

POINTERS FOR DIAGNOSIS AND THERAPEUTICS

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The following diagnostic hints and therapeutic notes, taken from the pen of eminent medical men, may be of immense value in the practice of Medicine. The names in brackets indicate the Authority.

1. In certain cases of gouty swelling of the big toe, with scanty urine, I found *Berberis vulgaris* coming to my aid, when other usual drugs failed to relieve. (Dr. Jugal Kishore, B.Sc., D.M.S.).

2. The clinical picture of the newborn baby who chokes, regurgitates and goes blue on its first and subsequent feeds, is characteristic of congenital atresia of oesophagus. (Dr. Jha, M.B.B.S., D.M.R.).

3. It has frequently been the writer's experience that parents who are slow to react to remedies have children with similar peculiarities and in such cases, repeated doses are more likely to be needed. And in some acute cases, when the disease grows more severe very rapidly, several different remedies may even be called for within a few hours of each other. (Dr. Hardy, M.D.).

4. It cannot be too strongly emphasized that in a case of intermittent, obscure, pyrexia having anaemia and palpable spleen, Hodgkin's disease should be constantly kept in mind. Biopsy of the lymph node or liver must be attempted at the earliest opportunity to establish the diagnosis, as the bone marrow may now show typical changes for quite a long time to confirm the diagnosis. (Dr. Parihar, M.D., F.C.P.S., Dr. Mehta, M.B.B.S.).

5. One of the greatest hazards in the diagnosis of cancer is the 'wait and watch policy', without making a complete examination. Diagnosis of chronic hoarseness or chronic

laryngitis should never be made unless other conditions have been excluded. (Dr. A. Rashid, D.L.O., F.I.C.S.).

6. *Coccus Cacti* suits almost any paroxysmal cough when the attacks are violent, but not very close together, and are attended by much redness of the face and a general sense of feeling too hot. If irritation of the kidneys, with scanty, thick, heavy urine, passed pretty often also attends, it is doubly indicated and the results will be brilliant. (Dr. Boger, M.D.).

7. If pleuro-pneumonia has followed upon an external injury, such as a blow or a fractured rib, or some other traumatic cause, we should choose *Arnica* in preference to *Bryonia*. (Dr. Hale, M.D.).

8. In myocardial hypoxia, due to respiratory deficiency, coupled with coronary sclerosis, anginal pain may be felt especially while changing the position of the patient. (Dr. Krishnamurthy, M.B.B.S., M.Sc. (Medl.)).

9. When obesity is present, pregnancy is much more likely to be attended by essential hypertension, and pre-eclamptic toxæmia; breech presentations are diagnosed less frequently and when diagnosed, are less amenable to correction; also Antepartum hæmorrhage occurs more frequently. (Dr. Graham Emerson, M.B.).

10. Hypertension: 120/80 m.m. Hg is taken as normal; 150/90 as the upper normal limit, and a diastolic of above 100 is definitely pathological. (Dr. Kesava Pai, M.R.C.P.).

11. Case-taking: (a) Avoid direct questions.

(b) Never ask a question putting an answer, so to say, into the patient's mouth, thus making sure not to bias his answer.

(c) Avoid all questions when the patient is obliged to choose between different alternatives and respect the same rule to leave the patient always his own choice. (Dr. Pierre Schmidt, M.D.).

12. It is essential that the condition of the breasts and nipples should be noted at the time of the first physical exami-

nation. Failure to do so gives rise to many unnecessary difficulties in breast feeding. (Dr. Craig, M.D., F.R.C.P.).

13. Symptoms suggesting intestinal obstruction in an elderly obese woman without history of previous abdominal surgery should be suggestive of gallstone ileus. There may or may not have been a previous history of gallbladder colic. (Dr. Amos R. Koontz, M.D.).

14. The story of a middle aged patient who complains of periodic swelling in the region of the submaxillary or parotid gland which may be tender or painful and which begins with eating and lasts several hours is characteristic of sialadenitis. Approximately 65% of the patients with chronic sialadenitis will be found to have associated sialolithiasis. (Dr. Donald M. Levy, M.D. et al).

15. Mycotic disease of the lungs should be considered in the differential diagnosis of the unresponsive pulmonary infections. (Dr. Kanwar, M.R.C.P. etc.).

16. Tuberculosis of the hip in children accounts for about 20% of cases of bone and joint tuberculosis. An insidious onset of pain, limp and stiffness associated with limitation of motion and Roentgen findings of rarefaction and the slightest alteration in density of the upper femur and iliac bones should make one suspicious of early tuberculous involvement of the hip. Early recognition is essential if the final outcome is to be a mobile joint and not ankylosis. (Radiology).

17. Everyone has patients with a Dioscorea colic, but when there is very offensive breath, the remedy called for is 'Sinapis Nigra'. (Dr. Robert Redfield, M.D.).

18. If there are no specific reasons for other remedies, I start treatment in young girls with mild catarrhal discharge (Leucorrhoea) by giving Pulsatilla especially if the discharge is thick like cream, and then Sulphur or Sepia according to symptoms. If these remedies are not sufficient to effect a cure, then Calc. C or Graphites come in question. In children, Mercury or Calc. C are mostly indicated. (Dr. Wassily).

19. Pulmonary embolism, a very common and important cause of pulmonary bleeding, is diagnosed by the sudden onset, often with pain, and a suggestive lung lesion on X-ray,

associated with evidence of venous disease in the leg or pelvic veins. (Dr. James D. Hardy, M.D., F.A.C.S.).

20. Lycopodium is a master remedy in Infantile Eczema. (Dr. Leon Renard).

21. Ignatia for stage-fright. To be given prophylactically, a few doses on the day of performance, and 1 dose just before it. (Dr. Bennett).

22. Ruta: Complaints from training flexor tendons. (Dr. C. C. Boericks).

23. Salicylate of Soda is a very valuable remedy for relief of intrapelvic pain and distress in acute cases if the urine is diminished, and if there is increase of Uric Acid, this is well indicated. (Dr. Ludlam).

24. Ovarian substance for dysmenorrhoea of young girls. Thyroid for early amenorrhoea, with painful and irregular menses, with distress in left ovarian region, and Pituitary in asthenics. (Dr. Laura B. Hord, M.D.).

25. When, notwithstanding, the carefully chosen remedy and the patient's faultless diet, the sick condition on the contrary, is not at all changed, the cause usually lies in want of receptivity which we must seek to remove either by repeated small doses or by medicines recommended for deficient reaction. (Dr. Boger, M.D.).

26. Animal experiments indicate that cardiac arrest is imminent when the systolic blood pressure abruptly begins to decline and that arrest has actually occurred when the systolic pressure has fallen to about 50 mm. Hg. (Dr. Robert E. Condon, M.D.).

27. I often use frequent doses of Belladonna 1x to relieve the insomnia due to the pain caused by Rheumatism (Dr. Cuthbert, M.D.).

28. Always prescribe Naja in heart cases when symptoms are scarce, unless guided away from it by some specific symptom. (Dr. Moore).

29. Pulsatilla is probably the strictly Homœopathic remedy that I use most often in early tuberculosis. (Dr. Walter Sands Mills, M.D.).

30. Bellis Perennis is indicated when there is a bruised,

strained feeling with general soreness of joints and muscles, resulting from exposure, and after vigorous physical exercise, and in Dr. Hinsdale's experience, surpasses Arnica in these conditions. (Dr. Skinner, M.D.).

31. If old, obscure symptoms, complained of perhaps months or years before the first prescription was made, reappear and trouble the patient, they should be carefully noted, and their course observed, but these symptoms should not be hastily prescribed for until a picture of the proper remedy is presented, for such conditions frequently appear and then disappear of themselves, never to return. (Dr. Hardy, M.D.).

32. To avoid backache: One rule of thumb: A woman should never lift more than 25 lbs. and a man should never lift more than half his weight. (Today's Health).

33. Hypertension: As to whether treatment is necessary or not, one may say that systolic hypertension should not be treated. Even if the systolic pressure is 180 to 200 mm. Hg., no treatment should be given if the diastolic is well below 100 mm. Hg. (Dr. Kesava Pai, M.R.C.P.).

34. During the first 2 weeks of pregnancy, the foetus is especially vulnerable to congenital deformity induced by ionizing radiation. It is advisable therefore that only essential radiological examinations are made in women during the early months of pregnancy. (Dr. Narasighan, F.R.C.S.).

35. When should the squinting child first be referred to an Ophthalmologist? I would say, as soon as it is noticed; and hopefully by or before the child is 3 years old; many squints are on an accommodative basis, i.e. only the child needs glasses; if these are prescribed early they may obviate a great deal of unnecessary problems later. (Dr. Dan M. Gordon, M.D.).