

PERSONAL EXPERIENCES IN INJURIES AND ACCIDENTS

(Excerpts from the Symposium held on 2.4.1965 by the
Society of Homœopathic Physicians, Madras)

I. Paper presented by Dr. S. P. Koppikkar, B.H.M.S. (Cal.)

(1) A small fledgeling of a sparrow fell down from its nest, hurt terribly in the fall. By the time we saw it, some blood had been vomited and it was having its last gasps. Just to try if anything was possible with our medicines, a small plug of cotton was soaked in Carbo Veg. 30 tincture and held near its beak when it was drawing breath. At the next breath it bent itself backward, as if the alcohol smell was too much, but again the swab was held near its beak. After another 3 breaths, it became stronger and tried to sit up. In about 15 minutes, we saw it was quite alright and restored it to its anxious parents in the nest.

(2) A boy, aged about 9, fell into a canal, and was rescued after 2 or 3 minutes. He had drunk a lot of salt water and his lungs too were full of it. He was laid on his abdomen and artificial respiration carried on for nearly half an hour—but we could not see any response, though most probably heart was beating. At this stage I thought of trying our Ant. Tart, a 200th of which was in tincture form. It was held near the nose when inspiration was taking place. A small kerchief end was soaked with this and held near both mouth and nose. His reaction was quite dramatic. He just got up—as if after sleep and asked what was the matter. In this case, though he might have come round without Ant. Tart, I was sure he responded very quickly to it.

(3) To mention Arnica is superfluous, but it cannot be avoided. I only wish to say that of the potencies, the most remarkable is 1000. I have not used *high to start with*; so, cannot say whether 10M etc. are better. The benefit is immediate especially in children. I must also add one thing. Though Arnica may be good by itself for 'Shock', in my experience, I have found a dose of Aconite 30, 200 or 1M (whichever is available) followed by Arnica after half or one hour stops all further trouble.

I owe a great debt of gratitude to Arnica. Though this is only a symposium of short papers, I crave your indulgence to take a longer time just to sing to the glories of Arnica and its companions. Arnica is a remedy that never lets you down, always does *more* than its share of work. Aconite and Arnica have stopped haemoptysis and other haemorrhages almost always. Whatever the effect of a fall, or serious hurt, Arnica is the soothing balm.

(4) After a half successful attempt by a lady not to have continuation of her pregnancy—the foetus came out but *as is usual* in these cases the

placenta did not. The haemorrhage was violent and by the time I went (with another M.B.B.S. also rushing in) she was just collapsed. Two injections of Pituitrin and ergometrine and methergin had not stopped the flooding. She was too far gone to get an ambulance and shift to hospital or to give anaesthetic and currette the uterus. She would have died on the table. Only thing that could save her was massive blood transfusion etc.—no facilities at that place. Thank God for our Sanjivi—Carbo. Veg. and its friend China, *given in alternation every 3 to 4 minutes.* She railed in about 10 minutes, the gasping stopped, hand and feet became warmer and the bleeding gradually lessened and after one hour the placenta separated and was removed easily by finger. China was continued for a fortnight—daily doses and she picked up health.

(5) Do you believe in Evil Eye? I do. I have seen extremely serious troubles arising from this source. When my niece—sister's daughter—was young—say 4 years old, she was very intelligent, talkative, copying beautifully many popular records of great artists. One day, a famous lady was so pleased, she narrated to her friends how nicely Meera was singing like a maina; within 5 minutes the poor girl was dumb—struggling to stammer the simplest words! It was one year before she could talk—still stammering. No more were we able to hear her beautiful singing. All mantrams etc. had not helped. At this time, I came across Ignatia as a possible remedy for 'Evil eye' while studying *Materia Medica Pura*. I wanted to try it, and first patient was my niece. I sent 1M, 10M, 50M and CM—a dose spaced 3 weeks, 4 weeks and 6 weeks. Thank God, it cured her. I must tell you that she got the complaint in 1934 and the first dose of Ignatia was given only in 1936 end.

How does Ignatia work against 'Evil eye'? For that matter, how do our remedies cure diseases? Hahnemann was definitely correct when he said that all diseases are results of bad influences on the vital force, which starts working wrongly while under their influence. If it gets stronger than the original cause, the disease gets thrown out of our body. If wearing the Ignatia bean on the body can protect even against Plague, it must be a powerful Talisman indeed.

(6) *Fright*: This does not come directly under injury or accident though it is hard to separate it from the cause or effect. How do you expect that a fall etc., will have no fright or shock? Aconite is an absolute sheet anchor and I can assure you, it never fails to strengthen the vitality at once. The blood pressure rises to normal and the shock passes off in the matter of minutes.

(7) It is perhaps silly of me to think that the force of the remedy is in the alcohol, i.e. smell. But I must say, after many experiments, that smelling the *tincture* of a potency is certainly more sure than the smelling of pills or even rubbing of pills on the tongue (the latter is not always possible).

I suggest that even if all our boxes are in pill form—Aconite 200, Ant.

Tart. 200, Ipecac 200, Arsenic 200, Carbo Veg. 30, 200 and onwards, Opium 200, should be also in liquid form—say 2 drams to safeguard against evaporation.

II. Paper presented by Dr. V. Sundaravaradhan

In my limited experience relating to cases of injuries and accidents, I have found the following as very effective to heal wounds and that in the first intention if applied in time.

(1) Abrasions and lacerations: Calendula lotion externally and potency internally. If the abrasion is on the scalp, Hypericum internally and Calendula lotion externally. These acted well.

(2) In pulp space infections due to pin pricks etc. I have tried good results from Hepar Sulphur and Tarentula Cubensis. These relieved the agonising pains and enabled the patients to get sleep, opened the suppurated portion without any discomfort and healed very quickly. In a particular case, when there was felt a need for an analgesic, I gave Tarentula Cubensis.

(3) In injuries to the tip of the fingers, I have seen grand performance by Hypericum.

(4) In a case of chest injury where there was no other harmful effect or result of the injury and only soreness was present, with no visible contusion, Arnica 200 worked well.

(5) In a case injury to the eye ball, for the effect of the blow, Symphytum was effective.

(6) In case of pain developing after sometime of an operation on the right hand, Staphisagria worked well and reduced the pain.

(7) In cases of sprains from wrong step and slipping, Rhus Tox. and Arnica worked well, and if the pain persisted even after these two, Strontium Carb. completed the cure.

(8) In tooth extraction, a dose of Arnica 30 or 200 just before extraction and a dose after extraction, relieves soreness, stops haemorrhage and averts other harmful effects.

(9) In cases of open injuries, I have administered either Ledum or Hypericum in the place of A.T.S. I do not know how far these might have helped from safeguarding the patient from Tetanus. But eminent Physicians advise these two remedies in place of A.T.S. since these do not cause the harmful effects as done by A.T.S. sometimes. In my limited experience of injury cases where I administered either of these two, no case of Tetanus was seen.

III. Paper presented by Dr. K. T. Thomas

We are living in a world full of injuries and accidents. With the rising tempo of scientific and technological advancement, man is exposed to all sorts of Accidents and Injuries.

There are accidents caused by injuries to the mind on a psycho-somatic plane. It may be called emotional trauma. To prevent the causes of certain

major accidents it is important to attend to the emotional aspect in man. When a person is disturbed or injured emotionally his muscles will not obey him at times, thereby causing accidents as he takes a car out, or carries some things in his hands.

This state of emotional trauma could be treated and corrected by appropriate Homœopathic remedies, like Ignatia, Arnica, Veratrum Album, Hypericum, Aconite Nap. and Staphysagria etc.

To mention one or two personal experiences, may I give here two cases out of a number of similar cases, I had the privilege to treat. Once I was called to see an old widow who had been in a state of collapse. Seeing the collapsed state, I started with Carbo Veg. but to no effect. She was unconscious but when spoken to answered correctly and again relapsed. She was indifferent and wanted her to be left alone. Seeing the deep condition of her mind, I questioned one of her close relations as to the actual cause of her trouble. Then I was told that she had been cheated badly in some money transaction and on the sudden realization of her financial loss, she developed the above mentioned condition. So the traumatism of grief, caused by the impact of the shock, made her very ill, and brought her to the point of death. Understanding the cause, I gave her Arnica 30, a few doses, and she came round wonderfully to the pleasant surprise of the family. Please remember Arnica in such conditions.

Another interesting case I wanted to bring to your notice is about one Tailor who broke the needle of his swing machine, which went right into his forefinger and got embeded in it. He came to me with terrible pain and wanted me to remove the foreign body from his finger. Since it was deep inside, I gave him a few doses of Silicea 30 and asked him to report the next day. Though he suffered some pain in the night, the needle came out the next day, to his great relief, without any surgical means. So I have experienced the effect of Silicea in removing foreign bodies from the tissues. I have experienced also the magical power of Hypericum in relieving the excruciating pains of crushed wounds. It also prevents Tetanus.

IV. Paper presented by Dr. K. S. Bhaskaran Nair

On 12-11-64 at 8 a.m. the officers and men of St. John's Ambulance Brigade including myself of the 20th Division were enjoying a merryttime in the swimming pool at Tonekala camp near Avadi. The jubilation was abruptly marred by an unfortunate accident. Mr. X dived into the pool from the platform. As the plank swerved to the left, he fell with force into shallow water striking his forehead to the floor of the tank. He did not feel the impact when under water. But as he came up, his face became covered with bright red blood which was oozing out from a wound 1 inch in length and $\frac{1}{2}$ " in depth. Immediately First Aid equipment was brought and the wound was dressed up. Some of the campers wanted to rush him to a nearby doctor for giving A.T.S. injection but on enquiry, it was found

that the doctor was not available. I then gave 4 pills of Arnica 30 which I had in my small chest and he was allowed to take rest. He felt comfortable for sometime but the bleeding did not stop completely by the dressing already applied. The officer in-charge of the camp asked me if I have any drug to stop bleeding. I looked into my chest and picked up Ipecac 200. I gave 4 pills to Mr. X. Hurrah! To the credit of Homœopathy the bleeding stopped after about 20 minutes and he and others felt happy. We had camp final the same evening and returned to Madras. The third day, Mr. X. came to me to express his gratitude for the treatment.

2. Another experience of mine, I wish to narrate next, which does not relate to any injury, but a devastating effect caused to an old lady by administering a wrong drug. At 11-30 p.m. on 3-3-65, while I was just going to bed, I heard tapping my front door. Wondering who would want me at late hours, I rushed to the door and opened it. A friend of mine, in an anxious mood, was standing at the door and I asked him the emergency that made him to see me at this time. He was so impatient that he could not explain everything except saying that his aged mother is having difficulty in breathing and that she is having high temperature. He wanted me to accompany him with the required drugs in the same taxi in which he came. Though I felt diffident and felt that the task may be very difficult one, my obligation towards my friend as a Physician and owing to my confidence in Homœopathic drugs in such emergencies, I went with my friend. When I saw his mother, she was lying in half prone position with one hand stretched over her head and labouring for breath. I took her temperature and examined pulse and asked her how she felt. She did not reply. Hence I did not ask any other question. I gave Carbo Veg. 1M which she took with some difficulty. 15 minutes later, she had cough and expectoration of thick phlegm. She felt somewhat better. I again gave one more dose of Carbo. Veg. 1M. As before, she had cough and expectoration of phlegm. She was very much relieved and began talking to her daughters who were standing beside her. As she had a temperature of 102°F, I gave Belladonna 30 at 1 a.m. The sons of the lady begged me to be present there until their mother became alright that night. At 2-30 a.m. she perspired and wanted fanning. At 3 a.m. her temperature came down to 99.5°F, felt much relieved and got up. During the course of my talk with her sons, I was told that she was given some antibiotic tablets for coryza with slight temperature that day evening, but her condition, instead of improving, got aggravated, creating anxiety which made her son to rush to me at 11-30 p.m. on that day. She became alright then.

DISCUSSION

Dr. K. Sreenivasan: When there is an injury, and blood rushes out, to stop the bleeding, I generally use Ferrum Phos. in a lower potency 3x or 6x. I also apply Ferrum Phos. over the wound and in almost all cases, I was very successful in arresting the bleeding. Afterwards, I start cleaning the

wound with Calendula lotion and then apply Calendula ointment or whatever remedy that is required.

Dr. V. Sundaravaradhan : The case referred to by Dr. Bhaskaran Nair (lady having difficulty in breathing), the cause for the trouble may be allergy to the antibiotic that she took that evening and we know that there are serious and sometimes fatal results resulting from some of the so-called 'very potent' Antibiotics (though they possess high therapeutic effect especially in overwhelming infections etc.) since these drugs do not cover the constitutional condition, and aimed at killing the micro-organisms only, either by their bacteriostatic or bacteriocidal actions. In such allergic cases due to antibiotics, it has been found that if the potency of the same antibiotic (if the name of the given antibiotic is revealed either by the patient or attendants) is administered, the same removes all allergic effects and rallies the patient, and many times, saves lives too in dangerous cases of anaphylaxis. When the name of the particular antibiotic or sulpha drugs which was administered to the patient (which is alleged to be the cause for the present trouble) is not known Dr. Wilbur K. Bond, M.D. advises a combination of Sulphathiazole 50M and Sulphanilamid 50M which removes the bad effects very quickly. Dr. Jacob Genis, M.D. advises Sulphur as an antidote for abuse of antibiotics.

V. Paper presented by Dr. V. Govindan

As I am a member in the St. John Ambulance Brigade, I had to face many cases of injuries and accidents in the fields where I have rendered First Aid.

In 1962, in the S.I.A.A. grounds at Madras, in the Park Fair exhibition, Sri Ismail, a horse-rider fell down from the rickshaw (while he was engaged in a competition) and another rickshaw ran over his toes. He felt extreme pain and the external injury was slight. The officer-in-charge asked to apply Tincture Benzoin. I gave him one dose of Arnica 200 at once and one dose of Hypericum 200 to be taken at bedtime. The next day, when I met him in the same ground, he thanked me for the treatment which relieved him of his pains.

Another gentleman, a football player had a sprain in his right ankle when playing in the M.U.C. grounds at Madras. I applied Lt. Turpentine externally and Arnica 200 internally. He felt much improved.

A lady accidentally poured boiling rasam over her legs. I prepared Cantharis lotion, dipped a cloth and applied it on the scalded leg and was pouring the lotion for about 15 minutes. I also administered Cantharis 30 internally 4 times. Within half an hour, the lady became alright and got relieved of the burning present in the scalded portion and it healed quickly.

GENERAL DISCUSSION ON THE SUBJECT

Dr. M. Raghupathi, M.B.B.E. : By wound, we mean there is "loss of con-

tinuity of tissues". It may occur from the skin upwards down to the bone. Abrasions down to fracture are caused by injuries and frequency of injuries are so great that volumes may be written. Whatever may be the cause of the injuries, due to a fall or other means, clean the wound with water and apply cocoanut oil (a simple procedure and which is easily got). There need not be any fear of Tetanus if this is done immediately, anywhere this can be done. Tr. Iodine should *not* be used. God has given to everyone certain amount of recuperative powers and Nature takes care of these wounds. I know of a very good athlete. He lost the key for his room which was locked and so, he used a nail to open the lock. He got injured in that attempt and he applied Tr. Iodine. The wound became septic and he developed tetanus and in spite of efficient and timely treatment by eminent Physicians, the boy was lost. The first thing in an injury should be to wash the wound with clean water, plain cold water, if you are not able to get hot water. When there is profuse bleeding, if the bleeding is light, ordinary compress (pressing) will arrest the haemorrhage. When there is a severe haemorrhage as from the lacerated blood vessel, etc, we cannot depend upon the Homœopathic remedy alone to arrest the haemorrhage, since mechanical means are necessary here in addition to internal medication. First, arrest the bleeding by compression above the vessel, apply sutures and then give the remedy.

Punctured Wounds: These are *dangerous* ones. Ledum works well here, but in spite of that, there is difficulty. A wound that is exposed to the air is safe. Before using Ledum, or continuing Ledum, a little more opening of the particular wound should be done to get it exposed to air.

Hit on the Eyes: A cold compress over the affected part will relieve.

In sprains also, cold compress may be used and Arnica afterwards may be given.

Do not use anything which kills the tissues (like Tr. Iodine).

The healing of a wound depends upon the vitality of the tissues. When the tissues are strong enough healing of the wound will occur quickly.

Whenever there is blood loss, there will be a certain degree of shock. Give enough water which will to a certain extent, replace the loss of fluids and salt also may be given in solution.

Crush Injuries: Hypericum is of use here. In addition, make one or two holes with hypodermic needle; use the needle and promote bleeding.

Facial Wound: For suturing, in an emergency even small cocoanut fibre which is available anywhere and which you can get from the tinnest to the thickest, may be used. For a wound, Streptomycin solution may also be used.

For suturing, ordinary cotton thread, instead of catgut, in an emergency, may be used but it must be boiled and used, which will arrest bleeding in such wounds.

A Case: A boy had some nail prick in his sole, and from that day on-

wards, he walked with a limp for 4 months. When he came to me in this condition, I gave *Ledum Palustre*. Thereafter he became alright.

Dr. D. C. Solomon, B.Sc., G.C.I.M.: I shall narrate only one case of 'after-effects of an injury' which was almost forgotten and which resulted in a chronic headache. A girl, 13 years old, was suffering from continuous headache. The headache will start at any time and will last any length of time. She was first admitted in the General Hospital, Madras, and was examined by neurosurgeons and other specialists and X-rays of the skull were taken. She was there for 2 months and was discharged in the same condition as it was while admitted. Then she was admitted in the Indian Medicine branch of the Kilpauk Medical College Hospital, Madras and here again she was subjected to all examinations and examination of sinuses etc. were done. Here, she was kept for one month and finding no improvement, she was discharged and casually I met this girl. When I took the history she told me that while playing in the school 4 years back, she jumped and fell in the sandpit and her head hit on the sand spread over there and from that time onwards she had this headache. Hence, based on the etiology, I gave *Arnica* 1M one dose. In one week the headache was gone and never returned till this date.

Dr. S. P. Koppikkar, B.H.M.S. (Cal.): Every Homœopath must read the book 'Homœopathy for the First Aider' by Dr. Dorothy Shepherd. It is a gem.

During war, Homœopathic remedies were used by the American surgeons especially very widely and volumes have been written in this connection, testifying to the efficacy of Homœopathy in such conditions as shock, fear, injury, wounds, fractures, gunshot wounds etc., which were the common occurrences during war days, and which the Allopathic Physicians were unable to tackle successfully in spite of their possessing analgesics, tranquillisers etc. In cases of shock, *Aconite* 30 or 200 or whatever potency that is available, followed by *Arnica* after half an hour stops all further trouble. In typical *Arsenicum* cases, if you give *Arnica* on causation, the patient may collapse. I am afraid of *Arsenicum* in these cases and instead, give *Tarentula cubensis*.

Sometimes if you give *Phosphorus* in haemoptysis the patient may collapse. So, you must be confident in deciding that you have selected the right remedy and then only, you may give this kind of remedies.

Arnica is a great remedy and it will certainly work in all cases and I owe gratitude to *Arnica* and its companions (1) *Arnica* (2) *Hepar Sulph* (3) *Tuberculinum*.

Long ago, a child was brought to me with a number of boils and his whole back was full of cuts (incisions made by doctors for opening a number of them previously). In those days, there were no antibiotics etc. I was reading *Arnica* in the *Materia Medica Pura* then. Hence I administered *Arnica* 1M, *Hepar Sulph.* 1M on the fourth day and *Tuberculinum* after another 4 days and *Gunpowder* 3x t.d.s.

The patient was completely cured. No pyrexia afterwards, no abscess etc. The above three remedies given in that order, remarkably cures such cases.

Dr. M. Raghupathi, M.B.B.S.: A patient stung by a scorpion came to me and said that keeping ice over the part ameliorated and based on this (cold application ameliorates) I administered *Ledum Palustre* which relieved him. But *Ledum pal.* is not always successful. When there is a feeling of bursting *Vipera* works well. *Tarentula cubensis* when there is a burning sensation. *Novocaine*, even though it palliates the pain, does not last long in such cases. Salt solutions sometimes work well.

Burns: If bleb has formed, do not open it. Take *Lin. turpentine*, dilute it and apply the same. Nature helps to cure. *Urtica urens* or *Cantharis* may also be used in such cases. Castor oil or even coconut oil emulsion in an emergency may be used as a dressing.

Dr. S. P. Koppikkar, B.H.M.S. (Cal.): Carbolic Acid in potency is especially useful in infected burn cases. Causticum helps in keloid caused by burns. *Arsenicum Album 200* was used by Dr. Boeninghausen for cases of burns.

The symposium was followed by a film show on:

1. Tuberculosis,
2. Care of your eyes and
3. New York World Fair.

The film on Tuberculosis, A Walt Disney colour film, showed how tuberculosis spreads from patients to other individuals (coughing and releasing of tubercle bacilli which are carried by air to far off places); infected sputum spat in streets by tuberculosis patients is also carried on by the current of air. Hence stressed the need to cover the mouth while coughing. It showed the need to sterilise the clothes, utensils of the tubercular patients and to isolate them in a separate room and to give effective treatment.

The second film on 'Care of your eyes' showed how eye affectons are caused in industrial establishments and the way to protect the eyes by wearing a protection glass.

The third film on New York World Fair, a colour film, was an enjoyable one and took the audience to New York itself.

After a vote of thanks and National Anthem, the meeting concluded.