

The Leech: *Hirudo medicinalis*

by Ralph Twentyman

Some years ago a case of Peyronic's disease was treated successfully with oral *Hirudo medicinalis* 12c. Peyronic's disease consists of a painful nodule developing in the shaft of the penis. In 10% of cases there is associated Dupuytren's contracture. The condition in the penis tends to spontaneous resolution after four or more years. In the case I reported, disappearance of pain was rapid in response to *Hirudo* and the nodule resolved completely in six to nine months. After stopping treatment for two months, some recurrence of pain and of the nodule was noticed, but this cleared up on resuming *Hirudo* 12 twice daily. *Hirudo* is the medicinal leech.

In the proving of *Hirudo* carried out by Raeside, no symptoms were recorded in the genital organs, but there were spots and pimples on the nose and face. Raeside mentioned the work of the physician-biologist Jaworski. Jaworski was concerned to discover and verify in practical application, correspondences between organisms occurring in the outer world and the organs, tissues and cells within our own skin. He himself, regarding birds as externalized pulmonary functions, used sera prepared from birds as a remedy for pulmonary disease in man, in emphysema, bronchitis and pneumonia. Our own use of *Tuberculinum aviare* in such cases may be successful on account of the pigeons from which it is derived as much as on account of the tubercle. In any case, I have personally seen it produce excellent improvement in respiratory function in such cases.

Jaworski also pointed to the correspondence of tortoises and turtles to the liver in man, and used preparations from them in treating cirrhosis and other liver diseases. The molluscs he regarded as strik-

ing a note of female genitality. Our use of *Sepia* and *Murex* in disorders of function of the uterus confirms this insight. Jaworski further demonstrated that the worms correspond to the male genital organs and functions. The leech in particular individualizes the erectile function, it becomes engorged with blood and its locomotor activity is based on this variable condition. Having observed these creatures over some time, I am persuaded that the word lecherous must be related to leech. On the basis of this correspondence of *Hirudo* with the penis, I used the preparation successfully in the case of Peyronic's disease.

A hundred years ago the English physician Compton-Burnett drew attention to the importance of organ remedies as introduced into homœopathy from Rademacher's Paracelsianism. He seems to have used three main methods of choosing the remedy - firstly the matching of the totality of symptoms, secondly the organ affinity of remedies, and thirdly nosodes aetiologically chosen. The organ remedies are perhaps most used today in the drainage remedies of our French colleagues. I believe the use of animal remedies such as *Hirudo* represent an extension of this concept of organ remedies.

Another remedy which I have used in a similar way is *Bufo*. In the amphibia the skin is the dominant organ, and it is not difficult to see that the toad displays outwardly in its skin the mucous membrane which in higher forms is internalized in the intestine and particularly in the colon and rectum. I have used *Bufo* in proctitis and ulcerative colitis, sometimes with considerable relief of symptoms. The first time I used it was in the case of a man with radiological evidence of Crohn's dis-

Reprinted from *The Science and Art of Healing* © 1989, with the kind permission of the publisher, Floris Books. The book is reviewed elsewhere in this issue.

Ralph Twentyman MB BChir FFHom was Editor of the *British Homœopathic Journal* for twenty one years and was formerly a Consultant Physician at the Royal London Homœopathic Hospital.

case of the terminal ileum. Gradually over 18 months the condition cleared up and the X-ray appearances became normal.

A remedy which is not often used as far as I know is *Hekla lava*. It was introduced into homœopathy by James Garth Wilkinson in the last century. He noticed when in Iceland the sheep grazing on the slopes of Mount Hekla developed exostoses on their jaws. *Hekla lava* has been used for various dental troubles, abscesses and tumours of the jaw. I have used it in osteoarthritis, particularly in Heberden's nodes of the terminal phalanges. These can erupt quite quickly and painfully and I have often seen them greatly helped by *Hekla lava* 6 or 12 given twice daily. The sudden development of these nosodes reminds me of the way in which a few years ago a new island was formed by eruption off the coast of Iceland.

James Garth Wilkinson was a Swedenborgian and his book *The Human Body and its Connection with Man*, published over a hundred years ago, is still thought-provoking and stimulating. It provides a valuable look into the way homœopathy and Swedenborgianism worked together, particularly in the United States. Constantine Hering was a Swedenborgian and the tradition ran through American homœopathy to

Kent. Although Wilkinson was an Englishman, I cannot find that Swedenborgianism was so much of a stimulus to the development of homœopathy in Great Britain.

Another type of organ remedy exists. When an organ or tissue from an animal, suitably prepared, is given to a human being, a vitalizing action of the corresponding human tissue can be brought about. This can be of help in treating disease of tissues like cartilage or nerve tissue, where vitality is in any case low, or in intensifying the action of remedies into some particular organ. My experience with these remedies (such as the *Disci* preparations of Wala) leads me to believe that they can be very useful in cases where there are pathological structural changes and where, as is often the case, classical prescribing symptoms are absent or rare.

In conditions in which it may be difficult or perhaps impossible to find the symptomatic similimum, it may still be possible to find remedies which can cure or help, by resorting to various types or organ remedy. Not only can we help by these methods, but we enlarge our understanding of the action of remedies and enrich our conception of the similar remedy. □

CARING FOR THE CARER

SELF-CARE IN THE HEALING PROFESSIONS

with Richard Morrison

A short course for those working in Health or Community Care, eg nurses, social workers, complementary practitioners, doctors, health visitors, psychotherapists, probation officers, OT's, clergy etc.

The group is limited to a maximum of 12 participants and provides a safe and supportive setting to explore practical and emotional aspects of:

- stress and 'burn-out'
- personal and professional boundaries
- job satisfaction and support
- strategies for sustaining ourselves and others

When: Nine Thursday Mornings, 10am to 1pm, May 3rd - June 28th 1990

Where: SPECTRUM, 7 Endymion Road, London N4

Cost: £135

To Book: Send a deposit of £35, payable to Richard Morrison at SPECTRUM

For further information, phone Richard on 01-348 6546

Richard Morrison has over 15 years experience of humanistic psychotherapy, both in individual and group settings and nine years experience as a GP. He is also a sculptor. He is currently medical adviser to Islington MIND.

Book Reviews

The Science and Art of Healing

by Ralph Twentyman

ISBN 0 86315 095 0

Floris Books, 21 Napier Road, Edinburgh, Scotland
1989

314 pages, £19.95

reviewed by Francis Treuherz

This is a remarkable book, a collection of essays by a most experienced healer edited and welded into a rich volume from the perspective of retirement. Let me declare an interest. As my fascination with homœopathy was just developing, and before I had begun my formal training, I asked Dr Twentyman for some advice with research and he promised me an hour. In the event I stayed all day and learned so much that was influential and important. Out of these discussions grew my critical interest in the influence of Steiner and Swedenborg on modern homœopathy*

I remain interested and I remain critical. I believe that there are many forms of insight that will help a homœopath discern the indicated remedy, and that this insight will vary from practitioner to practitioner, and according to the needs of the patient. Our homœopathic ancestors varied in their practice and philosophy. But there is a basic standard definition around the single similar remedy and the single minimum dose. The influence of Steiner almost upset this definition for a whole generation of homœopathic physicians in this country. And the influence of Swedenborg has tied us to a received wisdom concerning the inflexible ideas of James Tyler Kent only recently refuted by the scholarly reprint of his *Minor Writings* edited by Gypser. (We have also been hampered by ignorance of Hahnemann's later work in the sixth edition of the *Organon*.)

To describe this book as a collection of papers on philosophy, materia medica and therapeutics would be banal but that is how it is divided. The outer form does not really reflect the inner richness, the allusions to classical myth and biblical metaphor, with which he enhances his references from our homœopathic literature. He discusses the outer phe-

nomena of nature and the inner workings of the human mind. Applying the principle of metamorphosis, dramatically revealed in nature he explains how illness is a metamorphosis of health, a displacement of natural process, and the art of healing a further metamorphosis.

In the first section he discusses the nature of homœopathy, holism, potentization and the relationship of form and structure in anatomy. He goes on to look at metallic elements, plant species as families of remedies, and a number of other well known remedies. *Hirudo* (reprinted elsewhere in this issue) is his most obscure and yet his most fascinating chapter as in it he manages neatly to introduce all his favourite themes (and mine also in the person of James Compton Burnett). This is where he illustrates that there are useful insights to be gained from philosophies outside our own provided that the result is the creation of a similimum prescription, from our own scientific reasoning, and in a suitable potency. His final chapters are on disease themes including neurosis, cancer, AIDS, asthma, rheumatoid arthritis, multiple sclerosis and Parkinsonism, migraine, depression and the liver.

It is clear that most of the essays have been previously published. Many of his readers including myself, have read much of the material before in the *British Homœopathic Journal*. I consider it a serious omission that there is no reference to the original publication of these articles. We cannot assess the chronological development of Twentyman's ideas, nor see which essays have been revised. Nor is there a list of all his publications so we cannot easily see what has been omitted. How, for instance, has he incorporated his brilliant and unique essay on *The Male in Sepia* into the present work? And in the same vein, there is a fascinating bibliography but the list is not referenced from within the essays. The book is handsomely produced in a cover illustrated predictably with Mistletoe, our *Viscum album* and the *Isador* of the Anthroposophists, mentioned only in passing in the book itself.

* (Steiner and the Similimum, *Journal of the American Institute of Homeopathy*, 78:2 1985 and *The Origins of Kent's Homœopathy* *JAIH*, 77:4 1984, and both reprinted in *The Homœopath*)

Francis Treuherz RSHom is Editor of this Journal and practises in North and North-West London.

There is a richness of metaphor, culture and ideas in this book which is rivalled only in the work of Whittmont. I suggest that even without a classical education there is much to be learned here and incorporated into classical homœopathy. This book does not have homœopathy in the title but instead, healing. It is a healing experience to read it and I hope that it will become a classic. □

Transactions of the First Session of the Homeopathic Academy of Naturopathic Physicians
held at Portland, Oregon, April 25-26, 1987
Paul Herscu, Editor
Second Edition n.d., 120 pages
Reviewed by Ian Watson RSHom

This book comprises a written record of a two-day gathering of naturopathic physicians specialising in homœopathy, which took place in Oregon in 1987, edited by Paul Herscu ND who was our guest at the 1989 Society Day and Conference. The bulk of the schedule was dedicated to the presentation of papers detailing some of the clinical experiences of the Academy members. A varied and interesting cross-section of themes were chosen - some examples being *Anthraxinum*, Multiple Sclerosis, Limitations to Cure, The Carbon Remedies, Acute Bipolar Affective Disorder and Acute Remedy Cures Chronic Complaint.

The style is reminiscent of many of the old homœopathic journals, with a somewhat formally-presented paper being followed by a lively discussion between speaker and audience, which helps conjure up a sense of how it must have been on the day. The great strength of a book like this is that virtually everything is case-orientated, and mostly they are successful cases from a homœopathic standpoint. The presenters are relating what they have seen in their practices, and all of it is extremely relevant to the present day.

My only criticism of the book is that it seems to have deliberately been produced for a very limited readership - there are no publishers' details, no price, and the first sixteen pages are taken up with Academy 'business' such as election of officers, minutes etc., which is of little interest to anyone except members of the Academy.

The book is nonetheless very well produced, nicely bound and printed and gives the impression of a professional work produced by a professional body. I await the 1988/89 transactions with eager anticipation. □

Ian Watson RSHom practices in Cumbria and is preparing a Cases Conference for our "Together Again" Conference at Nottingham University on 14-16th September. Send your contributions to Ian at Crake Cottage, Sparkbridge, Cumbria, LA12 8BT.

The Family Guide to Homœopathy: the Safe Form of Medicine for the Future
by Andrew Lockie
ISBN 0241 12158 2
Elm Tree Books, (Penguin Group), London, 1989
402 pages, £16.95
reviewed by Clare Palmer

This book, written primarily for those who wish to treat themselves or their families but also in the hope that health care professionals will find it useful, is much more than a guide to homœopathy. Dr Lockie has distilled 16 years of experience as a health care practitioner into an enormous book crammed with information and advice, written mostly in a clear and accessible way. The chapter 'Prevention is better than cure' illustrates his approach well: the topics range from nutrition and exercise to stress and environmental hazard; suggested methods include meditation (with instructions), lessons in Alexander Technique, breathing exercises, how to cope with stress, how to prevent accidents and even what to do in the event of another Chernobyl type incident.

Clearly he is deeply committed to homœopathy, and concerned at the damaging effect of much orthodox treatment. His introductory chapter 'What is homœopathy?' is well and concisely written, and includes a substantial section on Hahnemann and his philosophy. There is a list of the sources of the 300 or more remedies mentioned in the book.

Three hundred remedies! This book is not just about first aid or prescribing for a limited range of illnesses, it covers a huge range of diseases among them the most severe pathology, for example, brain tumours, Parkinson's disease, polio, heart failure, thyroid problems. Although he is careful to indicate where he thinks skilled homœopathic or medical treatment is required, and despite the excellent explanations of anatomy and pathology, and the suggestions for self help, I was dismayed at the implied message given by a respected medical homœopath to try self-prescribing for such serious health problems.

He tries more ambitiously than any other home prescribing book I have seen to take people beyond thumbnail sketches of remedies, but I think his methods are flawed and unlikely to work well. He describes the art of case taking and finding the remedy in 2 brief pages. His readers are referred to the remedies listed under specific ailments, and his General Remedy Finder, which is 36 pages, is derived from Kent's Repertory listing selected mental and general symptoms. I could not find any consistency to his decisions about which remedies to include or omit, in the chosen rubrics. For example in the section on food aggravations, milk has the 10 black type remedies from a rubric of 57; onions has *Lyc.* and

Clare Palmer is a student at the College of Homœopathy and an editor of their student magazine '1M'

puls., omitting nux-v. and thuj., presumably because they are in ordinary type. For bread he lists chin., nit-ac., Puls., sep. thus omitting Bry., and another 26 remedies. There is a *Materia Medica* of 60 remedies for further reference.

Many of his readers interested in doing all the work he recommends to find remedies would be much better off with our standard repertories and *materia medicas* and a good training course in home prescribing. The likelihood is great that people will continue to think allopathically, look up a specific ailment, and make a guess from the remedies listed, some of which have one or two constitutional indications listed in their description. They are usually recommended to take the 6c potency 3 or 4 times a day for up to 7 or 14 days. There will be some successes but, I fear, many disappointments, with the loss of confidence in homeopathy that results.

Dr Lockie mentions the existence of 'Lay practitioners' and the Society of Homeopaths with the wrong address, but the reader is encouraged in no uncertain terms to give us a wide berth, and find a practitioner qualified in orthodox medicine through the British Homeopathic Association.

Paradoxically I know that I shall use this book, not for the homeopathy but for his lucid descriptions of pathology and for some of the self help measures he mentions. □

Homeopathic Medicine

by Spiro Diamantides

Published by the Author

20 Dragoumi Street, Athens, Greece 11610

344 pages, price not known.

reviewed by Jonathan Clogstoun-Willmott

The author graduated in medicine from the University of Athens and received postgraduate training in homeopathy in Vienna and London. Since then he has worked in various hospitals in Vienna, London and the USA, given seminars on a variety of subjects, not all homeopathic by any means, and published many articles.

This book shows what can be done on a Macintosh Computer, and I have to say that it looks it. (And so has this journal for the last three issues! Ed.) What is more it is poorly bound and started to fall apart at an early stage in the proceedings. So those gripes apart, what of the text?

Aimed it would appear predominantly at the author's medical peers, it seeks to persuade those who are not to become believers. He covers the usual basics, taking most subjects slightly more deeply than might be found in other introductory texts. For once

Jonathan Clogstoun-Willmott RSHom practices in Edinburgh, Scotland

he gives no *Materia Medica*, but sticks mainly to the philosophy, and gives quite a good explanation of the expanded water molecule polymerism chain theory. This explanation is one of the few times that his schematic diagrams are useful, as many of his other diagrams, all so carefully prepared with his Macintosh, are superfluous and dare one say it, at times rather tiresome.

It is an honest book, even if not everyone will agree with some of his views, such as his belief that homeopathic treatment should be avoided in the first five months of pregnancy. But he does rather wade through it all: for instance, we are treated to a whole chapter on the clinical applications of homeopathy, from epidemics, via maladies of diverse kinds, to A.I.D.S., giving in each case a list of the kinds of diseases that have been successfully treated, those that are less susceptible to homeopathic intervention, and the names of researchers and of those who are his sources. There is a short chapter on scientific research, which lists some of the kinds of work going on, but omits any reference to recent French research. There is the regulation life of Hahnemann, covered with some alacrity, and then 77 pages of history and bibliography: My he *does* list a lot of texts. I wonder if he has read them all?

Perhaps I am being a little unfair, but his account of the theoretical basis of how it works is heavy going, despite a promising start in which he compares and contrasts ideas down the ages on the Mind and Psyche (his Greek forbears receive due obeisance here). So all in all I do not think that I would have rushed out to buy this, as I think most of his material has been covered elsewhere and more elegantly. □

Thorsons Guide to Medical Tests: The Complete Handbook of Diagnostic and Preventive Tests

by Joanna Trevelyan, David Dowson and Ruth West
ISBN 0 7225 1503 0

Thorsons, 1989

pp256, paperback £6.99

reviewed by Cos Petrondas

At first perusal it is difficult to identify the group of people which this book aims to reach. On the one hand I feel that the depth of information will not be of any great interest to most people, and that professional readers will find the book cumbersome, as chapter divisions are not very well defined. So, for example, whilst you are looking at Bone Biopsy you suddenly realise that you are also reviewing Allergies, because of this unclear division. The arrangement does not follow body systems which also exacerbates the problem.

Cos Petrondas RSHom practices in Prestbury, Cheshire and teaches at the North West College of Homeopathy.

However, I admire the book for its honesty. In the introduction it reviews the reasons for medical tests and asserts that only a small number of tests are useful or necessary, and these are performed for reasons that are not related to the needs of the patient, a view shared, say the authors, by the W.H.O.. Also included are the dangers of tests such as CSF Lumbar puncture, with the attendant possibility of nerve paralysis. Readers are reassured that this is reversible in most cases! The authors conclude that even with this impressive technology misdiagnosis is still high at 15%.

As far as the factual content of the book is concerned I cannot fault it. The text is divided into eight chapters, covering diagnostic tests, major at-risk groups, women, men, and mental health; each chapter looks critically at the necessity for the tests. The authors then proceed to contradict themselves and advocate even more research and tests, so that more diagnosis can lead to more successful methods of treatment! □


No theories. No speculation. Just cured cases.

The Proceedings of the 1989 IFH Professional Case Conference

Topics and Speakers:

Pulmonary Sarcoidosis - S. Kipnis, ND Cervical Dysplasia - L. Klein, RSHom Compulsive Yawning - K. Robinson, MD Carcinosis - J. Shore, MD Sinus Headache - D. Crothers, MD Calcarea Fluorica - R. Morrison, MD	Aurum and Its Salts - N. Herrick, PA-C Bipolar Affective Disorder - S. Messer, ND Metrorrhagia - W. Shevin, MD A Consultant Problem - B. Gray, MD Dental Emergencies - J. Jacobs, MD Failure to Thrive - S. Murnane, CNM, ANP Homeopathic Archaeology: Deciphering a Multi-layered Case - S. King, ND
---	---

Retail price: \$24.50 (Please allow 4-6 weeks for delivery)
 All prices include shipping anywhere in the world, US funds only.



International Foundation for Homeopathy

2366 Eastlake Ave. E., Suite 301

Seattle, WA 98102 USA • Tel. 206-324-8230

“We train homeopaths.”

The Systems Exchange

16 Crawford Street London W1H 1PF
 Tel. 01-224 6333 Fax 01-935 6074

The Systems Exchange was set up three and a half years ago in order to supply low cost computer equipment to Environmental, Peace and Humanitarian groups. The services we offer cover sales of all IBM compatible equipment and Apples. In addition we supply all types of software, consumables, support services and maintenance contracts. Among our present clients are Friends of the Earth, The RNIB, Oxfam, The College of Homoeopathy and many others. If you need some equipment or just some advice please call and speak to Marc Powell. We will be only too pleased to help.