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SURGEON'S FRIENDS

IN

HOMOEOPATHY

(SERIAL-1)

ARNICA MONTANA

BY

M. FAYAZUDDIN.

"In Science and indeed in any art the human mind must be dynamic, ingenious, provocative. The greatest and simplest truths must not only be reiterated but constantly refashioned and illuminated from different angles and presented in striking and varied lights so as to evoke from other minds new channels of thought, new vistas for investigation".

(DR. E. WRIGHT HUBBARD, M.D.,)

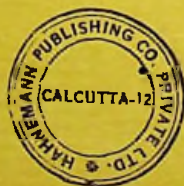
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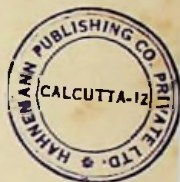


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## P R E F A C E

“Which is the best way to study Homoeopathy?,” asked Ellis Barker when he met Dr. J. H. Clarke, one of the most skilled followers of Dr. Hahnemann. Dr. Clarke’s reply was not that Mr. Ellis Barker should go to a college and spend four or five long years incurring huge expenditure. As a true homoeopath who wished the best for his system and for its followers, he replied: “There is only one way to study homoeopathy and that is to treat the sick while you study the theory in books”. “But then I shall be competing with you and other homoeopathic doctors!” Pointed out Mr. Ellis Barker. To this Dr. Clarke replied: “There are not nearly enough good homoeopathic doctors about, you can compete by all means and if I can help you in any difficulty I will do so.” This is the correct attitude that a homoeopath should take towards new aspirants in homoeopathy. The future of homoeopathy rests with such a helpful attitude.

In Intermediate and B. Sc. classes a lot is taught in Botany which, in a majority of cases, is not of much use

in practical life. The medicinal value of plants is not contemplated in the present syllabus. If some of the medicinal plants in emergency use, are included in the syllabus and the students are given an idea on their medicinal value in the various recognised systems of medicine viz. allopathy, Ayurveda, Unani, Homoeopathy etc., they may later on, in their practical life develop their mind in the particular system of healing art in which they are interested. Homoeopathy has a greater advantage in this respect.

Take for example ARNICA MONTANA which is a simple herb. It is a Nature's boon in emergencies to the suffering humanity. Dr. Nash says "Arnica though an old remedy, is not so often used as it should be in general practice." In this booklet I have quoted the experiences of various surgeons and physicians. A clear knowledge of this drug, even during student career may go a long way in helping the toddlers, athletes and house-wives. It is an emergency remedy. Every healer must be mentally equipped to make rifle-shot bull's eye selection of each particular remedy in emergency practice.

It is also a very useful remedy in pre and post operative cases and therefore surgeons are advised to make a trial of this remedy in their surgical practice and thus help the cause of homoeopathy.

M. FAYAZUDDIN.

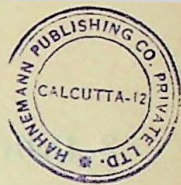
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# Surgeon's Friends in Homoeopathy-Serial-1

## ARNICA MONTANA

By

M. FAYAZUDDIN

49, Subhas Road, Kakinada-1.

1. Operation : (i) "Every operation, no matter how necessary, is in itself an injury. As a general injury remedy, *Arnica* is probably the King-Pin and it is a good practice, as soon as the patient is removed from the operation table, to give him *Arnica*. It is my custom to put the 30th or the 200th in water and have a tea-spoonful given every half an hour for three doses and then every two hours for another three doses unless indications for some other remedy appear. In the majority of cases, the benefit from *Arnica* will be obvious and frequently, it is the only remedy which is needed"

(Dr. G. B. Stearns M. D.)

2. Delivery Cases: (i) "I have come to the conclusion that in every case after the delivery, absolutely in every case, I have to give a dose of *Arnica*; I have never had the slightest trouble in other cases, because, I always have *Arnica*, and in abortion, after the abortion, always *Arnica*, and there is always something more to come, and it comes out easily and every thing is safe and absolutely no lesion."

(Dr. F. K. Bellokossy M. D.)

(ii) "The property of *Arnica* to prevent pyaemia lies at the foundation of the routine practice among physicians of giving this drug to women after delivery. It tends to release the soreness following parturition and promotes contraction of the uterus and expulsion of coagula and of any portion of the membranes that may have been retained".

Dr. E. A. Farrington M. D.

(iii) "For after pains following delivery with bruised sensation of the uterus give *Arnica*. Give a dose of *Arnica* immediately after delivery, a second dose twelve hours after delivery and a third dose on the third day and a fourth dose on the fourth day. That is all."

(Dr. Guernsey M. D.)

(iv) "*Arnica* besides its well known use, to ease post-partum discomfort in the mother and as a prophylaxis against sepsis (*Arnica* has a relationship to streptococcal infection) without toxic dangers which are associated with Sulphonamides, is valuable for post partum or intra-cranial haemorrhages".

(Dr. Foubister M. B. Ch. B. D. C. H.)

(v) "*Arnica* is an excellent remedy to administer after parturition. Relieves soreness and lameness of the parts especially after instrumental delivery."

(Dr. Cowperth-Waite M. D.)

(vi) For the traumatism after labour, when *Arnica* though apparently indicated and well selected, fails to relieve the intolerable sensitiveness to touch, give *Bellis perennis*.

(Dr. C. A. Dixon M. D.)

(vii) *Flooding during Pregnancy or at delivery.*

"*Arnica* in all cases arising from mechanical injuries such as a fall, blow, lifting or carrying heavy weights, false-steps, over-reaching etc."

(Hering).

(viii) "The child is born after some difficulty and seems to be doing well, but in a few days it is reported to be not quite right. It may be that an arm or a leg is rather limp, is not used properly, or the face seems somewhat asymmetrical, or there is some difficulty in sucking. There has been some intra-cranial haemorrhages. *Arnica* will help the absorption of the blood and induce the maximum recovery of the damaged nerve tissue".

(Dr. D. M. Borland)

(ix) "*Arnica* 3 six hourly: If a difficult labour is anticipated, start it four weeks before the time expected".

(Dr. Clarke M. D.)

3. Blood Clots: (i) "Dr. Wm. Morris Butler believes that we have in *Arnica* 30 a sheet anchor for dissolving blood clots

(ii) An old Homoeopathic doctor who has recovered from several cerebral haemorrhages used to say: Mind! First *Arnica* and then *Sulphur* in Apoplexy".

(Dr. M. L. Tyler M. D.)

(iii) "Dr. Aschner writes" Absorption of blood extravasations in the outer and inner

organs may quickly be brought about; also by the internal administration of *Arnica*."

4. **Compound Fractures.** (i) "Of all the ordinary mechanical injuries, compound fractures give the most profuse suppuration and the attendant laceration of soft parts that are often very extensive like large operation, wounds, pre-disposed to the occurrence of pyaemic or septicaemic fever. If you give *Arnica* 30 x 4 or 5 drops every hour and apply compresses moistened with the same dilution the patient feels a considerable alleviation of his pains in two or at most four hours and the following day, the suppuration is manifestly diminished; it decreases daily and after a few days, is reduced to a small quantity during which time, the wounds become cleaner. Things go on much more rapidly if you give every hour 4 or 5 drops of the 1x dilution and the same on a compress. On the following day, at least in 24 hours, the suppuration is, as a rule, reduced almost to nothing and the most favourable condition in every respect established. In the military hospitals I directed the

attention of the surgeons to the efficacy of this treatment and showed them that this favourable effect would at once disappear and a large quantity of pus was there and the wounds of the soft parts gaped again, after they had nearly closed, so that I could no longer withhold any longer the employment of *Arnica* internally and externally."

(Dr. Von Grauvogl)

(ii) "*Arnica* if given at once after a fracture it almost instantly relieves the muscular spasms which often occur and relieves the shock."

(Dr. Stearns M. D.)

5. Amputation "*Arnica* is the remedy following amputation through the fleshy parts of the arm and leg when there is a sore bruised feeling and the history of considerable trauma to the muscular structure."

(Dr. Underhill Jr. M. D.)

6. Cataract Operation: "Since my preparations as far as the individual to be operated on is concerned, is nothing else than one exhibition of a few drops of *Arnica* tincture in water, the day before, no

vulnerary fever or any other injurious result followed, as is frequently the case after such operations and more over, since even after the operation, I gave nothing but *Arnica* 3 three or four times a day, the wound healed very rapidly. The absorption of the fluid discharged into the anterior chamber was complete in 3 days and allowed one to see the floating remnant of the torn capsule, the remaining in the posterior chamber, both were absorbed after a few weeks without any accident."

(Dr. Von Grauvogl).

7. Eye : "Deutschmann, introduced by Unna gave *Arnica* internally in traumatic and idiopathic haemorrhages of eye-lids, and the conjunctiva, also in blood effusions into the anterior chamber, the vitreous body, the retina, and choroid and in combination with iodine, in choroid haemorrhages of diabetics his results being favourable.

8. Wisdom Tooth (i) *Arnica* is valuable when much injury is expected for example in removal of an impacted wisdom tooth."

Dr. M. D. Foubister M.B.Ch.B;D.C.H.

(ii) *Wisdom tooth extraction: Arnica* internally reduces swelling and pain”.

(British Homoeo Journal)

9. Dental Extraction: “*Arnica* 30 three doses given at regular or irregular intervals before tooth extraction, followed by 6 doses after the extraction is extremely effective in controlling pain and preventing sepsis. The 3 prophylactic doses can be given 6 hourly or 12 hourly or a dose the night before, a dose first thing in the morning and a dose just before the anaesthetic. The doses given afterwards can be given 4 hourly.”

(Dr. D. M. Foubister)

(ii) “After tooth extraction *Arnica* will stop the bleeding and accelerates the healing of the gums; after the insertion of artificial teeth it relieves the pains in the swelling, after filling out carious teeth which is some times a very useful operation; mix a few globules of it in a tea spoonful of water and put some of it on the parts which have been filled. In very tense pain occurring after the tooth has been drawn sometimes *Hyoscyamus* is of use.”

(Dr. C. G. Raue M.D.)

(iii) "*Arnica* is very useful after the extraction of a tooth; it will stop the bleeding and accelerates the healing of the gums. Five drops of the tincture should be mixed with a half a tumbler full of cold water or tepid water and mouth rinsed several times with this."

(Dr. Hering)

10. Concussion of brain or spine or both "We have no remedy which equals *Arnica* in concussion of the brain, spine or both."

(Dr. E. A. Farrington M. D.)

11 Bruises "For punctured wounds study *Ledum* for lacerated wounds of santient nerves study *Hypericum*, for bruises study *Arnica* and for open lacertions and cuts study *calendula* (Kent)

12. Concussion of the head (i) "*Arnica* is the first remedy in concussion of the head. It is so nearly a specific that one does not have to see the patient who has had a head injury to prescribe *Arnica*."

(Dr. G. B. Stearns M.D.)

(ii) *Injury*. Ordinarily, *Arnica* is for injuries and the results of injuries especially the neuralgic pains and the troubles from old scars

but in mental troubles coming on from a jar or knock on the head from a fall or injury about the head, do not forget *Nat. Sulph.*"

( Kent )

13 Railway Accident: (i) "Give *Arnica* to one whose frame cannot forget the shock of a far back railway accident and he will alike be delighted with the effect."

( Dr Hughes )

(ii) "After railway or road accident horror of instant death with cardiac symptoms at night, patient goes off into a sleep of terror, jump up again with this sudden fear of death: *Arnica*".

(M. L. Tyler M. D.)

14. Auto-Accident: "Don't forget *Arnica* to combat the shock we get in those terrible auto-accidents. It is better than an opiate.

(Dr. Charles A. Dixon M.D.)

15. All Accidents: "All accidents are accompanied by some degree of shock. *Arnica* 200 gives best results or *Arnica* 200, 1000, 10000 in ascending potency every six hours."

(Dr. Pierre Schmidt M.D.)

16. Shock after Railway collision: "After a railway collision and even after other accidents, such as falling from a horse or being violently thrown from a vehicle, the effect of a shock may not make themselves feel for days or a considerable time when some trivial injury, fright or anxiety or unusual demand on the physical or mental powers or on the endurance of a patient reveals the existence of and to some degree the extent of the mischief, or it may be that the usual duties have been resumed without inconvenience or diminution of energy, when probably after the expiration of a month or six weeks some stiffness or awkwardness of the movement, some slight giddiness, some neuralgic pains, some affections of sight or epileptic seizure or uncomfortable disposition of spirits may make its appearance the fore runner of serious disease of the spine or brain, The effect of trivial injury may be life long disablement, from loss of sight or paralysis, precipitancy may therefore involve most grievous loss even where there is only inpair-

ment of memory or lack of previous energy."

(Laurie)

Shock with red face: *Acon*, *Arn*, *Op*

„ with spitting of blood *Acon*; *Arn*.

„ with internal injury: *Acon*: *Arn*.

„ with loss of blood *Arn*: *China*,

(In *Arnica* the pupil is dilated after shock  
in *Opium* the pupil is contracted)

### 17. Complaints dating back to some incident.

"When a patient says 'Doctor I have never been well since.....' let your ears be wide open to catch the next words of the patient for the whole condition may have come on following the death of a beloved one (look for ailments from grief in the repertory) or following a terrible fright (look up the ailments from fright) or from vaccination (look up the section in generalities of the repertory), 'Doctor I have never been well since' when completed, this sentence has been the key that has unlocked many a chronic cases. The determining and morbid impetus was initiated by the event. If we always know the determining

cause and the remedy exactly homoeopathic to the cause, many more brilliant results would have been achieved."

(Dr. E. Underhill)

"When the disorder has been caused by a blow upon the stomach or by lifting heavy weights, with pains and a sensation as if the small of the back were broken; by much mental application and particularly, when caused by over excitement and irritability; when the patient is very nervous, the tongue dry, or coated yellowish; the taste putrid or bitter and sour, with a bad smell from the mouth; the patient even if accustomed to smoking, loathes tobacco; craving for something acid; eructations sometimes with a taste of rotten eggs; after meals a sense of fulness in the pit of the stomach; inclination to vomit, retching flatulency; the abdomen is distended; accompanied by a heaviness in the limbs, weakness of the legs, giddiness, fulness in the head, particularly in the sockets of the eyes dull feeling and heat in the head, disagreeable warmth, frequent awakening, starting up in sleep, troubled dreams. If *Arnica* does not suffice in these cases, give *Nux vomica*, or, this not answering, *Chamomilla*"

(Hering).

18 Explosion: "Any survivor not too close to the centre of explosion would be helped and comforted by the remedy *Arnica* given in any potency as soon as possible after the explosion."

(Dr. A. H. Grimmer M. D.)

19. Meningitis: "There are cases where the meningeal irritation does not show until several weeks after the head injury. For such cases *Arnica* is a specific.

(Dr. C. G. Raue M. D.)

20. Recurrent Boils: "*Think of Arnica* for recurrent boils, crops of boils all over the body, very painful to touch. One crop after maturing is followed by another."

(ii) *Arnica* is not to be forgotten when the eruption in one part or side of the body has its fellow on the corresponding part on the opposite side of the body". (Deschere)

(iii) "Symmetry is a good indication of *Arnica*". (Dearborn)

(iv) "I recommend *Arnica* as a preventive and curative of boils".

(Dr. Hahnemann)

(v) "A compress of a drop of tincture of *Arnica* to an ounce of water is very effectual to resolve boils."

(Dr. Muller)

(vi) Farrington speaks of its use in boils and abscesses which have partially matured but which instead of discharging, shrivel up by reason of absorption of the contained pus. *Arnica* given internally and applied externally resolves the abscess.

21. Carbuncle: "Repeated doses of *Arnica* will abort a carbuncle".

(Dr. Von Grauvogl)

22. Chronic boils: *Hepar sulph*; *Belladonna*; *Arnica*; and *Silica* are of no use in those cases of chronic boils and carbuncles which drag on under these remedies which the early *Anthracynum* clears up the boils in a few days brilliantly and miraculously".

(Dr. M. L. Tyler M. D )

23. Sprains: "Immediately bathing with water as hot as can be borne for a length of time, followed by a compress of *Arnica* *Aconite*, *Rhus tox*, or *Ruta*, This treat-

ment employed promptly generally cures at once."

(Dr. Ruddock M. D.)

24. Carbuncles: "Gerloch treated carbuncles successfully with *Arnica* injection and compresses."

25. Pyaemia: "With the object of preventing pyaemia some surgeons use *Arnica* after operation, applying it locally and giving it internally at the same time"

(Farrington M. D.)

26. Appendicitis: "Do not forget the symptoms of *Arnica* in Appendicitis. You do not need to run for the Surgeon for every case of appendicitis if you know *Bry*; *Arn*; *Bell*; *Rhus-t*, and similar remedies."

(Kent)

27. Surgery of Homeopathy: "The surgery of homeopathy involves the use of *Arnica*, *Rhus-t Ledum*, *Staphisagria*, *Calcaria* and *Hypericum*".

(Kent)

28. Crushed Fingers: "*Arnica*: Its use in crushed fingers applied according to the

method of Bolle which consists of wrapping up of the finger in the pure tincture and practically sealing it, has been of great use."

(Dr. Dewey)

(ii) "*Hypericum* belongs to lacerated wounds when there is laceration of parts that are full of small nerves, sentient nerves; give it at once. Do not fool with *Arnica* because there is soreness, for the soreness is of much less importance than the danger from nerves in lacerated wounds. In punctured wounds, think of *Ledum* at once."

(Kent)

29. Corns: "Touching them with *Arnica* immediately after paring them will if repeated a number of times and if the person wears sufficient large boots and shoes, finally removes the corns as I have frequently witnessed in my practice."

(Dr. Jahr)

30. Skin Haemorrhages: "The absorption-promoting influences of *Arnica* is also pointed out by Unna who has had

much success with the officinal tincture in cerebral and skin haemorrhages of a severe character."

31. Placenta Praevia: "*Arnica* is useful in stopping haemorrhage in placenta praevia and helps normal delivery."

(Dr. K. S. Ghose)

32. Fractured Limbs: "*Arnica* will quiet the fractured limbs."

(Dr. Hughes L. R. C. P.)

## A Veritable Gold Mine for Prescribing Arnica

33. Doctor's Dilemma: "It is wonderful what *Arnica* will do for strains of all kinds—heart strain, even from over exertion; or mental strain from over-work and anxiety—the doctor's overwork when he begins to wonder, has he done this or that?—and has to go back and look; here *Arnica* every time. It is not in the big and savage ailments only that Homeopathy comes in; it has greatness in restoring the over-wrought, the "*weary with dragging the crosses—Too heavy for the mortals to bear.*" It pays to get a grip of the inwardness of our remedies! and mind! the thing that you cannot cure another person may easily, because he has a grip of the remedy that is needed, which you have not; whereas another case, impossible to him is child's play to you—for the same reason. Some of our drugs are mere bowing acquaintances! we know their names and have met them. Others, friends have become 'grappled to our souls with bonds of of steel' because they have stood us instead in desperate situations and we

have learnt their powers and can trust them with life and death. But all these things come only with use."

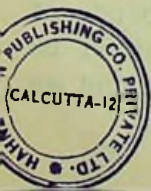
(Tyler's Druz Pictures Page 257)

34. Brain Sharpener & Confidence Pill: "Another doctor over fatigued, mentally and physically lost all interest in his work. His usual self-confidence disappeared so that he began to doubt his prescriptions and wonder whether he had prescribed too much of this or even wrong medicine. He was never sure whether he had shut the door or turned off the light; had to go back and see. He was naturally keenly alert and this change of mentality worried him. *Arnica* 1000 put him right in a few days, restoring perfectly his memory and self-confidence."

(Dr. M. L. Tyler M.D)

35. Mania: "Schroeder van der kolk claims that *Arnica* is invaluable in certain cases of mania when the first excitement had passed, and there remain a heat in the head, and a tendency to imbecility."

(Talcott)



36. **Anarchy**: Some homoeopaths call *Arnica* "Anarchy" as there is a sort of Anarchistic derangement of mind and body when it is very useful. The bed seems hard, must be moving; forgetful; what he reads quickly escapes his memory even the word he is about to speak. Hopelessness, indifference (after concussion). Fears being struck by those coming near him; fears even the possibility of being touched (in gout).

37. **More to learn**: "To enumerate the classes of patients to whom *Arnica* in potency becomes a boon would exhaust Hering's thirty pages of its symptoms. It would seem that at some period of life—yes, many periods—the human organism calls for *Arnica* in no uncertain terms. For, beyond the popular bruise remedy it is demanded for conditions representing the finer internal disorders of the circulation the vegetative and nervous systems, functions of the internal organs, no viscus being exempt. In cerebral cases it is sometime difficult to disregard *Opium* for *Arnica*, since the former in highest potency may do marvellous things towards the complete correction of arterial spasm or

its threat. However, *Arnica* cannot be forgotten particularly, if the disorder has culminated in haemorrhages and its accompaniments."

(Dr. John Hutchinson M. D.)

(ii) "There is more in *Arnica* than most of us think: iritis bee-stings, profusely suppurating compound fractures, abortion, mastitis and orchitis yield to it magically when indicated."

(G. B. Stearns)

38. Hyper-trophy of the heart: "Induced by over-exertion in young men is often relieved and sometimes cured by *Arnica*, even after Allopathic Physicians have pronounced the affection as incurable."

(Dr. Ruddock M. D.)

39. Cardiac Distress: "*Arnica* is useful in heart troubles brought on by physical exertion. Horror of instant death with Cardiac distress at night."

(Kent.)

40. Myocardial Infraction: *Arnica* chiefly to aid in promoting fibrosis following a myocardial infraction.

(Dr. G. W. Boericke M. D.)

41. Sprains: "Immediately bathing with water as hot as it can be borne for a length of time followed by a compress of *Arnica*, *Aconite*, *Rhus t* or *Ruta*. This treatment employed promptly generally cures at once."

(Dr. Ruddock M. D.)

42. Muscular Fatigue: "*Arnica* should be administered whenever there is muscular fatigue, from whatever cause. Its power to aid the restoration of exhausted muscle is truly wonderful. In muscular fatigue from long continued or severe exertion, affecting the hips, thighs etc. a hip-bath, to which a drachm of the strong tincture of *Arnica* has been added is an excellent remedy. The patient should remain in the bath about five minutes. Whatever kind of bath is used, and to whatever part applied, it should be warm if used in the evening or soon after exertion, and cold or tepid in the morning."

(Ruddock)

(ii) *Arnica Oil*: "The old preparation would be better termed *Arnicated oil*. If base ball pitchers, runners, oarmen or any set of

athletes who go to the limit in muscle strain would rub their muscles with *Arnica*-oil they would outclass their competitors. This was once varified in a champions base ball team'.

( Anshutz )

43. **Arterio Sclerosis & Apoplexy** : "Its influence is important in all manifestations evoked by impaired activity and congestion of the circulation. It is frequently given in artriosclerosis and apoplexy."

(Dr. G. Madaus M. D.)

44. **Tumors** : "Applied in the form of a plaster the herb is said to ease tumors."

( Matthiolus )

(iii) *Bruises*, over straining of muscles, fatigue after athletics, sprain of joints, labour, and various oozing from operations or in strains of ciliary or heart muscles or vocal cords."

(Dr. H. B. Blunt)

45. **Impotency after excessive hunting** : *Arn.*  
 "The hunting field : Hunting men are liable to falls that shake every bone in their bodies; the effects of these concussions, though no bones be broken, are generally painful; one or two

drops of the 1 x dil. in half a wine glass of water repeated once or twice works wonders in these cases. Next morning in place of being stiff and miserable, the sportsman is ready for renewed engagements."

( Ruddock )

46. Disgust for liquor : "*Arnica* taken in the first dilution it has caused disgust for liquor."

(C. G. Raue M. D.)

(ii) "In ailments from spirituous liquors *Arnica* is often indicated."

(H. C Allen M. D.)

47. Sleeplessness: (i) *Arnica* and *Gelsemium* should not be over looked in sleeplessness from over exertion."

( Dewey )

(ii) Sleeplessness caused by over exertion and extreme weariness of mind and body. Here *Arnica* never fails to summon the tired nature's sweet restorer, blamy sleep.

(Tyler M. D.)

(iii) *Sleeplessness* with restlessness and anxiety; frequent starting in sleep; awakened by pain, especially after midnight; after sleep

feels as if he had not slept enough; dreams full of care, sorrow and fear about thunder-storms, fire, black water and death.

(Talcott.)

48. **Pleuro Pneumonia** has followed upon an external injury, such as a blow or fracture rib or some other traumatic cause we should choose *Arnica* in preference to *Bryonia*.

(Dr. Hale M. D.)

49. **Intercostal Neuralgia** : "None of us think of *Arnica Montana*, and *Ranunculus bulb.* as often as we should in cases of inter-costal neuralgia.

(Dr. Carl A. Willium M. D.)

(ii) *Arnica* has selective affinity for relieving pain.

(Dr. Dewey M. D.)

50. **Splenic Stitches** : "The so called splenic stitches, splenodynia are generally very readily cured by *Arnica*."

(Dr. Jahr.)

51. **Toddler's Bruises** : "Remember *Arnica* for the toddler's bruises and give it in all accidents to allay the shock."

(Dr. M. Blakey)

52. Nose bleeding: "Besides its use in traumatic haemorrhages it is very useful in nose bleed of growing children".

53. Dysentery: "Most marked indication for dysentery is long interval between stools, nearly from four to six hours."

( Tyler )

54. Insect stings "We forget to mention the roll of *Arnica* in insect stings. The strong tincture applied to a wasp sting, prevents the pains and swelling and in a couple of hours the sting is forgotten".

(Dr. M. L. Tyler M. D.)

55. Pneumonia of elderly people: "The *Arnica* infusion is described by Schulz as a powerful excitant and stimulant of impaired circulation, particularly in pneumonia of elderly people."

(Dr. G. Madaus M. D.)

56. Dysentery: Hecker ascribes a tonic action to the root and gives it in diarrhoea dysentery and typhoid fever.

57. Whooping cough: "Violent tickling cough which seems to be excited whenever

the child becomes angry. (*Ant.t; Arn; Bry; Chamo; Nux v; Staph; Verat.a*) The child loses its breath when it cries. Before a paroxysm, it begins to cry. Why? because the lungs and trachea are sore. The little sufferer knows what is coming on and dreads it."

(Dr. Farrington)

58. **Epilepsy**: Claus describes *Arnica* as a stimulant of the cerebro-spinal and vaso-motor nervous systems, able to abolish states of Paralysis especially during febrile disorders and those seen as sequels to cerebro-spinal affections, also as a remedy much employed in epilepsy."

(G. Madaus)

59. **Haemorrhage**: (ii) *Arnica* has a pronounced effect upon the blood when there is a general tendency to disorganisation with the resulting haemorrhages of dark venous blood and it is to be thought of not only for the condition that will result in easy bleeding but also as a remedy to hasten absorption of the blood, for example in apoplexy, haemorrhage in the conjunctiva or

retina in dogs or other animals and in purpura haemorrhagica in horses."

(H. B. F. Jervis Veterinarian)

(ii) Occasionally, in dogs, one runs into cases of diarrhoea with a state of great prostration. The stools are putrid, and during sleep, they are involuntary and are accompanied by eructations and flatus, smelling like sulphurated hydrogen. It is sometimes valuable in the diarrhoea of low fevers and in the haemorrhage from the bowels during distemper.

(H. B. F. Jervis Veterinarian)

60. Charcoal vapours: "In ailments from charcoal vapours, *Arnica* is often indicated."

(H. C. Allen M. D.)

61. Coal tar derivatives: "Bad effects of coal tar derivatives aspirin. anacin etc. *Carbo V; Mag Phos; Lach, Arnica.*"

(Dr. Sukerker, D F. Hons)

62. Vaccination: "Bad effects of vaccination; arm swollen and sore, painful glands in arm pit. Unlike Thuja which aborts the process entirely *Arnica* simply relieves the discomfort leaving the pustules to take their usual course."

(Dr. M. L. Tyler M D)

63. **Convulsions:** "Children going into severe attacks of infantile fever may threaten convulsions, the head is hot and the body cold. Most physicians think of *Belladonna* which has such cold extremities and such a hot head. Do not forget *Arnica* especially in those children who seem to have an aversion to being touched and scream out every time the mother takes hold of the leg or arm. Look into the history and you will see that this is a soreness and if you strip the child, you may observe dusky spots which give an added indication for *Arnica*." (Kent)
64. **Clergyman's sore-throat:** "According to von Grauvogl *Arnica* is the most excellent remedy for relaxed or clergyman's throat, but in our practice *phytolacca* generally succeeds." (Dr. Ruddock M. D.)
65. **Over-walking:** "Pain in feet from overwalking *Arnica* 3rd x give drop doses every two hours; take hot water bath of *Arnica* one third fluid drachm to a gallon of hot water or oil or *Arnica* may be used locally. (Eli G. Jones M D.)

66. Sore feet : If the feet have become sore from walking take *Arnica* internally and apply the tincture externally. If they are blistered *Arnica* will do no good. If the walk must be continued apply tallow or suet; in the evening take cepa (*Allium cepa*) and apply a wet cloth.

(Hering's domestic Physician)

67. Stitches in Sides : "When walking briskly causes loss of breath or coughing, stitches in the side or pain in the limbs give *Aconite*. If the stitches in the side continue give *Arnica*. If this does not afford relief, *Bryonia*."

(Hering's domestic physician)

68. Labour classes : "Among the labour classes in agricultural district, a life of heavy toil often causes a comparatively early old age with supposed rheumatic pains which incapacitate them from further toil. These "misérables" are greatly benefited by *Arnica* from 1st to 3rd dilution in one or two drop doses three times a day."

(Dr. Ruddock)

69. Falling of hair *Arnica* Hair Oil : "Possibly it should be termed *Arnicated Oil*. But,

be that as it may, what is known as "Arnica Oil" has repute among the Germans for years as a means of stopping the falling of the hair and in some cases it is claimed of causing it to grow, the oil is merely rubbed in the scalp about as often as the head is washed rubbing it thoroughly. It is olive oil lightly medicated with *Arnica*"  
( Anshutz )

70. Chest-pain: "From over exertion 1st x 5 drops every two hours."

(Eli G. Jones M. D.)

71. Rage on seeing Doctor: "He goes into a rage when he sees the doctor saying: Go home, I am not sick, I did not send for you".  
( Kent )

Says he is well when very sick: *Apis, Arn;*  
*Ars; Cinnb; Hyos; Kreos; Merc; Puls.*

( Kent )

72. Diarrhoea of phthisical patients: "*Arnica* is a good remedy in the diarrhoea of phthisical patients. I have prescribed it in a couple of far advanced cases and it checked them."

(Dr. Arschagouni)

73. Headache: *Arnica* has a headache with a sensation as if the head were being distended from pressure within and with great sensitiveness of the brain internally. It has neuralgic headaches, with sharp pains as if a knife or nail were being driven into the head and with aggravation on moving the head.

(Dr. Pierce)

74. Typhoid: "It is auseful remedy in Typhoid, and other types of low fevers when the patient feels as if bruised all over, and everything upon which he lies feels too hard, compelling him to change his position on this account. The face is deep red, the stools and urine are passed unconsciously. If he is conscious when spoken too he answers correctly, but at once relapses into unconsciousness, and the delirium returns".

(Dr. A. L. Blackwood)

75. Prophylaxis against Apoplexy, Thrombosis and Embolism. (To prevent degeneration of the brain tissue and the recurrence of attacks.) *Arn*; *Kali. iod*; *Merc.*

*sol*; *Hepar S*; *Sil*; *Hamam*; *Lach*; *Cat<sup>e</sup>*;  
*Strych Phos*.

(Dr. George Royal)

76. Diarrhoeas : "Schelniter speaks of the successful use of *Arnica* in severe diarrhoeas accompanying severe nervous fevers."

77. Hydrocephalus : Deathly coldness in forearm of children—*Arnica*.

( Allen )

78. Chronic bacillary and amoebic dysentery : Dschner prescribed *Arnica* as a 'Specific' on the strength of old medical records in chronic bacillary and amoebic dysentery.

79. If *Arnica* fails : (i) *Arnica* often relieves the acute symptoms and Calc Carb. frequently works chronic cases.

(Dr. C. G. Raue M. D.)

(ii) *Arnica*, *Rhustox* and *Calcarea* often follow one another this way : A sprain in joint, bruised condition of muscles could be well covered immediately by *Arnica*. The injury does well for a time but after a week or two there is still some weakness or pain. Now

Rhustox is also similar and belongs to a latter period. So Rhustox takes up the case carries him comfortably on for some months when he suddenly finds its power and the condition gone and that he has a rheumatic stiffness in the sprained joint coming on probably after cold damp weather. Now Calcarea is indicated and will finish up the case".

( Kent )

80. **Caution:** (i) "*Arnica* is apt to produce in some persons a severe form of Erysipelas when applied externally. In some instances, it produces Erysipelas by its mere exposure in the room in which susceptible individuals sleep. Indeed, in consequence of this tendency, we but rarely prescribe a lotion of strong tincture substituting for it *Ruta*, *Calendula*, *Hamamelis* or *Rhustox*. It should always be used with caution and in a sufficiently diluted form."

( Ruddock )

(ii) **Cutaneous affections:** "I must warn however against washing with *Arnica* which has been recommended by some for the cracks in the skin of the abdomen which some times show themselves

towards the end of seventh month (in pregnancy). I have seen very unpleasant effects from such washes and advise tincture with the oil of sweet almonds."

(Jahr's Forty Year's Practice)

81. To sum up: "*Arnica* administered even in minute doses is a superior remedy for Idiopathic Mania—Paralytic conditions—General Cachexia—Vertigo, with heat in the head—Inflammation of the meninges of the brain, with dropsical effusion—Amaurosis—Nose bleed—Dysentery, Stools bloody—Exhausting Diarrhoea—Flooding after labour—Haemorrhage from injuries—Renal colic, stone lodged—very tender Gout, with greatest dread of being struck—Shingles, controls the pain—Rough spots upon the skin—Blisters upon the lips—Roseola—Heat rash; specific—Carbuncles, mortification prevented, and all danger averted; may apply cold cream—Boils, especially crops of small boils, true specific—Squint or Spasm of new born babies—Abdominal pains of pregnancy, also anoint with *Arnica glycerole* 1 part to 3—Baby's breasts

swollen, hard and tender; anoint with Arnica oil or glycerole; same for sore nipples. Ladies subject to sore nipples should bathe the breasts and nipples daily, in advance of labour, with dilute Arnica tincture—Bee-sting, Arnica tincture applied gives instant relief—Deafness, Arnica tincture diluted one half with water a few drops in the ear. twice a week cured a case of long standing in a few weeks”.

Dr. Stacy Jones, M. D.  
*The Medical Genius.*

—O—

The man who understands best the nature of the remedies will remember most about their peculiarities.

( Kent )



## Morbid Fears of Arnica.

Tip : "If one can discover what a patient fears and why he fears and what he desires and why he desires then the battle is half won."

(*W. S. Patric - Homoeopathic Bulletin Oct. 1937*).

"Horror of instant death, with cardiac distress in night." He gets up in the night, grasps the heart and thinks that he is going to die suddenly. He says "Send for the Doctor at once"; this is repeated in persons who are fairly well in the day time. He is disturbed by dreams of road accidents he went through. The horror of instant death with Cardiac distress at night" comes on regardless of heart disease. A horror in the night when there is nothing to come upon the patient. Apprehension of future evils; starts in a fright when approached (*Arn; Cuprm; Stram; Thuja, Bell*) while in the street. Fear of market place, open space (Agoraphobia), easily frightened. Imagines that he has heart disease or some deep seated trouble is upon him. Fearful in the evening when sitting in the dark that some one hurts him *valer; stram*. Fear of air-raids,

weakness at night with a hot head and is afraid to sleep for fear of its occurrence. Fears being struck or approached, *Ambra. Arn; Bell; Ign; Kali c; Lach; Stram; Thuja.*

( Boger )

## Loves & Hates, Likes & Dislikes of Arnica.

Tip : 1. "The Physician must be possessed of a knowledge of the human desires, must be a reader of human nature, not only as it relates to the sick room but in health."

( Kent )

Tip : 2. "In the course of our friendship with our remedies as with our acquaintances we learn the qualities and who can be depended on for charm, fun and do the work of the world."

(E. Wright Hubbard M. D.)  
Homoeopathic Recorded Feb. 31.

**Alone :** Irritable and angry. Wants to be left along.

(Cowperthwait)

**Asthma :** Suffocative oppression of chest with a desire to move about. Must hold chest with both the hands while cough-

ing. *Arn; Borax; Bry, Dros; Kreos; Merc; Phos; Sep; Nat. M; Nat. S; Eup. parf;*

## AVERSIONS TO:

Answering questions: *Alumina phos. Phos. ac; Ars: Iod; Calc. S; Cina; Kali Phos; Nat. Mur.*

Broth: *Arn; Ars; Bell; Cham; Graph; Rhus.t.*

Conversation: *Amm. C; Ant. c; Phos. Ac; Nat. Mur; Nat. Phos; Nat.S; Sil.*

Drink: Thirsty but does not know what he wants for all drinks are alike offensive.

Food: Especially meat and broth; *China; Mur. ac. Nux v; Petr. Puls; Sep; Sil; Sul; other remedies - Arn; Ars; Kali bich; Nit ac; etc.*

Milk: *Ant. t; Arn; Bry; Calc. C; Carbo V; Cina; Guai; Ign; Nat C; Phos; Puls; Sep; Sil; Sul; Stann; Nat P; Nat S; Lac. d.*

Smoking tobacco: *Arn; Canth; Ign; Nux V;*

Soup : *Arn; Graph; Rhus.t;*

Thinking : After walking in the open air.

Being touched : Children have an aversion to being touched and scream out every time the mother takes hold of her leg or arm.

Desires for :

Acids : *Hepar S; Verat a; Nat Mur.*

Vinegar : *Ars; Chel; Hepar S; Sep, Kali phos; Apis; Sul.*

Whisky : Your leader is *Lac.c*: Then think of *Arn; Ars; Carbo an; Lach; Phos; Sel; or Spig;*

Discourses : Disposition to hold discourses  
*Arn; Chamo Ign; Lach.*

Doctor : "I don't want you. I did not send for you; I am not sick; I don't need a doctor."

( Kent )

Eat : No desire to eat. Never wants anything to eat *Dulc; Alumina; Kali phos, Sabad; Op; Bry, Puls; Rheum.*

**Eyes :** Must keep eyes open, dizzy on closing them :

**Head :** Must bend head low: *Absinth; Arn; Ign; Cadm; Hell; Nux. V; Mosch; Phys; Thuja; Spong.*

Must bend head backwards - *Ars; Chamo, Kali N.*

He wants to lie with head high - *Ars; Gels; Puls; Spong; Petr; Nat. Mur; Spig.*

**Lie Down :** (i) Wants to lie down with head high.

(ii) Must lie down after every stool.

**Neck :** Must twist his neck to get liquids down. *Arn; Kali C; Kali M; Caust.*

**New Place :** Must move to get a new place. Not yet sore, Everything on which he lies feels too hard.

**Scratch :** Great desire to scratch. Will scratch a wall, bed, head etc. *Arn; Canth.* As soon as the patient scratches in one place the scratching is off somewhere else.

Speak : Does not like to speak a word  
(Glon.)

Stool : Must lie down after every stool.

Stoop : When walking must stoop *Lathyr;*  
*Mang ac; Phos; Sul; Kali C; Psor;*  
*Sep; Lac. C; Con.*

Touch : Aversion to being touched *Ant C,*  
*Agar; Ars; Calc.C; Camph; Chamo,*  
*China; Kali C; Mag. C; Merc. Mez;*  
*Plb; Sanic; Sil; Cina; Iod; Thuja.*

Urine : Frequent attempt to urinate. Has  
to wait a long time for the urine  
to pass—*Thuja*

Vinegar : Desires for vinegar and spirits.

Walk : Aversion to thinking after walking  
in the open air.

When walking must stoop.

—O—

“Originality in Homoeopathic Materia Medica is not the invention of new things, but a more helpful arrangement of durable pathogenic and clinical facts.”

Dr. P. W. Shedd M D.

## MEANINGS OF DIFFICULT WORDS

- Abscess** :—A collection of pus or matter which comes to a head in any part of the body.
- Amaurosis** :—Partial or total blindness.
- Anoint** :—To pour oil upon, to rub over with an oil.
- Amputate** :—To cut off as a limb of the body.
- Anarchy** :—Confusion.
- Appendicitis** :—Inflammation of the appendix vermiformis.
- Apoplexy** :—Paralysis from a surface of cerebral vessel.
- Arterio sclerosis** :—Degenerative arterial change associated with advancing age.
- Cachexia** :—A term denoting a state of constitutional disorder, malnutrition and general ill-health.
- Cardiac** :—Pertaining to the heart.
- Cataract** :—Opaque lens of the eye.
- Choroid** :—A layer of the eye between the sclera externally and retina internally.
- Ciliary** :—Hair like.
- Concussion** :—A condition resulting from a violent jar or shock.
- Conjunctivitis** :—Inflammation of the conjunctiva.
- Corn** :—A cone-shaped over-growth & hardening of epidermis.
- Embolism** :—The result of the presence in the blood stream of a solid foreign substance, as a clot.
- Epilepsy** :—A violent chronic nervous affection.
- Erysipelas** :—Infectious disease causing inflammation of the skin generally in the face.

- Extravasation** :—An escape of fluid from its normal enclosure into the surrounding tissues.
- Fibrosis** :—Formation of excessive fibrous tissue in a structure.
- Flooding** :—A popular term to describe excessive bleeding from the uterus.
- Gout** :—A disease characterised by acute inflammation and swelling of the smaller joint esp. of the big toe.
- Haemorrhages** :—Discharge of blood from blood vessels.
- Hypertrophy** :—Abnormal enlargement of organ or part the body.
- Idiopathic** :—A pathologic state of unknown or spontaneous origin.
- Imbecility** :—An intermediate grade of born mental deficiency.
- Iritis** :—Inflammation of Iris,
- Laceration** :—A wound with torn and ragged edges.
- Mastitis** :—Inflammation of the breast.
- Myo-cardial in-fraction** :—Breach in the middle layer of the heart wall.
- Neuralgia** :—Pain along the course of a nerve.
- Opiate** :—Any preparation of opium, a narcotic.
- Orchitis** :—Inflammation of the testicles.
- Paring** :—To cut away the outer part of skin.
- Parturition** :—The act of bearing a child.
- Phthisical** :—Old term for pulmonary tuberculosis.
- Placenta** :—The soft spongy membrane through which the mother's blood nourishes the foetus.
- Pleuro-Pneumonia** :—Pleurisy and pneumonia both combined.

**Pneumonia** :—Lung fever.

**Postpartum** :—After birth.

**Purpura Haemorrhagica** :—Purple spots on the skin.

**Pyæmia** :—A grave form of septicaemia in which blood-borne bacteria lodge and grow in distant organs e.g., leg, brain, kidneys, lungs, heart to form multiple abscesses.

**Renal colic** :—Kidney pain.

**Retina** :—Innermost, semi-transparent sensory layer of the eye from which sense impressions are passed to the brain.

**Roseola** :—The earliest manifestation of the secondary syphilis. This syphilide is a faint pink spot, wide spread in distribution except for the skin over the hands and face.

**Sentient** :—Sensitive.

**Septicaemia** :—The persistence and multiplication of living bacteria in the blood stream.

**Shingles** :—Vesicular eruption due to virus infection.

**Streptococcal** :—Bacterial infection.

**Suppuration** :—Formation of pus.

**Thrombosis** :—Formation of blood clot in vein or artery during life.

**Toddler** :—Child just learning to walk.

**Trauma** :—Bodily injury.

**Viscus** :—Plural form of viscera, Viscera mean internal organs lying in large cavities of the body such as abdomen.

**Vitreous chamber** :—The cavity inside the eye-ball behind the lens.



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