

Jaundice Case

(ED: The general discussion on Jaundice has been omitted, as other articles carry this information.)

DIET AND OTHER MEASURES TREATMENT: Rest from onset. Restrict movement till temperature normal and liver returns to normal size and is not tender and nausea disappeared. Serum bilirubin remains to be normal for a week. Diet should be high in protein, carbohydrates – no fat or low fat, a light liquid diet. In serious cases, blood transfusion should be given. Tender coconut water in severe jaundice, where urine is dark red color. This is due to serious failure of elimination by the kidneys. Scanty urine – skin color of the blood – dry skin – perspiration was retained and it is great danger to the life.

OTHER NATUROPATHIC MEASURES: Frequent wet cloth application to subside internal heat and profuse perspiration. This helps reduce jaundice bring under the surface again and eliminate thoroughly.

CASE 1:

Ma Pratik aged 10, had jaundice and taken treatment for last two weeks. O/E right abdomen tender, with dropsy of liver, pulse slow, no appetite, nausea and vomiting. Yellowness of Eyes, urine and skin. During allopathic treatment he ate full meals without any restrictions and no rest. Child was brought by his neighbor who is my patient. Parents were worried as there was no response. Child was feeling weak, demanding food but not able to retain it.

My observations: Tenderness of liver. Complete bed rest, advised, no running around. Avoid oily food, ghee,

eggs, fried rich dishes, meat and drinks. Simple diet, especially grams and sugarcane candy. Room should be fully ventilated. If possible sun bath treatment *Nux-v* 200, six hourly.

Next day mother telephoned that nausea and vomiting had stopped. Child was feeling fresh. Pain in right abdomen continued. Urine color changed to a lighter yellow but stool was whitish. Child was constipated and weak, taste was bitter. *Nux-v* 200 continued six hourly. Next day child was brought to the clinic. O/E Pulse slow, liver tender, weakness. Yellowness of eyes, urine, skin had changed to light yellow. No nausea, no vomiting. Mother said in this 2 days child was happy, even his normal anger was reduced. He was particular about his studies. Pulse normal. Liver not tender. But pain right side of abdomen continued. *Nux-v* 200 four hourly. After 2 days Jaundice disappeared. Child normal. Appetite improved, no weakness, cheerful, no pain in abdomen. *Sl* was given for one week four hourly – thereafter no complaints. He was advised to continue liquid diet, soup, fresh sugarcane juice and regular meals avoiding oily, ghee, and fried items. (Dr Sampat- for how long to continue this diet?)

Reasons for Selection *NUX-V*

1. Constant Nausea-Vomiting *
2. Rt sided Abdominal pain
3. Want of Appetite
4. Skin yellow
5. Liver Dropsy
6. Ineffective desire of stool

After two days patients nature was disclosed by his mother. Child was very particular, careful, was getting, excited and angry, easily offended, cannot brow tight clothes: *Nux* this confirmed.

CASE 2:

Mr J M aged 26. He complained of loss of appetite



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and pain right abdomen, nausea and dark yellow urine. O/E tongue yellow but skin normal, eyes pale and liver dropsy. Patient advised urine checkup. Medicine given *Nat-phos* 30 alternate with *Kali-mur* 30 –two hourly. Next day urine report: bile pigments++, color of the urine yellow. On examination tenderness of liver> no pain in abdomen – no vomiting. He was advised bed rest and simple diet. Oily – ghee – fried foods stopped Medicines repeated. **THIRD DAY:** no nausea – no vomiting, liver normal – pulse normal, appetite improved. He was feeling fresh; medicines were given for one week every four hours alternately. He was cured within a week's time.

REASONS FOR SELECTION: No desire to work, shy

and worried. Hopeless-fearful, stool whitish. Excess of acidity, tongue golden yellow, fond of oily, ghee, spicy food. This made me prescribe *Nat-phos*.

I prefer to give *Nat-phos* 30 *Kal-mur* 30 in jaundice cases where I get good results. But food restrictions and bed rest is a must.

(Ed: Nat-phos: we understand with golden yellow tongue, and yellowness of roof of mouth is a specific for Jaundice. But why Kali-mur? How are results better with this combination as compared to Nat-phos given singly?)

Reference "Medicine" – G E Beaumont



All His Dreams Shattered!!

INTRODUCTION: This case is from the files of Dr Dilip Dixit, an eminent homoeopath from Thane District, Mumabi, ICR. He has a repertoire of 30-40 cases of Hep B.

CASE: This was a pathetic case of a 46-yr old Kerala male. Robust and 6 feet tall, handsome, bearded. He hailed from a good background, but later the family fell on bad times and the ancestral home was in ruins. He was determined to make something out of himself. So he studied, did his B Com and took up a job as a manager in Dubai. Later he moved to Muscut. He worked in the Gulf for 20y. In 20 years he made a lot of money. But he did not care to save. Having seen bad times, he wanted to help others- his friends and his relatives to set them up in life. He was earning well, so against this, he took loans to restore to glory his ancestral home which was at the outskirts of the village. It became a

showpiece that the villagers could gawk at; for him it was a dream come true -his family stood vindicated. His cousins had minor interests in the original property; he paid them off at the market rates, to avoid later hassles about ownership. He completed it with loans. His loans were based on his, heitherto, unlimited capacity to work. He never even saved for his Daughter's wedding, thinking that he would work another year to make up that money.

But then the blow struck! The unexpected happened. His re-employment application was rejected; he was declared unfit to resume work in the gulf, as the yearly routine investigations revealed Hep B. This was a totally unexpected blow. All his dreams were shattered! He had never anticipated or provided for such an eventuality.

He now had no source of income- he could not make money for his family, nor could he sell the house as it was colossal and far from civilization. No one in the family wanted to live there too. His village was quite a small village which urbanization had left untouched. It had no industries, only agriculture. Even if he just gave the house free for someone to live in, they would not



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