

Interstitial Pulmonary Fibrosis: A Palliation

ABSTRACT: I want to share my experience with an unusual case of Interstitial Fibrosis of Lung wherein the presentation was with very few symptoms giving rise to One-sided disease (Aphorism no: 173).

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A case of Interstitial Pulmonary Fibrosis was palliated with *Arsenic-iodatum* 3X based on Clinical observations.

Mr AML, aged 60 yrs came to me for consultation in the month of May 1991. The Clinical Diagnosis of the case was Interstitial Fibrosis of lung- Steroid dependant.

CHIEF COMPLAINTS: The only complaint was Breathlessness on exertion since the last 5 yrs aggravated with slightest exertion and ameliorated by rest and Allopathic medication of Corticosteroids.

Marked weakness was also present.

P/H: Nothing significant.

F/H: Mother: H/O Pulmonary Tuberculosis.

Father: H/O Rt-sided Pleural Effusion

Brother: H/O Pericardial Effusion

PERSONAL HISTORY

APPETITE: Normal

THIRST: 1-2 liters per day

URINE: Normal

STOOL: Normal

CRAVING: Sweets+++ , Spicy +++ , Chillies, Very hot food

AVERSION: NAD

PERSPIRATION: Normal

SLEEP: Gets up startled in sleep

DREAMS: Frightful

THERMAL: Hot

MIND

Very obstinate+++

Miser. Great anxiety about his health

Extremely fastidious especially about his belongings

Very religious

Likes to wear light colours especially white and had a dislike for dark colours especially black.

This case was a challenge to treat as the patient had taken Homoeopathic Treatment from most of the celebrated Homoeopaths from Central and South Mumbai.

To add further, to my anxiety- this case had come in the initial days of my Clinical Practice. The Patient had taken the commonly prescribed Homoeopathic medicines; to name a few *Phosphorus*, *Silicea*, *Arsenic-album*, *Thiosinaminium*, *Lycopodium*, *Chamomilla*, *Sulphur*, *Calcareo-iodatum* etc. All the prescribed Homoeopathic medicines did not give him any relief.

Thus, I had to logically think of a drug which was different in kind or not used by other Homoeopaths. This was a difficult task as the patient had presented with common clinical symptoms of the disease itself with a few characteristic symptoms in the Personal history and Mental state.

In this case, two seemingly similar drugs came to mind namely, *Arsenic-album* and *Arsenic-iodatum*. Since *Arsenic-album* was prescribed which did not relieve the patient, I opted to prescribe *Arsenic-iodatum*. Here, I would like to express my gratitude to my teacher, Late Dr Prakash D Vakil, who taught me much about the drug and its differentiation from *Arsenic-album*.

Since both these drugs have similar symptomatology, the following chart will



differentiate them.

The first two points are Clinical observations made by Late Dr Prakash D Vakil and he has added them to his Materia Medica study. *Arsenic-iodatum* 3X was selected, 2 grains twice a day and the patient started improving gradually. The breathlessness gradually reduced and within a period of 2-2 ½ yrs, the Corticosteroid was tapered off and finally stopped. Later on, *Arsenic-iodatum* 3X, 2 grains once a day was continued to palliate the disease and to keep the patient mobile. Was it a kind of better replacement for the steroid? Because I found it was not possible to stop the *Ars-iod* completely and I continued it for many years *Arsenicum-iodatum* was chosen on the following indications:

- 1: Dominant Tubercular miasmatic background
2. Extremely Fastidious about his belongings
3. Desires white and aversion to black colour
4. Anxiety about his health
5. Very Religious

6. DREAMS: Frightful

7. CR: Sweets+++ , Spicy +++ , Chillies , Very hot food

8. Breathlessness aggravated on slightest exertion.

Potency chosen was 3X as Pathological changes were predominant with a few characteristic symptoms. Further more the clinical experience of my teacher,

Late Dr Prakash D Vakil, found out that the 3X potency gave beneficial results.

Thus in this case an adequate *Palliation* was observed according to *Law of Similars*

I would like to mention that I have used *Arsenic-iodatum* 3X in difficult/ refractory cases of Pleural Effusion, Pericardial Effusion and Ischaemic Heart Disease with good results.

I would request the Homoeopathic fraternity to try this remedy (*Ars-iod* 3X) when indicated according to Law of Similars so that Human suffering can further be alleviated.

A GLASS OF MILK

Editor: it never fails to touch me no matter how any times I read it;;;



One day, a poor boy who was selling goods from door to door to pay his way through school, found he had only one thin dime left, and he was hungry.

He decided he would ask for a meal at the next house. However, he lost his nerve when a lovely young woman opened the door.. Instead of a meal he asked for a drink of water! . She thought he looked hungry so brought him a large glass of milk. He drank it so slowly, and then asked, How much do I owe you?'

You don't owe me anything,' she replied. 'Mother has taught us never to accept pay for a kindness.'

He said .. 'Then I thank you from my heart.'

As Howard Kelly left that house, he not only felt stronger physically, but his faith in God and man was strong also. He had been ready to give up and quit.

Many year's later that same young woman became critically ill. The local doctors were baffled. They finally sent her to the big city, where they called in specialists to study her rare disease. Dr. Howard Kelly was called in for the consultation. When he heard the name of the town she came from, a strange light filled his eyes.

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