

RUPTURE AND ITS HOMŒOPATHIC TREATMENT

DR. G. S. MALHAN, M.D. (HOMŒO), NEW DELHI

If any apology is needed for this rather detailed article, it is this: In his practice, the writer had come across quite a number of ruptured persons who could have been cured much earlier had the information of proper method of treatment been available to them or their medical advisers. Some years ago, his sympathy for the suffering of these persons impelled him to read a paper at a meeting of the Simla Homœopathic Association on the subject of the treatment of rupture. That resulted in a large number of enquiries, both from the profession seeking further details of the course of treatment etc. as well as from the actual sufferers. It is with the hope of giving the ruptured person relief, and aiding the young homœopathic physician to find the *similimum*, that the original paper, suitably modified, is now being republished.

A ruptured person who attempts to cure himself by merely following the course of treatment suggested herein is cautioned that as this article does not pretend to cover each and every case of rupture, it may be that the treatment outlined herein may not embrace his case. This article is intended more to inform the layman sufferer what Homœopathy has, or can, do to remedy his disease. When a patient is satisfied of the efficacy of Homœopathy by its perusal, he will be well advised to put himself in the hands of a well qualified Homœopathic physician rather than to prescribe for himself. In homœopathic prescribing it is not enough merely to match the indicated medicine to the symptoms of the disease; the *manner* in which the medicine is to be given is of equal, if not of greater, importance. This can be known only to a Homœopathic physician who is well versed in the Homœopathic philosophy.

Definition: The word rupture (really means a breach or tear) is a colloquial term for a condition known in medical par-

lance as hernia, especially when it is abdominal. Hernia means the protrusion of some viscus from its normal situation, through an opening (natural or accidental) in the walls of the cavity within which it is contained. This may affect not only the abdominal viscera, but also the brain, lungs, pelvic organs etc. Of all these abdominal rupture is the commonest clinical condition. And we shall confine our discussion only with reference to abdominal rupture.

Causes: I. Congenital—(a) Defective or total lack of obliteration of the natural openings in the abdominal wall—(1) The non-obliteration of the funicular process of peritoneum which precedes and accompanies the descent of testes in the male, and passes along the round ligament in the female. (2) Late descent of testes. (3) Inherited weakness of the parietal muscles of the abdomen, with unusual patency of the inguinal rings. This tendency may affect several members of a family. (4) Congenital apertures in the linea alba or Linea semilunaris. (5) Imperfect development of umbilicus at birth—umbilical hernia. (b) Other causes—(1) Abnormal length of the mesentery or omentum. (2) Congenital phimosis by inducing forcible acts of micturition.

II Acquired Causes—(a) Weakened abdominal parieties—(1) Post operative defective repair of wound after any abdominal operation. (2) Direct traumatism on abdominal walls. (3) Relaxation of abdominal parieties due to various causes—such as pregnancy, malnutrition etc. (b) Increased intra abdominal pressure—(1) Prolonged and obstinate constipation or dysuria—requiring prolonged strain in passing stool or urine. (2) Chronic and obstinate cough. (3) Obesity—accumulation of fat in omentum mesentery, subperitoneal tissue etc. increases intra abdominal tension; on the other hand their sudden reduction in any acute or prolonged illness may leave the inguinal canal etc. unguarded and a slight strain may determine the development of hernia:

Treatment: In the Allopathic school surgical operation is looked upon as being the only radical method of dealing with rupture, and while no one would deny that in certain cases especially where it had been much neglected surgical interference is necessary, nevertheless this practice is often overdone.

Many other ways of overcoming the trouble have been brought forward some useful, some less so, some utterly worthless. Different appliances have been offered, and even salves and the wearing of magical threads around the waist, have been recommended as a means of cure. The most effective ingredient in such treatments is probably the faith of the patients and the stimulation of the tone that the abdominal muscles get from massage etc.

The rupture is one of the afflictions in the cure of which Homœopathy has come out the best of all the systems of medicines "Homœopathy, unaided, in my experience," says Dr. Edmund Carlton, M.D., in his book "Homœopathy in Medicine and Surgery" "has generally triumphed over the inguinal hernia of infancy and childhood. The exceptional case has required additional help from a truss. Scoffers are hereby challenged to make the clinical test in a series of cases and report the result in each and every case". He adds, "In youth and adult life a truss is indicated. With great care and fidelity the homœopathic remedy should be given. Therein lies comfort, safety and occasional emancipation". Dr. Edmund Carlton quotes a number of cases cured, even without the aid of a truss. The medicine used was generally, Nux Vom. 30, one dose a week.

Dr. Gurnesy says that "the properly selected homœopathic remedy is always sufficient to cure rupture in children. Dr. J. F. Baker in his "Lessons from Forty Years' Practice" speaks of having cured in all about 20 cases of hernia in adult. Lycopodium is his chief medicine against inguinal hernia (especially, when occurring on the right side); Nux Vomica or Cocculus for the umbilical.

Dr. Clarke, M.D., in his "A Dictionary of Practical Materia Medica" reports that one F. H. Brett cured himself of an inguinal rupture by rubbing the part with tincture of the root of *Symphytum*. A full account of Mr. Brett's experience is given in Anshutz's "New, Old and Forgotten Remedies" which appears to be Dr. Clarke's source of information. Another authority has recommended the local application of *Lycopodium* tincture.

Such testimony from the Homœopathic literature in sup-

port of the efficacy of Homœopathy in the cure of rupture could be multiplied. The writer has cured a number of cases of hernia both in children and adults. The patients were advised to wear a well fitting truss and take a few special exercises daily so as to strengthen the abdominal muscles. I do not agree with the advice that truss should not be used. If it is necessary for the purpose of getting a right idea of the sensations, the truss can merely be discontinued for some time.

The indicated Homœopathic medicine, together with a restricted diet so as to eschew meat, strong tea, coffee and alcoholic beverages, urd-ki-dal and other flatulence producing foods. The medicines used in order of their frequency were *Cocculus*, *Nux Vomica*, *Lyc.* and *Calc. C.*; the last one being especially efficacious in the case of children. I give below, in brief, the indications for these and some other medicines, *materia medica* should always be consulted for confirmation of choice. A poultice of urd-ki-dal I have found especially beneficial in giving tone and firmness to the abdominal muscles at the place of the rupture. This should be applied every night for at least a fortnight before going to bed and retained till the time of leaving the bed in the morning. During this time the diet should mainly consist of fruits fresh and dried (except plantain) and it is an additional-benefit to have an occasional fast. It is very important that the patient must eat no more than is absolutely necessary to support life. If it can be conveniently managed a hip bath would be of added benefit. In the case of a boy of about 12 the nightly application of poultice alone cured.

HOMŒOPATHIC REMEDIES

Cocculus Ind. "It is a valuable remedy in hernia, umbilical and especially inguinal and it is particularly indicated when the abdominal muscles are weak and it seems as if a hernia would easily take place, worse on right side" (Dr. Pierce). Dr. Dunham gives the following symptoms for this medicine: "Disposition to inguinal hernia, with pain and soreness. Rupture pain worse on right side; fullness in the groin with a sensation as if all would give way there (singular and characteristic

symptoms)." He adds: "Among the application of *Cocculus* must not be forgotten its use in inguinal and femoral hernia, of which several cases are recorded as cured by *Cocculus*; among them one in which four herniae existed simultaneously. Precisely what cases are curable by *Cocculus* it is not easy to say *a priori*. Other remedies, as for example, *Nux Vomica*, *Arum* and *Nux Mosc.*, have also cured hernia. Until the functional pathology of hernia shall be better understood, it will be impossible to divide the affliction into groups corresponding to the different modes of treatment, or different remedies which experience has shown to be useful. While the affliction is by most practitioners regarded as exclusively a mechanical accident to be met by surgical methods, the history of many cases, and experience in their cure, shows them to be amenable to the dynamic agencies."

Calc. Carb. All forms of hernia. Frequently needed by children, especially fat subjects having tumid abdomen, perspiration on face and neck and cold wet feet.

Nux Vom. There are numerous pathogenetic symptoms having reference to hernia, such as "weakness in ring as if a hernia would form" and "pain in ring as if a hernia would become incarcerated" that have led to the use of this medicine in strangulated and other hernia. Allen says numerous cases apparently of irreducible hernia have been reported as cured by this drug which seems to relax the unnatural condition of the irritated muscle; in more recent hernia a complete cure is made by *Nux Vom.* by restoring tone to the relaxed muscles which have permitted hernia to protrude, this is especially true in infants who have hernia from extreme constipation or from crying with colic and indigestion, especially if they are very cross. A very important medicine.

Lycopodium. Hernia, right side, distention of abdomen with rumbling of gas, has proved useful in strangulated hernia when there was great distension and retching.

Rhus Tox. Hernia caused by heavy straining or lifting. A neglected remedy.

Aconite Nap. Recent and small; also incarcerated, with bilious vomiting and cold sweat; burning as from coals of fire.

Aurum Met. Testes slow in descending. Inguinal and umbilical hernia in children from crying.

Nux Moschata. Umbilical hernia, especially in children; dry mucous surfaces, abdominal distension and great sleepiness.

Plumbum. Strangulated femoral hernia, left side; severe pain: continual vomiting of feculent matter. Strangulated scrotal hernia, right side.

Sulph Acid. Von Boenninghausen considers it as one of the most important remedies in inguinal hernia.

Opium, Psor, Zinc Met. etc. may also be consulted.

The well selected remedy, whether named above or not, has done, in a number of cases, more effectual work than any restraining apparatus. Each individual case must however be studied with reference to its particular features.

IS CHINA OFFICINALIS A PROPHYLACTIC

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I usually resorted to the genuine pure Olive Oil treatment along with China and other medicines taken internally in one ounce doses and found also of great value and it is believed to dissolve some variety of gall stone, meantime soothing and assisting the passage of the calculus.
