

HOMŒOPATHY IN MODERN MEDICINE

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It is true that the field for homœopathic medication has been considerably cut down in the last two decades. This is due to the discovery of new drugs, advance in dietetics and the endocrine field. We no longer get typhoids, pneumonias are usually well handled by the sulpha drugs and severe infections of strep and staph also respond to sulpha drugs and penicillin. Prophylaxis has eliminated most of the exanthemata, surgery has entered the pulmonary and vascular field and precision anesthesia, by means of injection and nerve block has controlled satisfactorily many types of visceral and muscular pain formerly the province of the internist. Certain diseases, however, have increased. Cardiac and coronary artery disease lead and our first attempt will be to evaluate some of the homœopathic drugs in this field. We shall then pass to the gall bladder and hepatic disorders. All of these fields have no "specific." Sulpha drugs and penicillin are of limited value. There may be an organic basis for many of these syndromes but often there is not. There may have been trauma but usually it has been accumulative and intangible and individual. The patient's condition is expressed by symptoms and not always by EKGs or x-rays. One has to consider cause and effect, to observe body type and reaction to environment.

HOMŒOPATHIC PHILOSOPHY

In these days of mundane, modernistic and materialistic medical concepts, it might not be amiss to say a word on homœopathic philosophy, its viewpoint on life-force and disease. Although only a theory, and, as Hering used to say, "No one is obligated to accept any theory," yet an understanding of the viewpoint of Hahnemann and other masters renders the rationale of homœopathic medication clearer.

Hahnemann's philosophy was created to explain certain new effects. Thus, the efficiency of attenuated drugs, the

successful application of the principle of similars were the two facts. Medical philosophy as then understood did not help him, hence the need for a new conception of vital processes.

The fact that in homœopathy we do not treat the part, but the whole, was probably the starting point of his thinking. Hahnemann was a vitalist. He saw in the body but an organism made up of the material particles, in themselves dead but vivified and adapted to the real living man, the spirit within. The connection between this spiritual and immaterial being, on one hand, and the physiologic function, on the other, was accomplished by the supposition that there existed a vital force which he designates "dynamis."

Dynamis, then, is *the formative force of the organism*, the immediate cause of every functional activity and of all metabolism. Altered or deranged dynamis is the immediate cause of every malfunction or changed metabolism—in other words, disease. Only the vital principle thus disturbed can give to the organism its abnormal sensations and incline it to the irregular action we call disease.

If this be so then, to really treat the *cause* of disease we must treat the dynamis or vital force and, this having been adjusted, functional and organic cure automatically follows. According to this conception, we see the folly of trying to adjust this intangible dynamis with crude physiologic medication aimed at gross results of disease. At the same time, we have a theoretical conception of why attenuated drugs are able to set in motion great bodily changes; presumably, they adjust the dynamis, and, hence, start a natural curative cycle.

Thus we say that, according to Hahnemann's philosophy, causes are invisible, results are visible. If we wish to treat the cause of disease, we must seek an agent delicate enough and individually specific. The homœopathic potencies fulfill the first qualification and the application of the law of similars the second, always assuming that there is an adequate symptomatology on which to select the latter.

It is easy to fall into the error most critics of homœopathy have fallen ; to consider our potencies, due to their extreme dilution compared with orthodox drugs, as acting in a "spiritual" manner. There is nothing "spiritual" about our drug energy. It can be shown in the test tube as we have done in the last few years. (560 cases).

The 6x potency can prevent the precipitation of an unstabilized, non-protected, lyophilic cholesterol esters sol previously "poisoned" by the blood serum of a patient whose symptoms correspond to the drug used.

Dynamis might then be considered a form of energy, circulating in the blood stream. The energy can be nullified or obliterated by the indicated homœopathic remedy. Remedies not clinically indicated are without effect.

From this brief discussion let us turn to the practical use of them.

DRUGS IN CERTAIN DISEASES AND SYNDROMES

Hypertension : What can homœopathy offer in hypertension? I have found no remedies outstanding for this condition, per se, that is, if we discover a hypertension on physical examination, without symptoms. Our drugs, however, do not have side effects and if we prescribe for the condition we must perforce be guided by those homœopathic drugs which cause the pathologic physiology of hypertension—that is vaso-constriction.

Chronic vaso-constriction leads to sclerosis, particularly of the kidney and heart and it is to be noted that only constant lesions found on autopsy of those dying from high blood pressure are generally arteriosclerosis of the kidney and, of course, concentric hypertrophy of the heart.

Certain of our other drugs have shown their ability to cause vaso-constriction and they should be examined to see whether any of them have symptoms corresponding to the patient's complaints. Thus, Plumbum met., Baryta carb., Paradrine, Secale, Cactus have the basic pathology producing sclerosis.

Plumbum met: produces a general vaso-constriction and an arterio-sclerotic kidney picture. A definite anemia, paleness and cachexia in a thin patient. Very marked constipation with no urge. Evidence of muscular spasm otherwise such as pains in the legs at night, in the calves, various degrees of paralysis and mental lethargy form the picture. Paretic tendencies.

Baryta carb: also presents a general picture of arterio-sclerosis and contraction of the arteries, all functions of the body are slowed down and there may be definite lesions of the aorta and great vessels. The mental condition is sluggish and retarded. Prostatic hypertrophy and difficulties, history of previous vascular lesions in the brain, a history of chronic focal infection in the throat.

Paradrine: This drug is the familiar vaso-constrictor used for nasal congestion but it has the ability to cause vaso-constriction throughout the body, hence it is used as a general remedy for hypertension. This vaso-constriction is not caused by a nervous mechanism, hence it fits in to the humoral theory of hypertension.

Some years ago quite a series of experiments were done in our laboratories with paradrine. Rats were made hypertensive with the Goldblatt clamp method and they were given paradrine in the 6x dilution.

It was found that a decrease in blood pressure was obtained which persisted until the drug was withdrawn.

On this experimental basis we used paradrine 6x empirically in hypertensive cases unless its indications for one of our other drugs was present.

Leaves of *Ceanothus americanus* (Rhamacea family) have been used widely as a satisfactory tea-substitute during the American Revolutionary War. The taste of this popularly-called "New Jersey Tea," is slightly more astringent. In 1926 Ceanothin, an alcoholic extract of the root bark from the shrub has been shown to have marked blood pressure and clotting time reducing properties. The tea was tested on hypertensive rats, which were fed it once

daily by hand.* During tea-feeding periods (first group, 18 rats, for 12 days ; second group, 18 rats for 24 days) reduction of hypertensive blood pressure increased in steps up to 6-8 days, when the final level characteristic for each individual rat is reached. Lengthening of the tea feeding periods does not achieve better results.

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Secale, always a favourite drug of mine for chronic sclerosis, comes in also in hypertension with angina symptoms.

Cactus is of use also in the angina syndrome on the well-known "squeezing" sensation. It is also capable of causing vaso-constriction. Nose bleeds may be part of the picture in this case.

The late Doctor O. S. Haines used a combination of *Viscum album*. 1gr. and *Cratægus* 2 gr., both of these in the fluid extract, four times a day.

Dr. Morris Golden, formerly Professor of Medicine at Hahnemann used *Arum mur.* 2x or 1-100 on discs, three times a day.

THE G. I. FIELD

The number of proprietary preparations for functional syndromes related to the G. I. tract is legion. Most of them are synthetic anti-spasmodics containing *Belladonna* or *phenobarbital* or both.

Personally, I have had disagreeable side effects from both and results have not been consistent. I feel that our group of homœopathic drugs are quite sufficient for relief if the characteristic symptoms are present. Naturally, dietary control is used when indicated particularly in ulcer and gall bladder cases.

Our polycrests naturally are indicated in more than one disease. That is, the same drug may be used for different syndromes. Thus, *Colchicum* may be indicated in colitis and gastritis and *Nux* likewise.

* Mm. Hg. systolic blood pressure

Lycopodium involves the liver and lithic kidney diseases as well as atonic typhilitis.

Anacardium has many nervous, mental and skin symptoms besides its use in peptic ulcer. In prescribing, certain modalities and characteristic symptoms should be elicited also recent cravings and aversions, together with time of aggravation, that is, discomfort immediately after one or two hours p.c., also causal factors such as food abuses, type of pain or sensation.

I am sure that you all know the Nux type and its favourable action in irritable gut and spastic constipation.

Argentum nit. is probably not used often enough. It is a chronic Nux with explosive belching and is highly neurotic. It comes in in gastric ulcer and gastritis, and a dried up constitution is suggestive. Gastritis of drunkards.

Carbo veg. Probably the best for stomach distention and gas. Belching and bloating of older people. It has a distaste of meat which these patients need. Heaviness and sleepiness. Aggravation ½ hour after meals and the simplest foods seem to disagree.

The drug which has no relief from eructation is *China*.

Pulsatilla come in in several syndromes where the following symptoms exist. Aggravation from fat or rich foods with desire for fruits and salads. Aggravation 2 hours p.c. Eructation, taste of the foods taken a long time before remain. Particularly, a tallow-like taste is characteristic.

In gastric hemorrhage or any hemorrhage remember *Ceanothus* in ½ tsp. doses. In peptic ulcer *uranium nit.* 2x where ordinarily you would give *Banthine* or a similar drug.

Uranium nit. has a ravenous appetite, much gas and sourness and the typical boring and epigastric pain.

ANEMIAS

Iron is recognized as the main curative agent of a simple, secondary type. The virtues of homœopathic iron

combined with calcarea phos. is equal or superior to the many proprietary preparations which are always expensive and often loaded with unnecessary adjuvants. The combination is formed by Ferrum met. 2x and Calcarea phos. 3x in the one tablet. Anemias respond to it in two weeks in my experience.

PHLEBITIS AND VARICOSE VEINS

Homœopathy has a field here in conjunction with mechanical support. *Hamamelis* in 10 drop doses, t.i.d. is probably the best. Calcarea Fluorica 3x, the tissue remedy, can be alternated.

When the liver and portal system are involved together with varicose veins, *carduus mar.* also in tincture, is to be considered.

Pulsatilla is well known for this condition especially in women. They have puffy knees and legs—from heat and a dependent position.

ARTHRITIS AND FIBROSITIS

Fibrositis: If localized we can help to a certain extent. The real chronic osteoarthritis with boney changes and the atrophic type presents a rather hopeless picture.

In the fibrositic state experience has shown that our drugs may be given by hypo at weekly intervals. Examples are *Formica Rufa* 12x and *Rhus* 6x and Sulphur. Available at homœopathic pharmacists. A physician of wide practice (not a graduate of our homœopathic school) invariably gives his remedies in this manner.

Certain of our remedies have a predilection for certain parts which we can capitalize on. Other may have a marked modality or sensation.

Thus, in a neurofibrositis of the brachial plexus (neuritis), when the pain is relieved by support of the elbow on the armchair, or sling, the serpent poison *Vipera* is helpful.

In small joint involvement especially of the wrist, I

use *Actea Spicata*. There is swelling and pain, worse from use, and the hands, with general lassitude.

Indurative headaches may call for *Cimicifuga*. It is adapted to tension headaches of nervous women which pain extends to the shoulder and back. These women are very agitated and exaggerate their complaints.

Probably the title of this paper was too broad and certainly I have not covered the extensive field of Homœopathy on modern medicine. My thought was only to remind you of a few of the tried and true medicines that are in danger of being crowded out by new and often not so remarkable proprietary synthetics.

—*The Hahnemannian, Jan.-Mar., 1956*

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