



# Synopsis of Other Journals

## VITAL INFORMER: VOL. 9 No 4 APRIL 2001

The 100<sup>th</sup> issue of this Newsletter is celebrated through a 52 pg bumper issue. Born in 1993, its focus is on coverage of news, views and homoeopathic highlights. We wish it all success.

Often patients question about steroids in Homoeopathic medicines. **Dr PRABHA PATWARDHAN**'s original article of 1995 is reprinted: tests done by her on placebo pills. *Cina* 200, *Bell* 30 and *Sulph* 30 showed some steroids! The method of testing was defective. More sophisticated methods confirmed that there were no steroids.

**Dr ARVIND VIJ** says: observing children in the clinic with toys gives an idea of the genetic constitutional similimum. eg: *Sulph*: wants play with absurd things and wants to explore why a toy moves but he cannot reassemble it again. *Puls*: plays with dolls.

*Calc*: soft toys. *Tarentula*: musical toys, violins and guitars: *Sanicula*: Loves guns, swords, knives and terrorist games.

**Dr KASIM CHIMTHANAWALA**: 2 cases of cervical spondylosis, helped by *Sticta-pul* & *Cimicifuga*.

**Dr S K MAMGAIN** deprecates polypharmacy in practice and advocates use of a single remedy; he cites an interesting case of breathlessness- the patient sat almost like a statute, unable to speak a single word. Her mother said she had Eosinophilia. Based on his past experience of treating the eosinophilic level with *Cina* 200, he gave a dose to the patient; in 10 mins, the patient stirred; by night she was able to lie down; in a week she was completely all right. The doctor could not find supporting evidence in HMM; it was based on his clinical experience.

**Dr D R RASTOGI** writes on use of constitutional types and cites 9 related rubrics in Boger- Boenninghausen's



COMPILED BY

**T K KASIVISWANATHAN**

10/149, Shobha, Road No 9,

Wadala, Mumbai-400 031

Tel: 4162165

Repertory (p 888) for finding the similimum. The case taken mainly with the repertory and if the case fitted in one of the nine rubrics the same was taken as the deciding rubric; illustrated this approach with 5 cases.

**Prof L M KHAN** emphasizes importance of accessory circumstances and their relevance in selection of remedy. These include exciting and maintaining causes, hygiene, surroundings, nutrition, sociology, psychology, moral values, occupational hazards etc. He says that the totality of symptoms is incomplete unless the corresponding accessory circumstances are taken into account. To illustrate: a patient consulted him for gangrene on right heel with left sided hemiplegia. The trouble started after the murder of his 18-y son. Initially *Ignatia* 200 for the severe grief; he improved. Later symptoms called for *Secale-corr* in LM potency. The patient responded well and his gangrene reduced to a point but later was status quo after 3 weeks; no impact even with higher potency and finally the leg had to be amputated. Discreet inquiries with the hospital attendants revealed that though the patient was strictly forbidden to smoke, eat red meats and sweets, he indulged in all these things without knowledge of his family. So look into various aspects if well-chosen remedies are to cure.

## INSPIRATION-PG BULLETIN: VOL. 1 No 2 : APR 01

A new Bulletin published by AM Shaikh Homeo Medical College, Nehru Nagar, Belgaum 590 010.

**Dr ANITA CHAWLA**: Homoeopathic approach to RA: clinical study of 40 cases of RA treated in their hospital. 70% - good improvement; 22.5% were relieved.

**How to study Repertory**: Dr K K Sathiya says that Synthetic repertory is less used as it is not a complete repertory. (KV: *Is not correct as many of present day cases are decided on the basis of mentals for which that repertory is indispensable. Also useful is the Complete repertory.*)

A case of arthritis of Rt knee joint treated successfully



with *Rhus-tox* by Dr Stanley.

An interesting compilation of differential diagnosis of coldness of various remedies is also presented.

### **HOMOEOPATHY TODAY : VOL 21 No 2:**

**FEB 2001**

A report: Roger Morrison on prescribing Homoeopathic remedies to patients, who are on conventional (allopathic) drugs. 80% of new patients are on allopathic medication before coming to a Homoeopath. Often allopathic drugs mask the symptoms, making find the remedy difficult; lower the vitality, slowing patients' response. USA has other medical and legal complications. He outlined four strategies:

1. **Cautious Approach:** Continue allopathic drugs until evident that the chosen homoeopathic remedy is working. Especially in serious illnesses, eg asthma, RA, epilepsy, heart disease and certain mental conditions.

2. **Clean or radical Approach:** Advise to stop all allopathic and other medications. Wait some weeks for effects of allopathic drugs to wear off. Then commence homoeopathic treatment. This approach is useful in skin conditions, menstrual disorders, nasal pathology or those that do not present severe health problems.

3. **Simultaneous Approach:** Stop all allopathic medicines and introduce homoeopathic remedy all *on the same day*. Dr Morrison says that this method works best with pain complaints like chronic headaches and migraines, joint pain and minor GI pain.

4. **The Never Taper Approach:** In cases where discontinuing allopathic medication prescribed would compromise the life of the patient, like thyroid removal, Type 1 diabetes, artificial heart valves or organ transplant like kidney, it is not advisable to do so. It is still possible to increase the vitality of the patient through Hom and later reduce allopathic medicines.

Under the first approach, it may take as long as a year or more to taper off the allopathic drugs. Dr Morrison recommends to get the patient to a point where the drugs used are minimal. Tapering off is to be done in stages allowing the patient time to stabilize at each level.

In Homoeopathy for sports and exercise injuries, **Dr STEPHEN SUBOTNIK** (whose conversion to Homoeopathy dates after his son was successfully treated for Otitis media by Bill Gray) says that normally one prescribes for acute complaints. However, constitutional prescribing is most important, Eg, an athlete waking up every morning with aches and pains and stiffness may need *Rhus-tox* but if he is a *Calcarea* constitution, he may need a dose of the constitutional medicine instead. He says "when I look at a chronic case, I think of physical inactivity"

An article discusses various well-known remedies for influenza: *Oscillococcinum* is recommended for general flu-like symptoms without clear-cut indications for other remedies.

Remedy of the month discusses DD of *Cyclamen* and *Puls* followed by a case.

### **HOMOEOPATHIC LINKS: VOL 14-1/2001**

This issue is devoted to new remedies with cases: *Chocolate*, *Hydrogen*, *Lac-caprinum* *Lac-equinum* and *Tungsten*.

An interesting case of *Chocolate*: A male patient complained of tension, sense of hurriedness; felt nothing was being done fast enough. He complained of nasal obstruction, pain in back and neck, cramps calves and inter-coastal neuralgia. He had a strong sense of duty and wanted to be precise and correct in his work- a perfectionist. Aversion to children and fond of chocolate and likes to take chocolate with milk. Irritable when disturbed. He felt good when sitting in the sun. He was given various remedies, which did not act. Based on his preference for sunlight and desire for chocolate. *Chocolate* in potencies, cured.

**MARY ASPINWALL** discusses 3 cases of *Hydrogen* prescribed for mother, daughter and niece! Mother and daughter had similar back pains and problems with pregnancy. Some rubrics of *Hydrogen* are:

Mind, awareness heightened.

Mind, Conflict between higher consciousness and worldly existence.

Del God, presence of God that he is in.



Mind Love, overflowing, for humanity.

On the flip side: loss of oneness, separation from the world, paradise lost and fall from grace.

\* **JOAN SCOTT LOWE, USA** presents 2 cases of *Lac-caprinum* (goat's milk). A 46 year old lawyer who consulted for depression, mood swings and fears of heart attacks; woke up frightened, helpless and trapped. For years he could not stand anyone to be near his face (Goats are afraid of being killed by wolf by the neck); fear of sharp and pointed objects. Highly sexed, he chased women but was bored with marriage; he was a procrastinating type. He was addicted to tobacco and also suffered from ADD. After trying other remedies he was given *Lac-caprinum* 1M helped mentally, emotionally and physically; it was repeated. After 3 months pt stopped anti-depressant tablets case followed up for two years with no repetition. He became tobacco free and hypo-hyper energy crises did not arise and his hyper sexuality decreased considerably.

The **other case**: A 10-y-old boy, was brought for ADD and behavioural problems. This boy also exhibited some features of the other case ie lot of energy, fun loving and capricious nature, problems of ADD, lack of mental focus, easily distracted mind and deep-seated fears of sharp and pointed objects such as needles and knives and. fear of falling. He was argumentative and obstinate. A perfectionist. Based on the family history of cancer, diabetes and respiratory problems the boy was initially prescribed *Carcinocin*. Initially good improvement in behaviour, but later reverted to his old self even after repetition of the second dose. Taking note of his animal magnetism and manner of butting heads with other boys (goats fight like that), he was prescribed *Lac-caprinum* 1M and the boy improved. Follow up over two years during which it had to be repeated when needed and when the symptoms relapsed but majority of complaints were resolved in one year in both cases. A 57-year-old lady, had severe hot flushes, sometimes 20/day, was treated with potentised *Tungsten*. She also complained of constipation, loss of smell and constriction in throat. *Lachesis* did not help. She said that she worked hard to prove herself especially to her father,

who felt that girls need not study; in this case the main theme is the desire to prove and perform and hence a metal was needed as the remedy. She was working very hard to prove herself. The heavier the metal the heavier the need to perform; Frank Beijering says that he chose *Tungsten* based on correspondence between the thermal property of the metal with intensity of the hot flushes of the patient. After taking the remedy in 1M, the hot flushes diminished rapidly in 3 weeks; hair loss and constipation improved. She reported severe migraine attacks after 10 weeks and the remedy was repeated in LM 18 potency twice a week. She improved well under it but developed a fascination about anything connected with fire. In nine months no hot flushes.

This issue also contains 3 cases of another milk remedy- *Lac-equinum* (horse's milk). The three patients who were treated with this remedy had loved horses. They were determined and worked hard to please and serve others, not to cause disharmony in the family, fun loving. They were dependent on their families or the group to satisfy their desires thus vulnerable to be frustrated and undermining of their confidence; they felt angry and trapped in their situations.

#### **THE HOMEOPATH: SPRING 2001-NO 81**

Tomas Paschero's article on Unicism and Pluralism reprinted in this issue is a timely warning against polypharmacy. He says that the diseased organ is not the disease and toxins and tissue damage are only a by-product of the real disease and cannot guide the Homoeopath to the similimum. The law of cure is fulfilled only by acting on the core of the disease process exhibited by characteristic symptoms of the patient's complete history. The apparent disease is not a cause but an effect of the real disease that has constituted the patient's characteristic personality, habits and ailments. The patient's underlying diathesis or morbid pre-disposition is not discovered by observing the symptoms merely, but by observing the integral functioning of a whole person in their adaptation to life.



**Report on seminar with Vega Rozenberg**, described as the “world’s foremost homoeopathic iconoclast” because he challenges and asks questions which some people find embarrassing and offensive. He has developed “boxes”, which are groups of remedies organized around a central theme. Some of the groups are cancer, rectal, power, suppression, radioactive. The boxes will have basic themes such as “Pushover box” – those people who sacrifice themselves to make others around them comfortable; door-mats (*Aethusa, Staph, Chocolate, Puls, Lachesis*). They are like new set of rubrics and can be used as such. According to him one has to discover the *dark spirit* in the patient and before that one has to be clear about one’s own demons so that they do not confuse with those of the patient. One may have to ask questions to tickle this demon, as he calls it. A live case illustration: a four-year-old boy born with clubfeet now with metal braces from his feet to the knees. Obviously the attention turns to the mother and she was asked “what would you not want anyone to know about?” After a little reluctance the main points emerged as burden, restriction, being dumped and while mentioning the last point she frequently covered the crown of her head. This is interpreted as a need to block out light from a higher level. The overall result of blocking light, pressing down and heaviness and weight is dwarfishness. Barium blocks light and *Baryta-mur* was cho-

sen. Remedy has a delusion, walking on his knees, which was a reality in the boy’s case.

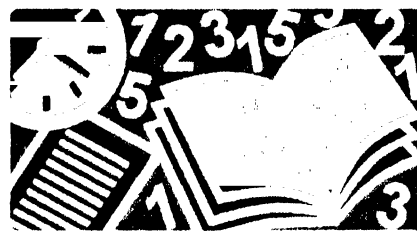
Another case: a male in his fifties suffered from arthritis as a result of accident. Father of 3 children, is always separated from them because he was in merchant navy, safari driver in Africa, and worked for UNICEF in different places. Never in serious relationship except with the present partner. In reply to the question: “Is there anything you don’t want us to know about you” he replied that he had homo-sexual urges and had one such experience. Asked about his worst fear he felt that humanity was going to end in 50 years and it made him very sad. He loved to travel and wanted to follow the sun. He used to climb up the mast of the boat to look down and survey the space. He had restless feet. Rubrics: restless feet, love of own sex. Themes in this case were; high up, low down, travel the world, follows the sun, vast spaces and end of the world. *Hydrogen* was the remedy. Vega told the participants to be bold, objective and detached and rout out the demon. It can be uncomfortable without being painful- only a mild aggravation followed by long lasting amelioration.

The second part of the essay on Advanced case taking and analysis by Ernest Roberts deals with miasmatic block, use of nosodes and how to prescribe in complex cases with multiple layers.

A case of *Thiosinaminum* used effectively for genital scar left from a labial piercing is given. □

---

*Can a Science book walk?*



*Only if it has enough footnotes.*