

# Homoeopathy: the Special needs of the Performer

by Enid Segall.

Recommendations by Steven Kayne MRPharmS

**W**hen I lived in Germany I fulfilled a long felt wish to join a drama group. It all began when one of the British Consulate staff suggested putting on a play and he then roped in some of the ex-pats as well. The first production was Noel Coward's 'Hay Fever' and I was a back stage helper cum dresser. It was noticeable how many of the cast had stage fright and this set me thinking of the Homoeopathic medicines which could be used for 'first night' nerves. For the next production, I took along a selection of shock and fright remedies which I offered to my friends, trying to fit the remedy to the symptoms. To their surprise they felt better and did not need to repeat the remedy at subsequent productions.

Imagine my joy therefore when BAPAM (British Association for Performing Arts Medicine) asked us to supply an article for their quarterly journal and our good friend Steven Kayne agreed to write it in time for their next issue. Here, for any performers, professional or amateur, are the remedies Steven listed. Copies of the complete article can be obtained from the BHA. Please send £1.00 towards costs - thank you

Steven Kayne advises on common remedies and their indications

This list is not meant to be exhaustive. It serves as an indication of the sorts of conditions that can be treated.

## 1. Allergies

**Allium Cepa:** Burning eyes, sensitive to light, stuffy nose, better in open air.

Left: Actress Jean Boht, a patron of the BHA, is a firm follower of Homoeopathy. She will be hosting the opening of the Display Centre for Homoeopathy at Raystede on August 12th

**Euphrasia:** Thick burning discharge from eyes, worse indoors, cough with phlegm.

## 2. Apprehension, stage fright

**Aconite:** Great fear, anxiety; even terror. Fear of a crowd.

**Argent Nit:** Anticipatory worry, fright, thoughts of failure.

**Arsen Alb:** Diarrhoea caused by anxiety.

## 3. Colds and flu

**Aconite:** First signs of flu. Stuffed up nose, desire for drinks.

**Belladonna:** Sore throat, headache, red, swollen nose.

## 4. Coughs

**Bryonia:** Hoarse cough; dry, hacking; worse after eating; great thirst.

**Gelsemium:** Influenza, heavy eyelids, sore nostrils.

## 5. Diarrhoea, indigestion

Diarrhoea may be brought on by sudden changes in eating habits, by anxiety or stress or through a medical problem. If the condition persists medical assistance should be sought but in the short term the remedy *Arsenicum album* will usually help. It is indicated by burning stomach pains, retching, vomiting and diarrhoea and is often associated with anxiety. For indigestion:

**Carbo Veg:** Wind, heavy, bloated feeling; pain in stomach area.

**Nux Vomica:** Nausea, vomiting especially after excess food and drink at end of run party!

## 6. Headaches

**Aconite:** Violent, hot bursting headaches, worse on rising.

**Belladonna:** Throbbing headache, sudden onset, red flushed appearance; worse with light.

**Bryonia:** Often helps migraine type headaches with nausea.

## 7. Injuries

One of the most efficient of all remedies is *Arnica*. This can be given frequently after an *injury* (or even before an expected injury!) - colliding with scenery, falling off stage or being hit in a stage fight. The remedy is also exceptionally useful in case of mental and physical tiredness following a long and demanding performance. Two or three doses given at half hour intervals are often all that it takes. *Arnica* can also be obtained as a cream or ointment. It should not be applied to broken skin. *Cuts and abrasions* should be cleaned with running water and a solution of *Calendula* in water applied. The blood and crush remedy *Hypericum* soothes *painful lacerations*, especially where the tips of the fingers are involved.

# On Vacation?

## don't forget your remedies

**Attention! The Holiday season is now upon us and it's necessary to have your First Aid Kit with you before jetting off to sunny climes or partaking in activities you wouldn't normally dream of. The BHA and Ainsworths Pharmacy has a list of suggestions on using six well known remedies, two ointments and a combined tincture with additional useful medicines. Follow our advice and you should avoid the worse excesses of your short lived freedom.**

The potency commonly used in First Aid work is the 30 (30 centesimal Hahnemannian).

**1. Bumps and Bruises:** Take *Arnica*. Apply *Arnica* ointment. In any case of accident take or give *Arnica*, frequent dosage in severe cases, say every 10-15 minutes for 4 doses, less often for lesser severity.

**2. Bites and Stings.** Take *Aconite*, *Arnica*. Apply Aniti-bite tincture. Additional remedies, *Ledum*, *Apis*, *Belladonna*. *Ledum* for reaction to insect bites and stings. *Apis* more particularly for bee and wasp stings, but also of value generally, if reaction severe with swelling and itching. *Belladonna* would be of use for heat and fiery redness with hard swelling and throbbing.

**3. Burns, Sunburn.** Take *Aconite*. Apply *Urtica* ointment. Serious burns must receive medical attention, but *Arnica* internally will counteract shock.

**4. Colds and Chills.** Take *Aconite*. If flu-like, *Gelsemium*. If hayfever-like, *Arsen. Alb.* With gastric symptoms, *Nux Vomica*. If there is a tendency for chestiness, have *Bryonia* with you.

**5. Cramp, from swimming.** Take *Aconite* for chilliness. *Nux Vomica* for spasm. Additional remedy, *Cuprum Met.*

**6. Continental Tummy.** Digestive Upset. Take *Nux Vomica*. Additional remedy *Colocynth* if there is much griping. For food poisoning *Arsen. Alb.* If there is marked lethargy, *Baptisia*.

**7. Heatstroke.** Take *Aconite*, *Gelsemium* if lethargic and shaking. Additional remedies, *Belladonna*. Severe headache, *Glonoine*.

**8. Fracture.** Take *Arnica*. Additionally, *Symphytum*. Apply *Arnica* ointment.

**9. Sprains and Strain. Over Exertion.** Take *Rhus Tox.* Alternate with *Arnica* if severe.

**10. Exposure to cold and wet.** Take *Aconite*.

**11. Rescued from drowning.** Take *Aconite* and *Arnica*.

**12. Grazes and Cuts.** Apply *Calendula*/*Hypericum* ointment. In any case of accident, shock, bruising, shaken up, use *Arnica* internally.

**13. Jet Lag, Travel Sickness.** Take *Cocculus 30* twice a day for two days before day of flight, during flight and two days after.

**DOSAGE:** Follow the general rules for dosage. In First Aid work give doses often, hourly or two-hourly for six doses. In very severe cases every 10-15 minutes until better, usually for 3-4 doses.

**Books for Reference:** First Aid Homoeopathy in Accidents and Ailments by Dr DM Gibson, also Before Calling the Doctor by Speight.

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## 'Nosodes, Neonates and Notes from Practice'

**Nosodes, Neonates and Notes from Practice!** This was the theme of the annual Conference of the British Association of Homoeopathic Veterinary Surgeons held at the Golden Valley Thistle Hotel in Cheltenham in June. Mr Francis Hunter was there.

The Conference was opened on Friday afternoon by the President Mr Francis Hunter and there then followed a panel discussion where those members who had attained Veterinary membership of the Faculty of Homoeopathy answered a variety of questions from the floor. Topics covered included a selection of remedies using repertories of symptoms and the relative merits of the different repertories available, and the use of conventional drugs along with Homoeopathy. In all, there were nine Homoeopathic Vets present, representing a great deal of Homoeopathic experience, there being but thirteen such members in the country. Attendance at the Conference totalled 37 including one Veterinary Surgeon each from Germany and Israel. Their contributions to discussions were of great interest: in Germany, Homoeopathy is well respected in the Veterinary profession; in Israel, there is only one Veterinary Surgeon practising it, she having been introduced to the subject in France.

After tea, Tim Couzens delivered a paper on the use of the Bach Flower remedies in the treatment of cats with behavioural problems. Strictly speaking, the Bach Flower Remedies are not Homoeopathic remedies, but most of the delegates agreed that they can be very useful in the treatment of behavioural or emotional problems in all species, but particularly cats.

Francis Hunter returned to the podium for the last session of the afternoon to present a long 'warts and all' case history, concerning 'Henry,' a Labrador dog presented for Homoeopathic treatment of an intractable skin irritation and 'Petit-mal' seizures. Following the British tradition of prescribing single medicines (as set out by modern Homoeopathy's founder

Hahnemann) Mr Hunter administered a succession of different remedies, all of which provided only partial relief. Switching to the French tradition of using 'Complex' mixtures containing several remedies, good control of both sets of symptoms was obtained using two separate complexes from a proprietary firm manufacturing such medicines for human use. There have been vociferous arguments throughout history of Homoeopathy over questions of dogma, and Mr Hunter's message is that we should not allow such matters to prevent us from using whatever medicines are available to help our patients.

The after-dinner Guest Speaker was Ms Kate Solisti, an Animal Communications Practitioner from the USA. Ms Solisti has, over a long period of time, become convinced that it is possible to communicate with animals to a far greater degree than is generally recognised. She has developed the skill of being able to ask questions of animals and claims to be able to receive messages in return. Whatever the degree of scepticism evident in some of the audience there could be no doubt of Ms Solisti's ability to hold their attention, nor can there be any doubt as to the validity of her entreaty to the Veterinary Profession as a whole look upon animals as 'sentient beings' and not as 'objects,' and try to at least to understand what our patients are attempting to communicate to us in one way or another.

Saturday began with the Annual George MacLeod Lecture, this year given by Dr Anne Clover, who has held consultant posts at both Tunbridge Wells and Royal London Homoeopathic Hospitals for approximately 15 years, and whose specialist commitment at the RLHH for the last 10 years has been Complementary Cancer Therapy. Entitled 'Back to Basics,' Dr Clover's talk was a lucid and erudite reminder of the origins and history of Homoeopathy, during which she stressed the essential dynamism of this form of therapy.

The patient represents a dynamic system which in health is in balance or harmony. Any imbalance in the system is manifest in the symptoms of the disease, and the effect of the appropriate Homoeopathic medicine is to return the system to equilibrium.

Dr Clover's lectures at the Faculty of Homoeopathy on the Principles of Homoeopathy (as laid down by Samuel Hahnemann in the last Century) are considered to be authoritative, and her understanding of the subject was masterfully imparted to her audience.

The next session was entitled 'Homoeopathy for Neanates' and commenced with an exposition by Jack Hoare dealing with the subject in small animals. Mr Hoare dealt with the problems which might be encountered up to the stage of the eyes opening in puppies and kittens, and included useful advice on maternal problems such as rejection of the newborn and prevention and treatment of cracked nipples. Mr Neil Coode continued the theme, this time in large animals, using a flow-diagram which could only be described as a work of art. Mr Coode urged those present not to forget the importance of management factors such as housing and the availability of Colostrum when considering any disease in Large Animal neonates, but imparted valuable information on how Homoeopathic medicines could help when disease was encountered.

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A Nosode is a Homoeopathic medicine produced from diseased material, and their use was the subject which occupied the remaining two speakers of the day. Mr John Saxton dealt with the use of nosodes in Small Animal Practice, both for prevention and treatment of disease, and expanded the discussion to include Sarcodes (produced from normal tissue) and so called 'Oral Vaccines' (produced from infective agents). There was some discussion as to the reliability of the source material of some of the present stock of nosodes, as some of them were developed several years ago without confirmation of their authenticity. This resulted in assurances that the major Homoeopathic Chemists are keen to receive material from confirmed sources for the production of nosodes; however, there seemed to be agreement among delegates that the most effective nosodes for control of a disease outbreak are those made from material derived from that particular outbreak.

The application of nosodes to Large Animals was covered by Mark Elliott. He outlined the value of nosodes for treatment of patients where a 'miasmatic trait' was suspected, a concept originally proposed by Hahnemann in his work on Chronic Disease, and further developed by 19th and 20th Century Homoeopathic Doctors. In addition, Mr Elliott recommended the use of certain sarcodes in Equine diseases, and the use of human Bowel Nosodes in animals whose own bowel flora has been disrupted by antibiotic therapy.

Sunday's session began with a departure from the conference's theme, when Mr Chris Day took the opportunity to inform delegates of the discussions which are continuing at the meetings of International Standards Committee TC191, convened to develop an ISO Standard for Fur Trapping. There is considerable pressure from those countries which have a commercial fur trapping industry to adopt a standard which would allow traps of designs which would be totally unacceptable on welfare grounds to Animal Welfare organisations in this and other European countries, the fear is that any ISO Standard will be automatically accepted by the equivalent European and British Authorities. This would allow furs to be marketed as 'trapped to ISO Standards,' which would give them a degree of acceptability in the eyes of the public, even though the animals involved might well have suffered to a degree which in

this country would normally be considered unacceptable. Some of the examples cited by Mr Day were gruesome, to say the least, and anyone requiring further information is invited to contact him.

Mrs Sue Thomas then presented a short case history, that of her own dog 'Tessa,' who suffered protracted haemorrhage from otherwise insignificant barbed-wire injuries. Despite normal management, haemorrhage became life-threatening, and as a last resort before radical surgery, Mrs Thomas administered the little-known Homoeopathic remedy *Erigeron*, with rapid success.

Miss Philippa Rodale's case history described a horse which was suffering from poisoning by Water Hemlock (*Cicuta virosa*). The symptoms presented corresponded to those described in Clarke's Dictionary of Homoeopathic Materia Medica, and the patient recovered rapidly in response to Homoeopathic *Cicuta virosa*.

Mr Peter Gregory rounded off the trio with a case report involving 'Saffron' a Cavalier King Charles Spaniel bitch who developed Facial Paralysis following treatment of a skin problem with corticosteroids. Homoeopathic treatment was followed not only by an improvement in the paralysis, but, as predicted, a return to the skin irritation, which then resolved with further Homoeopathic treatment.

The final lecture of the Conference was given by Mrs Jeanna Swan, who illustrated the use of Homoeopathy in the treatment of behavioural problems in horses. This she did by referring to two horses who had responded to Homoeopathic medicine. One of these was a 10 year old eventing horse who became 'nappy' and developed the habit of bolting. The problem resolved after administration of two Homoeopathic remedies, although occasional repeat doses were required. For this lecture Mrs Swan was presented with the Churchill Cup, awarded annually for services to Veterinary Homoeopathy.

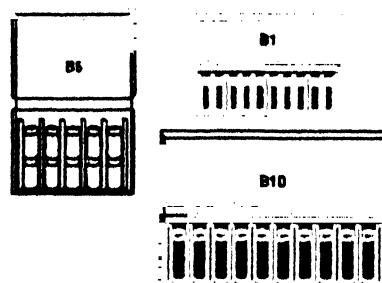
The Conference was closed by the President with thanks to the main sponsors, Ainsworth's Homoeopathic Pharmacy, and to the other sponsors, Weleda, Denes, Freeman's Homoeopathic Pharmacy, Complex Homoeopathy (Bolton), Beaconsfield Publishers Ltd, Equine F.A.C.T.S. and Noma (Complex Homoeopathy) Ltd.

The most successful yet, this year's BAHVS Conference was attended by delegates from six countries, and this is perhaps a measure of its increasing importance.

A request from the Veterinary College of Hannover for abstracts of the proceedings adds further weight to this suggestion. After such success the task of organising next year's meeting was inevitably allotted once again to Richard Allport and the Members of the BAHVS look forward to it avidly. *BHA*

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# National Association of Health Authorities and Trusts

## Annual Conference at Glasgow: 'Managing the Nation's Health; Making and Impact.' Enid Segall reports.

When the BHA first started to lobby the NHS at the Annual NAHAT Conference it was uphill work. Other stand holders often asked about homoeopathy but the Conference delegates, the ones we had travelled hundreds of miles to talk to, were very wary. Many did not approach the stand if it was manned but took the literature on the sly. Three years ago, Mrs Virginia Bottomly stopped at our stand and exclaimed 'You're everywhere.' This confirmed that the message was getting through. Two years on, there has been a sea change. This year the delegates were keen to talk, get as much information as possible, particularly on research and tell me about local initiatives in the offing. We are indeed 'making an impact'

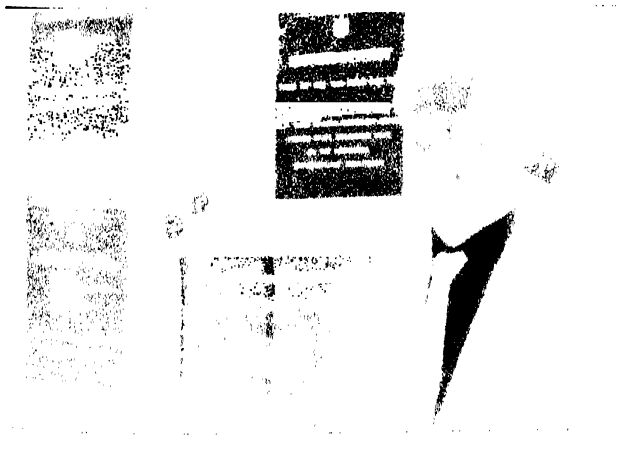
### Consumer led

The reorganisation of the NHS has given Health Authorities more autonomy and purchasers have responded to GP/Patient demand, while GP Fund Holders can allocate their money for the benefit of their patients as they see fit.

There is increased awareness of the benefits of complementary medicine in general and homoeopathy in particular. The 1993 BMA report on complementary medicine greatly influenced GP attitudes and the recent Acts of Parliament recognising osteopathy and chiropractic have cleared the way for a vast expansion of complementary therapies available on the NHS but the pressure for these changes has been predominantly consumer led.

*James Saunders-Watson of Flemings at the BHA stand*

*Photo: Enid Segall*



*Steven Kayne having his caricature done by Rog.*

*Photo: Enid Segall*

### Good news

At this year's NAHAT Conference several doctors asked for information on training in homoeopathy. One doctor stated that he was the Medical Director of a hospital which had recently started an NHS osteopathy clinic and he wanted to add homoeopathy. It turned out to be my local hospital which not so long ago was actually under threat of closure but the local citizens (myself included) protested strongly and it was saved. The Group in Birmingham seeking a homoeopathic clinic will be pleased to hear that there is someone well placed in local health who agrees with them. The movement to expand NHS homoeopathy is unstoppable now. We can all wear our BHA badges saying 'More homoeopathy on the NHS' with pride.

### Glasgow

Being in Glasgow enable me to visit the Glasgow Homoeopathic Hospital (see pages 86-87) and enjoy the help and support of Council member, Steven Kayne. Dr Malcolm Beattie of Ayr who also works at the Glasgow Hospital visited the exhibition and had his caricature done by Rog who does illustrations for 'Homoeopathy.' Rog was the attraction on another stand but found time to immortalise BHA Chairman Martyn Long and Steven Kayne (wearing the kilt). Flemings Private Management Ltd, who now look after the BHA's investments also had a stand which gave me the chance to get to know their representatives better. All in all, it was a great success. **BHA**