



Synopsis of other Journals

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QUARTERLY HOMOEOPATHIC DIGEST- VOL XXIII, 1'06

-Compiled by *Dr K S Srinivasan, 1253, 66th Street, Korattur, Chennai-80*

Dr K S Srinivasan has been doing immense service over the past several years to homoeopathic colleagues by bringing out this Digest on a quarterly basis. The Digest extracts the best from all good homoeopathic journals published across the world including German, French and others, and translates it. The material is neatly classified in Part I under various sub-heads such as current literature listing, Materia Medica, Therapeutics, Research, General section, Book Reviews. etc and Part II contains abstracts and extracts from selected articles and sometimes the whole article. It is a must, not only for a budding homoeopath but also for seniors who are hard pressed for time for reading as this digest serves fully the purpose of CME and sharing of experiences of various leading homoeopaths across the world.

MATERIA MEDICA TIPS FROM THIS DIGEST

1. *Taraxacum* cured a case of a woman with "feeling of being pregnant" for several weeks with heavy tumescence of breasts. Also useful for chronic consequences of Hepatitis A or B, good results obtained in fibromyalgia and diabetes mellitus.
2. 12th decimal potency of Allopathic medicine has good therapeutic value if used isopathically. Side effects caused by allopathic remedies and also allergic agents like heavy metals which cause long time allergy can be cured with the same agent in 12th potency
3. Few important remedies to take to HOSPITAL:

Arnica - For all traumas

Bellis-perennis- Trauma to abdomen and deep organs, goes deeper than *Arnica* and is a specific for groin pains during the last few months of preg-

nancy, pains come on suddenly while walking and are severe enough to make walking impossible until they have passed.

Caulophyllum for trouble free childbirth more suited to sedentary women with poor muscle tone and useful for annoying Braxton-Hicks contractions. It should not be taken routinely and unnecessarily as it can cause difficulties in labour.

Kali-carb For pain in the lower back during labour

Hypericum- Nerve injury, extreme pain

Staphysagria- Injuries from cutting instruments, incision pain,

Raphanus- Trapped abdominal gas that won't go up or down. Location often makes a symptom strange, rare and peculiar.

Chill beginning either in the back or moves up and down the back - *Capsicum, Eupatorium-perf*

Chills beginning in the hands: *Gels* or in the hands and feet: *Natrum-mur*

Anxiety beginning in stomach and rising to head: *Natrum-mur*

Sepia causes and cures ulcers of joints of fingers, caries of the teeth localising near the gums or in the roots - *Thuja* (from *Quarterly digest*)

Several interesting clinical cases summarized from Journals. Some are given below:-

CASE 1: A young girl suffering from ear infection consulted Dr Benoit. Her behaviour in the clinic was peculiar: acted like a clown, played with an elastic band and protruded her tongue, etc, changing moods —sometimes very active and at other times very exhausted. Based on the rubrics —antics playful, timidity, bashful and rest desire for, *Kali-bich* came up which was then confirmed from original provings from Dr Allen and Hughes' compilations, *Kali-bich* 30 given infrequently cured her of her infection.

CASE 2: A 37 year old man consulted Dr Scheepers for eczema on the back of his hands, wrist and forearms with itching more in the evening. The remedies like *Sulphur* prescribed gave only a temporary relief with the complaint returning and spreading to left eye lid. On further consultation, *Kreosotum* was selected on the symptoms of Capriciousness, rejecting things for which he has been longing, discontented with everything, weeping music from, restlessness, eruption face, teeth carries, inflammation gums. This remedy helped him a great deal and over a nine year period it was repeated 12 times.

CASES 3 and 4: Mother's state during pregnancy is impacted on the foetus, and is exhibited as illness in the baby later. Several cases have been published on this aspect in the homoeopathic journals. Invariably, Homoeopaths explore this matter with the mothers while examining the cases of their offsprings. Two cases illustrating this fact has been given by Drs Reichenberg-Ullman. One is the case of a 5 year old boy suffering from attention deficit disorder - defiant and challenging and provoked easily: he was convinced that he was correct and every one else was wrong. The interaction with the mother revealed that she was unhappy when she was pregnant and was miserably homesick³. One dose of *Capsicum* (which is a leading remedy for homesickness) set right the matter.

In the other case the 7 year old boy exhibited episodes of rage, which was manifested in clawing, screaming and biting. His mother's strongest feeling during her pregnancy was a feeling of being trapped in a threatening situation from which she could not escape. The boy initially was helped by *Stram and Lyssin* But good recovery was from *Falco*.

There is an interesting extract from an article by Dr Miranda Castro regarding immunization in which he advocates the parents to get full information about the vaccination proposed for their children before giving the vaccination including asking the doctor to administer one vaccine at a time to see the reaction on the child. In India this is not possible as it had been made compulsory and parents are very afraid of the consequences of not giving the prescribed immunity doses.

Two interesting cases of bad aftereffects of immunization have been presented in the Therapeutic section of the Digest. One case was of autism of an orphan following vaccination; he developed an inflamed lump at the site of the shot and he limped for days and his motor and learning skills declined. He was prescribed *Chocolate* on presenting symptoms. In another case of an adopted child, DPT shot produced a lump in right thigh and there was swelling from hip to knee. She had uncontrollable rage episodes and used to scream. *Veratrum-alb* was prescribed and within minutes after a full-blown rage outburst, the child became very quiet and she was given the indicated remedies in LM potency daily for some time for effecting a cure.

Part II contains some interesting extracts of articles titled, "Three ways of Homoeopathy", Chaos theory applied to homoeopathy and four cases from the clinical practice of Dr RAF Jack under the caption "Anecdotal but significant". Contains two cases of epilepsy, one on peripheral circulatory defect and recurrent rejection of shunt.

CASE 5: The last mentioned case is interesting. It is the case of a girl, hydrocephalic treated with ventriculo-peritoneal shunt at the age of one month. The wound was constantly becoming infected necessitating replacement of shunt, needing frequent hospitalisation. When this doctor was consulted, her shunt had become blocked and the child, aged 5 by then, was critically ill with septicaemia and also had epileptic seizures. The child was spastic, unable to walk and doubly incontinent. She was on allopathic injections intravenously and was catheterized three hourly. She preferred cold milk and was seeking constant attention from nurses, jealous and nervous of strangers. Dr Jack prescribed *Staphylococcus albus* 30 for infection, *Tuberculinum* 10M, 3 doses in one day because he suspected tuberculous diathesis and *Phos* 30 at weekly intervals based on mental symptoms. These medicines stopped her infection and made her well.

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This issue also contains a lot of information and summarized cases of interest to a practitioner.

CASE 6: *Lac-felinum* - Dr Bailey. A 36 year old woman, a single mother, with headache from milk,



insomnia and mastalgia pre-menstrually and had right sided cramps. She felt neglected and cheated by circumstances of being misunderstood by her family members. Very critical and judgemental and with aggressive outbursts and feels like having a rope around her neck. Loves to travel but stuck up because her child was autistic. Was having problem with authority. *Lac-felinum* 30 once daily was prescribed and four weeks later less yelling and menstrual pains and cramps; she was prescribed the same medicine in LM 6 daily and four weeks later much better and no headache.

CASE 7: A lady aged 51 was suffering from menopause with flushes and sweats coming every hour, osteoarthritis in spine, neck, wrist, elbow and knees along with depression. She used to walk in circles constantly with anxiety. After the initial prescription of *Lachesis* 200 the flushes were reduced by half in intensity and frequency but relief was only partial. Repertorial analysis of syco-syphylitic remedies yielded *Stramonium* and *Anac*. Of these *Stramonium* covers walking in circles and the lady was therefore prescribed *Stram* 1M and one month later, hardly any flushes and no feeling of anxiety or depression, joint pains were much better. Feeling well even after four months of the dose.

CASE 8: Cycles and segments is an approach of repertorisation using Radar software. A cycle consists of five to six segments, which are groupings of related symptoms ie those which reflect similar concepts. By seeing the patterns and relating to the patient case taking is shaped. In this approach no single symptom is the focus but each symptom represents a particular aspect of the patient. This approach has been illustrated by a case of a man aged 50y, suffering from debilitating anxiety which was not relieved by many therapies he had undergone. *Veratrum-alb* was selected by this method and a dose in 200 potency was given and six weeks later the patient reported less stress, had good sleep and was able to give up anti-depressants the same remedy in same potency was repeated over the next four years and once in 1M when the symptoms returned. The patient continued to do well.

CASE 9: A 60 year old lady consulted Dr Todd Hoover for severe fatigue after flu 20 years ago. She was confined to bed most of the time and needed

assistance even to eat and bathe. Heavy sleep, sometimes wakes up with one-sided headache. The headache was worse from eye strain. She also had photophobia and sensitivity to noises and voices. Chilly and craved refreshing drinks. She had difficulty in concentrating, was clumsy and her writing was illegible.

The doctor prescribed *Onosmodium- virginianum* 200 one dose. Over the next 6 months there was steady improvement in her condition with ability to perform mental and physical work. She continued to do well for many years with only one more repetition of the remedy.

(In Boericke's *Materia Medica* we find under this remedy: "Want of power of concentration and co-ordination. Vertigo, numbness and muscular prostration. Marked association of head and eye symptoms. General prostration. Acts as if born tired. Confused, dull and heavy, occipito-frontal pain in waking, strained feeling in eyes, worse using eyes.")

CASE 10: Pneumokokkensepsis: A 70 year old male, suffering from severe abdominal pain- right hyochondrium and mid-abdomen, from mental cause, worse morning and evening. He consulted Dr Marten Bunder. His son wanted to migrate to USA which he did not want. He also complained of mild pain in the chest. Further investigations indicated vertebral column syndrome, cardiomyopathy, hypertensive heart disease, kidney insufficiency and raised temperature. The doctor prescribed *Phos* 30 one dose on the symptoms of ailments from care, sadness, speech slow, restless, warmth agg, lying on side amel. A few minutes after taking the medicine he started sweating profusely and felt hot all over. A few hours later fever came to 38.8°C and in next few hours the temperature became normal. In the next few days his Bilirubin came to normal and kidney parameters also improved. His blood tests revealed Pneumococci; he had developed septicemia due to it. It was clear that *Phos* had removed the sepsis fully.

Part II of this issue of Digest contains an extract from the book "CROSS ROADS TO CURE" by Nicola Henrique. This doctor emphasizes that the success of treatment rests upon the physician's understand-

ing of exactly of what has happened after the administration of the first prescription. The challenge of second prescription lies in confirming that the first prescription acted and understanding as to why and how it acted or did not act and then decide what to do next. A remedy shows its action by i) producing new symptoms, ii) the disappearance of symptoms, iii) the aggravation of the symptoms, iv) the amelioration of symptoms, and v) a change in the order and direction of symptoms. Each of these aspects have been separately discussed and summarized in this article with pointers to the next prescription.

ADVENT OF HOMOEOPATHY- VOL 23. JAN-MARCH 2006
Quarterly, 37 South Anarkali Extn, Delhi-51

This quarterly journal, now deals with one theme per issue. This issue is devoted to diseases of the ear. Several acute cases of ear diseases have been discussed. In a general article, Dr Mohd Khalid emphasises that in ear disease complaints one must identify more precisely the location, sensations, modalities and concomitants. He gave examples of concomitants with ear complaints as per repertory, discussed briefly the misamatic aspects under psora, sycois and syphilis under shape and size, nature of discharges, modalities etc. Dr A Sekhar Chatterjee contributed cases and his method of treatment. He discusses two cases of peri-otal fistulae, treated mainly with *Carcinosin*. There is an interesting article on repertorial rubrics found in Boenninghausen's Therapeutic Pocket Book not found in Kent's repertory. The author points out that Boenninghausen's method shines in cases without much mental symptoms, without rare, peculiar and strange symptoms, in cases where modalities and concomitants are marked. A case from this issue is briefly reported below.

CASE 11: A 13-yr old boy was brought to Dr GG Wadhvani for persistent ear discharge, from each ear from age 3. Not better with allopathic treatment. Diagnosed as CSOM. The discharge was milky white, offensive and constantly oozing. The boy also complained of painful mouth ulcers off and on. The rubric selected from Kent - White discharge from ear: *Kali-chlor* only remedy under sub-rubric -milky white discharge in highest grade. Dr Khan

used to say *Kali-chlor* is useful in severe apthous ulceration when all indicated remedies fail to cure. It was given in 200 potency, 3 doses at 12 hourly intervals and was asked to report after a week. His mouth ulcers were better after a week but ear discharge was same. In subsequent weeks both complaints got better and in a month completely stopped. The case was followed up for three months on placebo and the boy was well.

HOMOEOPATHIC LINKS-VOL 19,1/2006

Quarterly journal published by Homoeopathic Research and Charities.

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Under the article, "Why the correct remedy does not work" Dr Ernest discusses how to deal with the situation where the seemingly well selected constitutional remedy does not act. He advises first to determine the level of health of the patient using Dr Vithoulkas's division and select the remedy from the groups appropriate to the levels, keeping in view the relationship of remedies, complementary and intercurrent remedies.

CASE 12: Dr Ernest Roberts says that as one sided cases do not give full rounded picture of the complaint, he found it useful to resort to triads of remedies for their treatment. He cited in this context a case of a 14 yr old boy suffering from Crohn's disease. He had fissures and fistulas and his bone growth rate and height were below par. The lesion was a hole 3 cms wide. Basing his remedy selection on fissures and fistulas he repertorised and found *Flouric-acid* in italics and after studying the cycle of *Puls*, *Silicea* (for which some symptoms were there) and *Flouric-acid*, he prescribed *Flouric acid* 6X TDS. Within a month the lesion had diminished and the boy's height and weight improved, The same remedy continued till the lesion was almost cured. Then progress stopped and patient gave new symptoms of being afraid to be alone with fear of robbers. *Pulsatilla* 30c was given and the boy improved over the next two months when the indications for *Arsenicum-album* became clear. That remedy helped the patient further and the doctor later prescribed *Thuja* as chronic of *Ars-alb* which completed the cure.



The author has listed several acute and their chronic remedies for ready reference and also triads of remedy relationships.

Anton Amberger has presented three cases of hyperthyroidism. Initially these patients were prescribed *Natrum-mur*, *Calcarea-carb* and *Lyci* based on repertorial totality but the progress was not good. Further studying the case in greater detail and paying closer attention to the second line remedies which were thrown up by repertorisation the prescription was changed to *Calcarea-carb*, *Sepia* and *Natrum-mur* in LM potencies which led to the cure.

CASE 13. The case of a male, aged 50, with muscle cramps and hot feeling under thighs with pain and heel pains, was treated by Dr Chetna Shukla. It is the case of a man who was trying to live up to all the eight qualities of noble Eight-fold path of the Buddhists. His soul was clearly asking for a similar remedy. He was prescribed *Ficus-religiosa* in 30 C single dose. Over the next few months, his cramps and pains decreased and he was able to sit in one place for several hours without discomfort. No repetition but sac-lac for more than 6 months and the patient was still improving. The author gives some interesting facts about the sacredness of this pipal tree revered both by Hindus and Buddhists as Buddha received enlightenment under this tree.

The third part of an article on Diamond under the caption "Diamond Immersion- Depression and suicide" is the concluding part, on the use of *Diamond* as a remedy. It is stated that is an outstanding medicine for depression and suicidal propensities. It also enables one to let go of attachment to the body and takes away the fear of death (the author refers to some instances of terminal cancer where this remedy gave a peaceful death to the patients), also for depression arising from loss of a child or inability to have babies. The article by Peter Tumminello also contains a detailed discussion of a case of a Chinese woman suffering from depression arising mainly from a desire to be perfect but with low self-esteem. She felt that her work as a Chinese medicine practitioner was not being appreciated. She also suffered from hot flushes

because of menopause. She had lost a child. *Diamond* cured her of the depression. This is a remedy proved by the above author. He will be, it is stated, publishing shortly a work on 12 precious jewels including *diamond*. He is practicing in Australia.

Dr Neerav Shah says that he had been studying the Lanthanide series of elements of the Periodic Table. He observed that there were some patients who had certain ambitions, feelings, fears and delusions similar to that of particular element of Gold series. At the same it was noted that they did not have certain characteristics of that particular Gold series elements or they appeared much weaker than the relative Gold series elements. They appeared much more powerless, full of cowardice, dependent on parents or other authorities. At the same time there was similarity with *Aurum-met* or *Mercurius*, *Plumbum* or *Bismuthum*. Based on further study of the various cases he presumed that they might be characteristic of the Lanthanide series. He says that *Erbium* may have similarity with *Plumbum*, *Terbium* with *Aurum-met*, *Dysprosium* with *Mercurius* and *Thulium* with *Bismuthum*. He discusses a case of Idiopathic Thrombocytopenic Purpura of a 13 year old boy who was successfully treated with *Erbium* of this series.

A report on the clinical study of role of homoeopathy in treating cerebral palsy syndrome, a proving of *Titanium-met*, *Himalayan Honeysuckle* and book reviews form the rest of this issue. In Book Reviews, Dr Rajan Sankaran's latest book "Sensations in Homoeopathy" has been reviewed in detail by Dr Ilana Donnheisser of UK.

OTHER JOURNALS RECEIVED

1. Homoeopathic Links , Vol 2 and 3 of 2006
2. Homoeopathy Today- October 2006
3. CCRH Quarterly Bulletin- Vol 28, N03 of 2006,
4. The Journal of The Madras Presidency Homoeopathic Association, Vol 17, Issue 2, Nov 2006

Some of these journals will be reviewed in the next abstracts.

AN INSIGHT INTO PLANTS Vol III

EDITION: 1st Edition

AUTHOR: Dr Rajan Sankaran

PUBLISHER: Hom Medical Publisher, 201, Dinar, 20, Station Road, Santacruz West

PAGES: 1878 PRICE: RS 900.

We understand MM in depth when we classify them in groups. There has been sizable literature available for metals and salts (eg Na, Kali, Halogen, Zinc, Plumbum, Aurum etc) and also groups like Ophidea, Spider and others but there is little known about plants. By learning MM in this manner, it is easier to understand where the patients belong – plant, metal, chemical, animal etc. Then we can narrow down the search to a group from that find similimum.

The first volume by Dr Sankaran has helped Homoeopaths immensely. Dr Sankaran needs no introduction to the homoeopathic world, he always comes up with newer and better ideas to explain his ideas and thought process, thus continuously contributing to the Homoeopathic field.

In his earlier work on plants, there were certain queries raised by Julia Schiller regarding taxonomy of plants. The 5 groups viz Conifers, Violates, Hamameliade, Magnolianoe and Lilifloreae seemed to be overlapping and there was premature generalization.

In the III Volume all this is classified and explained further. There is the earlier work on plants and the newer ones are added. Each group has in depth cases from different homoeopaths to understand these groups in details.

Dr Sankaran earlier understood, explained and taught about the delusion level but he says, with the discovery of 7 layers, there is a newer dimension at the level of sensation which is deeper than delusion. We very well know about the sensitivity and life in plants. If plants would speak, we might hear words like happy, sad, tightening, burden.....and many more.

These feelings are very well brought out in the cases.

The book is divided in 3 parts.

PART I has plant families 1 to 21 from Vol I and II with their summary, additions and illustrative cases.

PART II has new families viz, Brassicaceae / Cruciferae, Carnivorous plants, Dioscoreaceae, Fungi, Piperaceae, Rosaceae and Rutaceae.

PART III has appendices of plant Family Differentiations, Sensation and Miasm difference, Table of Miasm, remedies and plant classification chart. The author warns against prescribing based on the tables. The reader must read 'the Sensation in Homoeopathy' and earlier 2 Volumes on plants and absorb the experiences of the doctors to get the maximum benefit out of this work.

This book can be well described as a 'good package with equally good packaging' - a book lover's delight and a must read for a serious Homeopath. The only hurdle is the size!

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FOOD SIMILIA

AUTHOR: Dr Chetna Shukla

EDITION: First

PAGES: 394 PRICE: Rs 150

PUBLISHER: Indian Books and Periodicals Publishers

Block 5/62, Dev Nagar, Pyarelal Lane Karol Bagh, New Delhi - 110005.

Tel: 011 25725444.

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'Food Similia - The individualized diet', will make you hungry and will give you the power to reach to a similimum with the help of food related rubrics.

Dr Chetna Shukla starts the book with a beautiful Chinese proverb "Whatsoever was the father of the disease, an ill diet was the mother"

This book is written after an extensive research though it cautions thorough readers that it is only through searched links. It has 14 chapters with an extensive repertory of 144 pages in which remedies are given alphabetically with all food related rubrics.

Then is the food as antidote to the remedy in action, in cases when we feel that the remedy was incorrect we would like to cut-short its dynamic action and we can use foods that act as an antidote to get the

FOOD SIMILIA



clear picture of the original disease. The chapter on elements and their food sources and another chapter on nutrient content of the food article is a very effective tool in daily practice as it helps the physician to advise the patients as to not only what they should have but also their nutrient content.

The individualized diet, gives different food items and how it can be used for prevention and palliation of certain diseases.

EXAMPLE: Apple is a good heart medicine, which lowers blood pressure and cholesterol and stabilizes sugar.

At the end she beautifully writes about her cases where the Food, that is craving, aversions and food aggravation and amelioration helped to derive the similimum and helped in cure.

EXAMPLE: Case of a hypertensive who had a strong feeling of being cheated by her husband with tendency to easy sprains and craving lemons and oranges though oranges aggravated was given a remedy from citrus family, viz *Ruta*. *Ruta* was given in increasing potency till 10M. The blood pressure now ranges in normal limits and relationship with husband has improved.

It is easy-to-read and easy to understand book, an invaluable aid should be on the shelf of every homeopath as a reference book.

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