

AFTER-EFFECTS OF INFLUENZA AND THEIR HOMŒOPATHIC TREATMENT

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Though the cases of epidemic Influenza are at present fewer than what they were before, cases of after-effects of influenza are quite numerous. Usually, an attack of Influenza, if not accompanied by serious cardiac or pulmonary complications, does not last for more than a week or so. But, in most cases, specially when the vitality of the patient is low, the after-effects of Influenza continue for a long time, and not infrequently, for months. I give below some general observations on the after-effects of Influenza.

1. *Loss of taste and general debility.*

These symptoms are almost common to all patients and continue for a pretty long time. Taste may sometimes be improved by taking with meals some bitter items like *neem*-leaves (fried) or *suktos*, prepared with *neem*-leaves, or *uchchay* or *patal* leaves. As regards general debility, the best remedy lies obviously in good substantial food, which should include milk, fish, eggs, butter, chicken, fruits, etc. Preparations containing vitamin B in various forms have also been useful.

Homœopathic remedies : According to symptoms of the individual patient : Nux V., Ammon. Carb., Avena Sativa, Kali Phos., Strychnin. Phos., etc.

2. *Cough and Bronchitis.*

These are found in many patients to linger for a considerable time. Sour food should be avoided. Full bath in cold water should not be taken. Chest should be kept properly covered. Outdoor exposure at night should be avoided.

Homœopathic remedies : According to the symptoms of the individual patient : Bryonia, Antim. T., Antim. Iod., Drosera, Ammon. Carb., Corall. Rubrum, Kali Brom., Hepar S., Ammon. Phos., etc.

3. *Slow Fever.*

It is often found that slow fever continues for a long time even after apparent recovery. Such fever may be remittent or intermittent. It hardly rises above 100 degrees. The usual symptoms which accompany fevers, e.g., headache, thirst, nausea, chill, etc., are usually absent. There are cases in which rice-diet and even cold bath do not seem to make any difference. There is of course a general feeling of uneasiness and discomfort, but no serious acute symptoms. Rest, avoidance of cold and taking of substantial diet seem to be the best remedies.

Homœopathic remedies : According to the symptoms of the individual patient : Nux V., Psorinum, Sulphur, China, Gelsemium, Nyctanthes, Baptisia, etc.

4. *Weak Knees.*

A large number of cases show an abnormal weakening of the knees, which seem to be unable to support the body properly. The exact pathology of the tendons, ligaments or muscles involved is probably not known, but the weakening is very marked. It is felt both in straight walking and also in negotiating stairs both up and down. Rest and good diet seem to be essential.

Homœopathic remedies : According to the symptoms of the individual patient : Belladonna, Colchicum, Plumbum Met., Causticum, etc.

5. *Myocardial degeneration of the heart.*

This after-effect is found in many patients, specially in aged people. It is more frequent in people who had some kind of organic or functional disorders of the heart before the attack of Influenza. The symptoms are a heavy feeling in the region of the heart, consciousness of heart-beats, palpitation, tired feeling on least exertion, etc. The best remedy in all kinds of heart-trouble is *rest*, light and substantial diet and good sleep.

Homœopathic remedies : According to the symptoms of the individual patient : Cratægus Ox., Adonis Vernalis, Baryta Carb., Strophanthus, etc.

6. *Relapse.*

There have been quite a large number of cases, in which the disease has come back in the original or even in an aggra-

vated form. Much more caution is necessary in such cases than in cases of first attack. It has been found that relapse has occurred in many cases, where sufficient care was not taken after the first attack. By sufficient care, we mean *sufficient rest*, sufficient substantial diet and avoidance of exposure to cold. In the case of relapse, we should be doubly careful about treatment and care and nursing of the patient.

We must not forget that Influenza is a serious disease and not simply a kind of "*Sordi-jwar*". It affects the entire system and damages the vital organs. It is very dangerous for aged people. The body of an aged man is often like a dilapidated house, which, in fair weather may get on well for ten or fourteen years, but a strong blast of storm might demolish it in a short time. An attack of Influenza may act as a devastating blast to the old and worn-out vital organs of an old man and his life-force may be insufficient to withstand it. There have been cases, where old men, apparently normal and going about their round of normal habits and duties, have suddenly succumbed to an attack of simple looking influenza, which fatally affected their vital organs like the heart and the kidney.

I shall conclude this short note with a small hint about the homœopathic treatment of uncomplicated Influenza. According to the symptoms of the individual patient : Baptisia, Bryonia, Rhus T., Eupat. Per., China, Gelsemium, Nux V., Sulphur, etc.

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