

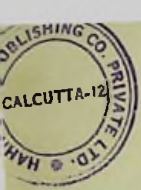
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Sulphur, a study

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PHARMACOGNOSY

“Bring me fire, that I may purify the house with sulphur” wrote Homer in the *Odyssey*. This yellow rock, which burns to form choking fumes, has been known since the earliest days of civilization. Medicine has always made use of sulphur which is an important constituent of Epsom salts, many mineral spa waters, and of the more recent group of sulpha-drugs.

Sulphur, like *Phosphorus*, is a remedy associated with burning, both literally in a physical sense and clinically in symptoms of “burnings” and heat in various parts and organs.

But *Sulphur* possesses polarically opposite propensities to *Phosphorus*. Unlike the latter element which, when ignited by spontaneous combustion, disappears upwards in vapour form by force of levity, *Sulphur*, when ignited, burns with a blue flame and its vapour recondenses at normal surface temperature to form a yellow crystalline powder. This is a manifestation of gravitational force and the tendency on the part of the element to become re-materialized even when oxidized by heat into vapour.

Sulphur, therefore, in contradistinction to *Phosphorus* exhibits an earthward tendency, a preoccupation with material things rather than art, a penchant for down to earth schemes rather than for poetic fancy, a predisposition for physical awareness rather than towards imaginings and extra-sensory perceptiveness. *Sulphur* is essentially related to the processes of metabolism.

PHARMACOLOGY

Sulphur is one of the constituents of protoplasm and thus possesses affinity with all the tissues of the body and can evoke symptoms in a wide variety of organs and tissues. This is demonstrated by the toxicity of the gases sulphur dioxide and sulphuretted hydrogen and by the very long list of side-effects reported in the literature of the sulpha-drugs.

Skin and mucous membranes are especially involved in the circulatory disturbances which are of congestive type and give rise to sensations of heat, inflammations and pruritic eruptions.

Sulphur has been described as the homœopathic centrifuge, driving to the surface (exteriorizing) deep seated toxins—the remedy of chronic toxicosis.

PHYSIOGNOMY

While *Sulphur* as a remedy may be called for in a variety of individuals and over a wide range of bodily ills, the *Sulphur* subject does often present some fairly characteristic physical features.

There are, perhaps, three main types. One is the lean, lanky, hungry-looking,

dyspeptic individual with stooped shoulders and slouching gait. Another tends to be fat, rotund, well-fed, with red face and red ears and a generally unkempt appearance. A third is a shrivelled, dishevelled type of person with an unwashed look and carrying an unpleasant body odour which persists even after washing.

Hair tends to be coarse, lustreless and not well groomed. The face is described as pale or yellowish with a rather sickly look, and deep sunken eyes surrounded by a blue circle; but the face may become suffused and deep red, especially when exposed to damp or cold air. Freckles are common.

The skin is dry, rough, scaly with a tendency to eruptions, sores and pustules. A notable feature is obvious redness at all the orifices of the body, eyelids, lips, nostrils, urethra, vulva, anus. All discharges tend to be offensive and cause excoriation of the surrounding skin.

The hands tend to be hot and sweaty, and to show tremors when employed for fine work. Posture is characteristic with a tendency to slump into a chair or sprawl on a sofa or "support the doorpost". Gait shows a forward stoop.

In manner the *Sulphur* subject is off-hand and indifferent to the small amenities—omits to doff his hat on coming indoors, flops into a chair without invitation, dresses untidily especially about the neck.

Speech tends to be voluble and affable, replete with explanations more verbose than lucid and philosophical ideas lacking substance or sound logic. He obviously enjoys the sound of his own voice and revels in argument or anecdote. One author describes the *Sulphur* individual as much given to spitting, as being fond of whistling, and liable to the dribbling of saliva from the mouth during sleep.

PSYCHOLOGY

The *Sulphur* subject is selfish and self-centred to an extreme degree. Because of this he is quick-tempered and touchily ready to take offence, ignite, in other words. He thinks his own performances and possessions of paramount worth and excellence, despite their self-evident worthlessness: he is in fact a paranoid type.

He is apt to appear quite bright, even brilliant, for a spell and then lapse into indolence or incoherence, revealing a sad lack of persistence.

The *Sulphur* subject manifests a peculiar aversion from water, from washing, also from work or any sustained effort, and from standing for any length of time. All this probably derives from inefficiency of the circulation and consequent inadequate oxygen supply to the tissues of the body.

He is apt to be extremely sorry for himself—"feels so wretched he would like to die"; worries about the future: becomes hypochondriacal; shows a great tendency to tears; gets so worried that he keeps forgetting what he was going to do.

The child becomes unbearable and difficult to quieten; can't get what he wants quick enough; may become sulky and averse from talking.

A peculiar feature is an undue sensitivity to any nasty odour, though possibly quite unaware of his personal aroma. Aberrations of smell may occur, with awareness of imaginary odours.

Memory is apt to be poor: he forgets names and recent events. There may be complaints of odd sensations such as "swinging in space", "standing on wavering ground", "the bed is surging up and down", all the result of fluctuations in blood-flow.

PHYSIOLOGY

The *Sulphur* subject is essentially a warm-blooded person extremely intolerant of heat in any form. There is, however, a dislike of extreme cold which presumably affects the circulation adversely. Uneven distribution of blood-flow may cause the complaint that while the top of the head is uncomfortably hot the feet are unpleasantly cold. There is, moreover, a definite craving for the open air and an aversion from hot stuffy atmospheres.

There is a tendency to be always hungry, except at breakfast time, but on sitting down to a meal the desire to eat may vanish. Nevertheless, if meals are delayed a feeling of weakness, even nausea, is common; also an empty sinking feeling comes on in the middle of the forenoon, demanding a snack for relief.

There may be a strong craving for fat and a fondness for salt, pickles, acids and also sweets, but aversion from these things may supervene. Children often have a definite dislike of fat. There may be intolerance for eggs and for milk which may cause vomiting.

Thirst is marked, with inclination to drink a lot of water; there is also a partiality for alcohol.

Drowsiness is common in the afternoon, but at night is apt to be wide-awake and feel too hot in bed. The soles of the feet also may get so hot that they are pushed out from under the bed-covers to cool off, a symptom shared by *Chamomilla*, *Medorrhinum* and *Pulsatilla*.

Again the bed may feel "too small", and this remedy shares with *Belladonna* the liability to jerk violently just when dropping off to sleep. Sleep is apt to be disturbed by anxious or horrific dreams which wake the sleeper with a start. Sometimes sleep is actually prevented by a cataract of unpleasant thoughts. After waking about 3 a.m. no further sleep may be obtained till, perhaps, it is time to get up, and in consequence there is often a desire to "sleep in".

Perspiration is not a marked feature; rather is the skin dry.

The *General Modalities* are of considerable significance. Heat, of course, aggravates, especially the warmth of the bed, but so does cold wet weather and severe cold. Another peculiarity is a strange sensitivity to water which results in aggravation from washing or taking a bath. Feels worse after taking stimulants, even after eating. Staying for long in one position causes distress and the standing posture even more so. Chronologically there is aggravation at 11 a.m. or noon, at night especially, and a tendency to feel worse on waking.

Amelioration or relief is noticed in dry, not too hot weather, and when lying on the right side.

PATHOLOGY

In general this remedy shows a great tendency to either generalized or patchy burnings and smartings, both on the surface and also internally, but patchy areas of coldness may be felt at the same time. Irregularities of blood flow and distribution often produce flashes of heat and may cause serious distress and embarrassment, especially in women at the time of the menopause. Similar hot flushes may occur during the course of any illness or during convalescence. They may be just dry heat or be followed by a generalized sweat which is a moist clamminess rather than a dripping perspiration.

Another common tendency is to develop catarrhal conditions of mucous membranes, often resulting in foul-odoured discharges which are acrid and cause redness, burning, rawness and soreness of the neighbouring skin surfaces.

Another feature is periodicity, symptoms recurring every seven or fourteen days, or perhaps at the same time every day, for instance a weekend headache or urgent call to stool at 5 a.m. every morning.

Head Region. Sulphur subjects are very liable to attacks of dizziness, which may come on at any time, both indoors and in the open air, especially if compelled to stand for any length of time. The attacks are often accompanied by a feeling of weakness and nausea and may result in syncope.

Dryness of the scalp is common and malnutrition of the hair which comes out in handfuls when using the comb.

The Sulphur headache is often situated above the right eye, but may be on the vertex or other site. It is associated with redness of visage and a sensation of heat on the top of the head. It is aggravated when out of doors and is made worse by stooping; resting quietly in a warmish temperature may afford relief. A periodic sick headache is noted, especially liable to come on at the weekend, when presumably a state of congestion occurs as a rebound effect after the activities of the preceding five or six days.

A variety of unpleasant or confused sensations in the head are mentioned, e.g. "tight band round forehead", "brain beating against inside of skull", "head going to burst", "scalp seems loose", "sounds penetrate through forehead rather than ears", . . .

Eyes. Pain is felt in the eyeballs and extends to the head, being made worse by movement of the eyes and by exposure to sunlight. Profuse lachrymation may occur with burning sensations.

Itching and burning is felt, especially affecting the canthi and the lids. Actual blepharitis is common with copious secretion, agglutination of the lids in the morning and marked redness of the lid margins. The condition may progress to corneal involvement.

Disturbances of vision are frequent, sparks, spots and so on being seen in front of the eyes, or objects may acquire a yellow halo. Such aberrations of vision often precede a headache, as is the case also with *Natrum muriaticum* and *Psorinum*.

Ears. Hearing is apt to be unduly acute, and sensitivity to sounds such that certain noises may be so unbearable as to cause nausea.

The liability to catarrh of the middle ear may so affect the lining membrane and the ear drum as to cause both tinnitus and deafness. Otorrhœa if present is very offensive.

Respiratory System. The sense of smell may be very over-developed or may be lost through atrophy of the nasal mucosa. There is an undue liability to constantly "take fresh cold". This results in coryza, much burning and itching inside the nose, with offensive mucous discharge, possibly blood-streaked. The coryza is worse out of doors; in the house the nose tends to be stuffed up. The tip of the nose may become red and shiny.

Constant and persistent soreness and dryness of the throat is a common complaint, associated with much hawking and a sensation as if there was a ball stuck in the throat, which cannot be shifted by swallowing. On inspection the pharynx is seen to have a purplish look.

Dyspnoea occurs with a feeling of tightness or oppression in the chest. Actual

suffocative attacks may occur at night associated with violent palpitations of the heart and an insistent desire to have the room door and the windows opened. This is the result of overloading of the right side of the heart and may be accompanied by hæmoptysis.

Actual asthmatic attacks may occur and are likely to alternate with the appearance of eruptions on the skin. Again there may be bronchitis associated with an urgent craving for air and much white, frothy, possibly blood-stained, sputum.

The remedy may be indicated in unresolved pneumonia or in the presence of pleural effusion.

Alimentary System. The mouth is often unhealthy, with a tendency to sepsis, bitter taste and unpleasant breath. The mouth and tongue are often sore with or without the presence of small nodules on the margin of the tongue or actual ulcers.

Heartburn, pyrosis, loud eructations, regurgitation of food may all be present and cause distress.

Various discomforts are noted in the abdomen, flatulence of severe degree, acute stitching pains, perhaps located especially on the left side. The belly may be greatly distended in marked contrast to the emaciated looking neck, chest and limbs, as for instance in marasmic infants.

Involvement of the liver with congestion and inflammatory changes gives rise to enlargement of the organ and jaundice. The gall bladder may also be affected and gall stones be present.

An important feature is early morning diarrhœa which drives from bed at 5 a.m. The urgent stool is usually painless and very variable in consistence but is offensive in odour. Actual dysentery may occur with very violent tenesmus.

Constipation and diarrhœa may alternate, the former characterized by hard knotty stools which are very painful. The anus becomes red and sore. Ineffectual urging to stool is often present as with *Nux vomica*.

Piles tend to prolapse, ooze moisture, itch and burn and often bleed.

Sulphur may be called for in cholera infantum when the child is stuporous, with facial pallor and bathed in sweat.

Cardio-vascular System. Embarrassment of the right side of the heart leads to suffocative dyspnoea and palpitation, possibly associated with sharp pain in the region of the heart extending through to the back between the shoulder-blades. The heart may feel "too large". Cardiac symptoms are worse at night and in bed; they are aggravated by walking uphill or ascending stairs.

A sensation of unease in the cardiac area may be accompanied by faintness and trembling in the upper limbs.

There is a tendency to develop varicose veins with various complications and possibly ulceration with foul smelling discharge. These symptoms are aggravated by going from a cold into a warm atmosphere.

Lymphatic and Glandular Systems. *Sulphur* tends to involvement of lymph nodes or glandular structures, leading to inflammatory changes and abscess formation. It is indicated in tuberculous lymphadenitis complicated by caseation, breakdown and multiple sinus formation with superadded secondary infection—a condition described as scrofula and met with in emaciated,

shrivelled looking children who are always voraciously hungry, also in older subjects where tuberculosis is rife.

Urinary System. Violent pain may occur in the kidney region, aggravated on passing urine, and the act of urination may be accompanied by rigor.

A variety of bladder symptoms are noted, especially frequency with burnings and smarting; also anomalies in the appearance and consistence of the urine. It is well to consider the possible use of *Sulphur* in urinary complaints.

The remedy may be effective with nocturnal enuresis, especially when the individual lies awake for a long time and then wets the bed soon after dropping to sleep.

Genital System. *Sulphur* may be indicated with sterility. In connection with abortion it may be needed in sequence to either *Belladonna* or *Sabina*.

Menstruation is apt to be irregularly irregular, the flow stopping abruptly on the third day and starting again on the fourth day. The period may be early or delayed and the flow scanty or abundant with black blood which excoriates the skin. Dysmenorrhœa is common.

Shiverings precede hot flushes at the menopause, accompanied by "all-gone" feelings owing to irregularities in blood-distribution.

Sensations of fullness and bearing-down are complained of in the pelvis, and these are aggravated by standing.

Burning and itching occur in the vulva, and such symptoms are often aggravated at the menopause when the auto-intoxications of the *Sulphur* diathesis are intensified by diminution in menstrual loss.

The remedy may be called for in puerperal fever.

Locomotor System. The spine is extremely sensitive to any pressure or jar. There is marked weakness of the para-spinal muscles resulting in a chronic stoop. Not only is the musculature weak but rheumatic type pains occur in association with much stiffness, in which various joints are also involved.

Low pain back, especially in the sacral region, causes disability in rising from a chair, the sufferer having to straighten up slowly. Pain in the knees also is worse on first rising from sitting. The limbs are apt to "go to sleep" when recumbent. Pains are worse at night and especially on getting warm in bed. Cramp may occur also in the calves and soles at night.

The remedy may be of value in synovitis, especially of the knee-joint. It has been used in ganglion, a condition in which *Ruta* may also be effective.

Skin. The skin affections of *Sulphur* are both plethoric and pleomorphic. They are liable to be accompanied by much itching with an uncontrollable desire to scratch; and scratching although pleasant at first gives rise to burning and smarting. Eruptions may be accompanied by much erythema, or there may be widespread pruritus without actual eruption. These conditions are typically aggravated by heat, especially the warmth of the bed, and also by contact with water or with woollen clothing.

There is a tendency for the skin eruptions to alternate with other manifestations such as asthma.

Wounds are slow to heal. Sepsis is common and tends to chronicity. Ulcers become indolent. Callosities form in pressure areas, notably on palms and soles.

Acne, pustular eruptions, soreness in flexures and contact areas, intertrigo,

boils in crops are conditions which may call for *Sulphur*, possibly in sequence to other indicated remedies.

POSOLOGY

In Farrington's *Clinical Materia Medica* no less than 89 conditions are mentioned in which *Sulphur* may be the indicated remedy. It will often be called for in patients who do not present the typical picture of the great unwashed or the great unwashable. Often the general modalities will be a strong guide to its use, or the fact that there is not the expected response to the apparently indicated remedy.

Sulphur has in fact been described as "our mainstay in defective reaction". It is often invaluable in intractable conditions which do not respond as expected because of some deep-seated toxicosis which can only be reached and exteriorized by *Sulphur*. Such a state of affairs may be met with in acute disease which is hanging fire and slow in clearing up, or in chronic illness.

Again the remedy may prove helpful in the absence of any very obvious indications for a particular remedy. It may in these circumstances bring to the surface more definite symptoms which can then be used as a guide to prescribing.

It is of value in illness resulting from suppression of eruptions or other symptoms, whether by drug action or by ointments or other means. It is to be considered in deep-seated sepsis, especially when associated with hectic fever and rigors.

Sulphur shares with *Malandrinum* and *Thuja* the ability to counter serious after-effects of vaccination.

When *Aconitum* can deal with an acute exacerbation *Sulphur* may be needed as the constitutional remedy to prevent recurrence. The remedy should not immediately precede *Lycopodium*, but be given in the sequence *Sulphur*→*Calcarea carbonica*→*Lycopodium*→*Sulphur*.

It is said not to be very effective below the 30c potency, but the 200c is a potency with a rather bad reputation for causing aggravations. It should never be given in high potency in advanced pulmonary tuberculosis.

Phosphorus, a study

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PHARMACOGNOSY

Phosphorus was first discovered and manufactured from urine in 1669. The homeopathic preparations were made from phosphorus obtained from bone ash. This was the yellow toxic variety which may also be obtained from the mineral apatite (a phosphorus-calcium compound), from animal bones and from basic slag, a by-product of steel-making. Potencies are prepared from a saturated solution of the yellow phosphorus in alcohol.

Phosphorus is an element essential to life, whether animal or vegetable. Its presence, for instance, is necessary for the transfer of energy within plant cells through chemical reactions. The first substance in which carbon, newly absorbed from the atmosphere, has been shown to be present in a plant includes phosphorus also.

The physical properties of phosphorus are noteworthy. By reason of its combustibility in air at normal temperatures it has to be stored under water or in alcohol. When exposed to the air it oxidizes and rises into the atmosphere in the form of vapour to ultimately disappear, apparently. In this way the element exemplifies the force of "levity", in contrast to the force of "gravity" which pulls earthward, tending to the condensation of vapour into liquid or solid forms of ever-increasing density.

Per contra the expandibility of phosphorus is known to proceed to a degree of imponderability and invisibility that is beyond the reach of detection by ordinary chemical or physical tests.

The tropical plant spanish moss (*Tillandsia usneoides*) grows and flourishes without taking from its support any material whatsoever for the building up of its substance. It grows on the dry bark of forest trees and has been found growing even on telegraph wires. It has been found to possess the ability to absorb, materialize and utilize phosphorus from the surrounding atmosphere despite the fact that no phosphorus can be detected in the atmosphere by known chemical or physical agencies. It is obviously therefore present in a highly ethereal or dematerialized state.

This is of significance in revealing the intrinsic nature of phosphorus to be non-materialistic, a trend upward, a reaching out in art and imagination to the realm of the invisible and imponderable, the realm that is nevertheless real and imperishable.

The *Phosphorus* subject is essentially an artistic, imaginative, creative, even clairvoyant type.

PHARMACOLOGY

Yellow phosphorus is highly poisonous whether absorbed accidentally in indus-

trial contact or administered with homicidal or suicidal intent. Easily obtained rat-paste may contain from 1 to 4% of the poison. Several phosphate compounds employed as insecticides are also very dangerous, being powerful inhibitors of cholesterinase and possessing toxic properties similar to those of nicotine, two or three minims of which in pure form are sufficient to cause death.

The symptoms of acute poisoning are not immediate. Several hours after ingestion a burning sensation is noticed in the throat and œsophagus; nausea follows with eructations tasting like garlic and then vomiting of typical vomitus—dark in colour containing blood, smelling like garlic and luminous in the dark; later there is diarrhœa with darkish luminous stools. If death is delayed, intermissions of these symptoms occur with super-added jaundice, enlargement of liver, purpura and epistaxis. Oliguria ensues with the presence of bile, albumin, casts and occasional red blood cells in the urine, associated with much nervous restlessness, and finally death from uræmia.

The tissue affinities of *Phosphorus* are thus widespread; with mucous membranes, causing inflammation, ulceration and consequent hæmorrhage; with the liver, leading to hyperæmia and enlargement, rapid disappearance of glycogen and fatty changes; with lungs and kidneys resulting in pneumonitis or nephritis; with pancreas, heart, blood-vessels and the blood itself tending to fatty degenerative changes and anæmia; with the central nervous system inducing over-excitability and hyper-sensitivity; with bones causing central osteolysis and cortical osteo-sclerosis.

Recent work with radioactive isotopes has traced phosphorus in the body to both red and white blood cells, the latter retaining the element a very long time, also to bone marrow, lymph nodes, spleen and liver. Leukæmic and neoplastic tissues also show a selective affinity with radio-phosphorus.

It is obvious, therefore, that *Phosphorus* in potency is likely to be a remedy of very wide usefulness in a variety of conditions of disordered cell and tissue metabolism.

PHYSIOGNOMY

There are a number of characteristic features by which it is possible to recognize the *Phosphorus* subject.

The complexion is variously described as pink and white, or possibly in anæmic subjects of a sickly pallor with a somewhat waxy look. One author speaks of long silky eyelashes and easy graceful manners. There is a tendency to flush easily, especially if embarrassed or excited.

The hair tends to be fine, often blonde or red, but the subject may be a bright-eyed brunette. Tufty baldness may be present with a tendency to dandruff and inclination to constantly scratch the scalp.

In build the *Phosphorus* subject is tall and slender, with rather weak musculature resulting in a tendency to stand with a stoop and stagger in gait. Actual trembling may be noticed in the limbs from slight cause. Constant fidgets and inability to sit still are prominent features. In a child the eyes follow every movement of the doctor and nurse.

In sickness there may be a puffy appearance of hands, feet and eyelids, with blue rings round the eyes.

Speech is characteristic. Either questions are replied to rapidly and with quick eager understanding or answers are slow and somewhat hesitant owing to a desire for accuracy in detail.

PSYCHOLOGY

The *Phosphorus* subject is intelligent, co-operative, over-active, affectionate, attractive, artistic, given to enthusiasms which, however, tend to wane, owing to exhaustion.

Spasmodic brilliance is followed by exhaustion both physical and emotional, often associated with a tendency to tears and either apathy or irritability.

There may in fact be outbursts of sudden rage, followed by remorse and prostration.

A noteworthy point is that the child not only wants affection but returns it, and is soothed by being stroked and cuddled. The *Pulsatilla* child wants affection but is not so responsive.

The *Phosphorus* subject is excessively sensitive to all external impressions and stimuli—light, colour, odour (may even faint from contact with strong smelling flowers), music, touch, confined space. The effect of such stimulation is exhaustion.

Is full of fears—fear of the dark, of disease, of thunder, of solitude, of spiders, of study (owing to mental exhaustion), of “what the doctor is going to do”. The fear is felt in the epigastrium.

There is a craving for company, attention and affection, and also a desire to show sympathy with other people and a tendency to become anxious on their behalf.

One other point, the *Phosphorus* subject is capable of ecstasy, clairvoyance, even delusions, or on the other hand may relapse into lethargy, forgetfulness, even stupor.

PHYSIOLOGY

Normally chilly, the *Phosphorus* subject may complain of inward burnings or of a feeling of sudden heat as if submerged in hot water. The circulation is obviously labile and liable to sudden alterations. He may thus at times suffer from intense cold in feet and legs.

Phosphorus has several noteworthy features in relation to appetite and food and drink. There is easy hunger and a liability to a faint empty sensation if meals are delayed; the mid-morning “sinking feeling” is also common. Ravenous hunger may be felt quite soon after a meal, and there is a desire for snacks, even at night.

There is craving for salt, condiments, spicy dishes, cold milk and ice-cream. Dislikes are often quite marked, for such things as milk puddings, sweets, tea, coffee, boiled milk, meat, beer, fish. In other words there is a tendency to be faddy about foods. There may be actual intolerance for sweets or for tea.

A violent burning thirst may be present for ice-cold drinks which, however, are likely to be vomited as soon as they become warmed in the stomach. In pregnancy vomiting may occur even at the sight of water.

Sleep is apt to be restless and in catnaps. On waking feels as if sleep had been inadequate. On waking from a good sound sleep, however, feels definitely refreshed. At night cannot lie on the left side; children may sleep in the knee-elbow position. Hideous dreams, talking in sleep, and somnambulism are associated with this remedy.

Quite profuse sweats may occur on exertion or during the second half of the night. In children there may be noticed a mild, generalized, slightly sticky, faint sweat.

The *General Modalities* are of import. Cold causes aggravation, especially putting the hands in cold water. There is aggravation both before and during a thunderstorm, also from getting the feet wet.

Aggravation is also noticed when lying on the left side, in the twilight, in the dark, and from heights. Crowds, solitude and excitement all tend to cause aggravation.

Warmth, taking food, sound sleep and massage all afford relief.

PATHOLOGY

The *Phosphorus* picture may often be met with in young people who have grown rather too rapidly, and is manifested by tissue irritability and a lack of resistance and stability. There is often a great sense of fatigue associated with a disinclination for any kind of effort. The extremely labile circulation predisposes towards sudden exhaustion or actual syncope, as well as to sensations of burning and hot sweats on head and hands.

Hæmorrhages of persistent type may occur from small wounds, mucous surfaces, or from ulcers. There is a tendency to ecchymoses, petechiæ or actual purpura.

Bone affections may occur either as exostoses or in the form of caries. The jaws are specially liable to be involved.

Phosphorus symptoms tend to be left-sided.

Head. *Phosphorus* is a valuable remedy in connection with vertigo which is liable to occur on rising quickly from the sitting or lying position, when stooping, turning the head quickly, after eating. It may come on out of doors and the sufferer has to clutch something for support or sit down.

Headache is accompanied by burning pains, is aggravated in a warm room and by lying down. It is better sitting up and relief is obtained by cold applications, contact with cool air and by taking some food. The face is flushed and hot.

A periodic headache may also occur, of migraine type, associated with marked disorder of appetite, either ravenous hunger or extreme anorexia. Vomiting may or may not be present.

A common complaint is that the skin of the forehead feels "too tight". A sensation of heat may spread from the head to the whole body.

Eyes. Disturbances of vision abound with this remedy. Eyes give out when reading; eyes water in a wind; eyes burn violently; objects appear red or blue or as if seen through a grey or green mist. Lesions of the retina or of the optic nerve may call for the remedy, also twitching of the eyelids.

Ears. The ears may feel "muffled". There is deafness especially for the human voice, and own voice seems to echo in the head, a symptom shared with *Causticum*. Ears may itch, burn and throb.

Respiratory System. Nasal catarrh may be very persistent with blood-streaked mucoid discharge; the nose becomes red, shiny and sore to the touch. It often feels unpleasantly dry inside the nostrils. The nose is apt to feel blocked and there is a tendency to the formation of polyps associated with easy bleeding.

Actual caries of nasal bones may occur leading to fœtor and greenish yellow discharge.

The remedy shares with *Lycopodium* a curious tendency to unconscious fan-like movements of the *alæ nasi*.

Colds start in the head and tend to attack the throat and involve the chest. The throat is very sensitive to touch and to cold air, and feels dry or velvety. Hoarseness, or actual aphonia, are common and frequently there is a constant desire to "clear the throat".

Phosphorus has a hard dry cough, from a persistent tickle, felt often quite low down behind the sternum. The cough is worse on first lying down at night, if lying on left side. It is aggravated also by strong odours and by changing from a warm to a cold atmosphere or vice versa. Some relief is obtained by sitting propped up with the head inclined backwards, supported on pillows.

Cough is accompanied by discomfort in the chest, a sense of oppression or tightness, or a weak feeling. There may be violent stitching pains in the left side of the chest or a narrow band of pain behind the sternum. This is in contrast with *Cauticum* where the band of pain is broader. Suffocative attacks occur at night. Dyspnœa is noticed if walking against a wind. The tight feeling in the chest is relieved by heat.

Sputum, if present, is more marked in the daytime, is tough and mucoid or yellow and purulent: it tastes sour, sweet or salty, and may contain blood.

Alimentary System. Symptoms in the mouth include excessive salivation, rapid caries of teeth, pyorrhœa alveolaris, easily bleeding gums, a bitter or sour taste. The tongue appears red, smooth with a varnished look and "burns". Neuralgic pain in teeth or face is relieved by warmth.

Burning pains are felt in the stomach. These are very acute and are associated with a horrible, faint, hungry sensation, which returns quite soon after a meal. The pains are made worse by heat and relieved by cold food and drink. Hot food or fluids are vomited at once, cold may be retained for up to half an hour but tend to be brought up when warmed. In vomiting, food is brought up in mouthfuls till the stomach is empty.

With acute gastric ulcer persistent nausea with a sensation of fulness precedes a sudden violent vomiting of bright blood. This is liable to be followed by recurring attacks of nausea, burning pain and the vomiting of dark blood like coffee grounds.

Nausea with empty hunger is apt to occur in the early morning. Nausea with vomiting may be induced by a hot stuffy atmosphere or from putting the hands into hot water. Belching is extremely uncomfortable as if "something was being torn apart" at the cardia. Eructations are of food or are empty but tasting of food. Spasm at the cardia may cause actual regurgitation of food as swallowed and there is awareness of the passage of food all the way down the œsophagus.

There may be a weak, empty sensation in the stomach associated with burning between the shoulder-blades. Vomiting of bile may occur at night.

Stitches are felt below the ribs, or a tormenting pain in the region of the short ribs, especially on the left side.

The liver may be enlarged from hyperæmia, with or without jaundice, and pain is made worse by lying on the right side and by pressure. Acute yellow atrophy of the organ may occur with shrinkage.

Chronic enteritis may be present associated with shooting pains, sensation of great weight or of icy coldness in the abdomen. Borborygmi are common, and

often the gurgle seems to start in the stomach and run right down through the whole length of the gut. This is apt to be followed by an involuntary stool. Flatus is usually non-odorous.

Phosphorus has a peculiar type of constipation, long, slim, hard stools being passed with difficulty. Lying on the left side often brings on an urge to stool.

Chronic painless diarrhœa may occur which tends to be worse in hot weather. At times there may be loose, fœtid, gushing stools, even involuntary stools, with a wide open patulous anus. Stools may be preceded by colic and followed by violent tenesmus and, possibly, rectal prolapse.

The anal sphincter may be weak with a tendency to leak mucus. Piles, if present, may bleed, causing a gush of bright blood with every stool.

Lymphatic and Glandular System. The remedy may be called for when the lymph nodes are enlarged, especially in the cervical region, with some cases of goitre, and in mastitis with abscess formation and thin sanious pus. It is mentioned also in relation to suppurative parotitis.

Cardio-vascular System. As already mentioned the extremely labile circulation leads to sudden alterations in blood flow in one or other location causing a variety of symptoms. Violent palpitations may also occur, with pulsations, accompanied by an alarming sensation of pressure in the mid-sternal region or around the heart. This syndrome may well be precipitated by emotional stress or excitement.

Urinary System. Frequency of urination may occur with the passage of very scanty amounts; also burnings and twitching in the urethra. The urine is apt to be iridescent with a fatty pellicle on the surface. Hæmaturia, nephritis, diabetes with intense thirst for cold water are also mentioned.

Genital System. In the *Phosphorus* subject the menstrual periods are apt to be profuse, prolonged and accompanied by depression and a tendency to tears.

Uterine hæmorrhage may occur, copious in amount, with bright red blood and clots. There may be profuse excoriating vaginal discharge.

The remedy may be called for in vomiting of pregnancy; also in puerperal convulsions.

Locomotor System. There are quite a few *Phosphorus* symptoms in this sphere. Much stiffness in limbs, noticed especially in the morning. Stiffness also in the nape and muscles of the back. The arms burn; the fingers go stiff; the tips of the fingers feel numb.

Paralytic weakness is felt in arms and legs with consequent disability—"the fingers are all thumbs". The hip joint feels "dislocated".

The spine is sore and tender to the touch, especially between the shoulder-blades. The back may be so painful that it feels "broken" and renders the sufferer averse from making any movement. At night the spine feels hot while the knees and legs feel cold. Tingling, formication and burning may be felt along the spine. Actual caries may be present with girdle pains.

Skin. Yellow or brownish spots occur, especially on the chest and lower abdomen. Eruptions tend to be dry and scaly, such as psoriasis. Blood blisters may form. Ulcers tend to be necrotic, indolent, even malignant.

DOSOLOGY

Phosphorus must be used with caution in active tuberculosis and not prescribed in potencies higher than 30c. It may be indicated in amyloidosis. It is of special value in acute gastric ulcer. It is prescribed often on the grounds of constitutional type.

It has been found of value in allaying apprehension before operations in children.

Complementary remedies are *Lycopodium*, *Sanguinaria* and *Sepia*. It may follow *Nux vomica* with advantage. It should not be given in sequence to *Causticum*.







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