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Miasms and the Remedies to meet them.

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ALUMINA.

{ Deep-acting  
{ Anti-psoric

Alumina is not only a deep-acting remedy but slow-acting as well. Not all the deep-acting remedies in our *Materia Medica* are slow-acting, but a few only are so, viz., Alumina, Iodine, Sepia &c. These remedies take a deep hold in our economy and are required to eradicate the deep tendencies. They are hardly ever required in the treatment of acute diseases. Alumina is a deep-acting, slow-acting and long-acting anti-psoric.

They say,—it is the chronic of Bryonia. The idea is that if a patient falls ill and takes the Bryonia symptoms every time, it is very likely that the repeated tendency of his falling ill and taking the Bryonia symptoms may be rooted out by this remedy. Of course it may not be true in every case. Some cases may again be met with Sulphur.

MENTAL :—Principally there are three things to be remembered in relation to the mental features of Alumina. The first is his *dejection* and *apprehension*. He is full of sadness. Sad and apprehensive about his own condition which he thinks incurable. The peculiarity of his sadness is that he cannot keep quiet. *He is in a hurry* when he is sad, and in fact his sadness *keeps pace with* his being in a hurry. By being in a hurry, he expects to improve his condition, but he is in fact all the *worse* for it. If he knows that some body is waiting for him in his office, when he may be at his meal, he apprehends some evil and will hurry up with his meal,

full of sadness and apprehension. If he knows the post-peon is coming to deliver his mails, he will be at once off his heels and will be perturbed unless and until with breathless haste he opens all letters and sees there is nothing serious in them. Such is the condition of his mind. Sad and apprehensive and always in a hurry,—the more sad, the more hurry. The third thing to be remembered in this respect is the *dazed* condition of his mind. There is a confusion of ideas and thoughts, so that he cannot reason out a decision, step by step, and he is lost in the thought as in a maze. Sometimes he doubts about himself and the things around him as to their reality. "The consciousness of his personal identity is confused". These three are the main characteristics of his mind. His mental condition aggravates in the morning.

There are some children who do not appear to realise properly after they wake in the morning. For some time they are in a bewildered state of mind, as if in a semi-waking state. Most of these children are of Alumina type. Lycopodium has it, but in a lesser degree.

The next point that is important regarding Alumina patient, is the *paralytic* condition of his system. Everything seems to be *slowed* down. His sensations and perceptions, far from being quick and active, are rather slow and delayed. His mind is always to be whipped into activity. We have remedies that are said to be *sensitive*, but Alumina conveys just the opposite idea,—*dull* and *slow*; and this dullness and slowness develops into paralysis in certain cases. The patient is *born* so,—Alumina child is dull and slow, the youth is also so unless remedied and cured in his childhood. He is born with dullness and along with his age, the dullness only increases and, by and by, paralysis may ensue. The miasmatic or the psoric seed grows into a plant and manifests itself in various forms.

The inveterate constipation is the *earliest* manifestation. The patient must have to *strain* and *strain* to pass even a soft stool. The urine also does not easily start,—he must have to

strain. A peculiar characteristic in this relation is that he must strain *at stool* in order to *urinate*. This is quite peculiar and must be remembered. Another peculiarity is that sometimes he can only evacuate bowels when *standing*; he has to strain as if the abdomen and rectum were paralysed. Causticum has defecation only or better when standing but in Causticum the straining is far less than in Alumina. These things are quite peculiar. Sarsaparilla can urinate only when standing. However, this paralytic condition viz., the constipation of stools and urine, is found to appear more in pregnant women and children. The child or the pregnant woman must have to *make an effort* in evacuating stool and urine. Even the bolus goes down *with an effort*,—i. e., the act of swallowing has also to be performed with an effort; the patient must have to put a little force in order to swallow even,—such is the sluggish condition of his system.

The constipation of stool and urine in Alumina is a portion of the paralytic nature of the remedy. The bladder and the rectum are slow to perform their function. The bladder may be full, but the point is that the flow does not start; sometimes again it starts involuntarily. The full picture of Alumina constipation is worth remembering. The patient may not have the *urgency* to stool for days together, though he feels that his lower intestines are full of feces. He must have to strain, to press down his abdominal muscles as if to help the evacuation. This is mostly ineffectual, because he feels that his *rectum does not make any effort*,—it is *inactive*; then, he has to hang on to his seat, and make a strenuous effort with the help of a wall or string, as if in labor. With all these he is at last successful in evacuating a soft stool, and feels that more stool remains unpassed. This is the picture of Alumina defecation. He finds himself full of sweat due to the efforts he has exerted during defecation.

Another paralytic condition is found in the throat. The hoarseness and loss of voice are among the paralytic condition of the vocal cords, the weakness of the larynx.

This aggravates in the morning. Every morning after rising up from bed, the patient has a long spell of dry cough, sometimes with sneezing. He has a sensation of something hanging loose in the throat. This condition of the throat is not an acute one but a chronic lingering complaint, which is not much noticed in the beginning.

The third point relates to catarrh. The peculiarity of catarrh in this remedy is the *dryness* of its mucous membranes. The nose feels *dry* and there are green and offensive crusts. The coryza slacks up and gives rise to headpains, technically called catarrhal headache,—which ameliorates on lying down. The pharynx feels *dry*, and there is sensitiveness and soreness. When swallowing, the difficulty arises owing to dryness as well as to paralytic condition. After some time, a sort of moisture comes to rescue and swallowing is finished though with a feeling of sticks there. The rectum is also dry and we know what an inveterate constipation the remedy has. Fissure arises in the anus due to dryness and straining. The skin is quite dry and there is hardly any sweat. These are instances of *dryness* of the remedy.

But along with the dryness, there are discharges in the remedy which may be copious. For example, leucorrhœa which is copious and excoriating; so copious that the flow runs down-heels, making the parts red and inflamed. The peculiarity of the flow is that it aggravates during day and during exertion; it is in keeping with the general aggravation on motion that is found in this remedy. The Alumina female finds herself disproportionately exhausted after the flow, and any movement is highly tiresome to her. The prolonged menses with profuse discharges just before the menopause, the flow being badly exhausting, can be in most cases met with this remedy, if other symptoms agree.

*Skin* symptoms of Alumina are important. The skin is dry, there is hardly any moisture over it, and when the body is kept covered with a view to make it perspire, the result is restless itching of the skin instead of any perspiration.

The eruption and itching aggravate in the warmth of bed. If the Alumina patient feels chilly and takes warm clothing on, it will simply make him restless due to intense itching as soon as he is warmed up. The peculiarity about skin symptoms is that there is itching of the skin without eruption; there is simply itching, intense itching, and the patient is compelled to scratch until the skin is raw and bleeding. Then the bleeding spots get healed up and form scabs, when again itching is felt over them and scratching makes them again raw and bleeding. That is the condition of Alumina skin. Everywhere there is crawling, creeping and itching all over the skin which aggravates in the warmth of bed. Alumina skin symptoms are aggravated in winter. Eruptions are dry and tettery.

Burning pains in the back are very characteristic. The patient feels as if a hot iron were forced through the lower vertebræ. Burning and stitching pains in the back. Spine irritation with paralytic symptoms.

The *modalities* are worth remembering. The Alumina patient is cold,—he is a chilly patient, but yet he wants bath and to be in the open air. He must have good clothing on his person, but wants to be in the open air. Every change is hard upon him and he is liable to take cold frequently. When in bed, he finds himself between two horns, as nothing suits him—he is chilly and so takes the covers on, but as soon as he is warmed up in bed, his itching ensues and he is compelled to throw off the covers. So the warmth of the bed aggravates his skin symptoms. There is again a general aggravation in the morning. The Alumina patient is aggravated from starch food, especially from the starch of potatoes which he does not like. He wants dry food and dry rice. Salt, wine, vinegar and spirits aggravate. Yet he has an abnormal appetite for starch, chalk, charcoal and such indigestible things.

There is also every alternate day aggravation and periodical aggravation. New and full moon aggravation

has been observed. Guernsey says "Patient gets along nicely for a time, then, from no apparent cause, gets worse for a time, and soon a relapse may be worse than the original illness, another relapse not so bad, and so on with longer intervals between." Of course, this is the way and process of permanent cure in all paroxysmal and periodical chronic ailments after the proper Homœopathic remedy is administered, but Alumina has it in a special way. I cured a periodical headache that used to appear every seventh day. Alumina was indicated by virtue of other symptoms and it was given in 1 m. The interval began to increase and increase, and in course of five months the headache disappeared, leaving my patient quite healthy in all other respects. Head symptoms are ameliorated by lying down.

There are a few other points relating to modalities. The patient is aggravated after coition. The peculiarity regarding heat and cold demands special mention. The patient and his diseased parts are ameliorated by cold bath and moistening with cold water. Ameliorated by warm food and drink and warmth generally, though skin symptoms are aggravated by the bed-warmth, and in winter.

The chronic nature of this patient,—he is born weak, sluggish, lazy and semi-paralytic. Susceptibility to cold, deficiency in animal heat, yet an intense desire for cold bath and open air, and amelioration from warm food, warm drink and warmth, yet aggravation of his skin symptoms from the bed warmth, are special features of this remedy. The slowness of its action, as I have stated in the beginning, is proverbial.

Alumina has been also said to be "the Aconite of chronic diseases," which means that person suffering from chronic diseases are invariably benefited by it, pending the use of true similimum that cures.

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