurated with diabetes mellitus or insipidus and acidity of the stomach with characteristic coating of tongue, *Natrum phos.* 6x every two hours and a compress of same on the region of liver covered by a piece of flannel. Congested with soreness, pain, biliousness, bitter taste greenish yellow vomiting or greenish brown coated tongue, *Natrum sulph.* 6x.

Jaundice with constipation and salivation, watery vomiting or loose stools, *Natrum mur.* 30x, white tongue, whitish stools *Kali mur.* 6x. Pain worse in evenings with flatulence, passing of flatus having sulphurous odour, yellow slimy diarrhoea, yellowish coating of tongue, *Kali sulph.* 6x. Pain in the region of liver and pelvis with nausea or purulent loose stools tinted with blood, *Calcar sulph.* 6x. Abscess of liver, with fever, *Ferrum phos.* 12x, with throbbing ulcerative pain, *Silicea*, 12x.

**Gall-Stones** are formed in the gall-bladder due to calcareous deposits. They are common among those who eat chunam with betel-leaf, who drink water from wells containing calcareous substances, eat too much of flesh-meat, etc. Bile with albumen cause unbearable colic on the right side of the abdominal region. *Calcar phos.* 12x or 30x and *Natrum sulph.* 12x or 30x. For pain, *magnesia phos.* 12x in hot water. The patients should avoid liquor, tobacco, flesh-meat and drinking hard water without filtering,—also should not neglect constipation.

**Biliousness** with bitter taste, *Natrum sulph.* 6x; pain and inflammatory condition, *Ferrum phos.* 12x and *Kali mur.* 6x. Pain with white tongue, spasmodic pain while passing urine, *Magnesia phos.* 6x, to prevent the formation of stone by equalizing the *Calcar phos.* molecules in the body, *Calcar phos.* 6x.

In old persons and long-standing cases, *Calcar phos.* 12x or 30x.

**Spleen** inflamed with pain and tenderness and fever, pale face, want of red blood corpuscles, *Ferrum phos.* 12x. Second stage of inflammation with swelling and puffiness or enlargement with white coated tongue, *Kali mur.* 6x. Hard stools, constipation, pain in waist, weakness, want of appetite, *Calcar phos.* 6x, Enlargement caused by malarial fever or abuse of quinine with constipation and salivation or dry tongue, with loose stools, *Natrum mur.* 30x. Enlargement caused by bilious fever, long continued malarial fever with bitter taste, loose stools of darkish, greenish colour with greenish yellow coated tongue, *Natrum sulph.* 12x.

**Pancreas** is a large gland below the stomach. Its juice though alkaline, contains in it sodium carbonate. Its function is to digest fat and sugar. Whenever this organ is not in order obesity and diabetes may result. Hence in obesity with white tongue, *Kali mur.* 6x and in acidity and diabetic conditions, *Natrum phos.* 6x *Natrum mur.* 30, *Calcar phos.* 6x and *Natrum sulph.* 12x do immense good.

**Constipation** is caused on account of sluggishness of the liver, on account of errors in diet, that is, by partaking of food in a way not intended by Nature, for instance, rice and wheat preparations deprived of brain and gluten which contain sodium

salts. Improper food and want of exercise may cause the relaxation of the villi of the small intestines or the mucous membrane of the colon and cause constipation. A common exciting cause of constipation is the pernicious practice of prescribing pills and other cathartic nostrums. (Dr. Chapman, M. D.).

All food stuffs fried, spiced and preserved, as a rule, cause constipation. Liquor, tobacco, narcotics and astringents are also the fruitful sources of it. Sluggish livers also cause it.

*Treatment* :—Hard stools due to inflammatory condition or congestion of liver, intestines, prostate gland, bladder, vagina uterus, etc., *Ferrum phos.* 12x ; with white coated tongue and whitish stools, *Kali mur.* 6x. ; stools dark brown, foul smelling with paralytic condition of rectum and colon or some nervous disorder, *Kali phos.* 6x. Injection of *Kali phos.* 3x lotion will greatly help, with hard stools causing fissures and burning in the anus with salivation or lachrymation, *Natrum mur.* 30x or 30. *Natrum mur.* 6x in cocoanut juice or oil applied externally in the anus will soon relieve the troubles. Hard stools of anaemic patients sometimes with albuminous mucus, *Calcar phos.* 6x. Accumulation of large quantity of hard stools with inability to expel them, requiring to be removed with fingers, often causing cracks in the anus, *Calcar fluor.* 12x. Constipation with acidity or worm troubles often alter-

nating with hard stools, *Natrum phos.* 3x or 6x; rectal injection of lotion of *Natrum phos.* 3x is of great help. Hard knotty stools of greenish colour with bitter taste in mornings and also sometimes soft stools, difficult to expel alternating with loose stools, *Natrum sulph.* 3x or 6x when there are hard stools, *Natrum sulph.* 12x or 30x. when the stools are loose, constipation of rickety children or of the aged with paralytic or scrofulous troubles, stools recede after being partly expelled, *Silicea*, 12x or 30x.

*Accessory Measures* :— Rise early and take a cup of pure cold water, this measure is called *Ushap-pana* in ayurvedic sanskrit works. It has often cured constipation of a bad type. Partaking of suitable fruits in the morning and during meals is a sure method of overcoming constipation.

**Hernia or rupture** is caused from some violent exertion, heavy lifting, forcible sneezing or coughing or much straining during stools, chiefly among persons who have suffered long from flatulence or constipation and who have habit of over-eating the seat of rupture among children is navel, (navel hernia), among adults the groin, (inguinal hernia), and among females the upper inside part of the thigh, (femoral hernia). Labia pudendi is likely to get ruptured but the author has not noticed any of this nature.

*Treatment* :—The author uses *Ferrum phos.* 12x

or 30x to remove inflammation or congestion and *Calcar fluor.* 6x or 12x to contract the relaxed and ruptured tissues and *Calcar phos.* 6x or 12x to cure the rupture by producing the proper quantity of albumen to heal it and to give tone to the patient. He uses externally the cold compress of the same remedies, covered with a piece of flannel and asks the patient to take complete rest and not to allow to get constipated or allow flatulence and to avoid all wind producing and constipating foods.

**Peritonitis** is the inflammation of the peritoneum or the serous sac which lines the abdominal cavity and covers the organs which this cavity contains.

**Enteritis** is the inflammation of the intestines which may later on turn into enteric or typhoid or para-typhoid fever (a diseased state associated with typhoid fever).

**Appendicitis** is the inflammation of vermiform appendix (a worm shaped process of the cecum.)

**Typhilitis** is the inflammation of the cecum.

**Perityphilitis** is the inflammation of the tissues around the cecum.

**Cecum** is the paroxymal part of the large intestines.

**Colitis** is the inflammation of the colon.

Our *Ferrum phos.* can soon eradicate.

All inflammations where'er they locate.

Fever, heat and pain due to inflammatory conditions, *Ferrum phos.* 6x. Swollen abdomen with tenderness or hardness and white coat on tongue, inability to digest milk, *Kali mur* 6x, Fever with white tongue, *Ferrum phos.* 12x. and *Kali mur.* 6x alternately. Abdomen tense, cold or tympanitic with colicky pain and evening aggravation, yellow tongue, *Kali sulph.* 6x. Dull pain in right ileo-cecal region, flatulent colic, biliousness, bitter taste, torpidity of the bowels, tenderness of abdomen to pressure, vomiting brownish green or greyish green tongue, *Natrum sulph.* 6x.

If abscess or ulcer forms or suppuration sets in with pain in right side of pelvis and if the patient passes his stools yellowish, purulent, pus or blood streaked matter, *Silicea* 30 and *Calcar sulph.* 6x alternately. *Calcar phos.* 12x and *Kali phos.* 6x may be required to tone up the system and induce speedy cure.

### Clinical Evidence

102. A custom officer suffered long from sclerosis of the liver and diabetes mellitus. After trying several doctors and physicians, he was asked to take *Natrum phos.* 6x, *Natrum sulph.* 6x and *Kali mur.* 6x and to observe milk and fruit diet; He was wonderfully improved in forty-eight hours and felt all right in three months.

103. A lady aged 30 was suffering from pain in the liver whenever she took a hearty meal; white tongue and constipation Kali mur. 6x five grains five times a day improved her in four days and she was all right in four weeks. She was advised to avoid fat food till she got all right.

104. Last summer, my second daughter returned from a visit to New Jersey with an immense wart on her hand. In a few days she was taken quite ill with fever, which I took to be of bilious nature; and gave Natrum sulph. She became deeply jaundiced and grew worse while taking this remedy. I then changed to Kali mur. and she began to improve immediately and was well in a few days. After she had taken a few doses of Kali mur. the jaundice began to abate and the wart fell off. (E. H. H. from Boericke and Dewey).

105. Mr. D., aged 42, bilious, of yellow complexion, large rather protruding eyeballs, nasty taste in mouth, under considerable mental strain. I prescribed Natrum sulph. without effect. I then diagnosed biliousness caused from mental worry and gave him Kali phos. In two weeks he reported himself greatly benefited. (Chapman).

106. Boy aged 12, had been given up by three physicians as hopeless, had been treated for three years with indifferent results. There were so many disorganised conditions that it seemed hard to tell

where to commence. I, however, diagnosed as "abscess of the liver" as the fountain head of his ills. I placed him on Magnesia phos. and Natrum sulph. alternately, every two hours for a week, after which one dose of each remedy daily. The improvement was rapid from the commencement and the result was in every way satisfactory. (Dr. S. M. Kessier ).

107. A suspected case of the abscess of the liver in a man aged 50, who had smoking and drinking habits, was entirely cured with Silicea 200x, Kali mur. 6x and Calcar sulph. 6x in six months.

108. A case of jaundice after suffering long from gastric troubles with drowsiness, constipation and lachrymation cured by Natrum mur. 30.

109. A case of abscess of liver with pain, fever, nausea, vomiting and passing off of pus in stools, cured by silicea, Kali mur., Kali phos., Calcar phos. and Calcar sulph. in different potencies in four months.

110. Inflamed and enlarged spleen with fever, white coated tongue and constipation in an anaemic person, who had suffered from malarial fever and who had taken much of quinine, was cured with Ferrum phos. 12x, Kali mur. 6x and Natrum mur. 30 in seven weeks.

111. An enlarged and hardened spleen in anaemic person and who gave the history of malarial fever and of having taken quinine, was cured

radically by Natrum mur. 30, Natrum sulph. 6x and Calcar phos. 6x.

112. An old man aged 65, suffering long from prostatitis after trying almost all patent remedies, was cured entirely of his constipation by taking Ferrum phos. 30x, five grains thrice a day for ten weeks.

113. Mrs. B. aged 35, who suffered long from metritis and constipation was relieved of her troubles by taking Ferrum phos. 30x thrice daily for six weeks.

114 Mr. M. aged 32, could not digest milk, tongue always coated white, cured of his troubles by taking ten grains of Kali mur. 6x morning and night for a month.

115. Dr. Tripplett reports many cases of constipation relieved by the use of Kali mur. when the characteristic symptoms were present.

116. During the teething period of children, if they constipate, I give no other remedy but Calcar phos. 6x. It has not disappointed me. (author).

117. Mr. L. aged 52, complained to me of his obstinate constipation which had not yielded to the long continued use of several patent remedies, the stools were hard, expelled with difficulty and receded when partly expelled, Silicea 30 cured him radically in three weeks.

118 Mrs. P. aged 58, was unable to pass her stools, they were hard and were required to be

removed with fingers; she was also suffering from the prolapsus uteri. Calcar fluor 12x cured her both the troubles when used internally and also as unction, injection and as compresses.

119. Obstinate constipation of many years' duration cured in a few days with Natrum mur. (Dr. Saunders, L. R. C. P. London).

120. Dr. Gross, the pupil of Hahnemann states:—A boy of 11, born of scrofulous parents, has an idiotic brother; patient himself mute and almost an idiot. The poor creature suffered from constipation from birth, would go three or four weeks without stool. After a course of Natrum mur. the constipation was entirely cured.

121. Hard, knotty stools with emission of foetid flatus in large quantities, cured by Natrum sulph. (Dr. Strong).

122. Baby L. was in the habit of vomiting daily and was much constipated; his mother told me that she noticed small pieces of curd like substances in the matter vomited. Natrum phos. 6x, three grains five times a day, was cured in two weeks.

123. A young brahmin 23 years old, was recommended to the author by an European officer of the G. I. P. Railway. He was cured of his inguinal hernia in three months by the treatment described in the preceding pages. He had shown his case to nearly a dozen allopathic doctors and surgeons who

had recommended operation to him and he had prepared himself for it and had gone to the officer with an application for leave.

124. A young lady aged 22, got femoral hernia after delivery, she got cured under the author's treatment by observing rest and diet in five months.

125. An old man aged 56, got cured of his inguinal hernia in about eight months after observing diet and rest and taking enema twice a week for three or four months and taking remedies described and some homoeopathic remedies for flatulence.

126. Three children with navel hernia, were cured by Ferrum phos. 12x, Calcar phos. 12x and Calcar fluor. 12x between six and twelve weeks.

## XII. Diseases of Fecal Organs

### Worms

The usual symptoms for detecting the worms are :—

Acidity of the system, pain in the bowels, chiefly near the navel, pricking of the nose, itching of the anus, restless sleep, startling during sleep, grinding of the teeth during sleep, variable appetite, paleness around the nose and mouth, red spots on the cheeks, etc. (Chapman). Children often scream during sleep.

Feverishness, passing of undigested food in vomiting or stools, thread-worms, *Ferrum phos.* 6x or 12x, small white thread-worms with itching of the anus and white coat on tongue, *Kali mur.* 6x. All sorts of worms, such as, pin-worms, thread-worms, long round worms and even tape-worms with acidity, restless sleep, pricking of the nose, itching of anus, grinding of teeth during sleep, squinting of eyes, etc. *Natrum phos.* 3x or 6x; worm colic chiefly worse during full-moon or new-moon, *Silicea* 30x. To remove the tendency to get worms in the system, *Natrum phos.* 6x, and *Calcar phos.* 6x. For spasms, *Magnesia phos.* 12x, for prostration, *Kali phos.* 6x, for torpor, *Natrum mur.* 30x may be required.

### Clinical Evidence

127. Dr. A. C. Kimbal reports that a boy aged 5 years, after regularly taking *Natrum phos.* 3x for six weeks passed a four feet three inches long tape-worm.

128. A child aged 3 years, suffered from convulsion, santonin was given, but was not able to pass any worms. *Kali mur.* 6x and *Natrum phos.* 6x given alternately for two weeks, stopped the convulsions entirely, same remedies were injected through a syringe, lot of foul stools with dead, round, white worms passed, same remedies improved his health satisfactorily.

129. A boy aged 8 years was suffering from pin-worms since the time of his teething period ; had voracious appetite at times and loss of appetite at times, was always scratching his anus, often suffered from fever. Natrum phos. 6x five grains four times a day for three weeks and a syringe of the lotion of same, passed several thread-worms. Natrum phos. 6x and Calcar phos. 6x were given alternately for eight weeks. He re-grew strong and healthy and never suffered from worms after that for nearly three years.

130. A girl aged 7, was suffering from pin worms. She had irregular appetite and was pricking up anus and nose etc. She was regularly given Natrum phos. 6x, three grains, five times a day for two weeks ; and was given some cocoanut juice to drink. She dropped down thousands of pin-worms. Next four weeks she was given the same, twice a day morning and night regularly and she did not suffer from these troubles.

131. A girl aged 7, was suffering from high fever, terrible colic in the abdomen and violent vomiting. I was called to see the girl at 9-30 p.m. I diagnosed it to be due to worms and gave a dose of Silicea 200x as it was full-moon night and supplied a bottle of Natrum phos. 6x to the father, asking him to try it if child does not stop vomiting, three or four grains every hour. But Silicea 200x stopped

vomiting immediately and slept well and undisturbed till 7 a.m. She got up and went to school in the morning, she had neither colic nor vomiting nor fever.

### Piles

*Piles* are of two kinds, internal and external, each of which can be classified into the blind and the bleeding. The bleeding piles are smaller but they bleed much and cause weakness while the blind ones shed only a few drops of the blood but they grow larger, inflame, irritate, cause pain, itching and burning. In the internal piles the rectum falls and causes much trouble during every stool. Predisposing causes are :—

Abuse of warm food and drinks, frequent purgatives, sedentary habits, neglect of constipation, highly seasoned foods, drastic medicines, liver troubles chiefly congestion, alcoholic drinks, etc. *Calcar fluor.* 6x is the chief remedy, it should be tried both internally and externally as an ointment by mixing it in vaseline, butter or cocoanut juice. *Natrum mur.* 30x Int., twice a day, *Natrum mur.* 3x for ointment, in case of itching and burning. *Ferrum phos.* 12x for inflammation and bleeding, if red blood is passed and if the tongue is coated white; *Magnesia phos.* 6x or 12x if sharp stinging pains are felt in the external piles; *Calcar phos.*

12x in all cases to tone up the system and strengthen the constitution.

### Clinical Evidence

132. An obstinate case of external blind, itching piles cured by Calcar fluor. 6x and Natrum mur. 12x used both Int. and Ext.

133. An obstinate case of internal bleeding piles which was causing the fall of rectum every time the patient passing stools, was cured by Calcar fluor. 6x and Ferrum phos. 30x.

134. A chronic case of blind, external piles was cured by Calcar fluor. 12x and Kali mur. 12x.

135. A mother of eight children who suffered long with bleeding piles and fall of rectum, cured by taking Calcar fluor. 30x and Ferrum phos. 30x.

136. A swami who had sedentary habits and had suffered long from bleeding piles with burning sensation, was cured by Calcar fluor. 12x and Natrum mur. 30x used Int. and Ext.

137. A case of painful bleeding piles of a school master cured with Calcar fluor. 6x and Ferrum phos. 30x used Int. and Ext.

### Diarrhoea

*Diarrhoea* is the increased secretion of bowels. It may be due to over-eating, indigestion caused by indigestible food, sudden change of temperature,

frequent use of drastic purgatives or as an after effect of constipation.

*Treatment* :—Frequent loose stools of undigested food with fever, *Ferrum phos.* 12x. Light yellow loose stools with white tongue, *Kali mur.* 6x ; foul smelling, putrid white stools of foul odour with depression and brownish tongue, *Kali phos.* 6x ; stools yellow, watery, worse in the evening with yellow tongue, *Kali sulph.* 6x ; with flatulent colic and crampy pain, relieved by hot application, *Magnesia phos.* 12x. Watery, slimy or frothy stools with thirst and dryness of tongue, *Natrum mur.* 30x ; long-standing among children with emaciation of neck and buttocks, *Natrum mur.* 200, occasionally ; *Calcar phos.* 12x twice a day. Sour smelling, whitish or greenish stools with biliousness or worm troubles, *Natrum phos.* 6x ; chronic among the aged, with liver troubles or pain on the vertex, *Natrum sulph.* 200x.

Hot, watery, slimy, albuminous, profuse, offensive, noisy, of greenish colour at times, *Calcar phos.* 6x or 12x. It suits well in anaemic, scrofulous and tubercular patients and rickety children during teething. It should be given in all cases in alternation with properly indicated remedy to build up new tissues and speed the cure. Purulent, blood mixed or clay coloured stools in chronic cases which are present sometimes during or after typhoid or tubercular cases.

Chronic diarrhoea, after vaccination, of cadaverous smell, *Silicea* 200 or 200x. It may also cure diarrhoea caused by suppression of foot-sweats or it may be present with night sweats or perspiration of head. In obstinate cases other suitable remedy may be required to be alternated.

### Clinical Evidence

138. Mrs. A., aged 60, chronic diarrhoea passing undigested food cured by Ferrum phos. 30x and pomegranate juice and milk diet.

139. Mrs. R. aged 35, anaemic and dyspeptic patient with voracious appetite but hurrying up for stool after every food, Natrum sulph. 30 every morning, Ferrum phos. 30 every noon, Kali phos 12 before every food and Calcar phos. 12 after food improved satisfactorily in three days and cured in three months. Diet: milk and pomegranate juice first month, second month Quaker Oats were allowed.

140. An old man of 65 who suffered for about 15 years with loose stools, after trying allopathic and ayurvedic remedies, was cured by taking Natrum sulph. 30x morning and night and Calcar phos. 30x after every food.

141. Morning diarrhoea on rising, sudden urging, gushing accompanied with flatulence, the stool splatters all over the vessel, Natrum sulph. CM cured. ( C. Lippe ).

142. Dr. Goullon relates a case of chronic diarrhoea of two years' standing; stools of mushy consistence, coated tongue, cured with Calcar sulph. (Boericke & Dewey).

143. Dr. T. F. Allen cured a case of chronic diarrhoea in an old lady, with morning aggravation on beginning to move, with Natrum sulph. (N.A.J.H.).

144. Mrs. M. aged 35, very thirsty with frequent watery stools and drowsiness after six months' treatment from several doctors and physicians, cured by Natrum mur. 30 twice a day and pomegranate juice.

145. A woman aged 30, suffered long from loose motions, worse in the morning, after trying treatment of her family doctor for three months, was cured by Natrum sulph. 12x thrice a day and pomegranate juice once a day.

### Dysentery

*Dysentery* is also a disease caused by errors in diet; food spiced or fried taken frequently may cause it. Sudden changes in the weather, checked perspiration, suppression of piles and even irritation from worms might cause inflammation and even ulceration in the mucous membrane of the bowels and may cause the disturbance and deficiency of the molecules of Ferrum phos., Kali mur, and Magnesia

phos. resulting in the ailment called dysentery with discharge of blood or slime or of both with terrible griping.

*Treatment*:—Inflamed condition with pain, hot watery, bloody stools with or without fever, *Ferrum phos.* 12x. Pale yellow slimy stools with white coat on tongue, inability to digest milk, *Kali mur.* 6x. In some cases where both red blood and slime be present in the stools, *Ferrum phos.* 12x and *Kali mur.* 6x in alternation. If cramps, griping or tenesmus be present, give *Magnesia phos.* 12x or 30x in hot water in alternation with suitable remedy. If darkish blood is passed and the stools become putrid with or without depression, *Kali phos.* 6x; stools contain purulent slimy matter and blood, *Kali mur.* 12x, *Calcar sulph.* and *Calcar phos.* 12x. may be required to be alternated in all cases to build up new tissues, improve digestion and give tone to the system.

*Suggestions*:—Diarrhoea or dysentery should not be checked with poisonous drugs, such as arsenic, morphia and other strong astringents, else the poisonous matter will remain in the bowels and absorbed by the system and some serious consequences will occur. I know a case of dysentery suppressed with strong doses of morphia in a few hours as the patient had to appear for some examination; the patient suffered from worse type of constipation

and sprue later on and succumbed after some years. The best mode of treatment is in diet and suitable simple homoeopathic or biochemic drugs. Pomegranate juice, milk and barley water, fennel seed decoction with milk suit well. All narcotics, stimulants, tea, coffee, wines, liquors, chutnies, pickles, papads, tobacco in every form, chunam with betel-leaves and all flesh-meat should be avoided. Diet must be gradually regulated after complete cure.

### Clinical Evidence

146. During the epidemic type of dysentery at Vengurla some twenty-eight years back, the author cured nearly two hundred cases by administering Kali mur. 6x and Magnesia phos. 12x only; the patients were kept on salt and sugar free diet; milk, barley water, rice water and pomegranate juice were freely allowed. Some of them were of very serious type, still they got improved and cured steadily under the above treatment and diet.

147. Dr. E. H. Holbrook reports a case of dysentery which was greatly relieved by Calcar sulph. CM turning into bilious diarrhoea Natrum sulph. cured. (Boericke & Dewey).

148. A lady complained of extreme pain in the bowels and rectum and constant desire to pass water and go to stool. Every time this pain came on, must rise and bend forward and the only relief ob-

tained was from hot water. Magensia phos. every fifteen minutes cured third dose. (Dr. Reed).

### Sprue

Sprue is a disease of alimentary canal caused by errors in diet. The whole alimentary canal being inflamed and swollen, the patient becomes unable to pass stools in some cases and in majority of cases lientery or the diarrhoea of undigested food sets in, least food brings on motion. *Ferrum phos.* 60x or 100x, *Kali mur.* 12x and *Natrum sulph.* 12x or 30x; all solid and heaty food should be avoided: milk, butter-milk, fruit juice, pomegranate juice and sugar-cane juice should be recommended.

### Clinical Evidence

149. A Mohamedan lady aged about 50, was suffering from sprue with inability to pass stools, was kept on sweet lime juice and *Kali mur.* 12x; improved satisfactorily.

150. A Mohamedan lady aged 65, (an allopathic doctor's sister) suffered from loose stools, undigested, after every food. She improved satisfactorily with *Ferrum phos.* 30x and *Natrum sulph.* 30x. She was given milk and pomegranate juice.

151. A Hindu lady aged 40, mother of five children and another Hindu widow 44 years old,

who were suffering from sprue, were treated with Ferrum phos. 30x, Kali mur. 12x and Natrum sulph. 30x and kept on milk and sugar-cane juice and plantains. They improved steadily and satisfactorily and became all right in six months.

### XIII. Diseases of Urinary Organs

**Nephritis**:—Inflammation of the kidney. Kidneys are two in number, they are the glandular bodies in the lumbar region which secrete urine.

**Pyelitis** is inflammation of the pelvis.

**Cystitis** is inflammation of the bladder which is a sac that holds urine and evacuates it through the urethra, (the passage through which the urine is discharged).

**Urethritis** is inflammation of the urethra.

The excessive use of intoxicating liquors is the main cause of the diseases of urinary organs. The use of chunam and tobacco with betel-leaves, too much use of condiments, pickles, flesh-meat and pulses also may cause certain complaints.

First stage of inflammation of urinary organs causing fever, high coloured urine, burning urine, retention of urine, etc., *Ferrum phos.* 12x.

Second stage of inflammation with swelling and passing of slimy mucus or uric acid, *Kali mur.* 6x.



chronic, *Kali mur.* 12x, *Natrum sulph.* 12x and *Calcar phos.* 12x.

Inflammation in third stage with discharge of yellow slimy matter from the urethra, *Kali sulph.* 6x or 12x. Spasmodic retention of urine, *Magnesia phos.* 6x. in hot water, cutting and burning after urinating or excessive flow of urine, *Natrum mur.* 30x. Frequent urine with inability to retain, *Natrum phos.* 6x; sugar, lithiac deposits, uric acid, brick dust like sediments, sandy deposits, renal calculus, etc., in urine, *Natrum sulph.* 6x or 12x; chronic inflammatory condition of the urinary organs with suppuration causing the urine loaded with mucus, blood or pus, *Silicea* 200x and *Calcar sulph.* 12x.

*Suggestions* :—Cleanse the urethral canal by injecting with a syringe mild solution of calendula. In all urinary complaints tea, coffee, tobacco, spices and liquors and also flesh-meat avoided the better; milk fruits, rice conji and easily digestible food, decoction of fennel seeds, salt and sugar free diet are recommended.

**Albuminuria**, presence of albumen in the urine. *Calcar phos.* has an affinity for albumen; when it falls below the standard in quantity, the albumen with which it is associated is thrown out of circulation and if it reaches the outer world by the kidney route, it is called albuminuria. The remedy or it, is *Calcar phos.*, being useful not only to

control albumen in urine but also to improve appetite, arrest emaciation and strengthen the constitution. To control nervousness, sleeplessness, prostration and irritation, *Kali phos.* 6x. For feverishness, *Fer- rum phos.* 12x; for acidity, *Natrum phos.* 6x; sensitiveness of spine and paralytic pain in small of back, *Natrum mur.* 30.

Bright's disease is the chronic form of albuminuria, *Calcar phos.* 30x, is the chief remedy.

Incontinence with inability to retain urine due to partial paralysis of sphincter, *Kali phos.* 12x.

Polyuria, excess of urine with thirst, *Natrum mur.* 30; darkish red urine frequently with inability to retain, chiefly among rheumatic patients, at times with sourish smell. *Natrum phos.* 6x; excessive urine with or without burning, with or without sediment, *Natrum sulph.* 12x.

Diabetes insipidus, passing of too much urine, containing no extra sugar but of less specific gravity, *Natrum sulph.* 12x.

Diabetes mellitus is a disorder of nutrition caused by irregular and unnatural mode of living in which the brain or liver is much strained. On account of non-assimilation of sugar in the body, it is accumulated in the blood and passed in the urine. To keep the patient on skimmed milk, butter-milk and saccharine is simply to weaken him and send him to the grave earlier without the object of cure being

fulfilled. It is of prime importance to increase the patients assimilative power by putting him on natural diet and natural mode of living.

Too much accumulation of fat in the body, sedentary habits, too much mental strain, too much quinine taken to check malarial fever, suppressed skin diseases by applying poisonous ointments externally, too much sea-salt too much bazar sugar, liquor, condiments, neglect of constipation and too much tobacco can be traced as the exciting causes of diabetes mellitus. Fresh fruits, starchy food and milk may be freely allowed but not the preserved food, such as jams, jellies, pickles, papads, white bread, biscuits, liquors, wines, tobacco, etc.

*Treatment* :— To regulate the liver and kidneys and control urine, *Natrum sulph.* 12x ; to regulate appetite and liver and decrease the sugar in urine, *Kail mur*, 6x. To establish normal functions of the medulla oblongata and pneumo-gastric nerve and to improve functions of the stomach, liver and the nervous system, *Kali phos.* 6x. To tone up the system and to decrease the thirst, urine and passing of sugar, *Calcar phos.* 6x or 12x. Certain symptoms may call for *Natrum mur.*, *Ferrum phos.*, *Kali sulph.* and also *Calcar sulph.*

*Suggestions* :— Do not overload the stomach or partake of indigestible food, liquor, condiments, spices, etc. Keep bowels regular, do not sleep during

daytime or keep up late at nights. Morning and evening walks, sun-baths, shower-baths, friction baths and suitable exercises are recommended.

### Clinical Evidence

152. Mrs. L. G., aged 23. The first test showed twelve per cent albumen. She had been under treatment of another physician for three weeks and showed no improvement. I put her on Calcar phos. and Kali mur., of each three doses a day and an occasional dose of Kali phos. for the nerves. At the second test, ten days later, she gave only three per cent albumen. In two weeks she was entirely cured. (Dr. whisler, Tingley, Iowa.)

153. I have had two cases of Bright's disease following scarlatina; tube casts were present. Albumen; general anasarca; heart weakness; retinitis; albuminuria. There seemed to be extensive destruction of tissues and as the cases also presented a profuse desquamation, I gave them Calcar phos. which speedily brought about a cure. (Dr. C. F. Fisher, M. D. ).

154. A boy aged 5, was troubled with nocturnal bed-wetting; urine alkali in reaction. I prescribed Calcar phos. and Kali phos., two tablets three times daily. Urine soon changed to slightly acid reaction. In two months child was entirely cured. (Dr. S. W. Jones, Wilbur., Washington ),

155. Lady aged 35, had troubles for three years and could assign no cause thereto; was able to retain the urine at nights but not in daytime, when she passed large quantities of water involuntarily. General health was good. Ferrum phos. four times a day; a week later she reported that she could now retain the urine much better during the day. The medicine was continued for three weeks longer and she was all right. Nine months later, she got the relapse and was cured again by Ferrum phos. completely. (Wilde.)

156. Dr. S. B. Dickerman cured a case of enuresis with Ferrum phos. 200.

157. A case of enuresis not cured by Ferrum phos. was cured by Natrum mur. at the suggestion of Schuessler as the patient had a pustular eruption near the corners of the mouth.

158. A boy aged 3, was passing albumen in his urine, Calcar phos. 12x cured him in four weeks.

159. Man aged 60, passing sandy deposits in his urine, was cured by Natrum sulph. 12x three times a day, in three weeks.

160 Mrs. M. aged 42, consulting me, declared that she passed nearly four gallons of urine in twenty-four hours. Its specific gravity was 1.040. I learned from her that the disease originated from a nervous shock (conjugal onanismus). I cured that disease in three months with Natrum sulph.,

Natrum phos., Kali phos. and Magnesia phos. given according to symptoms that I had to fight against. Having seen her three years after, the cure was perfect and no sign of relapse. (E. A. de Cailhol, M.D.).

161. Dr. Wimbur, Washington, reports a case of a lady aged 45, being cured of her diabetes with Natrum sulph. and Kali phos. She was irritable and had to get up six times at night for urinary purpose.

162. A Hindu lady aged 42, was wonderfully improved in a week and got cured in eight weeks by taking Natrum sulph. 12x and Kali mur. 6x. She had a white coated tongue and was not able to digest milk. She was allowed to take fruits, milk and starchy food but was asked to abstain from tea, coffee, tobacco, pickles and condiments.

163. I have had occasion to treat many cases of that affection that I consider of nervous origin. The treatment that has always succeeded with me has invariably been Natrum sulph. and Magnesia phos. 6x trituration. The length of treatment has been from forty-eight hours to a week. (E. A. de Cailhol, M. D.).

164. A Hindu respectable gentleman of great mental strain but of sedentary habits and of fat body, a strict vegetarian and a teetotaller, was suffering from diabetes. He was prescribed Natrum sulph. 12x, Kali mur. 6x Kali phos. 6x and Calcar phos. 12x and recommended to take oat conji, oat

bread, milk and fruits. He improved satisfactorily with all his mental hard work, fat body and sedentary habits.

#### XIV. Diseases of Male Sexual Organs

**Masturbation**, or self-abuse is a mode of sexual gratification in a way other than natural. It is a most destructive and suicidal habit, dreadfully common among boys and girls especially among those who indulge in hearty food, narcotics, spices, stimulating drinks and among those who read love stories of low type, visit indecent cinemas or indulge in immoral talk or thought. For full details, regarding such unnatural offences, readers are referred to Chapter IV of my work, entitled "Naturopathy." Sexual weakness, loss of memory, impotence, madness and so many other nervous diseases are the results of such sexual sins. Physical and nervous weakness accruing from the habit, *Calcar phos.* 6x or 12x and *Kali phos.* 6x or 12x, alternately. Nervous breakdown with sexual weakness, partial or otherwise, *Kali phos.* 6x and *Natrum phos.* 30x, alternately.

*Suggestion* :—Do not indulge in hearty food or stimulating drinks. Lead a well regulated life. Take cold baths, simple non-stimulating vegetable food, outdoor exercise and sleep on hard bed.

**Spermatorrhoea**, involuntary discharge of semen. It is caused by the weakness of nerves and muscles that control the net-work of blood vessels which supply the secreting substance.

*Treatment*:—Emissions without sensation, semen smells like stale urine, weakness of the back and trembling of the knees, *Natrum phos.* 30x. Nervous prostration after discharges, weak vision after coitus and discharge, *Kali phos.* 6x. Discharge is followed with chilliness, *Natrum mur.* 30x. Emissions with persistent sexual thoughts, *Silicea* 30. Constant dribbling of seminal and prostatic fluid dwindling of testicles, *Calcar fluor* 12x. As a result of masturbation if emissions are caused; with weakness, *Calcar phos.* 6x or 12x.

**Impotence**:—Want of reproductive power caused by sexual weakness due to self-abuse or frequent use of contraceptive remedies, *Calcar phos.* 6x. Among old persons, *Calcar phos.* 30x. Semen thin, desire increased but power decreased, *Natrum mur.* 30x. Sexual weakness caused by frequent emissions or on account of liver troubles with acidity, *Natrum phos.* 30. Intense desire with sexual weakness and prostration, *Kali phos.* 6x. Psychic impotence, *Kali phos.* 30 to 200x.

**Balanitis**, inflammation of the glans penis. It may be the result of not cleaning the part properly after intercourse with a female suffering from

leucorrhoea or may be the result of gonorrhoea. *Ferrum phos.* 12x and *Kali mur.* 6x, alternately; long-standing, *Silicea* 30 to 200x and *Kali phos.* 6x.

**Orchitis.** inflammation of testes. It may be caused by injury. It may result from the suppression of gonorrhoea, *Ferrum phos.* 12x and *Kali mur.* 6x. Spermatic cord and testicles pain, *Natrum mur.* 30.

**Hydrocele,** collection of fluid about testicles. It may be caused by injury or it may be the result of straining orchitis or gonorrhoea. Testicles heavy with serous infiltration. *Natrum mur.* 30. Erysipelatous condition, *Natrum sulph.* 6x with *Natrum mur.* 30x. Dropsy with induration of the testicles or scrotum, also to contract the relaxed muscles, *Calcar fluor.* 6x or 12x. Among scrofulous children, *Silicea*, 30x or 60x. If the cure is retarded, *Calcar phos.* 6x or 12x with proper remedy.

**Scrotal oedema,** dropsy of the scrotum, *Natrum mur.* 30 and *Natrum sulph.* 12x. Steam-bath and sun-bath help a good deal for the speedy cure. For violent itching of scrotum, *Natrum mur.* 30x.

**Gonorrhoea,** is a contagious venereal disease caused by impure connections and characterised by specific inflammation of the mucous membrane of the urethral canal with burning and smarting pain and discharge. Thick white, fibrinous discharge with or without swelling, *Kail mur.* Inflammation

and feverishness, *Ferrum phos.* 12x. Discharge of yellow pus, *Natrum phos.* 6x. Dark thin blood, *Kali phos.* 6x or 12x. Purulent or sanious discharge, *Calcar sulph.* 6x. Yellow, slimy, thick pus, *Kali sulph* 6x or 12x.

**Gleet**, chronic gonorrhoeal urethritis with yellowish green discharge, *Natrum sulph.* 12x or 30; thick yellow fetid pus, *Silicea* 30 to 200x; thin watery scalding discharge. *Natrum mur.* 30 to 200; slimy, albuminous, thin discharge, *Calcar phos.* 30x.

**Strictures**, narrowing of urethral canal, *Ferrum phos.* 12x and *Kali mur.* 12x; with sharp sticking pain, *Magnesia phos.* 12x; and *Kali mur.* 12x.

**Syphilis**, a contagious venereal disease. As a rule, it is caused by impure coition. But it is also conveyed by clothes, spoons, forks, drinking vessels, kisses, etc. Midwives and nurses may also get it from patients. A child may get it from wet nurse and vice versa. It has three stages, primary, secondary and tertiary. Congenital or hereditary syphilis may exist from birth. Primary syphilis consists in a lesion or chancre. Non-infecting soft chancre or chancroid may yield to the internal and external timely use of *Kali mur.*, 3x or 6x. Phagedaenic chancre is a rapidly spreading and sloughing ulcer, with malignant condition, *Kali phos.* 30x or 60x. Hunterian, true hard chancre of syphilitic origin *Calcar fluor* 6x or 12x Int. and Ext. A chancre soon begins to emit a thin

fluid and its edges become hard and the inguinal gland may become enlarged and turn into bubo. This stage may last from three to ten days or even fourteen days and develop into the secondary stage. During this stage, as a rule, the fever may be present and may be as high as 104 degrees and may continue till the eruptions fully develop on the skin. Reddish brown macules appear on the skin and the patient becomes anaemic. This stage lasts from twelve to eighteen months according to the constitution and habits of the patient, after which the symptoms disappear completely to turn into its tertiary stage, which consists in tuberculous or ulcerous formations of chronic character which then turn into necrosis, nodes and gummata. These require *Silicea* and *Kali mur.* in high potencies, Int. and Ext., but if the patient has taken mercury already, from the hands of allopathic, ayurvedic and unani physicians, Aurum in different potencies should be tried to antidote the effects of mercury before *Silicea* is given, as it is likely to complicate the case of the syphilitic patients who have been drugged with mercury. *Kali sulph.*, *Calcar sulph.*, *Natrum mur.* and *Natrum sulph.* may be required in mid. and high potencies according to the symptoms.

**Bubo** is an inflammatory swelling, specially of an inguinal gland. It may be the result of gonorrhoea or syphilis. It must be treated according to

symptoms. See "Abscess—Diseases of the Tissue."

### Clinical Evidence

165. A boy aged 21, a student, suspected to have had bad habits regarding sexual matters, was very poor in health, weak in body and mind and dim-sighted. By taking Calcar phos. 30x, Natrum phos. 30x and Kali phos. 30, for four months, improved satisfactorily.

166. A man aged 38, a widower, complained of weak sight, nervousness and spermatorrhoea. By taking Calcar phos. 12x and Natrum mur. 30 and taking light food, chiefly fruits and milk at night, overcame all his troubles in three months.

167. Two persons, one of 32 and another of 36, who complained of general weakness and nervousness in connection with sexual matters admitted to have and used contraceptive remedies improved satisfactorily by taking Calcar phos. 12x, Kali phos. 6x and Natrum phos. 30x for three months.

168. Silicea cured two cases of hydrocele, one left-sided in a babe of four days old; another right sided in a child. (Guernsey.)

169. Scrotal oedema in an old man of 50, yielded to Natrum mur. 30 and Natrum sulph. 12x in six days.

170. A man suffered from a herpetic eruption for the cure of which Silicea was taken. But at the

same time a sacro-hydrocele of large dimensions, which he had carried about for years, was reduced to a minimum. (American Journal of Homoeopathic Materia Medica ).

171. Balanitis in a young man, which was not cured by some ointments supplied by his family doctor, wonderfully cured by the Int. and Ext. use of Ferrum phos. 12x and Kali mur. 6x.

172. A man aged 70, suffered three years from clear mucus discharge with burning, sticking pains. Magnesia phos. cured when other remedies, Kali mur., Kali sulph. and Natrum mur. failed.

173. An acute case of gonorrhoea in a young man of 24, improved satisfactorily by Ferrum phos. 12x and Kali mur. 6x.

174. Two cases of gonorrhoea in acute state with burning white discharge and one case with yellowish white pus discharge, were favourably reported by taking Kali mur. 6x five grains every two hours and by taking urethral wash of Kali mur. lotion sixty grains three ounces of pure cold water.

175. An old man suffered for some years, from discharge from his urethra, small secretion, clear mucus, causing burning and sticking pains. Kali mur., Kali sulph. and Natrum mur. did no good; Magnesia phos. cured in four weeks. (Schuessler).

176. Gonorrhoeal discharge of two years' duration a bland, transparent watery nature; he had

been treated with nitrate of silver to no avail, tried everything advised to him. At last, I advised the injection of olive oil every two or three days. Natrum mur. Int. every two hours. In three weeks discharge disappeared (C. R. Vogel, M. D.).

177. Chancroid ulcers surrounded by congested areola, grayish exudation, covering surface; deep excavations wider at bottom, painful micturition Kali mur. every three hours, improvement soon set in. The pain on urinating disappeared; and the ulcers rapidly healed. (F. A. Rockwith).

178. A hard painful chancre became less painful and softer under the compress of Calcar fluor. 6x and five doses daily of the same, of five grains each. Later on Kali mur. 6x was alternated, which hurriedly cured the trouble.

179. A left sided bubo in a young man broke open with Silicea 3x compress and Silicea 6x, five grains doses, five times a day. After all the pus was evacuated Silicea 200x, Kali mur. 6x and Calcar sulph. 6x both internally and externally in lotion and unctions, completed the cure (The patient had not taken any mercurial preparation).

180. A right-sided bubo in a young man aged 26, was treated with Ferrum phos. 6x and Silicea 6x Int. and Silicea 3x Ext. It was broken open by Silicea and all pus evacuated, afterwards Kali mur. 6x and Calcar sulph. 6x completed the cure.

## XV. Diseases of Women

Menstruation, pregnancy and delivery are the natural functions of the female economy. Properly speaking, these periods should afford them pleasure and not sufferings. Only those women who do not act according to Nature's laws, suffer during these periods. Normal menstruation, as a rule, begins on the fourteenth year and lasts about thirty years. In rare cases, it may begin on the thirteenth or even twelfth year and may last about thirty-five or thirty-six years. There are instances where females menstruate till they attain the fiftieth year and as a rule, such women keep up very good health. In a healthy women menstruation occurs on every twenty-eighth day and continues three or four days. A slight deviation may be overlooked. But a grave deviation and pain during the period, must be properly attended to.

**Irregular menses** in weak, nervous, sensitive and irritable women, of thin darkish, non-coagulating late, scanty or profuse, *Kali phos.* 6x every two hours, Acrid, sour smelling or foul smelling menses causing soreness wherever touched, with yellow or creamy coating of the tongue, *Natrum phos.* 6x and *Kali phos.* 6x, alternately every two hours. Thin, pale discharge in anaemic girls with headache, thirst or constipation, or pressing sensation towards genitals in the morning, *Natrum mur.* 30.

Late and scanty menses, with a feeling of heaviness in the abdomen, *Kali sulph.* 6x, every three or four hours till regulated. Painful menses with flushed face, headache, quick pulse with vomiting of undigested food and discharge of red blood, quickly coagulating, pain worse on the first day and one day previous to it. *Ferrum phos.* 12x, before and during the period.

**Late or suppressed menses**, from taking cold or too early, discharge of dark, thick clotted blood with white greyish tongue, *Kali mur* 6x. Painful menses, chiefly among coffee drinkers, pain before or during the period, *Magnesia phos.* 12x in hot water; excessive flow with bearing-down pain, *Calcar fluor.* 12x: it may be alternated with other remedies according to symptoms. Strong smelling with coldness in the body and constipation, *silicea*, 30x. In all cases of menstrual troubles among young women, attended with weakness, anaemia and colic, not relieved by *Magnesia phos.* give *Calcar phos.* 6x.

**Dysmenorrhoea**, painful menstruation. It may be caused by—

1. A mechanical obstruction of the uterus.
2. A contraction of the muscular fibres of the womb causing a hardened condition.
3. An excessive congestion of blood to the womb, etc.

It is very common among inveterate coffee

drinkers and those who indulge in strong spices and neglect constipation. The symptoms are sharp labour-like pains over the region of the womb and in the lower part of the addomen. They may start several hours before the discharge appears and may continue during the flow; the discharge may be red clotted, black thick or containing the membranes indicating the inflammation of the parts. The pains reappear during each period and may increase in severity unless properly treated and taken care of.

*Treatment* :- Painful red flow, flushed face, quick pulse, pain may precede one day previous and the first day of the period, with or without vomiting of undigested food, *Ferrum phos.* 12x before and during the period. If the pain is spasmodic *Magnesia phos.* 6x in hot water. Membraneous dysmenorrhoea, *Magnesia phos.* 6x in hot water; if necessary repeat frequently; thin, dark, painful discharge with prostration, *Kali phos.* 6x. Blackish, painful thick discharge, with white coated tongue, *Kali mur.* 6x. Pain if due to displacement, prolapsus or hardness of uterus, *Calcar fluor.* 6x or 12x in alternation with proper remedy. *Calcar phos.* 6x in all cases of painful menses does immense good in alternation with indicated remedy, chiefly in labour-like pains. Dysmenorrhoea with nose-bleed. *Natrum sulph.* 30x.

**Prolapsus uteri**, falling down of the womb.

**Flexion**, its condition of being bent.

**Anteversion**, forward tipping of it.

**Retroversion**, entire tipping of it backward.

The exciting causes of these disorders are straining, lifting or carrying of heavy things, dancing, climbing forcibly hills or stairs, injuries like falls, improper diet, use of contraceptive remedies, etc. Symptoms are constipation, aching pain in the lower part of the back, groins, sense of weight in the region of pelvis. Later on flooding dysmenorrhoea and leucorrhoea may result.

*Treatment* :— To tone up the relaxed tissues and bring the uterus in its original position, *Calcar fluor.* 6x. Inflammation, feverishness, *Ferrum phos.* 12x; watery leucorrhoea, constipation, drowsiness, *Natrum mur.* 30. Nervousness, fainting sensation of a lump in the throat, *Kali phos.* Spasmodic pain in the region of womb or heart, *Magnesia phos.* 30x. To tone up the system alternate *Calcar phos.* 6x or 12x with the proper remedy. Complete rest and simple diet are very necessary.

**Amenorrhoea**, absence of menses. Suppression of regular menstrual flow may be caused by sudden powerful mental emotions, taking cold, errors in diet, fever, tuberculosis, sluggishness of liver or getting the feet wet, anaemia, chlorosis, etc. If caused by anaemia or chlorosis, *Calcar phos.* 6x; by mental emotion, *Kali phos.* 6x; by taking cold or getting feet

wet, *Ferrum phos.* 6x; with sluggishness of liver, glandular swelling, white coated tongue, *Kali mur.* 6x; with heaviness in the abdomen and yellow coated tongue, *Kali sulph.* 6x; with headache, anaemic or chlorotic condition, coldness in the back or as a result of taking too much quinine for malaria, pale face, constipation or thirst, *Natrum mur.* 30.

**Menorrhagia**, immoderate flow of menses. Bright, red, *Ferrum phos.* 30 and higher. Darkish, thin with prostration, *Kali phos.* 30x. Thick, darkish with white coated tongue, *Kali mur.* 30x. Associated with displacement of womb, *Calcar fluor.* 6x.

**Metrorrhagia**, uterine haemorrhage, *Ferrum phos.* 30x and higher. If caused by standing long in cold water, *Silicea* 30 to 200x.

*Suggestions* :—Take non-stimulating, easily digestible food; avoid tea, coffee, liquor, spices and animal food; fruits and milk recommended. Take complete rest till all right.

**Leucorrhoea** (whites) consists of whitish discharge from the female generative organ. It varies in colour and consistency according to the stage of the disorder, changing from a white, bland, non-irritating to a yellow, yellowish green, yellowish brown or dark yellow. It is common among inveterate tea drinkers and delicate women who suffer from menstrual irregularities or falling of the womb.

*Treatment* :—Non-irritating, thick, milk white

discharge with whitish coat on tongue, *Kali mur.* 6x; slimy, yellow greenish, thin discharge, *Kali sulph* 6x. Scalding, brownish leucorrhoea with prostration, *Kali phos.* 6x. Watery, smarting discharge between the periods, with morning headache *Natrum mur.* 30x. Sour smelling, creamy golden yellow discharge, *Natrum phos.* 6x. Acrid, corrosive, yellowish green discharge, *Natrum sulph.* 6x. Leucorrhoea in place of menses, with lack of animal heat in the body, *Silicea*, 30x or 30. Discharge of albuminous nature, worse after menses, *Calcar phos.* 6x or 12x. It is a valuable intercurrent remedy in all cases of leucorrhoea; it also serves as a tonic. If there be prolapsus uteri, *Calcar fluor.* 12x should also be given with suitable remedy.

*Suggestion* :—Diet is very imperative. Tea, coffee, spices, liquor, flesh-meat and tobacco should be avoided. Avoid also sleeping during the day and keeping up at nights.

**Oophoritis**, inflammation of an ovary.

**Metritis**, inflammation of the womb.

**Vaginitis**, inflammation of the vagina.

In the first stage, for congestion, pain and fever, *Ferrum phos.* 12x. Later on, if exudation takes place with white coated tongue, *Kali mur.* 6x. Hardness, hypertrophy of the part. *Calcar fluor.* 12x To tone up the system, *Calcar phos.* 6x or 12x. Take non-stimulating diet and due rest.

**Ulceration of uterus**, whether it is on the mouth of the womb or neck of the womb, if the discharge is thick, white and fibrinous, *Kali, mur.* 6x; yellowish, greenish and slimy, *Kali sulph.* 6x; purulent or sanious discharge, *Calcar sulph.* 6x. Take vaginal douche with Calendula lotion, two drams in four ounces of water. Keep bowels regular and abstain from stimulating food and drinks.

**Chorea** :—See “Diseases of Nervous System”.

**Hysteria** :—See “Diseases of Nervous System.”

**Morning sickness**, vomiting and nausea of early pregnancy occurring chiefly in the morning, vomiting of undigested food, *Ferrum phos.* 12x, vomiting of watery or frothy substance, *Natrum mur.* 30x, of sour fluids, *Natrum phos.* 6x, of bitter stuff, *Natrum sulph.* 12x.

**Threatened abortion**, *Ferrum phos.* 30x and *Calcar fluor.* 6x; simple non-stimulating diet, avoid, pickles, coffee, fried things and strong spices; take fruits and milk freely. In nervous persons, *Kali phos.* 6x suits well.

**Difficult labour** is, as a rule, the result of disobeying the laws of Nature. A pregnant woman should avoid sleeping during daytime and keeping up at night. Intercourse during pregnancy is a serious offence against the laws of Nature. It undermines the health of both the parties and of the unborn babe and therefore should not be indulged

in. Take plenty of milk, fruits, green vegetables, etc. Avoid stimulating food and drinks. *Kali phos.* 6x taken during the early part of the pregnancy serves as a valuable tonic to the expectant mother and also to foetus. *Kali phos.* is the most wonderful remedy in the hands of an accoucher. (Chapman.)

**Mastitis**, inflammation of the breast.

**Gathered breasts**, swoollen or suppurated breasts, inflamed condition, *Ferrum phos.* 12x, later on for swollen condition, *Kali mur.* 6x, as a compress. Later on in the third stage, *Kali sulph.* 6x, chronic fistulous opening with yellow discharge, *Silicea* 30 and *Calcar sulph.* 12x. Puerperal eclampsia, *Magnesia phos.* 12x in hot water frequently.

**Milk fever**, is attendant upon the milk, a few days following confinement. It is chiefly due to neglect in putting the infant to the breast sufficiently early. *Ferrum phos.* 12x and *Kali mur.* 6x will not only avert but will also cure it. If there is nervousness or mental emotion *Kali phos.* 6x will greatly help.

**Child-bed fever** or puerperal fever may be due to violence during labour; suppressed perspiration, draught of air, damp clothing, errors in diet or neglect of constipation. It usually attacks on the third day after delivery. It may be caused by suppression of milk also. If proper care is not taken it may result into puerperal mania.

*Treatment*:—*Ferrum phos.* 12x and *Kali mur.* 6x are the chief remedies. Lack of perspiration and evening aggravation indicate *Kali sulph.* 6x or 12x and blood poisoning and delirious condition and puerperal mania require *Kali phos.* 6x or 12x and *Ferrum phos.* 30x. Hot foot-baths with cold compress of *Kali phos.* on head, do immense good, in such conditions. Low muttering and stupid features with thirst or constipation *Natrum mur.* 30 intercurrently; for weakness and convalescence, *Calcar phos.* 6x or 12x. During delivery, *Kali phos.* brings effectual pains and hastens delivery. *Magnesia phos.* cures all crampy pains and *Ferrum phos.* all inflammatory conditions.

### Clinical Evidence

181. A young married girl of 19, was getting terrible pain in her abdomen before and during her menses, she complained of the pain to be worse on the right side; the discharge being dark and thick. *Kali mur.* 6x and *Magnesia phos.* 6x in hot water alternately every hour during the period and every three hours on other occasion, improved her condition, the discharge became reddish and thin and became painless.

182. I had a patient with very severe, shooting, neuralgic pains during the menstrual period. The pains were in the stomach and lasted the first day or

two. Commenced in the back and came directly around and entered in the pit of the stomach. They were relieved by heat and pressure. Magnesia phos. given frequently in hot water, relieved the pain and after few months' treatment at the menstrual period, she was cured. (T. J. K., M. D.).

183. Magnesia phos. is a most valuable remedy in dysmenorrhoea of young women who suffer from cramp at the time of menstrual period. (A. Humphrey Hatch, M.D., Des Moines, Iowa).

184. Metrorrhagia of six weeks' standing in the case of a fat and robust woman of brown complexion. She was a washer-woman at Grenille and whom I saw only three or four times at my office, attributed her sickness to the constantly standing in cold water. Silicea arrested the haemorrhage almost immediately and effected such an improvement in one week, that I scarcely knew her again the second week, no other medicine was tried by her, (A. Teste).

185. Mrs. S., delivered a male child when she attained her seventeenth year. Since that time she began to pass watery thin, burning discharge continuously, at times more, at times less. She had tried all possible treatment without effect. She was given Natrum mur. 30 twice daily and was asked to abstain from taking tea, coffee, pickles and salted meat. She steadily improved and became a healthy woman in

four months and became a mother of four healthy children in ten years.

186. A lady aged 23, had a terrible vomiting during pregnancy so much so that she began to pass blood also. Her family doctor and nurse pronounced that she would have abortion and ordered her not to move from her bed. Ferrum phos. 30 and fruit and milk diet improved her so much that she began to move about after forty-eight hours.

187. A young lady suffered over forty-eight hours from difficult labour ; one doctor and two nurses tried their best. I supplied her mother-in-law, two powders of ten grains of Kali phos. 6x which brought on safe delivery in thirty minutes.

188. I have cured a case of puerperal mania of a respectable lady, by giving Natrum mur. 30 and Kali phos. 30. She was singing talking at random and was getting angry during fever.

189. A lady aged 28, had an abortion. The haemorrhage continued without relief. After trying several medicines, she sought homoeopathic help. She was asked to stop coffee and was given Ferrum phos. 200x ; one dose wrought a miracle. After three days, one more dose of the same and three doses of Calcar fluor. 30 completed the cure.

## XVI. Diseases of Children

Constipation, *Natrum mur.* 30.

Loose stools, *Natrum sulph.* 12x.

Stoppage of urine, *Magnesia phos.* 12x and *Natrum sulph.* 12x.

Accumulation of wind, in the abdomen, *Magnesia phos.* 12x in hot water, alternately with *Natrum sulph.* 6x.

Frequent crying, *Ferrum phos.* 30x and *Magnesia phos.* 30x.

Convulsions, *Kali mur.* 12x and *Magnesia phos.* 30x. See "Diseases of Nervous System."

Hydrocele, *Silicea* 30 and *Natrum mur.* 30.

Croup, is indicated by dyspnoea, difficult breathing and laryngeal spasms. It is at times, accompanied with fever and constipation.

*Treatment*:—*Ferrum phos.* 12x and *Kali mur.* 6x alternately every twenty or thirty minutes, less frequently when relief is obtained. Rattling cough and evening aggravation, *Kali sulph.* 3x or 6x; expectoration purulent or sanious, *Calcar sulph.* 6x. Nervous prostration, pale or livid face, *Kali phos.* 6x. In all cases *Calcar phos.* 6x or 12x will do immense good if given intercurrently.

Diphtheria, is an infectious disease of childhood, characterised by the formation of false membrane in the throat. It is characterised by the

formation of greyish white membrane in the throat with profound vital depression. Inflammation, ulceration, gangrene or paralysis may follow. It occurs for the most part, in children, although adults are not immune from it. At first, there is little derangement. Later, in severe types, there is fever, inflammation, prostration, fretfulness, soreness in the throat, etc. The tonsils and palate inflame, swell and get small white spots which in a few hours, become yellow and form false membrane, with a foul odour and great difficulty to breathe. In mild cases, the fetid odour decreases, the exudations shrivel and fall off. The redness and swelling subside and the mucous membrane becomes healthy. Unfavourable signs are acrid discharge or bleeding from the nose, croupy symptoms, coldness of the body, vomiting, diarrhoea, convulsions, etc.

*Treatment*:—First stage with fever, inflammation, white tongue, and white exudation, *Ferrum phos.* 12x and *Kali mur.* 6x in alternation frequently. Vomiting of watery fluids or thin loose stools with prostrations or drowsiness, *Natrum mur.* 30. Vomiting of green bilious fluids with bitter taste, *Natrum sulph.* 12x in alternation with *Kali mur.* Prostration, fetid odour of the breath, weak sight, nasal speech, paralysis of any part of the body, *Kali phos.* 6x. If mismanaged already and the disease has reached the windpipe, *Calcar fluor.* 30x and *Calcar phos.* 6x.

When the roof of the mouth, tonsils. back part of tongue become moist, creamy, yellow, *Natrum phos.* 6x. If the patient is able to gargle, fifteen grains of the indicated drug in 3x potency, should be mixed in a half glass of water and the gargles should be tried. Schuessler says; "Under no circumstances, should other remedies, such as, limewater, carbolic acid, iced water, etc., be used along with these remedies; because they may interfere with the proper action of these salts."

**Hydrocephalus**, effusion of fluid in the cranium *Calcar phos.* is the chief remedy; for all its symptoms it suits well. In chronic cases, *Natrum sulph.* 30 and *Calcar phos.* are to be alternated.

**Enuresis**, incontinence of urine. If due to weakness of muscles, *Ferrum phos.* 12x and *Calcar phos.* 6x; due to worm troubles, *Natrum phos.* 6x and *Calcar phos.* 6x; due to partial paralysis of sphincter, *Kali phos.* 6x. and *Calcar phos.* 6x.

### Clinical Evidence

190. In a village, a few miles from the town of Oldenberg, a child was taken ill with diphtheria, which at an early stage was complicated by an affection of the larynx. The child was treated by the ordinary method and died. Almost at the same time a child of another family in the village, was attacked by diphtheria with the same complication.

The father of the latter child, came to me. I prescribed Kali mur, and Calcar phos. Two days after I received a letter from him, in which he informed me that the child had completely recovered. (Schuessler).

191. In fourteen cases of diphtheria, the Biochemic measures left nothing to be desired, Kali mur. rapidly making a change, the whitish grey exudation being diminished, shrivelling and coming away with the gargle and mouth-wash made with Kali mur. and occasional doses of Ferrum phos. The treatment worked splendidly. ( M. D. W. ).

## XVII. Diseases of Respiratory Organs

**Rhinitis**, inflammation of the nasal mucous membrane.

**Laryngitis**, inflammation of the larynx, air passage and vocal organ between the tongue and the trachea.

**Tracheitis**, inflammation of the trachea, the tube descending from the larynx to the bronchi, the windpipe.

**Bronchitis**, inflammation of the bronchial tubes.

**Pneumonia**, inflammation of the lungs.

**Pleurisy**, inflammation of the pleura ( the serous membrane investing lungs and lining thorax ).

**Pleuro-pneumonia**, pleurisy complicated with pneumonia.

*Treatment for all these*:— First stage, *Ferrum phos.* 12x. Second stage with white coating on the tongue, *Kali mur.* 6x. Third stage with yellow slimy expectoration, greenish yellow coated tongue worse in the evening, *Kali sulph.* 6x; yellowish green expectoration worse in the morning, *Natrum sulph.* 12x; cough with yellow purulent or sanious discharge, *Calcar sulph.* 6x, every two or three hours; *Silicea* 200x once in every two days.

**Singultus, or hiccough**, a sharp inspiratory sound with spasms of glottis and diaphragm. Obstinate, idiopathic, *Magnesia phos.* 12x in hot water; with dysentery, *Magnesia phos.* 12x and *Kali mur.* 6x; with diarrhoea, dry tongue, *Natrum mur.* 30x and *Natrum sulph.* 12x. Caused by quinine, *Natrum mur.* 30.

**Asthma**, intermittent dyspnoea with wheezing cough and sense of constriction, the patient gasps for breath. The causes are different, chiefly congestion of the blood to the chest, constipation, suppressed catarh, chronic bronchial condition, inhaling dust, charcoal smoke, cotton moths, suppression of piles, suppression of menstrual discharge, constitutional derangement, etc.

*Treatment*:— Nervous asthma worse after taking food, hay asthma worse from least exertion, *Kali*

*phos.* 3x or 6x frequently. Asthma of the dyspeptic with white coated tongue and constipation, *Kali mur.* 6x and *Kali phos.* 6x alternately. Spasmodic asthma with flatulence and constrictive sensation in the chest, *Magnesia phos.* in hot water. With frothy expectoration accompanied with constipation, salivation, lachrymation or thin coryza, *Natrum mur.* 30 and *Kali phos.* 6x. Bronchial asthma with yellow sputa, worse in evening and warm room, *Kali sulph.* 6x and *Kali phos.* 6x. With acidity and thick yellow expectoration, worse during stormy weather, *Natrum phos.* 6x. Humid asthma of young children or of old persons with frequent attacks of bronchial catarrh and greenish expectoration worse in the morning and in damp weather. *Natrum sulph.* 6x or 12x; tiny, yellow lumps expectorated with difficulty, with oppressed breathing, *Calcar fluor.* 30x and *Kali phos.* 6x; with yellow expectoration and difficult breathing, worse during full-moon and new-moon, *Silicea* 30 and higher with *Kali phos.* 6x. Asthma of children and weak anaemic persons, *Calcar phos.* 6x or 12x and *Kali phos.* 6x. *Calcar phos.* does immense good if alternated or given intercurrently with other indicated remedy in all cases of asthma.

*Suggestions:*—Constipation must first be remedied with frequent use of enema, laxative food and light exercise, that is, walking in sun-light; heavy

meals should be avoided, chiefly at night, fatty food, fried things, cold things and preserved food are forbidden.

**La Grippe or influenza** is an epidemic catarrh with marked heaviness over the eyes and distressing fever. It commences with common cold, with sneezing, running of the nose, chilliness, prostration, fever, sharp, aching pains in the back and limbs, frontal headache, redness of eyes with tears dry hacking cough, profuse sweat, etc. Non-elimination of the extra water from the blood, with biliousness, seems to be the chief cause of the disease.

*Treatment* :—*Natrum sulph.* 6x and *Ferrum phos.* 12x are the chief remedies in the beginning. If there is evening aggravation of cough and fever, *Kali sulph.* 6x and *Ferrum phos.* 12x ; white coated tongue, sore throat, pains in joints and muscles, *Ferrum phos.* 12x and *Kali mur.* 6x. Headache, sneezing, running from the nose, tears, constipation, *Natrum mur.* 30 ; prostration, tired feeling, twitching in the muscles may require *Kali phos.* 6x. Neuralgic pains of spasmodic nature, morning or after, *Magnesia phos.* 6x. in hot water. Pain in the liver, biliousness, cough and weakness after the cure, *Natrum phos.* 6x and *Calcar phos.* 6x.

**Phthisis pulmonalis**, or consumption of the lungs. As a rule, the patient suffers from constipation, poor appetite, hectic fever with flushed face,

night perspiration, wasting, a hollow or a hacking cough worse in the morning, etc. The expectoration is albuminous, in the beginning, later on, it turns thick, frothy and still later, it may turn yellow, purulent or sanious and may turn so heavy as to sink in pure water.

Cough is an effort of nature to throw any foreign matter, such as, disorganised matter caused from the mucous membrane due to irritation or inflammatory condition of the respiratory organs. It may also be caused, due to the diseases of the liver and uterus.

**Pertussis or whooping cough**, is an infectious disease of children, characterised by coryza, bronchitis and violent spasmodic cough. It is characterised by violent coughing in rapid succession, interrupted by long whistling inspiration and a loud, shrill whooping with vomiting or much expectoration, the attacks return every few hours and more frequently in bad cases. The paroxysms come on more frequently at night. During the intervals between paroxysms the patient is apparently well except a certain amount of weakness.

*Treatment* :—Fever, flushed face, pain in the chest, short dry cough, expectoration streaked with bright red blood, *Ferrum phos.* 12x or 30x ; expectoration of thick white stringy mucus with white coated tongue, *Kali mur.* 6x. Weakness with albuminous

expectoration, *Calcar phos.* 6x. It is all excellent remedy for toning up the patients in all sorts of cough. Yellow expectoration, cough worse in warm room and in evenings, *Kali sulph.* 6x. Yellow purulent or sanious expectoration, *Calcar sulph.* 6x or 12x; putrid sputa with nervousness and sleeplessness, *Kali phos.* 6x; frothy expectoration, cough worse during stay near the sea, *Natrum mur.* 30; greenish yellow expectoration with biliousness, worse in morning, *Natrum sulph.* 12x. Hectic fever, night sweats, yellow heavy expectoration worse during full-moon or new-moon, *Silicea* 200x with suitable remedy.

*Suggestions*:— Simple nourishing, easily digestible food is very necessary. The patients are greatly benefited by camping out in the mountain stations, walking in bright sun and sleeping in the open fresh air. Breathing exercise according to yogic method prescribed in my book entitled "Naturopathy", do immense good to the patients. Fresh milk and fruits are recommended; cocoanut juice will be found to yield better results than Cod Liver oil. The patient should keep his bowels moved daily by moderating the diet or making use of the enema. Tea, coffee, tobacco, liquor, flesh-meat, spices, pickles, chutnies, fried food and cold things should be avoided.

### Clinical Evidence

192. A young lady, aged 18, had been suffering from spasmodic type of hiccough occasionally for several years, due to hysteria. Magnesia phos. 12x in hot water was prescribed to be taken in alternation with Kali phos. 6x. She got rid of the trouble entirely in three months.

193. Lady married, aged 36, asthma, attack violent, greenish purulent expectoration, loose movement of bowels immediately on rising, Natrum sulph, every two hours cured.

194. Dr. O. H. Hall reports a remarkable case of asthma, having passed through the hands of all the physicians of whom he had ever heard, cured by Kali phos. 2x. No attack for eighteen months.

195. Dr. Lionard, M. D. reports two cases of asthma, one of Mr. C. and another of Mrs. K., cured by Natrum sulph 200 in a wonderful manner.

196. I have had many cases of this disease (bronchitis) and find that Ferrum phos. followed by Kali mur. is all that is necessary; if taken in time it will prevent the chronic form appearing (Chapman).

197. Carrie M., about 16 years of age, of anaemic temperament, was taken sick with la grippe. The symptoms were characterised by profuse discharge from the nares, with some lachrymations. \* ains of a rheumatic nature, involving the muscles

of the limbs and joints ; chilly, with high, continuous temperature ; tongue coated white ; great depression ; felt as though she had been sick for months. Kali mur. every two hours, cured in three days. (Dr. Chas. F. Wright).

198. M. R. Broncho-pneumonia. Age 3 years, temperature 103, respiration 30, pulse 130. Both lungs full of crepitant rales with much mucus. Ferrum phos. alternated with Kali mur. cured the case in four days. (Dr. G. A. Budd, Frankfort, Kentucky).

199. Dr. Fisher quickly relieved a child of lobular pneumonia with high temperature, with Ferrum phos. and Kali sulph. It had yellow expectoration.

200. A young lady aged 25, who had an attack of severe pneumonia with evening aggravation and yellow expectoration, was cured by Ferrum phos., Kali sulph. and Calcar phos.

201. Mr. C. S. called me on January 22. On diagnosing the case I found a genuine case of influenza. His temperature was 103. I gave him Ferrum phos., five celloids every hour. I also gave Kali phos. for the heart and nerves. I called next and found him out of bed. (Dr. J. C. H.).

202. Dr. Derne, M. D. reports a case of asthma in Mr. R. aged 26 cured by Natrum sulph. 6x. by administering five grains every hour.

## XVIII. Diseases of the Circulatory System

**Inflammation** of any blood vessel, such as phlebitis, arteritis, etc., with full, rapid quick pulse and fever, *Ferrum phos.* 12x. Carditis, inflammation of the heart; endocarditis, inflammation of the lining membrane of the heart; pericarditis, inflammation of the membranous bag which contains the heart, *Ferrum phos.* 12x. or 30x Hypertrophy of heart, *Calcar fluor.* 12x. Palpitation of heart with enlargement and white coated tongue, *Kali mur.* 12x and *Ferrum phos.* 30: with nervousness, sleeplessness, or restlessness, *Kali phos.* 6x or 12x; with anaemical condition or dropsical swelling, *Natrum mur.* 30. Heart beats intermittent, *Kali phos.* 6x.

**Pulse**, sluggish, below normal, *Kali mur.* 12x rapid quick pulse with fever, *Ferrum phos.* 12x, pulse rapid and intermittent, *Natrum mur.* 30.

**Dilatation** of blood vessels, expansion of any vein, *Calcar fluor.* 30x.

**Varicose veins**, enlargement and contortion of veins, *Calcar fluor.* 30x and *Ferrum phos.* 30x.

**Aneurism**, a sac formed by the dilatation of any part of an artery and filled with blood, *Calcar fluor.* 200x and *Ferrum phos.* 200x.

**Angina pectoris**, breast pang. *Magnesium phos.* 30x in hot water.

## Clinical Evidence

203. Hypertrophy of heart in an old man of 55, who was a smoker, cured by the use of Ferrum phos. 30x and Calcar fluor. 30x.

204. Palpitation of heart of about five years' standing in a fat woman, improved in three days and cured in three months with Kali mur. 6x and Kali phos. 6x.

205. Intermittent heart beats with extreme prostration in a body that had long suffered from loose stools, cured by Kali phos. 6x.

206. Aneurism of aorta in man aged 48, who was addicted to smoking and drinking, improved in three months with Calcar flour. 200x and Ferrum phos. 200x.

## XIX. Diseases of the Nervous System

Neuralgia, pain in nerve.

Neuralgic pains, occurring in any organ with depression, sensitiveness to noise or light, improved during pleasant excitement and gentle motion but felt worse when quiet or alone, *Kali phos.* 6x; if long-standing, *Kali phos.* 12x or 30x. If they are of spasmodic nature, *Magnesia phos.* 6x or 12x in hot water. If obstinate and do not yield to the above remedies or worse at night, *Calcar phos.* 12x. If caused by quinine, *Natrum mur.* 30.

**Sciatica**, dragging pain in sciatic nerve, down back of thigh to knee, at times up to ankle with stiffness and restlessness, *Kali phos.* 6x or 12x. If of spasmodic nature, *Magnesia phos.* 12x in hot water. With fever or photophobia, *Ferrum phos.* 12x or 30x in alternation with *Kali phos.* If obstinate and accompanied by weakness, *Calcar phos.* in alternation with proper remedy.

**Neuritis**, inflammation of a nerve, *Ferrum phos.* 12x and *Kali mur.* 6x alternately every hour, less frequently when relief is obtained.

**Neurasthenia**, depression due to exhausted nerve energy, *Kali phos.* is the chief remedy. With defective nutrition after debilitating disease, *Calcar phos.* 6x and *Kali phos.* alternately. With watery blood, with constipation, *Natrum mur.* 30 and *Kali phos.*

**Convulsions**, an involuntary spasm or contraction of muscles; as a rule, it attacks children when their abdomen gets bloated with gases, *Magnesia phos.* 12x or 30x in hot water. With rush of blood *Ferrum phos.* 30x. If child looks very nervous or if caused by fright, *Kali phos.* 6x; if caused by worms, *Natrum phos.* 6x; in obstinate cases, *Calcar phos.* 12x.

**Chorea or St. Vitus' dance** is a nervous disorder, manifesting itself in convulsive and involuntary twitchings of the muscles, fits, spasms, etc.

It may be due to worms, fright, fear, vicious habits, errors in diet, etc. It attacks chiefly children, specially girls.

*Treatment*:—*Magnesia phos.* 12x in hot water is the chief remedy. If due to worms, *Natrum phos.* 6x, attacks coming during full or new-moon, *Silicia* 30. Due to suppressions of eruptions, *Kali mur.* 6x. Chronic or accompanied with constipation, *Natrum mur.* 30; obstinate, *Calcar phos.* 6x.

*Hysteria*, disease mainly of young women characterised by lack of control over emotions and acts. It is caused from an extreme sensitiveness of the nervous system. Distress of mind, disappointment in love, disputes with the husband, ill treatment by the husband or mother-in-law, great worry or displacement of the womb, irregularity of menstrual flow, etc., have brought on such condition. The symptoms appear in paroxysms and continue for some time. They are preceded by depression of spirits, anxiety, tears, difficult breathing, spasmodic laughter, spasmodic yawning, palpitations, etc., sense of suffocation, rise of a ball in the throat, lock-jaw, alternating fits, laughing, crying, singing, screaming, etc., also may be present.

The chief remedy is *Kali phos.* 6x, if the complaint is long-standing the patient being very nervous, *Kali phos.* 30x and higher. The patient having tendency of weeping, laughing, singing and

even dancing, *Natrum mur.* 30 and higher. If the troubles are of spasmodic nature, *Magnesia phos.* 12x to 60x and higher, in hot water, failing this and if the ailment is caused by disappointment in love, *Calcar phos.* 12x or 30x.

*Kali phos.* is the principal remedy in this disease. It alone suits well for all nervous symptoms, such as, despondency, hysterical laughter, crying, screaming and feeling of a ball in the throat, etc. For spasmodic troubles, such as, spasmodic yawning, spasmodic laughter, etc., *Magnesia phos.* in hot water; singing and laughing mood, sadness, irregular menses, etc., *Natrum mur.*: for imperfect circulation of blood sleeplessness etc. *Ferrum phos.* (high). *Calcar phos* in all cases, chiefly in very obstinate cases, in alternation with indicated remedy.

**Epilepsy** is a nervous disease marked by seizures with convulsions and loss of consciousness. It is the result of too much nervousness caused by vicious habits of sexual nature or loss of seminal fluids. It may be due to some serious injury sustained to nervous system or it may be caused by worms also. The attacks may be sudden or may have some premonitory symptoms, such as, pain in the head, burning in the eyes, sparks of fire in the vision, ringing in the ears, palpitation of the heart, burning in the stomach or abdomen, coldness in the shoulder joints or knees languor, etc. It may be

preceded by constipation or it may usually appear during the full-moon or new-moon.

During the attack the muscles, and one half of the body, are more implicated than the other; the eyes are convulsed and turned in different directions, but at last become fixed showing only the whites; the fingers are clenched and the jaws work spasmodically, the patient froths at the mouth and frequently bites the tongue; the face is either of a dark red or livid colour or pale. It may alternately be red and pale. The discharges from the bowels and bladder may pass involuntarily.

*Kali mur.* is the chief remedy in this disease specially if the tongue is coated white or if the disease occurs, after the suppression of any skin disease, with the poisonous external applications. With rush of blood to the head during the fit, *Fer- rum phos.* 30x, keep the compress of cold water on the head and dip the feet in hot water for twenty minutes or so and apply cold water to the chest.

Spasmodic fit, the patient froths at the mouth or lock-jaw, *Magnesia phos.* 12x or 30x in hot water, rub his teeth with *Magnesia phos.* powder. If the fits are caused from worm troubles or with excess of acidity, *Natrum phos.* 6x. Sunken countenance, coldness and palpitation after the fit, *Kali phos.* 6x. Caused by injury specially to the head, *Natrum sulph.* 12x or 30x. Fits coming on at night or about

the time of full-moon or new-moon or if the spasms spread from solar plexus, *Silicea* 200x. Caused by masturbation, sexual excess or frequent use of contraceptive remedies, *Calcar phos.* 6x. It will prove of great use, if given intercurrently in all cases of epilepsy.

*Suggestions* :—During the paroxysms, place the patient in horizontal position. A piece of cloth, eight folded or twelve folded, must be inserted in the mouth to prevent lock-jaw and injury to tongue; the clothing should be loosened about the neck and waist. Keep all windows open. Keep the patient on light, non-stimulating food, such as, milk, fruit juice, conji, etc. avoid all stimulating food and drinks, such as spiced food, fried things, preserved food, tea, coffee, wines, liquors, tobacco, flesh-meat, etc. Keep the bowels moved daily by laxative food or by the use of enema regularly.

**Paralysis** is a great diminution or total loss of the power of motion in one or more of the voluntary muscles. It may be local, such as facial (of the face), of the tongue, throat, fingers, etc. or it may attack the whole side, as in hemiplegia or the whole of the lower part as in paraplegia. The symptoms are: numbness, coldness, paleness and slight jerking or twitching in the parts affected. Although in sudden shocks, these symptoms may be partially or wholly absent.

*Treatment*:—*Kali phos.* is the chief remedy in all forms of paralysis whether creeping or sudden in its onset; paralysis of vocal cords, locomotor paralysis, creeping paralysis with atrophic conditions, all yield to the beneficial effects of *Kali phos.* It is the chief remedy, even in facial paralysis, partial paralysis, hemiplegia and even infantile paralysis; with symptoms of spasmodic nature, alternate with *Magnesia phos.*, with inflammatory symptoms alternate *Ferrum phos.* 30x and *Kali phos.* alternately; in tabes dorsalis, *Silicea* 30x and higher. *Calcar phos.* 6x or 12x is needed in all cases, to be given intercurrently.

*Suggestions*:—Massage, sun-bath, shower-bath and douche are of great service. Non-stimulating diet and keeping the bowels regular are imperative.

### Clinical Evidence

207. Dr. H. C. Allen reports a case of right facial neuralgia, with sharp, quick spasmodic, lightning-like pains, sensitive to touch, accompanied by prostration and night sweats, cured by *Magnesia phos.* after several other remedies had failed to give permanent relief. Also another case cured by the same remedy, where pains were intermittent, darting, lightning-like, suddenly appearing and disappearing, relieved by heat and pressure; at the same time an annoying constipation disappeared.

208. Neuralgia of face cured by Schuessler

remedies. Male patient, 50 years, suffered severely with neuralgia of severe type. He was entirely relieved by Magnesia phos, given every twenty minutes. In two hours pain had ceased, but face was very sensitive to touch. Six months have elapsed with no return. (Dr. S. W. Jones, Wilbur, Washington).

209. Married lady aged 28, nervous temperament, made greatly worse by succession of death in her family, also some considerable financial troubles. The functional nervous derangement was so intense that her friends thought her hopelessly insane and were seriously considering placing her in an asylum. I diagnosed the case as one of aggravated neurasthenia and at once placed her on Kali phos. five celloids every hour for twenty-four hours then every two hours and was gratified to find her rapidly recovering her normal, mental and physical equilibrium. Two years since she has remained in excellent health. (Dr. B. A. S.).

210. A lady aged about 50, who had taken quinine frequently to check malarial fever, used to get neuralgic pain in her head whenever she got constipation. Natrum mur. used to relieve her pain and bowel troubles.

211. A telegraph officer of the testing branch, once suffered from terrible pain in his head. After being treated long by an M. D., he felt better in

head but suffered much from sciatica and became quite sleepless; the same doctor tried his best both for sciatica and sleeplessness. But the patient at last had to seek Ayurvedic help, as those remedies also did not improve his condition, he sought for Homoeopathic help. Kali phos. 12x relieved him of his pain and brought on a healthy sleep. The doctor and vaidya had asked him not to move from his bed. But under Kali phos. he was allowed to move freely.

212. An editor aged about 45, suffered much from neurasthenia and was unable to attend to his duties regularly. He tried several brain tonics without effects. Kali phos. improved his condition; since then he calls Kali phos "elixir of life and, a true brain tonic."

213. Dr. Clarke has reported an obstinate case of chorea cured in a girl aged 6 who had suffered for eight months by administering Magnesia phos. 6x only thrice a day. She was twitching all over, during her waking hours but was quiet during sleep. She was cured in seven weeks. ( Homoeo. World ).

214 Mrs. B. aged 18, was prevented from going to her father's house by the mother-in-law and husband. She got angry and got a fit of hysteria and fell down in a swoon. When cold water applied she recovered in five minutes. But she used to get them from every, half to one hour. As their

family doctor could not improve the case, they sent for a vaid. Under his treatment she got worse ; so they sought for homoeopathic treatment. Kali phos. 6x and Ferrum phos. 30x improved her the very day and she felt entirely all right in a week.

215. H. S. aged 7, chorea for two years, caused by fright, pale, delicate, anaemic, drinks much water, feverish, white tongue with sore mouth, Natrum mur. 200 cured permanently. (C. P. Hart, M. D.).

216. A married Hindu girl aged 17, had some dispute with her husband. In the fit of anger, she first betrayed the sign of chorea. She could not stand erect ; while trying to keep the balance, she seemed as if she were dancing. She suffered nearly three years. An allopathic doctor who was her relative, tried to cure her but failed. Magnesia phos. 6x and Kali phos. 6x cured her in three months.

217. An unmarried Hindu girl aged 17, was sleepless and used to keep laughing herself without any cause. If, elders asked why she kept laughing she used to deny what she had done. She was constipated and had no appetite. Kali phos. 12x morning and night and Natrum mur. 30 in the noon improved her in twenty-four hours and made her all right in two weeks.

218. A respectable Hindu lady aged 22, used to get fits of laughter, which she could not control.

Her menses were irregular. Natrum mur. 30 and Kali phos. 6x cured her fits and regulated her menses in three weeks. In three months she became pregnant and delivered a healthy child. No more fits since then.

219. Miss S. aged 19, used to get fits of anger whenever any one opposed her ; she suffered over two and half years. She used to keep crying and weeping ; nothing could console her. Kali phos. 6x and Natrum mur. 30 cured her radically in four weeks.

220. A Mohamedan lady aged about 30, used to get frequent attacks of asthma and used to become quite helpless during the attack. Least food would upset her stomach. She suffered from obstinate constipation. After trying hakims and doctors, she sought for homoeopathic aid, Kali phos. 12x, Magnesia phos. 30x in hot water and Natrum mur. 30 improved her in a week and she became all right in two months.

221. A Hindu lady aged 19, used to get spasmodic attacks of heavy breathing, she used to smash her hands and legs ' furiously during the attacks. Her relatives thought she was possessed of ghosts and tried talisman and incantations, vows, etc. to no avail. Magnesia phos. 12x in hot water and Kali phos. 12x dry on tongue, alternately, improved her in two weeks and cured her in three months. Ten years

passed, no further attack; she now become a mother of three healthy children.

222. A boy of 13, had suffered since the age of six, from trembling of the limbs and was gradually passing into a state of epilepsy. He received on 8th of October, 1883, Kali mur. six powders. Since the 10th of December, he had no return of it. (Monatsblatter).

223. A girl aged 23, who had suffered since her 17th year, from epilepsy received after having two violent attacks on the 11th of June 1885, six powders of Kali phos. 30. On the 11th of April 1887, she wrote: "Since the 15th of June 1885, I have not had an attack.." (Monatsblatter).

224. A case of epilepsy of ten years' standing resulting from injury to the head, was cured by Natrum sulph. 200. (Dr. Blackwood, 1889).

22. Mrs.—widow, aged 30, ever since the death of her husband, six years ago, getting epileptic fits at night while sleeping; used to groan, bite her tongue, get bloody foaming, bowels very constipated, no uterine trouble. Silicea 200 greatly lessened the frequency of attacks. (Hoyne).

226. A Mohamedan lady aged 35, had irregular menses and used to get epileptic fits. After trying unani treatment, she tried Calcar phos. 6x, Kali phos. 6x and Magnesia phos. 6x and got over all her troubles in six weeks.

227. A Hindu lady who suffered from menstrual irregularity, worm troubles and epileptic fits worse during full-moon, after suffering five years and after trying different medicines, got cured by taking Silicea 200x, twice a week, Kali mur. 6x and Calcar phos. 6x alternately every four hours, in six months.

228. A. G. had a love affair and in order to kill herself, took poison which left her with paralysed hands and feet. I gave her six powders of Calcar phos. and four weeks later, she wrote to me that she could go around the room by taking hold of the furniture. She received six more powders which completed her recovery. (Monatsblatter).

229. Kali phos. with a few doses of Calcar phos. as intercurrent, cured a case of facial paralysis from working in the water.

230. Dr. Lenz. M. D., reports the case of a young lady aged 18, suffering from paralysis of vocal cords. Her physician poulticed and blistered her and made her swallow much medicine to no effect. I gave Kali phos. 6x which improved her voice in a day and cured her soon entirely.

231. Mrs. R. aged about 36, suffered from paralysis of left side. She had been treated by an M. D. for about a month without effect. I put her on Kali phos. Her improvement was steady and she got all right in two months. (Dr. Gernis of Ohio).

232. A fat, young, barren woman suffered from rightsided hemiplegia and was entirely helpless. She tried allopathic remedies for six months without avail. Kali phos. 6x, Magnesia phos. 30x and Ferrum phos. 30x improved her steadily and she was able to walk about in the house with stick in her hand in three months.

233. A young man aged 25, was disappointed in love, suffered from paralysis for six months. Kali phos. 6x and Magnesia phos. 12x steadily improved him and made him right in three months.

## XX. Deviations in Sleep

Sleep is a natural function of the animal economy; for all animals Nature has intended the day for work and the night for sleep. Healthy persons, as a rule, feel sleepy during night and keep awake during day. Sleeplessness during night and sleepy mood during day is an abnormal condition of health, chiefly of cells. The natural method of bringing on a healthy and refreshing sleep in such cases, is the equal distribution of the blood in the body, by quickening the circulation. This is possible by administering a dose of high potency of *Ferrum phos.* If sleeplessness is the result of anxiety, nervousness or any vivifying effect of brain cells due to any ailment, *Kali phos.*, (low), is the best remedy, which

always brings on a healthy and refreshing sleep. A hot foot-bath, by cooling the head with a cold compress of *Kali phos.*, low potency is the best and effective measure of quickening the circulation properly and bringing on a healthy and refreshing sleep. If sleeplessness is due to exhaustion and if there be pain in occipital region, a dose of high potency of *Magnesia phos.* in hot water or milk will bring on a healthy sleep. Sleeping draughts, such as morphia, bromides, aspirin and its preparations are dangerous, as they have deadening effects. Cold shower-bath with friction, very often brings on a healthy and refreshing sleep. Sleeplessness due to worms, *Natrum phos.* 6; if due to worms and bad dreams during full-moon or new-moon, *Silicea* 200x. If due to nightmare or vivid dreams, *Kali sulph.* 12x or 30; dreams of new scenes or impending danger, *Calcar fluor.* 30x. In old people, with gloomy thoughts and in children with yawning and crying, *Calcar phos.* 30x in hot milk. Sleepy during day and wakeful at night, *Calcar sulph.* 12x or 30x. In case of restless sleep, disturbed by the least noise, *Kali mur.* 12x in hot water. If sleep is excessive or constant desire to sleep with drowsiness, *Natrum mur.* 30x. Drowsiness with liver troubles and biliousness, indicated by bitter taste and yellowish eyes, *Natrum sulph.* 12x or 30x.

### Clinical Evidence

234. Mr. M. an old European gentleman, an engineer by profession, was sleepless for a long time. He was required to take morphia or bromides every night and was feeling quite exhausted in the morning. It was found that he was suffering from high blood pressure. Kali phos. 6x, five grains morning and evening, Ferrum phos. 30x, five grains noon and bedtime with a hot foot-bath and some restrictions in his food, brought him a healthy, refreshing sleep the very night and made him all right in three months.

235. Mr. K., a Parsee engineer, was sleepless for months; he had taken all possible treatment for sleeplessness and high blood pressure. An eminent European physician applied half a dozen leaches to his head and gave him a strong dose of morphia; he felt better for a week, but became worse again. Again half a dozen leaches were applied and the sleeping draughts repeated; he felt very weak and then he sought homoeopathic treatment from the author. Kali phos. 6x and Ferrum phos. 30; alternately and a hot foot-bath at bedtime with a cold compress on head of Kali phos. 6x made him all right in three months.

236. A young Hindu lady was very drowsy both days and nights; she was very anaemic and

dyspeptic, *Ferrum phos.* 6x, *Calcar phos.* 6x and *Natrum mur.* 200 improved her in four days and cured her in four weeks.

## XXI. Diseases of Neck, Back and Extremities

Neck, stiff neck from cold, *Ferrum phos.* 12x; from rheumatism, *Kali mur.* 6x and *Natrum mur.* 30; from uric acid, *Natrum sulph.* 6x and *Kali mur.* 6x.

Back, rheumatic pain in or between shoulder joints, *Ferrum phos.* 12x, *Silicea* 30, *Kali mur.* 6x; rheumatic or neuralgic pain, darting pain, *Magnesia phos.* 12; shifting or getting worse in the evening, *Kali sulph* 6x. Backache relieved by lying on something hard, *Natrum mur.* 30. Soreness up and down the spine, *Natrum sulph.* 12x.

Spine, spinal curvature in young girls, *Calcar phos.* 6x, spinal curvature in young children or in old persons, *Calcar phos.* 30x and *Silicea* 200. Cramp like pain in neck, shoulder blades and small of back or in tail-bone, *Calcar phos* 12x, chronic, *Calcar phos.* 200x and *Silicea* 200x. Soreness up and down the spine and neck, *Natrum sulph.* 30x, irritation in spine, *Silicea* 200.

Waist, aching waist, on awaking in morning, in young persons, *Calcar phos.* 6x, in old persons, *Calcar phos.* 30x and *Natrum mur* 30x. Rheumatic

pain in small of back, *Kali. mur* 6x and *Natrum sulph.* 6x, chronic, *Calcar fluor.* 200x and *Natrum mur.* 200.

**Knees**, pains in knees, worse by walking *Calcar phos.* 6x, Rheumatic, if worse in morning, *Natrum sulph.* 6x, if worse in evening, *Kali sulph.* 6x. If neuralgic, *Magnesia phos.* 12x, chronic synovitis with great swelling and enchylosis, *Silicea* 200x. Herpes in bend of knees, *Natrum mur.* 200 ; weakness in knees, *Natrum mur.* 30 ; knees give out, *Silicea* 200.

**Ankles**, gouty pains in ankles, *Calcar phos.* 12x and *Natrum sulph.* 12x ; ankles weak, *Natrum mur.* 30 and *Silicea* 200.

**Hips**, pain in hips, *Kali phos.* 6x or 12x and *Natrum mur.* 30.

**Calves** cramps in calves, *Magnesia phos.* 12x, *Calcar phos.* 12x ; chronic, 200.

**Toes and fingers**, rheumatic or neuralgic pains in toes and fingers, *Kali mur.* 12x and *Natrum phos.* 12x. In chronic pains, *Natrum sulph.* 30x and *Silicea* 200x ; gouty pains worse at night, *Calcar phos.* 12x and *Silicea* 200x.

**Palms and soles**, foetid perspiration of palms and soles, *Silicea* 200x and *Calcar fluor.* 200x. Itching of palm and sole, *Kali phos.* 12x ; burning in sole, *Natrum sulph.* 30x.

**Foot**, pain through, from ankle to sole, *Silicea* 200.

**Hand**, spasms of the, while writing, *Silicea* 200, *Magnesia phos.* 30, and *Calcar phos.* 12x. Trembling of hands, *Silicea* 30; chilblains on hand, *Kali mur.* and *Kali phos.*

**Feet**, tonic spasm in feet and toes, during long walk, *Silicea*, 200, *Calcar.* 30x and *Natrum sulph* 30x; chilblains on feet and toes, *Kali mur.* 6x and *Kali phos.* 6x.

**Knees, ankles, shins**, hollow and fall of feet, painful *Natrum phos.* 30; chronic 200.

**Legs**, give way while walking, get unsteady, *Natrum phos.* 12x or 30.

**Nails**, hand-nails, splitting of epidermis at the side of a finger nail, *Natrum mur.* 30. Ingrowing of nails, *Silicea* 30, chronic, *Silicea* 200; nail crippled, *Silicea* 30, *Calcar phos.* 12x and *Calcar flour.* 30; white spots on nails, *Silicea* 30.

**Whitlow, panaris** or felon, an abscess of the finger-end, treat like abscess.

**Rheumatism**, is a constitutional disease marked by pain in joints or muscles, usually recurrent and often due to exposure; it may be due to sudden check of perspiration or stay on the damp ground or in some cases, due to gonorrhoeal or mercurial virus. In the acute muscular or articular rheumatism there is more or less fever, heat, redness and swelling of the parts and pain which prevents free movements of the organs. In the chronic form

fever may be absent, pain may be less but a feeling of stiffness and numbness is present.

*Treatment* :—For fever, pain, heat and quick pulse, *Ferrum phos.* 12x. In second stage, with swelling of the affected part and white or grey coated tongue, *Kali mur.* 6x. For acute, sharp spasmodic pains of excruciating nature, *Magnesia phos* 6x or 12. Pains of shifting nature, getting worse in evening and in a heated room, *Kali sulph.* 6x or 12x. For acute or chronic with nervousness and stiffness in the parts, *Kali phos.* 6x. In chronic cases, associated with watery symptoms and constipation, *Natrum mur.* 30. In acute or chronic cases, if acidity is present and small joints affected, *Natrum phos.* 6x or 12x. Joints enlarged, *Calcar fluor.* 12x or 30x. In all cases, intercurrently and chiefly if the pains are worse at night, *Calcar phos.* 6x or 12x. In obstinate cases when the large joints are affected and in cases where gouty symptoms appear or the patient feels worse in mornings and in damp weather, *Natrum sulph.* 6x or 12x.

*Suggestions* :—The rheumatic patient should always avoid cold, fried and uric acid producing substances and keep his bowels free every day. Sun-baths, shower-baths and friction-baths with proper massage will prove of great service.

**Mercurial rheumatism**, which, as a rule, is the result of mercurial strong doses, administered by the

allopathic, unani or ayurvedic physicians to cure syphilis. Such patients should be given Hepar sulph. or Aurum as an antidote of mercury and then treated like rheumatism according to symptoms.

**Gonorrhoeal rheumatism** is the result of suppression of flow with injections or other poisonous drugs, *Kali mur.* and *Natrum sulph.* suit well.

**Gout**, is a painful constitutional disease with inflammation of joints and chalky deposits. It is the result of luxurious living and is as a rule, hereditary and is the disease of the rich, while rheumatism is the result of exposure and is the disease of the poor; though both affect the joints similarly.

*Treatment* :—For fever, inflammation and pain, *Ferrum phos.* 12x; for biliousness and to ward off the chalky deposits, especially when the large joints are affected, *Natrum sulph.* 6x; for acidity and the pain in small joints, *Natrum phos.* 6x. For other symptoms treat like rheumatism. Gouty and rheumatic patients should avoid flesh-meat, tobacco, liquor, pulses, coffee, spices, etc.

**Coxalgia**, hip-joint disease is due to inflammation of the cartilages, tissues and bones. Its exciting causes seem to be exposure to damp or cold or any injury to the part. It is generally confined to children of tuberculous tendency or scrofulous taint. There are instances of grown-up girls getting it after the first confinement. if proper care be not taken.

It commences with pain in the knee or with slight weakness in hip-joint. Then the limb becomes lengthened and emaciated. As the disease advances the pain is felt more severe and extends to the knee, ankle and even foot. If neglected, ulceration takes place, the elongated bone becomes shortened and gets destroyed.

*Treatment* :—In the beginning for inflammations, pain and fever, *Ferrum phos.* 12x internally and compress of same externally, covered by a four-fold piece of flannel. Second stage requires *Kali mur.* 6x to be alternated with *Ferrum phos.* In the third stage, to prevent destruction of the bone, *Calcar phos.* ; to mitigate the pain, *Magnesia phos.* 6x or 12x; with acidity and scrofulous tendency, *Natrum phos.* 6x. In the last stage when suppuration takes place, *Silicea* 200x thrice a week and *Calcar sulph.* 6x or 12x, thrice or four times daily.

*Suggestions* :—Rest, simple diet, avoidance of flesh-meat, liquor, tobacco, coffee, tea and spices and keeping bowels regular are very necessary. The patient should also avoid cold and fried things, uric acid producing substances, pulses, cereals, etc. Proper massage is strongly recommended.

### Clinical Evidence

237. Dr. Brisken treated a middle aged book-binder for rheumatism and took about ten weeks for

his recovery. The patient was again attacked in the joints of hands and knees, now he treated him with Ferrum phos. and Kali mur. On the fifth day he was able to attend to his duties. (From Schuessler).

238. Robert D. aged 34, suffered from shifting rheumatism for a year. I gave him Kali sulph. several powders to be taken four times a day. It cured his troubles in a few weeks entirely and he has not complained now for a year more. (C. T. M.).

239. J. D. aged 69, had suffered from rheumatism, he had lightning-like pain in his right leg, he was unable to leave his bed, warmth gave him relief. Magnesia phos. a dose every three hours, improved him soon. By taking the same, a complete cure was effected. (Schuessler).

240. A lady aged 27, got a severe attack of rheumatism three weeks after her delivery; she got high fever and she was quite helpless with lightning like pains. Ferrum phos. 12, every hour, reduced her fever, Kali mur. 6x and Magnesia phos. 6x, alternately every two hours, improved her in thirty-six hours and she got all right in six days.

241. Mr. D., a telegraph employee, complained of gouty pain in his lower joints and was not able to wear his boots. He said, his father, elder brother and his father's younger brother, have had similar pains. He was supplied Kali mur. 6x and Natrum sulph. 6x, to be taken alternately every two hour,

and was asked to observe strict diet. He felt better in two days and all right in a week. He sent the same drug to his father also. His father, uncle and his elder brother also got well with the same remedies from two or four weeks.

242. A young man aged 19, whose father and elder sister had died of tuberculosis, felt pain in right hip. X-ray showed affection of hip-joint. He remained in plaster cast for weeks and was on crutches with tubercular abscess of right hip-joint and was discharging profusely, Silicea was given with little hope and no encouragement to his anxious mother. In four weeks he felt improvement and in a year he became all right and was able to lay aside his crutches (Dr. I. N. Agenbrood, Dayton, Ohio.).

243. A young Mohamedan lady aged about 17, began to feel pain in her hip-joint; it was diagnosed to be hip-joint disease; she was given Ferrum phos. 6x, Kali mur. 6x, and Calar phos. 6x, every two hours in turn, she felt all right in a month.

244. Edward B. aged 12, had been complaining a few days, when pains began in all the principal joints, but mostly in wrists and elbows, attended with redness and swelling, with some fever; there was most pain on moving, and he had to sit quiet to be in any comfort. Gave him Ferrum phos. dissolved in one glass and Kali mur. in another, to be taken alternately, every two hours while fever lasted, then

continued Kali mur. alone. Those remedies soon relieved him and he was out, in a few days. A second attack, the next year, was cured by the same remedies in a short time (C. T. M.).

## XXII. Diseases of the skin

### Without Fever

Skin disease is an effort of Nature to throw away all the impurities from the blood that non-functional disorganised matter which has become useless and foreign to the body, through the skin. This matter, though organic, is rendered non-functional by deficiency of workers or inorganic cell-salts and put out of circulation of the blood.

*Treatment* :—All inflammations of the skin with heat, pain and burning, *Ferrum phos.* 12x ; second stage of inflammations, all eruptions with thick, white contents, *Kali mur.* 6x ; all eruptions in their third stage with thin yellow matter, *Kali sulph.* 6x or 12. Discharge of thick yellow, purulent or sanious (blood mixed) matter, *Calcar sulph* 6x. Eruptions with albuminous fluid (resembling white of an egg), *Calcar phos.* 6x or 12x. Eruptions with thin bloody secretions or matter of offensive odour, *Kali phos.* 6x. Eruptions with creamy or golden yellow matter (resembling honey) with acidity, *Natrum phos* 6x.

Eruptions with thin, watery discharges, *Natrum mur.* 30, with greenish yellow discharge, *Natrum sulph.* 12x, little boils with yellow secretions, *Silicea* 12x or 30; cracks on the skin or eruptions with hard edges, *Calcar fluor.* 12x or 30x.

**Eczema** is an obstinate skin disease with itching and infiltrations, the skin may either turn reddish, brownish or darkish. Caused by ill-effects of vaccination, as a result of impure lymph, *Kali mur* 6x. Vesicular eczema with white discharge *Kali mur.* 6x; chronic eczematous eruptions with yellowish effete matter, *Kali sulph.* 6x; with creamy or honey-coloured discharge and acidity, *Natrum phos.* 6x; with putrid condition and nervousness, discharging darkish thin blood, *Kali phos.* 6x; with much itching and burning, thin watery discharge, *Natrum mur.* 30x. Vesicular with greenish yellow thin discharge, *Natrum sulph* 12x. If the patient is anaemic or scrofulous, *Calcar phos.* 6x or 12x; small pustules with yellow pus, getting worse during full-moon or new-moon, *Silicea* 30; with thickened skin or with cracks, *Calcar fluor.* 12x.

**Suggestions** :— No soap should be used, the skin should be washed with soap-nut water froth and the suitable remedy should be applied with cocoanut juice and sun-bath taken regularly once or twice a day. In obstinate cases, flesh-meat, pulses, potatoes and spices should be avoided.

**Ecchymosis**, dark bluish patches on the skin, due to accumulation of blood in the sub-cutaneous cellular tissues. From injury, *Ferrum phos.* 12x or 30x and *Kali mur.* 12x alternately. Isolated spots of effusion, *Ferrum phos.* 12x and *Natrum mur.* 30x. or *Natrum phos.* 6x alternately.

**Echthyosis**, skin becomes scaly, horny, rough and wrinkled, *Ferrum phos.* 12x or 30x and *Calcar flour.* 12x to 60x.

**Ecthyma**, small round eruptions, distant from each other without fever, with hard inflamed bases leaving reddish stain on the skin, *Ferrum phos.* 12x to 200x, *Calcar fluor.* 12x to 200x and *Natrum mur.* 12x to 200x.

**Prickly heat**, itching of the skin with acidity of the stomach, *Natrum phos.* 6x. Burning of and itching of the skin with watery symptoms, *Natrum mur.* 30. Itching worse at night and excessive perspiration, *Calcar phos.* 12x.

**Lupus**, tuberculous tissue growth on the face or elsewhere, *Kali mur.* 12x or 30x, *Calcar phos.* (mid.), *Silicea* (high) and *Natrum phos.* (low).

**Ringworm** is a parasitic skin disease in circular spreads in circular patches.

**Dhobi's itch** is also a skin disease in circular patches, caused by wearing clothes washed by washerman. It often resemble barber's itch. These are propagated by contagion and are cured easily if

the skin, is kept clean. But in psoric, scrofulous or sycotic persons, they become very obstinate and require treatment.

**Barber's itch** is a parasitic skin disease, caused by barber's razor ; it is troublesome burning and itching disease in circles.

*Treatment* :—*Kali mur.* 6x and *Natrum phos.* 6x are the best remedies for them. Do not apply poisonous ointments, they do great harm later on. Wash with Calendula lotion or soap-nut water. The author has cured several cases of such itches, with the above remedies.

**Guinea worm** is very troublesome skin disease caused by drinking some dirty water, containing the eggs of these worms. They cause pain, inflammation and swelling of the skin. They sometime cause fever too.

*Treatment* :—*Kali mur.* 6x and *Natrum phos.* 6x Int. and Ext. are the chief remedies for this complaint. With fever and inflammation, *Ferrum phos.* 12 ; in advanced cases *Silicea* 6x to break open the unopened, painful sore. Set a compress of *Silicea* 3x. Later, to promote healing process, *Silicea* 30x and *Calcar sulph.* 6x.

### Clinical Evidence

245. Mr. C, aged 32, subject to severe eruptive skin disease for ten years. Intolerable itching with

yellow discharge. He tried all kinds of lavad lotions with but little relief. I diagnosed eczema. The Biochemic remedies which were used were Ferrum phos. and Natrum phos. ten celloids of each one dose at 9 a. m. and 3 p. m. and Silicea ten celloids at noon and 6 p. m. Low protein and starch dietary was used. The treatment lasted from January 16 to February 16, after which the skin was almost cleared of all eruptions. Itching but little felt except when overheated. (Dr. Ford Wilson, Vancouver B. C., Canada).

246. Mr. A., aged 38, suffered over ten years from obstinate type of eczema on both his legs. He tried all possible internal and external remedies, without avail. He was asked to use white socks, avoid coffee, liquor and flesh-meat and black socks. He was supplied and ounce of each Kali mur. 12x, Natrum phos. 12x and Silicea 200x. He was also asked to wash his legs twice a day with soap-nut water and not with any soaps. He got all right in four months and never had the trouble again.

247. A rich Hindu lady had a very obstinate type of eczema on her abdomen and chest for over fifteen years. It used to get aggravated during full-moon and new-moon, she tried all the possible internal and external remedies with temporary relief. She was asked to wear white clothes and not black and avoid coffee and spices of which she was

very fond. She was asked not to make use of scented soaps, she was using ; and to use soap-nut water to wash the skin and to take Kali mur. 30x, Natrum phos. 30x and Silicea 200. She got cured in six months and never had the troubles again.

248. Mr. G. aged 30, suffered from guinea worms for two months in his right leg and was unable to walk. A doctor cut the part with his knife and removed some pieces of the worm but his leg became more painful and got swollen. A country healer, so called specialist, removed some pieces with suction from a tube. Still they could not remove the worm entirely. Kali mur. 6x, Natrum phos. 6x and Silicea 6x for two weeks and Kali mur. 12x. and Silicea 200x for three weeks, cured him radically. The same remedies were tried externally in 3x and 6x potencies.

### With fever

**Small-pox** is an acute infectious febrile disease, characterised by an eruption ; manifesting deficiency of Ferrum phos. and Kali mur. and excess of fibrin in the system.

The disease consists of four stages ; incubation, eruption, suppuration and desiccation. The period of incubation lasts from five to fifteen days. The ailment is preceded with severe fever, rapid pulse, heat, headache, faintness, languor and pain in the

small of the back and loins for three days. The eruption first makes its appearance on the face, scalp and neck, about the close of the third day and then spreads over the trunk then and on the legs. At first, the eruptions are small, red, hard and pointed which in three days, present a bladder-like appearance surrounded by an inflamed circular margin and become depressed in the centre. About the sixth or seventh day, the liquid in the pustules becomes converted into matter and the depression in the centre disappears. In confluent cases the above symptoms are greatly aggravated and the patients may become delirious. On the eighth or ninth in the simple and on the fourteenth or fifteenth day in confluent small-pox, the pustules dry and form into scabs.

*Treatment*:—Fever, headache, pain in back and loins etc., *Ferrum phos.* 12x, every hour or even half an hour in alternation with *Kali mur.* 6x. Later, in a dynamic condition for blood decomposition and in delirium, *Kali phos.* 6x. To assist desquamation and facilitate the formation of new skin, *Kali sulph.* 6x. Drowsiness, stupor or salivation, *Natrum mur.* 30. Purulent or sanious pus, *Calcar sulph.* 6x.

*Suggestions* :—Salted and sugared food-stuffs should not be given to patients. Cool fresh air must be allowed in the patient's room; windows and doors must be curtained with red cloth. Lamp

should have red chimney. Wheat or maize conji with milk and fruits in season, may be given freely; the bowels must be kept clean. *Kali sulph.* 6x or *Calcar sulph.* 6x may be mixed in cocoanut juice and applied over the pustules during the scaling time. Flesh-meat, soup, condiments, tea, coffee, pulses pickles etc. should be strictly prohibited.

**Chicken-pox** :—The cause of this disease is similar to that of small-pox. In this disease, the deficiency of *Kali mur.* and *Natrum mur.* makes the fibrin and other organic matter disorganised or non-functional and thrown out of the system, through the skin.

The pustules of chicken-pox, closely resemble those of small-pox, but in the former, the depression in the centre is absent and they are not preceded with the three days' fever and they seem to be filled with watery substance in the beginning; they mature by the third day and disappear on the fifth or sixth, without leaving any mark.

*Treatment* :—Similar to that of small-pox.

**Measles** is a most contagious and an infectious skin disease, preceded with three days' fever. In this disease, the deficiency of Ferrum phos., *Kali mur.* and *Natrum mur.* seem to be very great, which throws out of the system fibrin and other organic matter. This disease begins with cold, short dry cough, fever, redness of eyes, flow of tears, etc. The

eruption consists of small, red spots about the size of flea-bites ; they appear on the face, neck, chest, back and the whole body. On the seventh day, the eruption begins to turn pale and disappears about the ninth day and the bran-like scales of the scar of skin fall off.

**Rubeola or the German measles** is another variety of the same disease, characterised by the more reddish eruptions of the skin.

*Treatment* :—Similar to that of small-pox.

**Scarlet fever** :—The pathology of scarlet fever is similar to that of measles and is simply an effort of Nature to throw out of the system, accumulation of irritant organised matter. This matter has become non-functional owing to the inorganic salts, the workers falling below their normal standard. (Chapman). It commences with chill, shivering, nausea, vomiting, fever and thirst. In twenty or forty-eight hours numerous small red spots appear on the face, neck and chest. After a few hours this eruption extends over the whole body. On the third day, this eruption changes to large patches of vivid hue. In five to six days the rash disappears and the skin scales off in patches. The fever may rise upto 105 degrees within twelve hours but may fall to 103 degrees in a day or two and may disappear as the rash fades away. It may cause inflammation in kidneys and ears and may cause albuminuria or even deafness.

The treatment is simple like that of measles. *Ferrum phos.* 12x and *Kali mur.* 6x are required at first to be given frequently in alternation for fever and rash; with biliousness and excessive engorgement of blood to head, *Natrum sulph.* 6x; sudden suppression of rash, to assist desquamation and peeling of skin with evening aggravation of fever, *Kali sulph.* 6x; with drowsiness, *Natrum mur.* 30; for exhaustion and putrid condition, *Kali phos.* 6x.

*Suggestions* :—Scarlet fever never attacks the same person more than once. Epidemic or malignant type of scarlet fever is serious and may leave a permanent defect, such as, albuminuria or deafness, as its after-effect. Exposure to draughts and serious rise in fever should be avoided. The diet should be simple and suitable such as milk, fruits, rice or wheat conji with milk but without sugar or salt. Sugar-cane juice, sweet lime juice or the juice of any other fruit in season, may be given pure or mixed with water whenever fever is high and the thirst is immense.

*Erysipelas* commonly called St. Anthony's fire, on account of its fever, heat, burning, pain and redness caused by an accumulation of organic matter in the skin, which Nature tries to throw off. The first noticeable symptoms are: heat, redness, pains, burning, nausea, headache and even blisters

and vesicles. In a few days, the red colour changes to yellowish hue. When the disease attacks the head or face, it may cause serious troubles unless proper care is taken.

*Treatment* and diet should be similar to those of scarlet fever. Sugar and salt free diet is very necessary to prevent too much burning and too much itching. Too much exhaustion and gangrenous symptoms must be treated by *Kali phos.* 6x and burning, drowsy conditions by administering *Natrum mur.* 30 in time.

### Clinical Evidence

249. Dr. Vogel, M.D. of America, recommends strongly Ferrum phos., Kali mur. and Kali phos. in small-pox and assures that this much dreaded disease can be handled without much difficulty with these remedies.

250. A little girl was brought to my office, covered with chicken-pox. There was considerable fever and restlessness present. Ferrum phos. and Kali mur. controlled all adverse symptoms and the pustules dried up much quicker than in cases where remedy was not used. (Chapman)

251. A boy aged 7, was taken with measles. I gave Ferrum phos. for inflammation, Natrum mur. for tears and watery symptoms and Kali mur. for hoarse, croupy cough. The result was all that could be

desired. There were no glandular swellings and the patient recovered rapidly. (Chapman)

252. Dr. Chapman reports the cure of the whole family suffering from scarlet fever, with Ferrum phos., Kali mur. and an occasional dose of Kali phos.

253. Mrs. Forbes, a widow, was lying very ill with erysipelas, high fever and great prostration. The members of her family thought that, she was dying as she was delirious. Her face was so swollen that her eyes were literally closed. Ferrum phos. and Natrum sulph every hour alternately improved her satisfactorily and on the fourth day she felt all right and went to her work, to the great astonishment of her friends (M. D. Walker, M. D.).

254. Ferrum phos., Kali mur. and Natrum sulph. cured a severe case of facial erysipelas of a man aged 54. The affection had settled in the eyes. The cure was made in four to five days and surprised the patient who had no faith in the tissue remedies. (Chapman)

255. Mr. H., a Hindu telegraphist, aged 28, suffered from a severe erysipelas on the left side of his face; he was not able to open his left eye and was not able to masticate his food. Ferrum phos. 12x, Kali mur. 6x and Natrum sulph. 6x cured him in three days and he was able to attend his office on the sixth day.

## XXIII. Febrile Conditions

**Fever** is a disease marked by higher temperature. It is an effort of Nature to burn away foreign matter from the system. A simple fever is an occasional fever, caused by injury or an indigestion. It may last about thirty-six hours and may subside with some perspiration. As a rule, it yields to *Ferrum phos.* 12x and *Kali mur.* 6x.

A simple continued fever is not contagious but it neither remits nor intermits, and continues for a week or so. If it continues for a week or so, with relaxed condition of the body with thirst, *Calcar fluor.* 12x or 30x.

**Hay fever or asthma** is an acute, annually recurrent conjunctivitis with catarrh and fever. It is said to be caused by inhaling the vapour of grass being dried up during the winter season. *Ferrum phos.* 12x and *Natrum mur.* 30x alternately.

**Intermittent fever** is called malarial fever or ague. Its paroxysms intermit and return at regular intervals.

1. The quotidian, the paroxysms of which return every day.
2. The tertian, every other day.
3. The quartan, every fourth day.

A chronic variety of the same, may return every twenty-eight days or once in every year regularly.

In this fever as a rule, the spleen is affected. It is the result of living in marshy localities and in vicinity of stagnant water.

Its symptoms are a chill followed by fever and ending with perspiration. In some cases, chill or perspiration may be absent. There may be vomiting or pain in body in certain cases. Between the paroxysms which may be every day or at longer intervals, the patient is generally free from suffering, so much that he may attend to his usual duties.

*Treatment* :—Chill fever, thirst, headache and vomiting of undigested food, *Ferrum phos.* 12x. spleen or liver troubles, bitter taste, vomiting or loose stools, *Natrum sulph.* 3x or 6x. Periodical fever, antepoisoning fever (fever that comes two or three hours previous to the usual time), or which does not yield to strong doses of quinine or which is accompanied with unequal distribution of water in the body, such as salivation or lachrymation with constipation or loose stools and great thirst, *Natrum mur.* 200x with *Ferrum phos.* 12x. or *Natrum sulph.* 6x. Inability to digest milk with white coated tongue *Kali mur.* 6x with *Natrum sulph.* 6x or other suitable remedy; with flatulence or colic, cramps in calves or with chill, running up and down the spine, *Magnesia phos.* 12x with *Natrum sulph.* 6x or with other suitable remedy. Intercurrently in all cases for weakness and weak digestion, *Calcar phos.* 6x.

With worm troubles or acid vomiting. *Natrum phos.* 6x.

*Suggestions* :—Ague patients should avoid curds, butter-milk, cold food, fried things, eggs, fat, fish, flesh-meat. Care should be exercised to maintain hygienic measures, give sponge-bath at the time when the fever is high. The diet should be light, nourishing and easily digestible.

**Malarial fever** :—See “Ague and intermittent fever.”

**Bilious remittent fever** is a form of malarial fever with periods of abatement and of exacerbation. In this fever, the liver, sometimes even spleen is enlarged and they fail in their functions. *Ferrum phos.* 12x and *Natrum sulph.* 3x or 6x are the chief remedies. If the tongue is coated white and if the patient cannot digest milk, *Kali mur.* 6x. *Calcar phos.* 6x intercurrently and during convalescence.

**Typhoid fever** resembles typhus fever. It is attended with weakness, feeble pulse and low delirium. The causes are : impure air contaminated with decomposed animal or vegetable matter, stagnant water, improper food and neglect of constipation. The first symptoms are : chilliness, quick and weak pulse and uneasiness.

**Typhus fever** is a contagious fever, characterised by petechial eruption, prostration, high temper-

ature and even delirium. *Ferrum phos.* 12x or 30x and *Kali phos.* 6x or 12x, alternately every hour or even every half hour; white coated tongue and constipation, *Kali mur.* 6x or 3x; salivation with constipation, drowsiness but sleeplessness, *Natrum mur* 30x or 60x.

Nature, as a rule, tries to relieve the bowels of their contents by causing loose motions which should not be stopped by mistaking it as a diarrhoea. In serious cases, stupor, picking at the bed-clothes, nervous twitchings, impeded speech, sordes on the teeth, tremulous state of the tongue, convulsions, haemorrhages from bowels, dark foul stools, fetid odour of the breath, etc., may be present.

*Treatment* :—*Ferrum phos.* and *Kali mur.* are the chief remedies ; they are to be alternated frequently in the beginning. Dry skin and evening exacerbation, *Kali sulph.* 6x or 3x. Biliaryness and morning aggravation, *Natrum sulph.* 3x or 6x ; delirium, putrid stools, sleeplessness, prostration, foul breath palpitation, hallucination of the brain, etc., *Kali phos* 6x or 12x ; drowsiness, constipation, salivation *Nat-mur* 30. For weakness, and convalescence, *Cal-Car phos.* 6x or 12x.

*Suggestions* :—Complete rest, physical and mental, and milk and fruit diet is very essential. Keep bowels regular by the use of enema. Avoid spices, condiments, pickles and stimulating drinks.

Yellow fever is prevalent in torrid climates and during the hot season of the year only. It is similar to malarial fever; its causes are also the same but there is serious disturbance of liver and biliousness, *Natrum sulph.* 3x or 6x and *Ferrum phos.* 6x or 12x are the chief remedies, they must be frequently alternated. With delirium and putrid conditions, *Kali phos.* 6x; watery conditions, *Natrum mur.* 30 and for spasmodic pains in abdomen and cramps in the calves, *Magnesia phos.* 6x or 12x may be required. With evening aggravation, *Kali sulph.* 6x; with white coated tongue, *Kali mur.* 6x.

Gastric fever is caused by the errors in diet, *Ferrum phos.* 6x and *Kali mur.* 6x alternately; with sour belching, *Natrum phos.* 6x and *Ferrum phos.* 6x.

Enteric fever is caused on account of inflammatory condition of the bowels, causes and symptoms are similar to those of typhoid fever; treat also like typhoid fever according to symptoms.

Scarlet fever;—See "Skin Diseases—with fever."

### Clinical Evidence

256. A child aged 4 got frightened at the sight of a person disguised as a tiger during Holi holidays, got high fever and was talking at random. I gave him *Ferrum phos.* 12x and *Kali phos.* 6x, alternately every hour. He felt much better after a third dose and became all right in seven hours.

257. Mr. F. aged 30, took a chill and got a high fever, complained of tearing pain in the body. Vomited undigested food. As his tongue was white coated, I gave Ferrum phos. 12x and Kali mur. 6x. He had rapid improvement and became all right next morning, had sound sleep also. He said, "I want only a tonic now"

258. Mrs. P. who was living in a village, near farms, was getting hay fever every year. By taking Ferrum phos. 12x and Natrum mur. 30x, she became free from it.

259. A Hindu lady aged 30, was getting fever at 10 a.m., every other day. Ague mixture and allopathic medicines were checking it temporarily but the fever used to re-appear with greater severity. The symptoms were constipation, headache, flow of tears, enlarged spleen, loss of weight; her hair was falling off and she was very irregular in getting sleep. Natrum mur. 30x and Natrum sulph. 6x cured all her troubles in three weeks. It is over two years now. No relapse.

260. A Hindu gentleman aged 35, got an attack of severe fever at 3 p.m. He took a mixture from allopathic physician and got rid of it, the same night. The next day, he got more severe attack. At 12 noon he got the same mixture and got all right in the evening, on the third day again he got similar fever at 9 a.m. He sent for another more

prominent doctor and took his medicine and was able to be free from fever before evening. But he got another attack of the fever on the same night. The fourth day again he felt feverish at sun rise. Then he sent for me. I prescribed him, Natrum mur. 200 which mildened the fever to a very great extent. He continued the dose of it daily, for about two weeks and got no more attacks.

261. Mrs. C. was getting fever every fourth day. After trying different mixtures and decoctions for over six months, she came to me for medicine. Natrum mur. 30 and Natrum sulph. 6x, alternately every three hours, cured her radically in a month.

262. Miss C. aged 15, a school girl got an attack of high fever (104 degrees). Ice-bag and allopathic mixtures used to bring it down (to 102.2 or so), but it did not come to lower than that. Her attending physician suspected it to be the cause of some eruptive fever. I noticed too much biliousness with inflammation and enlargement of liver. I prescribed Ferrum phos. 12x, Kali mur. 6x and Natrum sulph. 6x, every hour in turn. In twelve hours, fever came to 101 and subsided in thirty hours.

263. A woman aged 30, had repeatedly suffered from malaria. She had been given ague mixture and quinine mixture. Her spleen was enormously enlarged, she seemed anaemic and suffered from

leucorrhoeal discharge also. Ferrum phos. 12x, Calcar phos. 6x and Natrum sulph. 3x cured all her troubles in six weeks.

264. A man aged 38, had an enlargement of both liver and spleen; he had been drugged with so many mixtures and decoctions without avail. He was getting quartan fever regularly over six months at 2 a.m. Natrum mur. 200, Natrum sulph. 6x and Natrum phos. 6x improved him in three weeks and cured him in twelve weeks.

265. Mrs. Nagamma aged 38, was down with enteric fever. Ferrum phos. 6x, Kali mur. 6x and Kali phos. 6x cured her in fourteen days.

266. Master D. was suffering from typhoid fever. The fever used to rise upto 104.5 at nights. Ferrum phos. 6x, Kali mur. 6x and Calcar phos. 6x, every two hours in turn, cured him in fourteen days.

267. A boy aged 8, suffered from typhoid fever; the temperature was worse in morning. Natrum sulph. 6x, Ferrum phos. 6x and Kali mur. 6x cured him in fourteen days.

#### XXIV. Diseases of the Tissue

**Anaemia** is the deficient quantity or inferior quality of blood or both. An anaemic condition denotes an initial lack of Calcar phos. and Ferrum phos. In the blood, possibly followed by other

salts. The causes are malnutrition, mental worry, hard study, bad unnatural habits, etc. The symptoms are pale face, tired feeling, slow healing of wounds, irregular, scanty or excessive menses, etc.

*Treatment*:—Chief remedies for mal-assimilation of food, weakness, pale whitish or greenish face cold extremities, *Calcar phos.* 6x and *Ferrum phos.* 6x. Due to hard study, mental strain or worry, etc. *Kali phos.* 6x. With watery symptoms, such as salivation, lachrymation, too much perspiration, etc. and constipation, *Natrum mur.* 30. If bilious symptoms, such as acid risings are present, *Natrum phos.* 6x. With any skin disease or the patient cannot digest milk, *Kali mur.* 6x. Pernicious anaemic with vertigo, pale face, sinking at the epigastrium, foul taste and smell and great weakness with drowsiness, *Calcar phos.* 6x and *Natrum mur.* 30x.

**Rachitis or Rickets** is the result of the weakness of bones, caused by the deficient calcium metabolism. The children of the rich, who partake of starchy food, by removing the bran and gluten of wheat and who lead indoor life, may suffer from it. The disease appears at the age of one or two years. The symptoms are pale and sickly countenance, harsh dry skin, flabby flesh, constipation or diarrhoea, weak bones, wasting bow legs, large abdomen, large head, pigeon chest, soft muscles, wasting of limbs, etc.; later the joints swell and spine gets deformed.

*Calcar phos.* is the chief remedy for all disorders of the bony system, chiefly wasting, non-closure of fontanelles, retarded dentition, constipation or diarrhoea during dentition, etc. with emaciation and foetid stools, *Kali phos.* 6x; wasting of neck, thighs and buttocks, *Natrum mur.* 30; with acidity curd like vomiting, sour smelling stools, worm troubles, etc., *Natrum phos.* 6x. with open fontanelles, large head which sweats much, large abdomen, swelling and suppuration of glands and bones, etc., *Silicea* 200.

**Atrophy or marasmus** indicates wasting away of the tissues without any apparent cause or disease. It may be due to improper diet or non-assimilation of food from sedentary habits or it may be the result of mercurial preparation, taken to remove constipation or to regulate the liver or as a remedy for syphilitic ulceration. *Calcar phos.* is the principal remedy for this disease. It rectifies the digestion, improves the assimilation and serves as a general tonic and prevents wasting. Nervousness and putrid stools, *Kali phos.* 6x; acidity, worm troubles and loss of appetite, *Natrum phos* 6x. Emaciation of neck or buttocks or of both constipation and thirst, *Natrum mur.* 30 and *Calcar phos.* 6x. If the patient has taken mercurial preparations, give Aurum or Hepar sulph, as an antidote and then treat him according to symptoms. If the patient betrays any sycotic symptoms, try *Natrum sulph.* 30.

**Dropsy** is the accumulation of serous fluid in a cavity or in the tissues. It may arise from the disease of the liver, kidney or heart. The dropsical swelling may situate in the hands, feet, chest, belly, the lower limbs or all over the body.

*Treatment* :—General dropsy whether arising from heart, liver or kidney troubles, when indicated by white tongue, *Kali mur.* 6x ; simple dropsy in any tissue of the body, *Natrum sulph.* 6x or 12x in alternation with *Kali mur.* 6x or *Natrum mur.* 30. *Natrum mur.* distributes the water properly in the system and *Natrum sulph.* carries off the excess of water. If dropsy is due to anaemia and poor assimilation, *Calcar phos.* 6x and *Ferrum phos.* 12x alternately. To tone up the contractile power of the tissues, *Calcar fluor.* 6x or 12x. It needs most in dropsy of heart.

*Suggestions* :—Salt and sugar free diet is recommended ; liquid diet, milk, butter-milk, fruit juice, barley water, rice or wheat conji may be taken in moderation ; frequent sun-baths on the affected parts, will do immense good and cure the ailment sooner.

**Abscess** is a localized collection of pus in a cavity, formed by the disintegration of tissue. It is of two kinds :—

(a) An acute abscess is one which runs a short course with inflammation, fever and pain.

(b) Chronic or cold abscess is a slow, non-inflammatory development.

**Furuncle or a boil** is a painful cutaneous sore, enclosing core or slough and is less painful than an abscess.

**Carbuncle** is a subcutaneous inflammation, ending in a suppurating slough and emitting pus with several openings and causing terrible burning.

**Bubo** is an inflammatory swelling, especially of the inguinal gland. It may be gonorrhoeal, syphilitic or pestilential. It may be also a simple sympathetic caused by injury.

**Felon or whitlow** is an abscess with periostitis near the end of the finger.

**Ulcer** is an open sore or a suppurated wound or cut.

**Fistula** is a deep sinuous ulcer, often leading to an internal hollow organ.

*Treatment*:—Painful abscess with inflammation *Ferrum phos.* 6x and *Kali mur.* 6x. If pus is formed already, *Silicea* 6x, also externally. It will break open and evacuate the pus. Then *Silicea* 200x and *Calcar sulph.* 12x. Foul dirty pus or black thin blood discharge, *Kali phos.* 6x. Chronic abscess, discharging watery pus, *Natrum sulph.* 3x or 6x. If suppurative process goes deeper and affects the bone or if hard callous edges do not yield, *Calcar fluor.* 6x also externally as a compress. It is of great service

in fistulous sinuses of the female breast, pelvic abscesses, caries of bone and even in painful whitlows. After the pus has been evacuated from acute or chronic abscess, give *Silicea* 200, twice or thrice a week and *Calcar sulph.* 12x to form new tissues and heal it. *Calcar phos.* 6x may be required intercurrently in all cases. Treatment of boils, carbuncles, buboes and whitlows, is similar to that of an abscess. If unaborted give *Silicea* 3x or 6x internally and apply it externally in vaseline or butter. It will help to evacuate all the pus content. Later administer high potencies of *Silicea* and other suitable remedies. This will effect a complete cure. Ulcers, open sores, fistulas, suppurated burns and wounds should also be treated in the same way. No soaps or any poisonous disinfectants should be applied; they must be washed and kept clean with soap-nut water, or Calendula lotion and the sun's rays taken on them directly.

### Clinical Evidence

278. Lezzic F., aged 16 was troubled with anaemia, being a veritable walking ghost, nervous and without any strength. *Calcar phos.* for anaemia, *Kali phos.* for the nervous symptoms and a few doses of *Kali mur.* for slow monthly flow, made a wonderful change and in five weeks, her cheeks were rosy with returned health. (Dr. J. C. Farrell).

279. Dr. Knuppel of Magdeburg reports cases in which children had formerly been born rachitic, but through the maternal ingestion of Calcar phos. during last months of pregnancy, all subsequent children were born perfectly healthy.

280. Miss Nellie C. aged 15 ; anaemic ; face very pale and wax-like ; dull and listless ; poor appetite ; menstruation irregular and scanty. Calcar phos. and Ferrum phos. for the menstrual troubles, made a permanent cure in six weeks. (J. B. Chapman, Seattle, Washington).

281. Mrs. P. aged 22, was anaemic with scanty and irregular menses. She was dyspeptic and suffered from menstrual colic, vomiting and constipation. Ferrum phos. 12x and Calcar phos. 6x made her an embodiment of health in two months.

282. Mrs. L. aged 40, suffered from anaemia, irregular menses, constipation and skin disease. Natrum mur. 30, twice daily made her free from all troubles in four weeks.

283. Boy aged 3, large head, fontanelles not closed, body flabby, bow legs, very hungry, foul stools, unable to talk or walk ; after trying all possible treatment, sought for Biochemic treatment. Calcar phos. 6x and Kali mur. 6x, each thrice daily, cocoanut juice thrice daily and sun-baths twice daily and massage to the whole body with cocoanut juice, improved the child in three weeks and made it

a picture of perfect health and joy of the family in six months.

284. A girl aged 19 months, was very thin, rickety and helpless; was passing sour smelling stools. Calcar phos. 6x and Natrum phos. 6x improved her in two weeks and cured her in three months. Sun-baths and cocoanut juice were given twice daily.

285. A child aged 2 years; body wasted, head and abdomen seemed disproportionately large. Head was perspiring much. He was irritable, very hungry, vomited after being nursed, stools were offensive. Silicea 200x, a dose on alternate days and Calcar phos. 6x, four times a day, improved the child in a week and made him all right in three months.

286. A child aged 3 years, was wasting much in neck, buttocks and thighs, was salivating profusely and had very obstinate constipation. Natrum mur. 200 on alternate days and Calcar phos. 6x, four times daily, improved the child in a week and made him all right in four months.

287. Dr. Cohn reports a case of dropsy after diphtheria, in a girl aged 9, being cured by Natrum mur. Her face was puffy and feet oedematous.

288. A lady aged 25, was suffering from dropsy, constipated with liver troubles, Natrum sulph. 6x with salt free diet and sun-baths cured her in a week.

289. A lady aged 30, was suffering from palpitations, dropsy and scanty urine. Kali phos. 6x and Kali mur. 6x and sun-baths cured her in two weeks.

290. Mrs. C. aged about 27, had a painful abscess in her left breast. As she had been suffering from palpitations and as she was very nervous, her medical attendant sought for Biochemic help. Silicea 6x, five grains every three hours and a compress of 3x over the abscess, broke it open and evacuated all the pus. Then Silicea 200, twice a week and Calcar sulph. 6x, four times a day, cured her in three weeks.

291. Lady aged 16, had an abscess on her right foot, which was fearfully swollen and discharging pus in a large quantity for several months. Physicians declared that her foot must be amputated. Her leg was almost bent to a right angle at the knee joint and could not be moved. I prescribed Silicea, a dose daily. In three months she was able to come, walking to my office without assistance. The foot was almost completely healed with only a slight discharge of matter. (From Schuessler).

292. A lady aged 29, had an abscess, between her left breast and left arm-pit. It was very painful. Ferrum phos. 6x and Kali mur. 6x relieved inflammation and pain, Silicea 6x Int. and Ext. 3x, broke it open and evacuated all the pus. Silicea 60x and Calcar sulph. 6x cured it in three weeks.

293. Mr. A., was treated for little boils around the edges of the nostrils. He had used many remedies without success. Silicea gave immediate relief. (Chapman.)

294. Mr. S. U., aged 49, got a large, painful carbuncle on his spine and became entirely helpless. Allopathic physician hesitated to operate, as he was a diabetic patient. Silicea 6x Int. and 3x compress Ext. relieved the pain and broke it open. After all the pus was evacuated, Silicea 200x on alternate days and Calcar sulph. 6x, every three hours, made him all right in three weeks.

295. A lady aged 45, suffered from a painful whitlow in her right hand and was not able to eat her food with that hand as usual. Silicea 6x Int. and 3x Ext., relieved the pain in twenty-four hours and cured it when alternated with Calcar sulph. 6x in four days.

296. An old indolent ulcer on tibia of an old woman aged about 50, improved in two weeks and cured in eight weeks with Calcar fluor., Calcar phos. and Calcar sulph. in different potencies Int. and also compress and ointments of the same Ext.

## XXV. Glandular Affections

The function of a gland is to separate any fluid from the blood. Our body is full of glands; these

glands are liable to be affected either as a primary affection or in connection with some other disease, such as gonorrhoea, syphilis, plague, scrofula, etc. Swelling of glands, is due to a deficiency of *Ferrum phos.* and *Kali mur.* which disturbs the fibrin in the body and tries to throw off. It accumulates in the glands and causes inflammation and swelling.

*Treatment* :—Inflammation, redness and swelling of any gland with or without fever, *Ferrum phos.* 12x and *Kali mur.* 6x. Swollen glands with hardness, *Calcar fluor.* 6x or 12x. Chronic enlargement of glands, *Calcar phos.* 6x or 12x. Swollen glands likely to suppurate, to hasten suppuration and open it and to remove pus from it, *Silicea* 3x or 6x Int. and Ext. To heal it after evacuating the pus, *Silicea* 200 and *Calcar sulph.* 6x or 12x.

**Goitre** is an enlargement of the thyroid gland, which is situated on the front of the throat. It is also called Derbyshire neck, as it is very common in Derbyshire. It is caused by excess of chunam in the blood; well water in Derbyshire contains excess of chunam. It is also found among women of India, who eat much chunam with betel-leaves. *Calcar phos.* 12x or 30x is the chief remedy. It should be taken in alternation with *Natrum phos.* 6x, to dissolve excess of lime. Hard goitre, *Calcar fluor.* 12x; soft with constipation and watery symptoms, *Natrum mur.* 30.

**Exophthalmic goitre :** Goitre in which vision is not clear due to protrusion of eyeballs, swallowing is painful due to swollen cervical glands and difficult breath with intermitting pulse due to dilatation of heart, *Natrum mur.* 30. In obstinate cases, *Calcar phos.* 12x and *Kali phos.* 6x also may be required.

**Tonsillitis,** inflammation of tonsil. Tonsil is an almond shaped mass between the pillars of the fauces on either side. Cold or stomach troubles may cause inflammation, exudation and suppuration in them. First stage, *Ferrum phos.* 12x ; second stage, *Kali mur.* 6x and in third stage, *Calcar sulph.* 6x are needed. *Calcar phos.* 12x and *Kali phos.* 6x may also be needed.

**Tuberculosis** is a destructive disease caused by bacillus tuberculosis and characterised by formation of tubercles in the tissues. If it affects the lungs, it is called phthisis pulmonalis ; if it affects the bowels, it is called tabes mesenterica ; if it attacks the glands in the neck, it is called scrofula and if it attacks the bones, it is called the tuberculosis of the bone. It sometimes, attacks the skin and is then called lupus.

**Treatment** :—*Calcar phos.*, *Natrum phos.* and *Magnesia phos.* are the chief remedies for these dire diseases. For fever, *Ferrum phos.* 12x or 30x for night sweats, *Silicea* 200x and in advanced cases, still higher may be required. *Kali mur.* 12x may

also be required for fibrinous discharges and *Calcar sulph.* for purulent and sanious discharge.

*Suggestions* :—Careful hygienic measures should be strictly observed. Lead a well regulated life ; partake of wholesome but simple food. Avoid flesh-meat, spices, condiments, wines, liquor, coffee, preserved food-stuff, etc. Keep bowels regular. Coconut juice is very highly recommended. Hip-bath and sun-bath are very necessary, they do immense good.

**Tumours and Cancers** :—Tumour is a swelling on any part of the body, caused by the abnormal growth of a tissue. It is of two kinds benign and malignant. The former is one which does not cause pain nor suppurations. The latter causes burning and suppurates, having turned a cancer. A tumour is the result of an excess of fibrin in the system, while a cancer is the outcome of the gross impurity in the blood ; caused by long continued neglect of constipation, too much use of tobacco, spices, saccharine, coal-tar preparations and among females with irregular and scanty menses.

*Treatment* :—A recent soft tumour of the female breast, *Kali mur.* 3x or 6x Int. and Ext. Hard tumours, knots and hardened glands in the female breasts, blood tumours on the infant's head or any incysted tumour, *Calcar fluor.* 3x or 6x Int. and Ext. Tumours and cancers of the scrofulous or anaemic

patients, acute or chronic cysts, housemaid's knee, *Calcar phos.* 6x. Inflammation and pain of cancer; cancer of tongue, *Ferrum phos.* 12x or 30x. Ranula or hard tumour of the tongue, *Natrum mur.* 30; cancer of the tongue with acidity, *Natrum phos.* 6x. Painful cancer with offensive discharge, *Kali phos.* 3x or 6x. Epithelioma on the lip or nipple, cancer on the skin near a mucous lining, *Kali sulph.* 6x or 12x. Indurated tumours which threaten to suppurate, uterine hard cancer, *Silicea* 6x to 30. Serous swellings with purulent or sanious discharge from tumour, *Calcar sulph.* 6x or 12x.

**Polypus**, a smooth pedunculated growth from a surface; soft and loose, *Calcar phos.* 6x or 12x; hard and thick, *Calcar fluor.* 12x.

Cancer patients should avoid salt, sugar, tea, coffee, tobacco, flesh-meat, liquor, condiments, preserved food and fried things. Fresh milk, fruits in season, nut, sugar-cane juice, uncooked food are recommended. The patient must lead a well regulated life; sun-bath on the affected part is imperative.

### Clinical Evidence

297. Enlarged scrofula gland in the neck of a Parsi boy aged 6, yielded to *Calcar phos.* 6x, *Natrum phos.* 6x and *Magnesia phos.* 6x, when used internally and externally and exposed to the sun's-ray direct.

298. Dr. Joshi from 'Thana, reports that he treated a plague bubo with Ferrum phos. and Kali mur. Int. and Ext. and it subsided in sixty hours without any trace being left.

299. A chronic hard gland in the neck of a young girl aged 15 years, yielded to Calcar fluor 6x, Calcar phos. 6x and Natrum phos. 6x, in two months; there has been no relapse for six years.

300. Goitre in the right side of an old Brahmin lady who was in the habit of eating betel-leaves and chunam yielded wonderfully to Calcar phos. 30x, Natrum phos. 6x and Kali mur. 6x.

301. In two cases, ladies with swelling on each side of the neck, voice changed, eccentric dilatation of the heart with systolic bellows sound, cured by Natrum mur. in a few months. (Dr. Hofrichter, from Boericke and Dewey).

302. Dr. Snader emphasises the importance of Silicea in night sweats, of sixty-two cases treated, in forty-three the perspiration was stopped and in thirteenth, it was lessened. He thinks that the higher potencies as a rule, act best.

303. In not less than two dozen cases of tuberculosis where even Cod Liver Oil and injections had not given satisfaction, more than fifty percent of them, cured by Silicea. CM. 1000, 200, Natrum phos. 6x, Magnesia phos. 6x, Calcar phos. 6x and Kali mur. 12x and the others were benefited. They were kept

on the fresh cow's milk, cocoanut juice, fruit and nuts and they were given sun-baths, hip-baths, shower-baths and air-baths. Greatest care was taken to keep their bowels regular. The windows of their bed-rooms were kept open and they were forced to take certain breathing exercises according to yogic Pranayama method.

304. Hard knot in the left breast of a lady aged 27, became soft in three weeks and disappeared in three months, with Calcar fluor. 6x Int. and Ext.

305. A hard swelling under the chin about the size of the pigeon's egg, disappeared completely in about four weeks under the use of Calcar fluor, (From Schuessler).

306. Sanguineous cyst on the right side of the occipital bone, with open posterior fontanelle, cured by Calcar phos. (Rane.)

307. A hard swelling of the jaw-bone, very painful, which had not yielded to allopathic and ayurvedic treatment, improved in two days and cured in two weeks with Ferrum phos. 12x and Calcar fluor. 6x Int. and Ext.

308. A hard, painful bony tumour on the right side of the fore-head of a woman aged 28, after being treated by several physicians, improved in four days and cured in two months with Ferrum phos. 30x and cured in two months with Ferrum phos. 30x and Calcar fluor. 6x Int. and Ext.



PART IV  
PRESCRIBER

- ABSCCESS : Inflammatory stage *Ferrum phos.* 12x  
secondary stage *Kali mur.* 6x ; suppurated stage  
to break open and evacuate pus, *Silicea* 3x or 6x ;  
to hasten healing process *Silicea* 200x and *Calcar  
sulph.* 6x.
- ACIDITY : *Natrum phos.* 6x, *Calcar phos.* 6x.
- ACNE : On face and neck *Kali mur* 6x, during  
puberty *Calcar phos.* 6x.
- ADDISON'S DISEASE : *Natrum mur.* 30x.
- ADENOIDS : *Ferrum phos.* 6x or 12x; *Kali mur.* 6x.
- AMENORRHOEA : Due to anemic conditions *Calcar  
phos.* 6x and *Natrum mur.* 12x. Alternately  
with nervous debility *Kali phos.* 6x or 12x ; lym-  
phatic constitution *Kali mur.* 6x.
- ANEMIA : With defective nutrition *Calcar phos.* 3x or  
6x, followed by *Ferrum phos.* 3x or 6x ; in young  
girls with palpitation and melancholia *Natrum  
mur* 30.
- ANEURISM : *Calcar fluor.* 200x, *Ferrum phos.* 200x.
- ANGINA PECTORIS : Neuralgia spasms, *Magnesia phos.*  
30x, with asthmatic conditions *Kali phos.* 12x.
- APHONIA : *Ferrum phos.* 6x or 12x.
- APHTHAE : *Kali mur.* 6x, with salivation *Natrum  
mur.* 30x.
- APPENDICITIS : Initial stage *Ferrum phos.* 6x follow-  
ed by *Kali mur.* 6x with formation of abscess ;  
*Calcar sulph.* 6x in alternation with *Silicea.*

- APPETITE, LOSS OF : In nervous patients with palpitation *Kali phos.* 6x, with flatulence and acidity *Calcar phos.* 6x; with sour eructations or voracious *Natrum phos.* 3x or 6x, with biliousness *Natrum sulph.* 3x.
- ARTHRITIS : Acute attacks *Ferrum phos.* 12x, with acid diathesis *Natrum phos.* 6x; chronic stage *Natrum sulph.* 30.
- ASTHMA : *Kali phos.*—chief remedy, frequent attacks *Magnesia phos.* 3x or 6x in hot water, with gastric derangement *Kali mur.* 6x. In children after suppressing of skin diseases *Natrum sulph.* 30x
- ATROPHY : *Calcar phos.* chief remedy; with nervousness and putrid stools *Kali phos.* 6x; with acidity and worm troubles *Natrum phos.* 3x or 6x; with wasting and offensive stools *Silicea* 200; with constipation and thirst *Natrum mur.* 30.
- BACKACHE : *Calcar fluor.* 12x, *Natrum mur.* 30.
- BED-WETTING : *Kali phos.* 6x, *Natrum phos.* 6x.
- BILIOUSNESS : With sour taste, *Natrum phos.* 6x, with bitter taste *Natrum sulph.* 3x or 6x; caused by rich food or pastry *Kali mur.* 6x.
- BLADDER : Inflamed causing pain while urinating *Ferrum phos.* 12x and *Magnesia phos.* 30x; with brick dust sediment and gravel *Natrum sulph.* 6x.
- BLEEDING : From nose, lungs or bowels : If dark red, *Ferrum phos.* 30x, dark thin *Kali phos.* 12x, dark thick *Kali mur.* 12x.
- BOILS : Treat like abscess.
- BRAIN FAG : *Kali phos.* 30x, *Calcar phos.* 6x, with melancholia *Natrum mur.* 30x.
- BRIGHT'S DISEASE : *Calcar phos.* 6x chief remedy, with nervous symptoms *Kali phos.* 30x.

- BRONCHITIS : Initial stage *Ferrum phos.* 12x, second stage with white expectoration *Kali mur.* 6x, with frothy discharge *Natrum mur.* 30x. with thick yellowish discharge worse in evening *Kali sulph.* 6x.
- BRUISES : *Ferrum phos.* 6x. *Kali mur.* 6x ( Compress of 3x potency ).
- CANKER : See Stomatitis.
- CARBUNCLES : Treat like abscess.
- CATARACT : Hard *Calcar fluor* 6x, soft *Kali mur.* 6x and *Natrum mur.* 30x.
- CATARRH : with febrile symptoms *Ferrum phos.* 12x and *Kali mur.* 6x alternately. Thin watery discharge *Natrum mur.* 30x dryness and stiffness of nose *Kali mur.* 6x; with thick yellow or slimy secretions *Kali sulph.* 6x; with profuse greenish mucus and after flu *Natrum sulph.* 6x. In chronic cases *Silicea* 30 followed by *Calcar fluor* 12x.
- CHICKEN POX : *Ferrum phos.* 6x. or 12x and *Kali mur.* 6x principal remedies. Suppression of rash *Kali sulph.* 6x.
- CHLOROSIS : See Anemia.
- CHOLERA (ASIATICA, INFANTUM AND MORBUS) : *Calcar phos.* 6x, *Ferrum phos.* 6x or 12x and *Natrum sulph.* 6x principal remedies. In obstinate cases. *Magnesia phos.* 6x and *Kali phos.* 6x repeated doses.
- CHOREA : *Magnesia phos.* 6x or 12x in hot water. Also *Calcar phos* and *Natrum mur.* 30.
- COLD : See Catarrh.
- COLIC : *Magnesia phos.* 6x in warm water in teething children, in bilious subjects *Natrum sulph.* 6x; from worms and acidity *Natrum phos.* 3x or 6x.
- CONJUNCTIVITIS : See Eye Diseases.

- CONSTIPATION : With white coated tongue *Kali mur.* 6x, with greenish tongue *Natrum sulph.* 3x or 6x. Dry stools difficult to pass. *Natrum mur.* 30.
- CONSUMPTION : See Phthisis.
- CONVALESCENCE : *Kali phos.* 6x and *Calcar phos.* 3x or 6x. In old persons use 12x and 30x.
- CORYZA : Treat as Catarrh.
- COUGH : *Ferrum phos.* 6x or 12x and *Kali mur.* 6x Principal remedies. Whooping cough, spasmodic, *Magnesia phos.* 6x, with yellow secretions *Kali sulph.* 6x: thick yellowish green *Natrum phos.* 6x, frothy *Natrum mur.* 30x. In consumptive people *Silicea* 200x.
- CRAMPS : *Magnesia phos.* 6x in hot water.
- CONVULSIONS : *Magnesia phos.* 6x chief remedy; due to fright *Kali phos.* 6x, epileptic form *Kali mur.* 6x.
- CROUP : *Kali mur.* 6x chief remedy. With fever and oppressed breathing, alternate with *Ferrum phos.* 12x; with nervousness *Kali phos.* 6x.
- CYSTITIS : See Urinary Disorders.
- DEAFNESS : *Ferrum phos.* 12x *Kali mur.* 6x; from abuse of quinine *Natrum mur.* 30. With nervousness *Kali phos.* 6x.
- DEBILITY : Loss of weight and strength *Calcar phos.* 12x and *Kali phos.* 6x. In anemic conditions *Natrum mur.* 30.
- DELIRIUM : Due to insomnia, *Kali phos.* 6x.
- DENTITION : *Calcar phos.* 3x or 6x. With convulsions or spasms *Magnesia phos.* 6x.
- DIABETES : Insipidus *Natrum sulph.* 12x, mellitus alternate with *Kali mur.* 6x, with prostration *Kali phos.* 6x.

- DIARRHOEA : Of undigested food, *Ferrum phos.* 12x, due to faulty food or fried things *Kali mur.* 6x ; thin discharge with cramps *Natrum sulph.* 12x. With cramps *Magnesia phos.* 12x or 30x in hot water. In obstinate cases *Calcar phos.* 12x.
- DIPHTHERIA : *Kali mur.* 6x and *Ferrum phos.* 12x chief remedies ; offensive discharge, blood poisoning *Kali phos.* 6x. Larynx involved *Calcar fluor* 12x.
- DROPSY : *Kali mur.*, *Natrum sulph.* and *Natrum mur.* chief remedies.
- DYSENTERY : Urging and tenesmus *Kali mur.* 6x ; alternate with *Ferrum phos.* 12x ; with offensive evacuation *Kali phos.* 6x.
- DYSMENORRHOEA : *Magnesia phos.* 12x in hot water repeatedly ; with bright red flow *Ferrum phos.* 12x, dark red flow alternate with *Kali phos.* 6x.
- DYSPEPSIA : Flatulence with sluggish liver *Kali mur.* 6x ; acidity and sour taste *Natrum phos.* 6x ; non-assimilation *Calcar phos.* 12x ; nervous, *Kali phos.* 6x. with spasms and cramps *Magnesia phos.* 6x, with excess of bile *Natrum sulph* 6x.
- EAR, DISEASES OF : Aching in, *Magnesia phos.* 6x, in hot water, alternate with *Ferrum phos.* 6x, with discharge *Kali mur.* 6x. Humming in, *Kali phos.* 6x, *Kali mur.*, *Calcar phos.* and *Silicea* principal remedies.
- ECZEMA : *Kali mur.* 6x and *Calcar phos.* 6x, with itching and burning *Natrum mur.* 30 ; exuding yellowish substance *Kali sulph.* 6x. Malignant *Silicea* ( high ).
- ENURESIS : *Ferrum phos.* 12x, *Calcar phos.* 6x and *Natrum phos.* 6x important remedies, with nervous disorder, *Kali phos.* 6x.

- EPILEPSY : *Kali mur.* 6x chief remedy. With spasm *Magnesia phos.* 6x, with palpitation and weakness *Kali phos.* During new moon or full moon *Silicea* high.
- ERYSIPELAS : *Ferrum phos.* 12x and *Natrum sulph.* 6x. Vesicular form *Kali mur.* 6x ; to promote desquamation *Kali sulph.* 6x.
- EYE, DISEASES OF : *Ferrum phos.* 12x and *Kali mur.* 6x chief remedies. With watery discharge *Natrum mur.* 30. Styes, thick yellow discharge, *Silicea* 12x. Meibomian glands *Calcar fluor.* 12x.
- FELONS : Treat like Abscess.
- FEVER : *Ferrum phos.* 6x or 12x chief remedy, followed by *Kali mur.* 6x in second stage ; malaria coming on 10 a.m. and 12 moon *Natrum mur.* 200 ; at 4 p.m. *Kali Sulph.* 6x.
- FEVER : Hay fever, *Natrum mur.* 6x, nervous fever with irregular pulse, *Kali phos.* 6x.
- FLATULENCE : See Dyspepsia.
- FISTULA : Treat like Abscess.
- GALL-STONES : *Magnesia phos.* 6x, or 12x in hot water ; in bilious subjects *Natrum sulph.* 6x.
- GASTRIC DISTURBANCES : See Dyspepsia.
- GLANDULAR AFFECTIONS : Swellings, enlargement or mumps *Kali mur.* 6x followed by *Ferrum phos.* 6x or 12x ; hardened *Calcar fluor* 6x, with excessive saliva *Natrum mur.* 30, scrofulous *Silicea* 12x—200x.
- GOITRE : Soft *Natrum phos.* 6x, hard *Calcar fluor.* 6x ; *Magnesia phos.* and *Calcar phos.* may also be called for.
- GONORRHOEA : Thick white discharge *Kali mur.* 6x, followed also by *Ferrum phos.*, purulent or sanions *Calcar sulph.* 6x. Yellow, *Kali sulph.* 6x.

- GOUT : *Natrum sulph.* 6x chief remedy. Small joints affected alternate with *Natrum phos.* 6x ; obstinate cases *Magnesia phos.* 6x in hot water.
- GRAVEL : *Natrum sulph.* 6x and *Natrum phos.* 6x chief remedies.
- HAIR, FALL OFF : *Ferrum phos.* 30x, *Silicea* 200x, *Kali sulph.* 200.
- HAY FEVER : See Fever.
- HEAD-ACHE : Catarrhal and congestive *Ferrum phos.* 6x. Nervous *Kali phos.* 6x, neuralgia *Magnesia phos.* 6x ; due to sluggish liver, *Kali mur.* 6x ; bilious *Natrum sulph.* 6x.
- HEART, AFFECTIONS OF : Weak and irregular heart *Kali phos.* 6x, involving inflammatory diseases alternate with *Ferrum phos.* 12x ; shooting spasmodic pains *Magnesia phos.* 6x.
- HEART BURN : *Natrum phos.* 6x, associated with flatulence *Calcar phos.* 6x.
- HEMORRHAGE : *Ferrum phos.* 30x. See Bleeding.
- HEMORRHOIDS : Blind *Calcar fluor.* 12x ; bleeding *Ferrum phos.* 30x, with acute and darting pain *Magnesia phos.* 6x. Also *Kali mur.*
- HICCOUGH : *Magnesia phos.* 6x in hot water. Due to abuse of quinine *Natrum mur.* 200.
- HIVES : *Ferrum phos.* 12x and *Kali mur.* 6x. Obstinate *Kali mur.* 6x, *Calcar sulph.* 6x and *Kali sulph.* 6x. Externally compress of the remedies.
- HOARSENESS : *Ferrum phos.* 12x, *Kali mur.* 6x alternately. Obstinate cases *Calcar phos.* 6x.
- HYDROCELE : Scrotal oedem *Natrum mur.* 30, to contract relaxed muscles *Calcar fluor.* 30x, *Silicea* high.
- HYSTERIA : *Kali phos.* 6x and *Magnesia phos.* 30x.

Worse during noon *Natrum mur.* 30x, worse at night *Calcar phos.* 12x. Hot foot-bath making the head cool with *Kali phos.* compress will greatly help.

IMPOTENCE : *Natrum phos.* 3x, with nervous symptoms *Kali phos.* 6x.

INCONTINENCE OF URINE : *Ferrum phos.* 12x, *Natrum mur.*, *Natrum sulph.* 12x, with nervousness *Kali phos.* Worse during night *Calcar phos.* 6x also.

INDIGESTION : With sluggish liver, tongue coated white *Kali mur.* 6x. With acidity, sour risings *Natrum phos.* 6x, with bilious or bitter taste in mouth *Natrum sulph.* 6x. Nervous with weakness of heart *Kali phos.* 6x.

INFLAMMATION : Wherever it may locate or whatever name it may have *Ferrum phos.* 12x or 30x, second stage *Kali mur.* Third stage *Calcar sulph.* 6x, *Calcar phos.* 12x and *Silicea* 200x.

INFLUENZA : See La Grippe.

INSOMNIA : *Kali phos.* 6x chief remedy.

INTERMITTENT FEVER : *Natrum sulph.* 6x chief remedy. With chill in the morning at 10 *Natrum mur.* 200.

JAUNDICE : *Natrum sulph.* 6x chief remedy ; also *Ferrum phos.* 12x and *Kali mur.* 6x.

KIDNEY AFFECTIONS : Inflammatory stage, nephritis, *Ferrum phos.* 12x or 30x followed by *Kali mur.* 6x. Albuminous urine *Calcar phos.* 6x.

LABOUR AND PREGNANCY : *Kali phos.* 6x often makes confinement easier when used sometime before labour. Morning sickness with white phlegm *Kali mur.* 6x. Vomiting of undigested food *Ferrum phos.* 12x ; prolapsus of the uterus *Calcar fluor* 6x.

- LA GRIPPE OR INFLUENZA : *Ferrum phos.* 12x, and *Natrum sulph.* 6x or 12x chief remedies ; with tears or thin discharge from nose *Natrum mur.* 30x with white tongue and rheumatic pains *Kali mur.* 6x.
- LARYNGITIS : See Aphonia.
- LEUCORRHOEA : *Calcar phos.* 6x either alone or as an intercurrent remedy primarily indicated in young girls ; mucous milky white, *Kali mur.* 6x. Acrid with nervousness, *Kali phos.* 6x with yellow greenish discharge *Kali sulph.* 6x ; watery irritating secretions *Natrum mur.* 30.
- LIVER, AFFECTIONS OF : Pain in the region of liver *Natrum sulph.* 6x, alternative with *Ferrum phos.* 12x, sluggish liver with white coated tongue *Kali mur.* 6x, with severe pain and jaundice *Natrum mur.* 30.
- LUMBAGO : *Ferrum phos.* 6x or 12x chief remedy ; with backache in women *Calcar phos.* 6x.
- MALARIA : See Intermittent Fever.
- MARASMUS : *Calcar phos.* 6x chief remedy ; prostration and sleeplessness *Kali phos.* 6x, with acid symptoms *Natrum phos.* 6x.
- MASTITIS : *Ferrum phos.* 12x.
- MEASLES : Early stage with fever and congestion *Ferrum phos.* 12x, second stage with cough and glandular swelling *Kali mur.* 6x, suppressed eruptions *Kali sulph.* 6x.
- MEMORY WEAK OR DEFICIENT : *Kali phos.* 12x.
- MELANCHOLIA : With loss of memory *Kali phos.* 6x, with depressed or mourn feeling *Natrum mur.* 30x.
- MENINGITIS : *Ferrum phos.* 12x to 200x, *Kali mur.* 6x and *Kali phos.* 12x. Violent pains at base of brain *Natrum sulph.* 30x.

- MENORRHAGIA : With excessive bearing down pains and displacement *Calcar fluor.* 12x. With bright red blood *Ferrum phos.* 12x.
- MENSTRUAL AFFECTIONS : Painful with bright red blood *Ferrum phos.* 12x ; irregular dark and offensive *Kali phos.* 6x ; thin watery pale discharge *Natrum mur.* 30x ; menstrual colic *Magnesia phos.* 6x in hot water, late and scanty *Kali sulph.* 6x.
- MIGRAINE : *Kali phos.* 6x, with bilious symptoms *Natrum sulph.* 6x.
- MORNING SICKNESS : With white phlegm *Kali mur.* 6x ; frothy watery phlegm *Natrum mur.* 6x, bilious vomiting *Natrum sulph.* 6x.
- MUMPS : *Ferrum phos.* 12x and *Kali mur.* 6x chief remedies ; persistence of swelling *Calcar fluor.* 12x.
- NECK, STIFF : See Rheumatism.
- NEPHRITIS : See Bright's Disease.
- NETTLERASH : *Natrum mur.* 6x and *Kali mur.* 6x.
- NEURASTHENIA, NERVOUSNESS : *Kali mur.* 6x and *Calcar phos.* 6x chief remedies, thin watery blood, chlorosis *Natrum mur.* 30x.
- NEURALGIA : *Magnesia phos.* 6x, chief remedy ; in irritable and nervous patients *Kali phos.* 6x, with inflammatory condition *Ferrum phos.* 12x.
- NEURITIS : See Neuralgia.
- NIGHT SWEATS : *Silicea* 200 twice a week, *Natrum mur.* 200 once a week ; *Calcar phos.* 6x thrice a day.
- OBESITY : *Calcar phos.* 30 ; *Kali mur.* 6x.
- OPHTHALMIA : Inflammatory symptoms early stage, *Ferrum phos.* 12x, creamy purulent discharge, *Natrum phos.* 6x, greenish secretions *Kali sulph.* 6x. Wash the eyes with *Calendula* lotion.
- OTITIS OTALGIA : See Ear Affections.

- OZAENA : At onset *Silicea* 6x, followed by *Calcar sulph.* 6x. To promote healing process *Silicea* 200.
- PALPITATION : *Kali phos.* 6x, with spasmodic affections  
*Magnesia phos.* 6x.
- PARALYSIS : *Kali phos.* chief remedy. Muscular, *Magnesia phos.* 6x; due to suppressions of foot sweats *Silicea* 30x.
- PAROTITIS : See Mumps.
- PERICARDITIS : See Heart Affections.
- PILES : Bleeding, *Ferrum phos.* 12x, blind *Calcar fluor.* 12x and *Kali mur.* 6x.
- PIMPLES : See Acne.
- PLEURISY : See Bronchitis.
- PNEUMONIA : See Bronchitis.
- PRICKLY HEAT : *Natrum mur.* 30x, *Calcar phos.* 6x,  
*Kali mur.* 6x.
- PROSTRATION : See Neurasthenia.
- PROSTATITIS : *Ferrum phos.* 30, *Kali mur.* 6x.
- PSORIASIS : With bright redness *Ferrum phos.* 12x, followed by *Kali mur.* 6x, with intense itching  
*Natrum mur.* 30.
- PYORRHEA : To remove pus *Silicea* 6x, intercurrently with *Calcar sulph.* 6x. To promote healing process *Silicea* 200. Externally use Biochemic Tooth Powder.
- RACHITIS : *Calcar phos.* 3x or 6x principal remedy. With thin neck and thighs and emaciated  
*Natrum mur.* 30x, large abdomen, head and tendency to boils *Silicea* 30.
- RHEUMATISM : Initial stage with fever *Ferrum phos.* 12x; with swelling *Kali mur.* 6x; affecting the joints, gout, *Natrum phos.* 6x; with spasmodic pains, *Magnesia phos.* 6x; with bilious conditions

*Natrum sulph.* 6x ; with stiffness of parts, *Kali phos.* 6x.

SCARLET FEVER (SCARLATINA) : First stage *Ferrum phos.* 12x, second stage *Kali mur.* 6x, suppression of rash *Kali sulph.* 6x, malignant symptoms *Kali phos.* 6x.

SCIATICA : Pain down back thigh to knee *Kali phos.* 6x or 12x, with severe pains, *Magnesia phos.* 6x in hot water ; chronic cases *Natrum mur.* 30—200 ; in gouty patients *Natrum sulph.* 6x.

SKIN DISEASES : Eruptions with white secretions *Kali mur.* 6x, inflammatory stage *Ferrum phos.* 12x (alternate with). Eczema with watery secretions *Natrum mur.* high ; dryness of the skin with yellow effete matter *Kali sulph.* 6x. Crusta lactea with acidity *Natrum phos.* 6x, *Calcar sulph.* 6x and *Silicea* in various potencies may be required.

SLEEPLESSNESS (INSOMNIA) : *Kali phos.* 6x and *Ferrum phos.* 30x principal remedies ; cold compress of the same with hot foot-bath at bed time strongly recommended.

SMALL-POX : *Ferrum phos.* 12x, *Kali mur.* 6x, *Kali phos.* 6x.

SPASMS : *Magnesia phos.* 12x or 30x in hot water is the chief remedy. In obstinate cases, *Calcar phos.* 12x also.

SPERMATORRHOEA : *Kali phos.* 6x and *Calcar phos.* 12x.

SPLEEN ENLARGED : *Natrum mur.* 200 and *Natrum sulph.* 12x.

ST. VITUS' DANCE : *Magnesia phos.* 12x or 30x, in hot water is the chief remedy. *Kali phos.* and *Calcar phos.* also may be required in obstinate cases, with cold compress of same on head and feet in hot water.

- SUN-STROKE : *Natrum mur.* 30 and *Kali Phos.* 12x.
- SWEAT ON FEET : *Silicea* 200, *Natrum mur.* 200, twice a week.
- SYPHILIS : Hard chancre *Calcar fluor.* 6x ; soft *Kali mur.* 6x ; Int. and Ext.
- TEETHING TROUBLES, DIFFICULT DENTITION : *Calcar phos.* 6x is the chief remedy. If there is fever *Ferrum phos.* 12x. If child is crying much *Magnesia phos.* 12x in hot water also.
- TEETH SHAKY : *Calcar fluor.* 12x and *Calcar phos.* 12x.
- TONSILITIS : *Ferrum phos.* 12x and *Kali mur.* 6x frequently. Hard, *Calcar fluor.* 6x also ; soft, *Natrum phos.* 6x also.
- TOOTH-ACHE : *Calcar. fluor.* 12x ; *Magnesia phos.* 12x.
- TUMOURS : Hard, *Calcar fluor.* 6x : soft *Kali mur.* 6x.
- TYPHILITIS : *Ferrum phos.* 12x and *Kali mur.* 6x ; later on *Silicea* 200, *Calcar sulph.* 12x.
- TYPHOID FEVER : *Ferrum phos.* 12x and *Kali mur.* 6x in the beginning ; high fever amounting to delirium *Kali phos.* 6x ; severe thirst with loose stools, saliva or tears with constipation *Natrum mur.* 30 ; night aggravation, *Kali sulph.* 6x.
- ULCER : *Ferrum phos.* 12x and *Kali mur.* 6x ; same may be tried externally as a compress ; later stage with purulent or sanious discharge, *Calcar sulph.* 6x ; with yellowish green discharge, *Kali sulph.* 6x.
- VERTIGO : *Kali phos.* 6x is the chief remedy. *Ferrum phos.* 12x and *Calcar phos.* 12x may be required.
- VOMITING OF FOOD UNDIGESTED : *Ferrum phos.* 12x ; due to worms, *Natrum phos.* 6x ; due to biliousness *Natrum sulph.* 12x.

WASTING OR ATROPHY : *Calcar phos.* 12x and *Kali phos.* 6x ; *Silicea* 200.

WHITLOW : Treat like abscess.

WHOOPIING COUGH : *Kali mur.* 6x and *Magnesia phos.* 12x are the chief remedies. Night aggravation *Kali sulph.* 6x ; with frothy phlegm, *Natrum mur.* 30.

WOMB : Displaced, *Calcar fluor* 6x, *Ferrum phos.* 12x, *Calcar phos.* 12x ; inflamed, *Ferrum phos.* 12x and *Kali mur.* 6x. Compress of same over the abdomen should be tried.

WORMS : *Kali mur.* 6x and *Natrum phos.* 6x frequently ; if there is fever *Ferrum phos.* 12x.

WOUNDS : *Ferrum phos.* 30x Int. ; compress of *Ferrum phos.* 6x Ext.

ZONA : *Kali mur.* 6x and *Kali sulph.* 6x Int. and Ext.



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