

## APPLIED THERAPEUTICS

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This is not a scientific paper. It is very short; just some practical points that I have observed as the result of my practice of Homœopathy so far during my 22 years out of the post graduate school. So many times we have sat through long lectures on certain highly scientific subjects without coming home with anything tangible to help us in our daily prescribing, that I have felt the need of just such a discussion as you are about to hear.

From day to day, we see very few typical text book pictures of remedies. We are left to dig symptoms out of the patients, and, believe me, for a novice such as I was, it was no little job. Symptoms are vague; many of them contradictory. Patients close up like clams, as if to say, "Well here I sit; just try and tell me what is the matter. That is what I came to you for." Whenever one like that confronts me now, I immediately try to provoke them into talking by belittling the necessity for their coming in at all to see me. Sometimes they feel nearer to my office nurse and confide in her the things they won't tell me. It is needless to say that she never loses an opportunity to jot down these golden nuggets. The patient may spontaneously drop the most important keynote as he goes out the door.

To mention casually one or two cases: I had struggled with one lady throughout several years to find her true similimum, but could never quite hit the nail on the head until I suspected that she was a *Natrum muriaticum* case. When asked if she had ever had a great grief, she for the first time broke down in tears and said that her parents had always considered her the black sheep of the family.

The other case was a young girl whom I had been treating for an old paralysis of the lower limbs following poliomyelitis. Headache became a major acute problem and it was while treating her for this that she stopped menstruating. I tried my best to start the period again, as well as to cure the headaches, but it was of no use until, finally, her mother told the office nurse that her

troubles started after she was disappointed in a love affair. *Natrum muriaticum* 1M brought her menses back and cured her headaches.

I have found that a medicine can be changed often without harm to your patient where one is groping around desperately for a remedy in stormy cases, sometimes even twice or three times a day.

In acute conditions a remedy can be given often, every 15 minutes to every two hours for a day or three until improvement sets in. I have Dr. Boger's *Phosphorus* 6th that is wonderful in *Phosphorus* coughs. The best results are obtained with it by giving two pills every two hours, for 48 hours, day and night.

In cases of great chronicity, where there is ample time and no fear of the vital forces running out too soon, I believe in the "single dose, watch and wait" policy. If a remedy is going to act at all, with few exceptions it will act within 48 hrs. There are, however, other cases where one should wait two weeks and maybe two months. If I miss the remedy and symptoms are changed, I give them *Placebo* for a month and take a new history.

Very high potencies, such as the CM, may over-shoot the mark. It is then better to drop back and try the 30th. You may be surprised. However, I think the 200 is a fine potency to start with.

Often one can get the remedies to act better by dissolving the powder in 5 teaspoons full of water and giving a teaspoonful every two hours.

I have wasted much time trying to find a remedy in cases with tuberculosis in the family. Now I give a dose of *Tuberculinum* and miracles happen. I like very much to augment *Tuberculinum* with *Syphilinum*.

Patients whose mothers or fathers have died of cancer of the liver or of any other organ just don't do well until they have received a dose of *Carcinosin* 50M or *Scirrhinum* 50M.

We must antidote with high potencies of the same drug (50M or CM) people who have been treated with Penicillin, X-Ray, atabrine, etc.

*Cadmium oxide* 1M or 10M is Dr. Grimmer's favorite antidote for aluminum poisoning and I have found it to be tops as an inter-current remedy.

Dr. Hubbard says that if *Belladonna* fails in typical headache, think of *Ferrum metallicum*, and I have found it to be true.

There comes a time when we must prescribe on pathology alone. For example, a horn-like excrescence in a cancer on the back of a man's wrist responded to *Antimonium crudum*. *Kali bichromicum* cured a cancerous ulcer on an old lady's ear because of its punched out and dry appearance. *Thuja* cured a cock's comb-like growth on the rectum and many other cauliflower masses of a warty nature. *Calcarea carbonica* and *Thuja* are a great team.

Do not forget that *Sulphur* may be well-dressed and clean, as well as the ragged philosopher type. *Sulphur* may be cold as well as hot-blooded.

Now for some symptoms to which it is of no use to pay attention. For instance, I hunted all over the repertory to find the one where he feels as if he could fly. Well, that could be a state of nervousness or just a slang expression. Such slang expressions as "as if the top of the head would fly off" should go unheeded. Belching is of no significance in a nervous patient. Nervous women who are constantly changing their complaints as fast as one prescribes for them need a course of *Ignatia*.\*

When the going gets rough you may be dealing with a *Lac caninum*. I well remember one case where all the repertorization led me only to confusion until I noticed a peculiar extension of pain. It started in the region of the left ovary, went to the right, then down inside thighs, then to the whole sacrum. You see there was a fair resemblance to alternation of sides. At any rate, *Lac caninum* CM broke the deadlock.

*Thuja* can be very difficult when its few typical keynotes lie hidden in a maze of other symptoms.

This closes my paper and I hope I have given you something of a tangible nature upon which you can hang your therapeutic hat. It is true there is not very much on one subject, but a little here and a little there which, when pieced together, will help build a practical knowledge of applied Homœopathy.

—*Jourl. of Am. Inst. of Homœopathy, May-June, '59*

\* Or Tuberculinum—Ed. J. A. I. H.