

Boenninghausen's Therapeutic Pocket Book

ABSTRACT: In the previous issue an introduction of the therapeutic pocket book was given. In this issue we add some more information to the individual chapters to bring in more familiarity.

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DETAILS OF CHAPTERS

MIND AND INTELLECT

Few rubrics (pages 17-23)

It was not his intention to reflect the picture of the whole man through his mental reactions. Some feel that it was an oversight on the part of Boenninghausen but it was not an oversight as he included 17 rubrics devoted to emotional excitement under Section Aggravations.

THESE ARE

Anger, vexation etc agg
Anxiety with agg
Fault finding
Fright, shock with agg
Indignation with agg
Silent grief, suppressed etc
Violence, with agg
Contradiction
Fright, [anxiety, fear]
Grief and sorrow, or care agg
Homesickness
Jealousy agg
Joy excessive, agg
Love unhappy, agg
Mortification, chagrin agg
Reproaches, agg
Rudeness of others agg
Sympathy agg
Wrath, agg

EXAMPLES OF RUBRICS UNDER MIND AND INTELLECT

MIND	INTELLECT
Avarice	Befogged
Boldness	Comprehension difficult
Gentleness	Comprehension easy
Haughtiness	Ecstasy
Mischievousness	Imbecility
Mistrust	Insanity
Seriousness	Memory active, Memory lost

II. PARTS OF THE BODY AND ORGANS

This enables us to go to the location of the problem.

Head- Eyes- Vision - Ears - Hearing - Nose - Smell - Face- Location of Sensations- Teeth - Gums - Mouth - Throat - Mouth And Fauces - Hunger and Thirst (Including Aversions and Desires) - Taste - Eructations - Nausea and vomiting - Internal Abdomen - External Abdomen - Abdomen - Hypochondria - Abdominal Rings - Flatulence - Stool - Urinary Organs - Urine - Micturition - Sexual Organs - Menstruation - Leucorrhoea - Respiration - Cough - Air Passages - External Throat and Neck - Neck and Nape Of Neck - Chest - Back - Upper Extremities - Lower Extremities.

III SENSATIONS AND COMPLAINTS

Alphabetical arrangement of subjective and objective symptoms.

- | | |
|---------------|-----------|
| 1. In general | 54 pages. |
| 2. of glands | 4 pages |

3. of bones 35 pages.
4. of skin 34 pages.

IV. SLEEP AND DREAMS

Yawning; without sleepiness, with stretching,
Yawning ineffectual, spasmodic
Falling asleep late
Impossible after waking once
Prevented by various symptoms
Waking in distress, Early
Waking, Frequently at night
- Late
Position in sleep
Lies on abdomen
Symptoms causing sleeplessness

DREAMS IN GENERAL

- Anxious, anxious of animals
- of battle
- of the dead
- of difficulties
- of falling
- of fire
- of ghosts
- of bad luck
- of quarrels
- of shooting
- of sickness
- of thieves
- of thunder
- of water
- confused
- of sick people
- of vermin, vivid etc.

V. FEVER

1. Circulation of blood
Anaemia - congestion - pulse abnormal - full - hard - imperceptible - slow - small - soft - tremulous etc.
2. Cold stage - Chilliness in general - in certain parts
3. Coldness
4. Heat
5. Perspiration
6. Compound fevers
7. Concomitant complaints.

VI. ALTERATIONS OF THE STATE OF HEALTH

- i. Aggravations according to time
- ii. Aggravations according to situations and circumstances.
- iii. Amelioration by positions and circumstances comparatively small.
Aggravations are much more reported by patients than ameliorations. More noticeable.

VII RELATIONSHIP OF REMEDIES

This last chapter has been a complete mystery to most and not often used but it is important and is used for making 2nd prescription.



After having failed his exam in "Logistics and Organization", a student goes and confronts his lecturer about it.

Student: "Sir, do you really understand anything about the subject?"

Professor: "Surely I must. Otherwise I would not be a professor!"

Student: "Great, well then I would like to ask you a question. If you can give me the correct answer, I will accept my mark as is and go. If you however do not know the answer, I want you give me an "A" for the exam. "

Professor: "Okay, it's a deal. So what is the question?"

Student: "What is legal, but not logical, logical, but not legal, and neither logical, nor legal?"

Even after some long and hard consideration, the professor cannot give the student an answer, and therefore changes his exam mark into an "A", as agreed.

Afterwards, the professor calls on his best student and asks him the same question.

He immediately answers: "Sir, you are 63 years old and married to a 35 year old woman, which is legal, but not logical. Your wife has a 25 year old lover, which is logical, but not legal. The fact that you have given your wife's lover an "A", although he really should have failed, is neither legal, nor logical."

Constitutional Crossword

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Solve the following crossword with the help of the clue given.

ACROSS

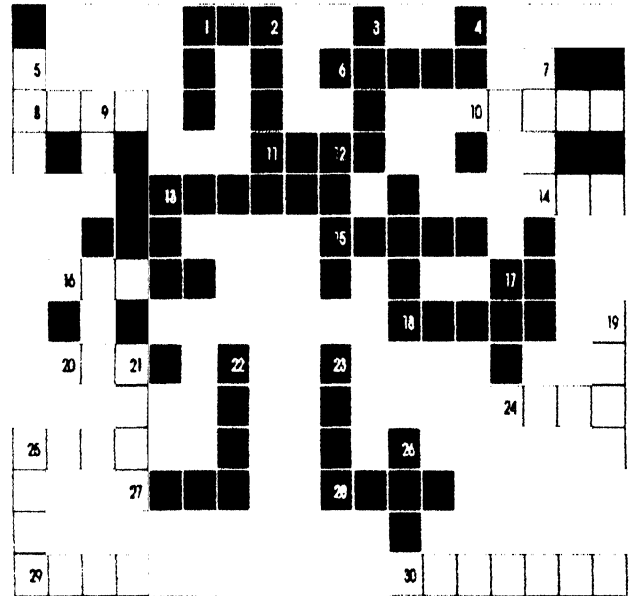
1. Physical insecurity, anxiety, restlessness, great thirst (3)
6. Sexual guilt, king of antisycotics, fixed idea (5)
8. The medium, Tongue large flabby, imprint of teeth (4)
10. Blandness. Eruptions that crack and exude honey-like sticky fluid (5)
11. Feminine principle, changeable and as fickle as the wind (4)
13. Morbidity. Hereditary tendency to alcoholism, Pains from darkness to daylight (4)
14. Eats well yet loses flesh all the time. Hard Goitre in dark-haired person (3)
15. The idealist. Intense sympathy for the sufferings of others. (5)
16. Suppressed anger (5)
18. Dogmatism, perspiration on the face especially on the forehead (5)
20. Impotence. Right sided complaint and 4pm to 8 pm aggravation (4)
22. Apprehension when ready for church or opera, diarrhea sets in. Belching accompanies most Gastric complaints (3,1)
24. The passionate adventurer (4)
25. Mania, Lively and entertaining when well, but violent and delirious when sick (4)
27. Perfectionist, family history of Ca (4)
28. Sudden bee-sting like pain. Agg heat with Oedema, the heat affecting both body and

mind. Thirstless (4)

29. Uncivil, Cannot return civil answers (4)
30. One of the trio of collapse when spasms predominate (4,3)

DOWN

1. Loathing of life, Depression, Suicidal Mania (3)
2. The inspired ego, extremely red orifice esp lips, as if painted, excoriated by acrid secretions, sore (5)
3. Lack of boundaries, craving of ice-cold drinks (4)
4. Sour slimy stools covered with a green scum like that floating on a frog pond (3,1)
5. Delicate woman leading a sedentary life and having a smelling bottle continually at hand (2,1)
7. Rigidity, Bag like swelling between upper eyelids & brows, that usually fills up when coughing (4,1)
9. Motion relives and triangular red tip of tongue (4,1)
12. Sexual Tension, Extreme sensitive to heat and esp to touch esp about the neck and throat (4)
13. Independent woman. Tell tale face indifferent to family members (3)
16. Offensive foot sweat, delicate



- and determined, yielding (3)
17. Suppression of emotional pain, sad enjoys it, bid for sympathy but anger when consoled (3,1)
19. All excretions have a carrion-like odour, feels unusually well day before attack (4)
21. Inertia, fat flabby, sweaty head (4)
22. Sentimental mood in the moonlight, esp ecstatic love. Tongue white as milk (3,1)
23. Hatred towards people who have offended him, unmoved by apologies (3,2)
25. Dwarf, scrofulous, dwarfish children who do not grow (3,1)
26. Incessant and violent fidgety feeling in feet or lower extremities, must move them continuously (4)