

## AIDS TO SNAP-SHOT PRESCRIBING

DR. C. V. S. COREA, Sri Lanka

I have read with interest the many papers read and discussed on how to simplify prescribing in Homoeopathy and although I am fully convinced that the only easy way is by the difficult way of studying our materia medica, the *Organon* and *Chronic Diseases* of Hahnemann thoroughly in order to make prescribing easy, I mention below some aids to snapshot prescribing by Drs. Nash and Margaret Tyler. She says:

It may be useful to give one of Dr. Nash's little lists which makes for successful snapshot prescribing; but we will add to them throughout such brief hints as make prescribing even more easy and accurate. We will keep Nash in inverted commas.

He says, "In regard to cramping pains, so characteristic of Magnesia phos. when such a symptom stands out so prominently, It is a great leader, and narrows down the choice to a class of remedies having the same." Let me illustrate:

"CRAMPING PAINS: Cuprum, Colocynth, Magnesia phos."

But the Cuprum cramps are apt to begin in fingers and toes; and Cup. is worse in hot weather, and likes cold drinks.

Mag. phos. is intolerant of cold in any form—cold air, water, draughts and is greatly relieved by heat.

While Colocynth is Mag. phos., only less so except for its need of *hard* pressure, and its liability to suffer from vexation and annoyance which are apt to start its pains and distresses.

"BURNING PAINS: Arsenicum, Cantharis, Capsicum, Phosphorus, Sulphur."

But the Arsenic burning pains are relieved by heat.

Those of the equally-chilly Phosphorus when stomach troubles are concerned, by cold. Phosphorus is worse for "warm inješta"; needs ices, cold drinks which may be vomited as they become warm.

Capsicum's burnings are described as like those of cayenne pepper applied to raw and smarting parts:

Those of Cantharis are violently biting and burning, are those of violently destructive inflammations, tending even to gangrene. Cantharis is most useful and almost specific in cystitis, with burning, smarting, cutting pains during urination.

Sulphur burns and itches everywhere: reddens orifices; is worse for washing and bed.

"COLDNESS (sensation): Calcarea, Arsenicum, Cistus, Heloderma."

The coldness of Calcarea is often a damp coldness. Coldness of face,

hands, feet and body; cold sweat. Icy coldness in and on head (Veratrum).

That of Arsenic is worse for cold; ices, drinks, food, air.

Cistus ("Ice-plant") is worse for inhaling the slightest cold air. Chilliness, worse for cold.

The coldness of Heloderma (the Gila monster) is more intense than that of any other remedy; an "arctic coldness unrelieved by heat. Frozen from within outwards." Coldness at heart.

"COLDNESS (Objective): Camphora, Secale, Veratrum alb., Heloderma."

"Camphor. Icy-cold, yet averse to covering in the cold stage; in hot stage covers up.

Secale. Feels as if coals of fire were falling on the part, which is cold to touch.

Veratrum. Sensation of a piece of ice on head (this led to the cure of a most intense headache, the patient having become almost "mental"). Whole body icy-cold. Internal chilliness running from head to toes. Characteristic: cold sweat on forehead.

"FULLNESS (sensation): Aesculus, China, Lycopodium."

Aesculus. Fullness and pulsation everywhere, "as if too full of blood".

China. As if abdomen were packed full; not relieved by eructations or passing flatus. Fullness after eating a mouthful. (Lycopodium).

Lycopodium. Fullness, abdomen, up to throat. A little food overfills; must loosen clothes. Feels bursting.

"EMPTYNESS (sensation): Cocculus, Phosphorus, Sepia."

Cocculus. Hollow feeling in head, stomach, abdomen, etc.; in chest, heart; in internal parts. Sea-sick, train sick; ailments from loss of sleep.

Phosphorus. Faint, empty feeling in head, chest, stomach. Phosphorus is thirsty for cold drinks desires ices; is much affected by thunder.

Sepia. Emptiness and goneness at pit of stomach. Sensation of, or tendency to visceroptosis.

"BEARING—DOWN: Belladonna, Lilium, Sepia, etc." (Pulsatilla).

Belladonna. Bearing down, better standing.

Pulsatilla. Bearing down, worse lying.

Lilium tig. Better crossing limbs and pressing upwards on vulva.

Sepia. Worse standing, as if everything would come out (Lilium tig.).

But Sepia is indifferent and chilly while Lilium tig. is hurried and worried and sensitive to heat. Otherwise their pelvic symptoms are almost identical, only more intense with Lilium tig.

"BRUISED SENSATIONS: Arnica, Baptisia, Eupatorium perf., Pyrogen, Ruta."

Arnica. Sore all over, as if bruised. "Bed too hard."

Baptisia. Sore, heavy, aching muscles; bed too hard (Arnica), but with dull red face and great drowsiness; in fevers.

Eupat. p. Soreness and bruised feeling; *aching in every bone*. Bones feel broken. Soreness, eyeballs.

Pyrogen. Very like Baptisia but with intense restlessness, and characteristically, fiery-red, smooth tongue.

Ruta. Sensations, as from a fall; pain in periosteum, in vertebrae, back, coccyx, elbow joint, bones of wrists, etc. Soreness all over.

"CONSTRICTION: Cactus, Colocynth, Anacardium".

Cactus. As if an iron band prevents movements of heart. "Constriction of chest, bladder, rectum, uterus, vagina." Whole body feels caged, each wire being twisted tighter and tighter.

Colocynth. Constriction of chest, malar bone to eye, throat, stomach, upper abdomen, about umbilicus, rectum, anus during stool, larynx. Perhaps our greatest colic remedy. Worse anger, indignation, mortification.

Anacardium. Sensations of a plug inside and hoop outside. A hoop or band around a part. Nash says, "especially in spinal disease".

"PROSTRATION AND WEARINESS: Gelsemium, Picric acid, Phosphoric acid, etc."

Gelsemium. Paralytic heaviness, of eyelids, limbs. Muscles refuse to obey will. Relaxation and prostration of the whole muscular system.

Picric acid. Nervous prostration, burning spine (Phosphorus, Zinc.). Great weakness of spine and back. Weariness, from mere fatigue on motion, to complete paralysis. Tired, heavy feeling, worse exertion.

Phosphoric acid. Listlessness and apathy. Heaviness: head; a spot in liver; lumbar region; hands; hip joint; in limbs.

"NUMBNESS: Aconite, Chamomilla, Platina, Rhus tox."

Aconite. A great feature, numbness and tingling, in chronic as well as acute disease. Pain worse evenings and night, with numbness, tingling or formication. Characteristics, restlessness and fear.

Chamomilla. "Pain unendurable," worse heat; with heat, thirst and fainting, with numbness of affected parts.

Platina. Pains gradually increase and decrease, with numbness of affected parts. Platina has the superiority complex; feels tall, superior; all round small and inferior.

Rhus tox. Numbness left arm and foot; hips to feet; hands and fingers; finger to elbow, etc. Deadness, lower part right foot. Crawling, finger tips etc; in tendons of knees, in feet. Chilly: worse damp and cold.

"ERRATIC PAINS: Lac caninum, Pulsatilla, Tuberculinum."

Lac caninum. Pains wander: fly about; or, characteristically, cross from side to side and back.

Pulsatilla. Pains travel from joint to joint, worse for warmth, yet chilliness with the pain; "The more severe the pain, the harder the chill." Pulsatilla is mild and weepy, changeable, craves air.

Tuberculinum. Wandering pains in limbs and joints; stiff, first moving (Rhus tox). Patient also wants to travel, cosmopolitan. Wants air (Pulsatilla).

"SENSITIVENESS TO PAIN: Aconite, Chamomilla, Coffea."

Aconite. Pains intolerable; drive him crazy; extreme restlessness, especially at night. Face expresses fear.

Chamomilla. "Cannot bear it!" Cannot bear any one near him. Irritable: uncivil.

Coffea. Oversensitive. Pain felt intensely: insupportable. (Chamomilla). Tosses in anguish. Unusual activity of mind and body. Sleepless.

"SENSITIVE TO TOUCH: China, Hepar, Lach." Lyssin.

China. Pains worse from touch: better hard pressure. Pains head, worse slightest touch. All parts of body sensitive to least touch. Touch on larynx excites cough.

Hepar. Extreme sensitiveness to contact: dread of touch, out of proportion to actual pain. Ulcers, wounds, skin, so sensitive, cannot bear touch, even of dressing; or even cold air to blow on them. Hypersensitive to touch, pain, cold air. (Comp. Nux.)

Lachesis. Extreme sensitiveness to touch, especially throat and abdomen: clothes cause uneasiness and make her nervous. Hepar is sensitive to cold, Lachesis to heat.

Lyssin. Worse slightest touch, or current of air. Noise of running water.

Plumbum (one would add). She had rheumatic pains in legs; had to walk in the road, lest people should brush against her. (A tip: "paralytic conditions with hyperaesthesia.")

"BONE PAINS: Aurum, Asafoetida, Eupatorium perf., Mercurius" (one would add, Drosera.)

Aurum. "Nodes and bone pains, with great depression of mind."

Asafoetida. Inflammation and caries of bones, with exceeding sensitiveness to touch. Syphilitic bone troubles; pains worse at night. Adhesion of skin on caries. Characteristically "fat, flabby and purple". Discharges all very foetid. Excessive noisy belching.

Eupatorium perf. Aching in bones, as if bones broken: feels broken, dislocated, beaten and sore, (especially in fevers).

Mercurius. Bone diseases: pains worse at night. Aching in bones especially where skin is thin over bones. Profuse sweat which does not ameliorate (A tip: shivering in abscess cavity).

Drosera. Pains gnawing, shooting in shafts of long bones and in joints. Pains in tibia. Felt less when moving. (Especially with a history of T.B.)

"STICKING OR STITCHING PAINS: Bryonia, Kali carb., Squilla."

Bryonia. Stitching pains, worse, or only, on movement, breathing etc. Affects serous and synovial membranes, joints, pleuræ, meninges etc. Characteristically, irritable and thirsty.

Kali carb. Very like Bryonia but the terrifying stitches come whether he moves or not. Worse rest: lying on affected side. (Bryonia lies on affected side, to keep parts still).

Squilla. A great rattling-cough medicine with sneezing, watery eyes, and stitches in chest.

“PULSATION OR THROBBING: Belladonna, Glonoine, Melilotus.”

Belladonna. Throbbing in head; violent in groin, in teeth, at pit of stomach; in ovaries, in carotids; in spine; in nodules in breast. Carotids throb violently. Face red and hot, pupils large: excitement worse jar.

Glonoine. Violent pulsations. Throbbing headache. Blood rushes to head in waves. Cannot lie down, “the pillow would beat”. Violent palpitation, with throbbing in carotids. (Belladonna). Worse heat to head: sun. Sunstroke. (Belladonna).

Melilotus. Intense redness of face, with throbbing carotids (Belladonna, Glonoine). Violent throbbing headache: congestion to brain. Relieved by nosebleed.

“HÆMORRHAGES (passive): Hamamelis, Secale, Crotalus hor., Elaps.”

Hamamelis. Venous hæmorrhages from every orifice of the body, nose, lungs, uterus, bowels, bladder. “Is the Aconite of the venous capillary system.”

Secale. Passive hæmorrhages: everything loose and open: vessels flabby. Passive hæmorrhages of thin, black, watery blood. “The slightest wound causes bleeding for weeks.”

Crotalus hor. Blood flows from every orifice of body even to bloody sweat. Hæmorrhagic diathesis. The great remedy of black water fever. Blood dark, fluid, non-coagulable.

Elaps. Black, hæmorrhagic discharges. Black, fluid blood. Internal coldness. Drinks feel like ice in stomach.

“HÆMORRHAGES (active): Ferrum Phos., Ipecacuanha, Phosphorus.”

Ferrum phos. Bright-red bleeding from any orifice of body. Blood red, easily coagulating into a gelatinous mass. “Hyperæmia, from relaxation of muscular fibres of blood vessels.”

Ipecac. Hæmorrhages, bright-red, from all orifices of body: come in gushes: do not coagulate: generally with nausea. Post-partem hæmorrhages with above features.

Phosphorus. Hæmorrhages profuse, pour out freely. Blood very fluid and difficult to coagulate. Purpura; ecchymoses. Slight wounds bleed much. Epistaxis: but bright-red: (Elaps, dark).

Vipera. Perhaps our greatest remedy for epistaxis.

“EMACIATION: Iodine, Natrum mur., Lycopodium, Sarsaparilla, etc.”

Iodine. Profound debility and great emaciation. Ravenous hunger, yet loses flesh all the time. Worse from heat.

Natrum mur. Great emaciation, especially about neck, while living well.

Apt to crave salt. Ailments after malaria and much quinine.

Lycopodium. Emaciation and debility from loss of fluids (China). "Children weak, emaciated: well-developed heads, but puny, sickly bodies." Emaciates above, while lower extremities are fairly well-nourished. Persons intellectually keen, but physically weak.

Sarsaparilla. Great emaciation: skin shrivelled, or lies in folds. Thin, shrivelled, old-looking; even children. Characteristics: painful urination, extorts screams: passes better standing.

"LEUCOPHLEGMASIA: Calcareo, Graphites, Capsicum."

Calcareo. Inclined to obesity. Torpid disposition; sluggish and slow. "Fat, fair, flabby, obese." Coldness: sweats. Head sweats at night (Sil).

Graphites. Persons inclined to obesity. What would be Calcareo in a child, is generally Graphites in elderly, over-fat, solid women. "Peculiar tendency to obesity." Graphites is lumpy, thick and hard: has gluey, moist eruptions: is chilly.

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Capsicum. "Lax, lazy, fat, red, clumsy, unclean persons, who react badly and dread the cold." Nose and face red, but cold. "Chilly, but violent thirst: shivers from every drink."

BLUE SWELLINGS: Lachesis, Pulsatilla, Tarentula cub."

Lachesis. Inflamed parts very tender, bluish, dark. Lachesis is sensitive to heat, to touch, worse after sleep.

Pulsatilla. Inflamed parts bluish. Purple swelling, with violent itching of feet: puts them out (Sulphur, Chamomilla, Medorrhinum). "A peculiarity of Pulsatilla is that symptoms in different parts of the body cause dyspnoea."

Tarentula cub. Bluish abscesses. Alarming prostration, atrocious burning-stinging pain: board-like hardness of the part, and copious sweat. Purple discoloration: pungent heat of surface.

Anthracinum. Sepsis. Septic inflammations, carbuncle. Black or blue blisters. Horrible, burning pains.

One is continually coming upon points, once marked as being important or interesting, but forgotten. Here is one. Phosphorus is, as we all know, thirsty: thirsty for cold drinks, for cold water. Yet, during pregnancy, Phosphorus may be unable to drink water: the sight of it causes vomiting; must close her eyes while bathing (Lyssin).