

ANSWERS WITHOUT QUESTIONS IN ACUTE ASTHMATIC SITUATIONS*

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Can we prescribe THE REMEDY by merely seeing something in the patient?

I had heard Dr. N.M. Choudhuri give this instance: In the clinic, conducted by Dr. H.C. Allen, as a patient came, Dr. Allen asked the class, "What is his remedy?". Not a single question had been asked, and no one could answer. Dr. Allen said "the patient was a Cannabis indica patient, as he had crossed a small, narrow ditch, by jumping over it as if it was twice wider." It was indeed his remedy.

I saw Dr. Choudhuri prescribe—Stannum Metallicum 200 straight-away, as a patient sat down, "drooping down" in the chair. I saw, it actually cured him.

Now I am giving below some postures or expressions of remedies, which are almost definite pictures of their respective patients. We hardly need more than a few questions, except to confirm our prescriptions. They are all acute or sub-acute sufferers of asthma or bronchitis.

Please add more by going through the Guiding Symptoms.

Aconitum napellus

Asthma labored anxious; with agony, sits up straight, the patient has all Aconite symptoms of fear of death etc.

Only diaphragmatic breathing in bronchitis etc., *agg.* speaking, when sitting up, cannot lie on right side.

Ambra grisea

Cannot take deep breath; old people and children.

Asthma while attempting coition.

Cough worse while lifting heavy weight, *agg.* in a meeting or class; when someone recognises him.

Ammonium carbonicum

Inability to exert, dyspnoea.

Aggravation on going up even a few steps.

Better in open air; dare not enter a warm room.

Chokes and has to sit quickly.

Apis mellifica

Rapid, painful breathing, gasping, worse exercising.

Worse inspiration, ascending.

Feels as if his breath would be the last.

Can't get breath except when sitting (Aconite).

Mere touch on larynx produces cough.

Worse by warmth of bed or room.

Argentum nitricum

Many people in a room take away his breath.

Violent attacks forcing him to rise and walk about.

Abdominal breathing; (Aconite).

The effort to breathe deeply seems to choke him.

Arnica montana

Inspiration quick, expiration slow.

Asthma with inclination to move about.

Cough shakes the whole body, aggravated after weeping or screaming; child cries before cough.

Arsenicum album

Deep, quick inspiration, difficult *interrupted* expiration (see Argentum nitricum).

Loss of breath immediately on lying down.

Turning in bed takes away his breath.

Suffocation inducing cough.

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Cannot breathe fully, anguish, obliged to sit up in bed.
Must incline chest forward; (Aconite).

Dyspnoea when vexed.

Cough with suffocation, with palpitation, during cough catching of breath.

Aurum metallicum

Cardiac asthma, excessive dyspnoea, not relieved in any position.

Suffocative fits, constriction of chest; face bluish red (Ferrum metallicum); falls down unconscious.

Propped up in bed: violent palpitation.

Belladonna

Short breath alternates with slow gentle almost imperceptible breathing.

Danger of suffocation, from swallowing, when turning, or touching neck.

Violent dry cough as if a foreign body had got inside the throat, *agg.* fine dust in air.

Child begins to cry immediately before cough (Bryonia, Hepar sulphuricum and Arnica montana).

Violent cough *in sleep* with grinding teeth.

Berberis vulgaris

Obstructed breathing, *agg.* ascending, raising arms.

Contraction in chest to abdomen, compels him to bend over.

Borax

Short breath after ascending steps, so that he cannot speak a word, (Calcarea carbonicum).

Later a stitch in right side of chest when he speaks or on any exertion.

Arrest of breath when lying in bed; he is obliged to jump and catch for breath every time he has a stitch in right side of chest; violent cough with pain through right chest; obliged to press chest and flank with hands whereby pains are tolerable.

Cannot lie on painful side.

He has to catch for breath, *agg.* on raising arms.

Cactus grandiflorus

Constriction; like a band of iron; could only breathe with shoulders elevated when lying on back.

Dyspnoea while walking, especially on ascending stairs (Borax, Calcarea carbonicum).

Cannot lie down.

Caladium

Breaths in sighing jerks.

Respiration incompleting, inspiration catching.

Grasps his throat with hand every moment.

Asthma: Alternates with rash, sudden; caused by irritation in throat (half cough, half moan). *agg.* attempt to speak;

Weak cough.

Cannabis sativa

Asthma: has to stand by open window leaning forward, must sit most of the time by the window.

Chelidonium majus

Must loosen clothing; interrupted speech due to asthma.

Cough with forcible ejection of small lumps of mucus (Badiaga).

Ferrum metallicum

Must sit up; walking slowly about and talking relieves;

Uncovers chest; reading and writing relieves;

But when he sits still he suffers again;

Whooping cough better by eating food (Graphites); drinking makes it worse; with bluish, blushing face.

Graphites

Suffocation awakens him out of sleep at midnight.

Must quickly jump out of bed, hold himself firmly to something and quickly eat something which relieves.

Grindelia robusta

Fear of going to sleep; has to be aroused so that the breathing may continue (Opium).

Helleborus

Gasps for breath, *with open mouth.*

Must sit propped up in bed. (Ascites etc.).

Ignatia amara

Sighing and sobbing continue long after crying.

Desire to take a deep breath frequently (Kali carbonicum), which momentarily relieves everything.

Impeded inspiration, as from a weight on the chest.

Coughing increased by dust (Belladonna, Pothos, Arsenicum album).

The longer the cough, the more irritation to cough.

Ipecacuanha

Oppression as if inhaling dust, difficulty of breathing from least exercise.

Cough inflates respiration even to suffocation.

Loses breath with the cough, turns pale in face and stiffens in between cough.

Asthma of emphysematous subjects.

Patient cannot by any effort throw up sufficient quantity of phlegm (Constitutional remedy of *Grauvogel*).

Kali carbonicum

Weakness and weariness in chest, from rapid walking as if there was no air in the chest.

Draws deep inspiration often; stitches on inspiration.

Worse after eating: must lean forward with head in knees.

Worse early morning, *agg.* 3 a.m..

During cough stitches in rectum (*Lachesis*).

Violent cough after lying for sometime in bed.

Dislodged mucus falls back into stomach: chest feels weak faint.

Worse by lying on painful or right side.

Chest becomes very sore, especially on talking.

Abdomen distended during asthma.

Kalmia latifolia

Oppressed short breathing; obliges him to breathe quickly, involuntarily.

Pain as from a sprain in chest, pressure behind middle of sternum (*Borax*).

Palpitation, with pulse irregular, sitting erect.

Propped up in bed, with anxious expression of face, livid hue of countenance.

Visible, tumultuous and very rapid action of heart (after acute rheumatism).

Lachesis

Constantly obliged to take a deep breath (*Ignatia*, *Kali carbonicum*).

Desperate fits of suffocation, must sit up in bed.

Obliged to sit up and lean on to right side against a pillowed rocking chair so that pain in left chest with dyspnoea might be better.

Difficulty in breathing, better sitting, bent forward; worse talking, eating, walking, on moving arms.

The least thing coming near mouth or nose interferes with breathing; *agg.* strong fan (table).

Lying in bed at night, slightest covering over mouth or nose produces suffocation.

Lays hand upon third of sternum and declares she cannot get her breath below that.

As soon as he falls asleep breathing immediately interrupted (*Grindelia*).

Suffocating fits, waking from sleep.

Pain in anus when coughing or sneezing.

With every single cough a stitch in haemorrhoidal tumour.

Lobelia inflata

Sensation of a foreign body in throat (*Belladonna*), impeding breathing, lump.

Impossibility of deep inspiration; extreme dyspnoea.

Short inhalation and long expiration.

Inclination to sigh, or to get a deep breath.

Short and slow inspiration, with desire to cough, *agg.* going up or down the stairs, eating warm food.

Cough with sneezing, gasping and belching.

Pain in chest, while sitting after dinner, better walking about.

Lycopodium clavatum

Child wants to yawn, but cannot; this makes it cry.

Difficult breathing; as if he had inhaled sulphur fumes.

Likes to go about without any covering on head (*opp. Silicea*).

Desire for open air, when alone, fearful, despondent.

Sensation as if lungs were too full of phlegm.

Bolstered up in bed, face bluish white; nose pinched; eyes staring; great dyspnoea; rattling and fine crepitations.

Lying on left side with legs drawn up, and abdominal muscles relaxed.

Nostrils in rapid fan-like motion; great sensitiveness to pressure over right side of chest and liver.

Mephitis

Asthma, as from inhaling vapour of sulphur.

Inhalation difficult, exhalation almost impossible or barking.

When drinking or talking, liability to foreign substance into throat (*Belladonna*).

Whooping cough, child must be raised, gets blue in face and cannot breathe out.

Supports last rib when touching, when coughing or sneezing (*Borax*).

Natrum sulphuricum

Constant desire to take a deep, long breath, *agg.* cloudy weather.

Short breath when walking, gradually better by rest.

Short breath, with piercing pain in left side.

Sharp stitch in the right side prevents respiration (Borax).

Dyspnoea, accompanied by aching between scapulae.

For years attacks of asthmatic breathing, so marked as to herald his approach at a distance.

Had to sit up and hold chest with both hands.

Nux moschata

Loss of breath when standing in water.

Difficult inhalation, hysteric asthma.

During pregnancy weight in chest, constrictive feeling in muscles of chest; desire to expand chest, takes a long breath.

Remarkable sleepiness with imperfect speech, as if it were difficult to move tongue.

Weight, pressure on chest, on falling asleep at night or waking from a siesta.

Nux vomica

Forced to sit up in bed for half an hour or one hour at night, felt as if room had been exhausted of air.

Felt as if he must die; each successive attack increased in duration and intensity.

Better in open air although scarcely able to stand when supported on either side, completely worn out from protracted suffering, from loss of sleep and inability to take food.

Short, slow, stridulous breathing.

Child holds its head, face blue; bleeding from eyes, nose and mouth, in whooping cough.

Phosphorus

Inclination to take a deep breath.

Breathing; anxious, panting short, hurried, very much oppressed, with elevation of whole thorax, very laboured, noisy.

Complains of want of air, though she frequently took deep breath (see *Nux vomica*, Graphites, Sulphur).

Stridulous inspiration, as if lungs were paralyzed.

Could breathe only with a loud rattling noise.

Asthma; worse while lying on back or on falling asleep.

Cough: before a thunder storm; on appearance of strangers: cough with a tight feeling in left ovarian region; spasmodic, at same time constriction in larynx.

He can raise better if he turns from left to right side.

Psorinum

Short breath or want of breath.

Convalescents go out for a walk, instead of being invigorated return home in order to get breath or to lie down so that they can breathe more easily.

Feels worse instead of better being in open air.

Chest expands with great difficulty; cannot get breath.

Dyspnoea worse when sitting up to write; better lying down, worse when arms are brought nearer to body when breathing.

Asthma, thinks he will die.

Pulsatilla nigricans

Breathing, groaning or rattling.

Oppression of chest on walking fast, ascending an eminence or exercising.

Oppression of breathing accompanying symptoms in parts not involved in breathing.

Relieves the death rattle.

Cough: as soon as he gets warm; worse on lying on left side.

Started and frightened in sleep; followed by crying; tossing about, mild delirium in the morning.

Lying on back, cannot lie on sides, semilateral perspiration.

Sambucus nigra

Nightly suffocative attacks, with great restlessness, shedding tears and throwing about arms.

Drowsiness (*Nux moschata*, *Apis mellifica*), breathes with mouth open (*Helleborus*) and with a snoring whistling sound, head bent backward, suddenly springs up, becomes blue.

Circumscribed red cheeks, (*Aconite*, *Chamomilla*); with face very pale, feels better when slowly moving about (*Ferrum metallicum*) than when resting.

Senega

Sensation as if chest were too narrow, with tendency to take deep breaths, *agg.* stooping.

Sore chest with dry cough; cough ends in sneeze; profuse phlegm.

Sepia

Oppression of chest when walking.

Emotions cause loss of breath; shortness of breath, *agg.* sitting for a long time, especially stooping; walks rapidly without dyspnoea, but if he is stopped gets so short of breath that he cannot speak, with severe anxiety till he resumes walk.

Short inspiration, long expiration.

Cough: only on going to bed, with phlegm.

Hollow sensation in chest, *agg.* repose.

Presses chest with hands.

Spongia tosta

Breathing, wheezing, violent laboring of abdominal muscles (Aconite); sawing sound between cough; breathing as if through a sponge.

Dyspnoea, severe on lying down; when tottering, weakness, better bending forward.

Asthma with goitre; spasmodic, with heart disease; throws head back; suffocation on falling asleep.

Cough, intense caused by a *plug in the throat* (Belladonna).

Better sitting up or eating; better bending forward slightly.

Stannum metallicum

Weakness of respiratory organs and great emptiness in

chest (Sepia).

Paroxysms of asthma increasing and decreasing *gradually*.

Cough, caused by coughing, (Ignatia) laughing. lying on side, drinking anything warm; worse February to September.

Chest so weak that he cannot talk; loosens clothing.

On beginning to sing, constantly obliged to stop and take a deep breath.

Sulphur

Shortness of breath on bending arms backwards; from talking much, feels suffocated; wants doors and windows wide open.

Great anxiety, rush of blood to chest, sudden cessation of respiration jumps out of bed for relief (Graphites, Ferrum).

Weak chest, worse talking, or reading.

Does not walk erect, stoops or bends forward.

Thuja occidentalis

Breathing short and quick, worse from deep inspiration and talking, better from lying on affected side, but pains compel him to lie on back.

Cough during day, none after lying down; pain in left pectoral region, worse when putting left side on stretch; draws upto left side.

KNOWLEDGE

“Pleasure is a shadow, wealth is vanity, and power a pageant; but knowledge is ecstatic in enjoyment, perennial in fame, unlimited in space, and infinite in duration”.

De Witt Clinton
