

separation of pulse and temperature as the chief index in their case, have found the curative remedy in PYROGENIUM. Many cases of angina pectoris with pain radiating down the left arm and on the verge of complete collapse have been restored and comforted by the remedy prepared from the virus of the Black Widow Spider, LATRODECTUS MACTANS.

DIGITALIS, in potency and not as usually administered, cures or mitigates dilated hearts with slow, weak, irregular pulse generally with cyanosis. CARBO VEG. in high potency cures dilated hearts where the patient seems dying, bathed in cold sweat yet wants to be fanned. ARSENICUM cures cases of a similar nature where despite a great weakness and coldness there is an anxious fear of death and restlessness—if the body is too weak to move, a hand, foot or head will be in motion.

ACONITUM may save a life where the shock from sudden fright has affected the nervous mechanism supplying heart function. ACONITUM heart conditions are associated with great fear of death and numbness of the hands and fingers. A cardiac asthma relieved by lying flat on the back will be relieved, if not cured, by the remedy LAUROCERASUS. A disturbed runaway pounding heart is frequently cured by the remedy LYCOPUS.

Homœopathic medical science has much to offer in the world of healing. Not only does it produce ideal cures in the most difficult types of disease, it also stands supreme in the field of disease prevention.

—*Homœopathy, June, 1956*

THE HOMŒOPATHIC TREATMENT OF INFLUENZA

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The idea in calling this meeting was to present to you the homœopathic remedies commonly indicated for cases of influenza which is at present raging in the City. The remedies

that appear to be more often indicated in the present epidemic are also pointed out with their main indications which help in the selection. The usual Text-books on Homœopathic Therapeutics do not give you a full list of remedies that are likely to be useful in cases of Influenza. Lilienthal gives a full list; another working list is found in the revised Edition published by M/s. Roy & Co. of Bœnninghausen's Characteristics & Repertory by C. M. Boger (P. 904-2 under the Section—Sensations & Complaints in General; the earlier edition lists only two remedies against this Rubric). I should also like to draw your attention to the article by Dr. Martha Boger-Shattuck in the Homœopathic Recorder of May 15, 1932, P. 323. Before getting along with the remedies along with their indications, I should remind you of the five clinical types of Influenza :

- (i) Febrile type,
- (ii) Respiratory type,
- (iii) Nervous type,
- (iv) Fulminant type,
- & (v) Gastro-intestinal type.

I should refer to you the Price's Text-book of Medicine for the detailed description of these and of the complications and sequelae of Influenza. I am drawing your attention to these as it is possible to group your remedies along with these types.

I. INFLUENZA WITH SUDDEN ONSET : *

Acon. — Ars. — Bell — Camphor — China — Ferr. phos. — Ipecac. — Phos.

II. INFLUENZA WITH INSIDIOUS ONSET : *

Gelsemium — Bryonia — Arn. — Bapt. — Caps. — Caust. — Echin. — Lach. — Rhus tox. — Ant. tart.

III. INFLUENZA WITH COMPLICATIONS : *

Tub. — Graphites — Sul. — Phos. ac. — Pyrogen — Psorinum. — Sul. iodide.

(* Grouping suggested by Dr. Martha Boger-Shattuck in *Homœopathic Recorder*, May, 1932).

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 INFLUENZA (B.B. P. 904-2) :

Aco.⁴ Arn.² Ars.⁴ Bap.² Bell.³ Bry.³ Cam.³ Caus.⁴
 Chel.² Chin.³ Cimi.³ Eup. p.⁵ Gel.³ Ip.² Merc.⁵ Nux
 v.⁵ Pho.³ Phyt.³ Pul.² Rhus t.⁴ Saba.³ Sang.² Scil.²
 Sil.² Spig.³ Stic.² Ver. v.³.

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GROUP—I

1. ACONITE : Although this is recommended strongly in the List from Boger, it has not proved useful or indicated so often in my practice. It is likely to be of help in the patient who has a very strong FEAR.
2. ARSENICUM ALBUM : This remedy has also got fear, thirst for small quantity, restless to a marked degree (mental), gastric irritability. It is a good remedy to bring the RESTLESSNESS under control ; but, I should draw your attention to the warning given by Kent in his Lectures on Materia Medica wherein he states that Arsenic is not pathologically indicated for more serious states like pneumonia and no sooner the restlessness is controlled, Lyc., Phos., or Sul. (according to the prevailing indications) must be administered if the life of the patient is to be saved. In my early years of practice, I remember to have lost a case of bronchopneumonia as I was not aware of this.
3. BELLADONNA : This remedy will be indicated for the flushed face with a throbbing headache, fear of dark : although there is photophobia, the child will insist on light at night and this is peculiar feature.
4. CAMPHOR : This is another remedy which I have not seen indicated often. There is coldness but

the patient does not like covers. It is likely to be indicated for cases with collapse.

5. CHINA : The main indications for this remedy will be weakness following loss of vital fluids : gastro-enteritis, perspiration. Chilly patient.
6. EUPATORIUM PERFOLIATUM : This is the classical remedy indicated for 'Break-Bone Fever'. The bones feel as if they are pounded.
7. FERRUM PHOSPHORICUM : One characteristic of this remedy is fever with 'peaks'—more than one diurnal variation (Comp. Pyrogen & Veratrum viride—indicated for hyperpyrexia).
8. IPECACUANHA : A thirstless patient with nausea, vomiting, and diarrhoea (at times) and with a clean tongue—this peculiar combination will call for this remedy. In addition, there might be bronchial catarrh with coarse rales.
9. PHOSPHORUS : Is indicated for the Respiratory Type ; broncho-pneumonia more often than Lobar. There is thirst and cold water is retained only for a short time ; it is thrown out no sooner it gets warm in the stomach.

GROUP II

1. GELSEMIUM : Insidious onset, temperature not very high; drowsy, headache. The remedy is very similar to Puls. The differentiating point I have found most useful is that *Puls. is associated with digestive upset* (nausea, vomiting, anorexia, pain in abdomen, loose motions) *whereas, Gels. has no gastric concomitants with fever.* Both remedies are thirstless during fever and are drowsy. *In this Epidemic, I have had many opportunities of using this remedy with success (Puls.).*
2. BRYONIA : Pains, < Motion and > Pressure are the leading indications. The headache will be worse by even a motion of the limbs. Thirst

for large quantities and dry lips; generally constipated but, in a few cases, diarrhoea is observed. This remedy was indicated in a few cases, in the present epidemic.

3. ARNICA : Soreness, Echymoses, Sensorium affected (typhoidal type) : drowsy—does not complete the answer, apathetic. This remedy stands comparison with Bapt. (foul discharges).
4. CAPSICUM : This will be indicated in those cases complicated by otitis media > warm applications (Comp. Hep. ; opp. of Puls.). The patient is thirsty and feels chill when he drinks water.
5. CAUSTICUM : Affections of the Larynx with hoarseness (Comp. Phos.—incontinence while coughing ; Phos. & Caust. are indicated for painless hoarseness. Phos. only is painful hoarseness).
6. LACHESIS : This will be indicated in the serious type of case with throat involvement < Hot drinks ; Left to Right affection of the throat ; < sleep, after ; there might be involvement of the heart.
7. RHUS TOX. : Early typhoidal state. Thirst for small quantity of water, no gastric irritability (Comp. Ars.), Restlessness of the physical type (Comp. Ars.), Pains > Motion (Comp. Bry.).
8. ANTIMONY TART. : This will be indicated for the respiratory case with capillary bronchitis (fine rales) with cyanosis and working of the alæ nasi.
(KP340-1 Amm. carb.²-Ant.t.²-Kreos.²-Lyc³-Phos.²-Sul.²)
1. TUBERCULINUM : *Avaire* was used by me successfully in the last Influenza epidemic in a case of broncho-pneumonia which would not progress further and a stalmate was reached. The case responded to 30 potency initially but, failed to response even when the 200 potency was administered later. With the background of

mixed infection in mind, *Bacillinum* 200 was administered and the case made a good recovery. One dose was administered every week. *Tuberculinum* (*Kent's Bovinum*) would be indicated in chronic broncho-pneumonia with Influenzal onset. In some cases, a lurking tubercular infection is flared up after an attack of Influenza; these cases call for the remedy.

2. GRAPHITES : I have not employed this remedy. The patient will be having associated skin complaints ((cracks) < winter.
3. PHOSPHORIC ACID : Profound weakness of the nervous type and depression; self abuse.
4. PYROGEN : This remedy along with *Veratrum viride* would be indicated for hyperpyrexia; pulse and temperature ratio is disturbed and there may be two peaks in 24 hours.
5. PSORINUM : This would come in for cases complicated by asthma > Lying with head low—a very peculiar symptom.
6. SULPHUR : Chronic case with the following indications : Rectum, urging, morning < ; Unrefreshed, morning; 11 A.M., unwell; Burning, palms and soles; > uncovering or cold applications.
7. SULPHUR IODIDE : I remember that one Homœopathic Practitioner while writing in the Homœopathic Recorder, said that if Sul. does not help the patient go to Sul. iodide. This is a combination of two deep acting remedies : Sul. and Iodine. Lingered consolidation is one of the indications.

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MISCELLANEOUS

1. CHELIDONIUM : Influenza with Jaundice.
2. CIMICIFUGA : Influenza with joint pains.
3. MERCURIUS SOL. : Salivation with thirst, intestinal and throat type.

4. NUX VOMICA : Gastric type of Influenza ; ineffectual calls for stools, Extreme chilliness.
5. PULSATILLA : *Present epidemic with good effect ; thirstless patient with digestive concomitants.*
6. SABADILLA : Throat, Pain, > Warm drink ; Left to Right affection of the throat.
7. SANGUINARIA : Symptomatology very similar to that of Sul. ; employed in cases where Sul. would prove too deep acting.
8. SCILLA : Dry, troublesome cough.
9. SPIGELIA : Influenza with trigeminal neuralgia or pain in the region of the heart.
10. SILICA : Septic focus.
11. STICTA PULMONARIS : Constant cough, can't stop it.
12. CHININUM ARSENICOSUM : Profuse sweating of the debilitating type. 6x Trit. 3 hourly to start with and then increase the interval between the doses. This is also very useful in Malaria with severe burning in the epigastrium.
13. INFLUENZIN : For troublesome sequelae like persistent cough or malaise.
14. STRYCHNINE PHOSPHORICUM : 6x Trit. is used as a heart tonic.
15. LYCOPODIUM : This was indicated in one case of Influenzal Pneumonia treated by me in the present epidemic. Alæ nase working, thirstless patient, Cough < Lying on the left side, < Lying on back. Lyc. and Sul. came up for consideration : Sul. follows Lyc. and not the reverse. This decided in favour of Lyc. (the patient had pneumonia of the left base). Lyc. 200, one dose brought the temperature from 104°F to 99.6°F, the next morning (the 3rd day of onset).
16. PHYTOLACCA : Pain, throat, > Cold drinks calls for this remedy in Influenza.
17. DULCAMARA : Drenching <
18. ARSENIC IODIDE : A good heart tonic. Not chilly

(Comp. Ars.). Other symptomatology similar to Arsenicum album.

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I have tried to give above the leading indications for the homœopathic remedies likely to prove of help in Influenza. The full symptomatology is not given. The reader should consult books on materia medica for that.

In the local press, I am told, Nat. mur. was recommended strongly as a curative remedy. I would only say that the person who recommended it is fond of Biochemic Remedies. Nat. mur. is not given by Lilienthal, Boger-Bœnninghaussen or any other book on Homœopathic Therapeutics for acute Influenza; neither does the symptomatology correspond with the cases in the present epidemic. Those Homœopathic Practitioners who accepted the tip readily, I learn, have bungled their cases! It was a bad clue—a result of so much trash that is published by our Papers!

Pulsatilla is prominently indicated for Fevers due to Sun's Heat. This summer, the temperature was higher than average on many occasions; similarly, the humidity was also high at times. Probably, that might explain the prevalence of the *Pulsatilla* type of Influenza in the present Epidemic which has started at the peak of the summer. After the rains, if the Epidemic persists, other remedies like *Rhus. tox.*, *Dulc.*, etc. might be indicated more often.

SUMMARY

1. Prominent remedies in Homœopathic Practice for the Treatment of Influenza are presented with the leading indications.
2. In the Epidemic in Bombay, in my experience, the following remedies were indicated in the order of frequency :
(i) *Pulsatilla*, (ii) *Bryonia alba*, (iii) *Gelsemium*.
3. The 'Epidemic Remedy' is stated to be the best prophylactic; In my brief experience, Puls. 30 failed to protect majority of the persons to whom it was administered.
4. The present Epidemic is running a comparatively mild course. Involvement of the lungs is not common. However, one case of Influenzal pneumonia of the left base reacted marvellously to *Lycopodium*. So far, 21 deaths are reported from pneumonia occurring in cases of Influenza.

5. Chin. Arsénicosum 6x Trit. helped to remove the weakness caused by profuse sweating which was seen even when the fever was controlled by the indicated homœopathic remedy (a few cases only.)

INFLUENZA

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Influenza commonly known as "FLU" is an epidemic disease caused by a specific pathogenic germ, the identity of which has not yet been known. Once it starts in any country, it takes a global tour of the world. It is, of course, also found in endemic form in daily practice but when it takes epidemic form, its prevention requires special attention and proper care, as it is a universally dreaded disease.

Definition :—As far as its definition is concerned authorities have expressed different views. Dr. JAHR of France, a celebrated Homœo. luminary, in his "Forty Years Practice" says as follows :—

"What distinguishes Influenza, which is really nothing more than a very violent catarrhal fever, from other fevers of this class, is the circumstance that Influenza attacks the whole nervous system at once, sometimes with rheumatic pains in all the limbs, more or less lameness, fever and inflammatory symptoms increased to a genuine acute Bronchitis or acute Pleuritis".—Page 199.

Dr. KIPPAX (R. JOHN.) in his well known "Lectures on Fevers" states as follows :—

"Influenza is a miasmatic-contagious disease of from three to ten days' duration, due to an unknown morbid agent and occurring in wide spread epidemics. It is characterised by suddenness of onset, by great and early prostration and by the development of general catarrhal symptoms. Usually there is intense frontal headache, coryza, sore throat, a tickling cough, dyspnoea, pains in the back and limbs, fever of varying intensity and great nervous depression. At times there is more or