



H1N1

Abstract: The Central Council has received Email from Liga Medicorum Homoeopathica Internationalis (LMHI) regarding outbreak & treatment of H1N1. LMHI has collected the information from previous experience of Mexican Colleagues which is presented herewith.

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INTRODUCTION

The H1N1 flu is a respiratory infection caused by a strain of influenza virus of the type A, which normally causes outbreaks of influenza in pigs. The disease affects pigs almost exclusively. However, a new strain of virus, derived in part from the human influenza virus and in part from the pig influenza virus has been demonstrated to be transmissible to humans. Another concern that has arisen is the serious form of disease and because of the high mortality rate of this strain of virus and of its capacity to be transmitted between humans, there is the concern that the H1N1 flu could become a global pandemic.

The H1N1 flu epidemic has spread rapidly in the past weeks. The World Health Organization increased the level of global pandemic alert from level 4 to level 5, which means that, even if the majority of the countries have not been affected yet, there are strong signs that a pandemic is imminent and that the time to organize a contingency plan is short. The increase in alert level indicates that the probability of an emergence of a H1N1 influenza pandemic has grown during the last weeks.

It should be noted that there are reports of cases of influenza caused by other viruses which are not the H1N1. They must be distinguished from the epidemic of human influenza as they present differently. The human influenza has a sudden appearance that evolves more quickly towards pneumonia, with severe attack on the general state of the patient. On a parallel level, there are many cases that do not correspond to human

influenza, or to seasonal influenza. They represent rather common colds that have no connection with influenza.

CLINICAL SYMPTOMS

At present Homoeopathic colleagues of Mexico have been able to identify indirectly or by the written reports of doctors in hospitals, the following symptoms:

- Fever: Proceeded in 40% by great chills, persistent fever between 38.5°C (101.3 F) to 39.4°C (102.9 F) accompanied by fresh diaphoresis on the back, face and neck
- Generalized weakness, without extreme prostration
- Profuse sweating during fever
- Sore throat: Non painful, dry
- Constant arthralgias in the hands, elbows and shoulders
- Cold applications >
- Retroocular headache or eyeballs pain ("My eyes hurt") > rest
- Occipital headache and neck-ache aggravated by being raised on a pillow
- Some patients with occipital pain of throbbing type

COMPLICATIONS

- Pneumonia with infiltrated or multiple pockets
- Productive cough with yellowish expectoration

In 48 and 72 hours the medical situation develops or becomes complicated. The above symptoms are vague and have limited clinical Homoeopathic application but, as the symptoms were obtained directly from a significant number



of H1N1 infected confirmed patients, Homoeopathic medicine can be used.

- ♦ High fever
- ♦ Headache
- ♦ Clear nasal discharge
- ♦ Sneezing
- ♦ Cough, often becoming severe
- ♦ Severe aches and pains
- ♦ Fatigue for **several weeks**
- ♦ Sometimes sore throat
- ♦ Extreme exhaustion
- ♦ Fever and pain throughout the body generally last from three to five days, but the cough and fatigue can last for two weeks or more.
- ♦ Mexican fever may be accompanied by nausea, vomiting and diarrhoea.

DIAGNOSTIC GUIDES

Till now the available Guidelines to define a case of Mexican influenza (case definition / swine flu) by CDC (Influenza like /illness ILI) are as follows:

- ♦ A confirmed case of influenza A/H1N1 defines a person with an acute breathing illness with laboratory confirmation of the A H1N1 influenza virus through the following laboratory diagnosis:
 - 1) PCR /RT in real time
 - 2) Viral Culture
- A probable case of infection by influenza A H1N1 defines a person with influenza type symptoms: Positive for influenza A, but negative for H1 or H3 influenza by PCR / RT
- ♦ A suspected case of Influenza A defines people who do not meet the criteria at the top and have H1N1 negative tests:
 - 1) Healthy person, under the age of 65 years, hospitalized with symptoms similar to the influenza.
 - 2) Lives in a state (country) where no cases of Influenza have been confirmed, but has traveled to a state (country) where there are one or more probable cases
 - 3) Has been in contact in the last 7 days with

a person with similar symptoms to the Influenza (ILI).

HOMOEOPATHIC MEDICINES

Homoeopathic treatment is on individualization, but in the face of an epidemic, we can obtain groups of drugs characterized by the peculiarities of symptoms of the sick ie the genus epidemicus. The symptoms listed above are the common symptoms of the disease that, for the Homoeopathic doctor, serve to show whether or not it is Influenza. However, they are not useful for the prescription of Homoeopathic medicines. The pattern and the individuality of the symptoms of each patient is what determines the prescription of a Homoeopathic remedy.

We have listed the symptoms for which these remedies have been indicated, without determining a genus epidemicus. The drugs mostly indicated for this epidemic given by Homoeopathic Mexican Doctors are the following:

Aconitum-nap

- Fear will die because of the disease
- Inflamed throat
- Onset of the symptoms after exposure to cold
- Harsh beginning
- The symptoms appeared suddenly
- Red congested face
- Muscle aches and pains

Belladonna

- Red teary eyes
- Red flushed face
- High fever- greater than 39°C (102.2 F)
- Acute inflammation of the throat
- Throbbing Pain while coughing
- Severe headache
- Violent pulsations caused by the headache
- Red face. Brilliant and Injected Eyes
- Cannot stand least light, noise or movement

Bryonia-alba

- Begins with sudden head pains
- Worsened by body movement
- Painful cough
- Fever with chills
- Intense back and leg pain
- Aggravated by the least movement, > rest



- Extreme thirst for large amounts of liquid
- Cold, red throat
- Limb pain while walking
- Dryness of mucous

Arsenicum-album

- Begins with arduous throat pain
- Improvement by consuming hot drinks
- Widespread cold, feels cold
- He covers himself too much
- Feels prostrated, tired, exhausted
- Violent vomiting and frequent, but scanty diarrhea
- Thinks will die
- Burning evacuation
- Cough after drinking
- Agitated and anxious
- Does not want to be alone

Eupatorium-perfoliatum

- Fever that starts with chills, shivering and shaking
- Back pain
- Continued fever, with intense, insatiable thirst
- Bone pain, as if it they had been beaten
- Back pain, as if it were broken
- Snoring
- Painful cough, pain in chest when coughing
- Great pain of muscles and bones
- Feels as if the back were dislocated
- Congested face during fever

- Perspiration improves all the symptoms, except headache

Mercury's-virus

- Begins with hoarseness and aphony.
- Catarrh, running nose, burning
- Sore throat as if it were raw meat
- Dry cough, spasmodic
- Fever with night sweats that do not improve
- Constant thirst
- Indented tongue
- Halitosis
- Very wary
- Bone pain

Gelsemium

- Fever, chills
- Hand trembles
- Abundant perspiration
- Downcast. Heavy head and eyes. Cannot keep eyes open.
- Intense muscle aches, with leg pain
- Remains immobile in bed
- Face congestion
- Inflamed eyes, sore throat
- Dry cough, repaid pulse
- Despite the fever, has no thirst
- Depression and pain

NB: Very important: Anyone with cases of even one treated please write in to NJH so we can all share and learn from the experience. -Editor.

Why and How to Study Organon of Medicine?

Abstract: The core book of Homoeopathy is the Organon by our Master. Do we read it? Have we mastered it? The answer to both questions has to be "Yes" if we aim to be successful Master Homoeopaths. I hope this article stimulates all - Editor

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The question is: Why and How should we Study the Organon of Medicine by Dr SAMUEL HAHNEMANN?

HAHNEMANN himself used to be very annoyed on those who were too lazy to carefully read his

directions in *Organon*. But the facts are that unfortunately most Homoeopaths are poorly acquainted with Hahnemann's *Organon*. Yet, there is no doubt that this is the *single most important work* on the subject, providing the very