

TISSUE REMEDIES

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The Twelve remedies in our Materia Medica have been titled The Tissue Remedies or Schuessler Remedies.

Two of them appear in Hahnemann's Chronic Diseases. None of them appear in Hahnemann's Materia Medica Pura. But probably most of them if not all were used by Hahnemann's followers before Dr. Schuessler introduced his Biochemic Theory in March 1873 by writing a paper entitled "Shortened Homœopathic Therapeutics" which was published in a German homœopathic journal. This article started much controversy both in Germany and in the United States with the end result that his theory gained considerable favor among homœopathic practitioners.

Dr. W. H. Schuessler was born in Oldenburg, Germany in 1821 and died in 1898. He was 22 years of age when Hahnemann died so it is probable he did not begin the practice of medicine until after Hahnemann had died. But he practiced Homœopathy and prescribed his tissue remedies in a homœopathic manner, though he denied using them by the law of similars. He further claimed that he used them exclusively. Be that as it may, he was a successful doctor and was well enough thought of at the time of his death that a monument was erected to his memory.

These twelve remedies were already a part of the homœopathic materia medica before Schuessler popularized them thereby making for himself a lasting name in medicine. Certainly his contribution had been worthwhile and we owe him a great deal. It would be difficult to start from scratch and pick twelve drugs to cover such a range of symptoms, and if we did, it is doubtful if they would hold a place such as the Schuessler's tissue remedies have established.

The biochemic theory is propounded to the effect that a deficiency of one, two or more of these salts of the body can produce symptoms and functional changes and if the proper

salt were given to supply this deficiency the patient would recover if the disease were curable. This method allowed a broader reasoning process than the homœopathic method. It allowed more play of the physician's imagination and also the giving of several remedies at a time was not objectionable as it is with pure homœopathic prescribing.

The two Schuessler remedies that appear in Hahnemann's Chronic Diseases are *Natrum muriaticum* and *Silicea*. Schuessler was hard put to it to explain his deficiency theory in the case of *Natrum mur.* but I feel as a homœopathic physician he was impressed with the worth of this remedy and he just had to have it in his dozen remedies. He could not get along without it. If this is so it puts *Natrum mur.* in a very important position. We should think about this remedy more often.

The excess or too little use of salt can cause the same symptoms. However, *Natrum mur.* may be indicated when salt is being used normally in the diet. We do not have the time to cover all the symptoms of *Sodium chloride*. But let us remember that the patient is phlegmatic and obese with a thin neck. Complexion sallow with a greasy appearance. Skin feels dry to touch and is dry but perspires at night and sweats profusely with the slightest exertion. Mentally they are depressed and have a hopeless feeling. Debility of both mind and body. They are cold and inclined to wear plenty of clothes. Many gastric and intestinal symptoms are present. Mostly constipated but from time to time they will have attacks of diarrhœa. Feels worse in the a.m. and again at night. Very weak in bed before getting up. They also have many skin symptoms. It is one of the most powerful antipsorics.

If any patient fits into part of this picture and complains of a sore throat, try *Natrum mur.*

Lower than the 6X should not be used. The higher potencies will work much better, as for instance *Natrum mur.* 30X for sneezing and a fluent coryza.

Silicea, *Silica* or *Flint* cannot be described so well. Clarke says, "Want of grit, moral and physical is the leading indication." They get vexed and annoyed over everything. It is the chronic of *Pulsatilla*. It has the power to set up suppuration

about foreign bodies and thus assist in their removal or evacuation. Chronic fistulas. "Pus with a vent."

Kali phosphoricum is the remedy for these times, because it is a mental and nerve remedy. Its pathogenesis is similar to Pulsatilla but it will frequently work where Puls. fails. If we have the Pulsatilla type and the pulsatilla case, it will not fail. However, we frequently have the case calling for Pulsatilla without the type, then Pulsatilla is not so certain of action, but Kali phos. will work here.

Gentle motion, eating, some excitement and company ameliorates all symptoms. Cold makes all pains worse. Aggravation between 2 and 5 a.m.

The Kali phos. patient does not sleep well and insomnia is a frequent complaint. They do not stand anything of a disturbing nature and are soon exhausted physically and mentally. They just cannot take it. The least strain and they go to pieces. This state has been brought about by stress and not their original condition. There are many cases who need Kali phos. The 6X trituration works best for me, the 3X is disappointing.

Ferrum phosphoricum is another tissue remedy and we always think of fever. It is Schuessler's antipyretic, but it has other uses. Let us consider acute inflammatory conditions. Given such a case without any special symptoms it is the best remedy known. Where other fever remedies fail completely because not carefully selected, Ferrum phos. will do good work in the majority of cases.

It is not a well proven remedy but the accumulated experience of those who have used it clinically is tremendous. No other remedy has such positive indications for dose. The 1X seems of little use. The 2X dissolved in water or given dry has real activity, but aside from the fever, it seems to have little real worth. The 3X shows increased activity and is best given in powder or tablet form. In my opinion, it is the best for inflammatory conditions. As we go above the 3X the usefulness of Ferrum phos. declines as a remedy for fever, but it develops other angles of usefulness. The 6X seems to meet all conditions not associated with fever. It certainly is a nerve sedative and indicated when the nervousness is from some circu-

latory disturbance. It acts on the heart, arteries, veins and the whole circulatory system. In those threatened with cerebral hemorrhage, embolism and thrombosis it seems to delay the inevitable. When these conditions have happened it is our first remedy and should not be changed too soon. It is also the best remedy for hemorrhages under the skin from slight injuries.

Kali phos. works well as an alternate remedy with the other tissue remedies and with Bryonia, Hamamelis, Pulsatilla, Belladonna, Arnica and Causticum. In the absence of strong indications for something else it is also our best bet in cases of pneumonia not responsive to antibiotics. Bryonia works well with it. Instead of giving Ferrum phos. 3X and Bryonia 3X from the beginning, hold the Bryonia for the first 24 hours and push the Ferrum phos. 3X, giving it frequently, as often as every half hour. Then start the Bryonia on the second day.

We could spend more time on Ferrum phos. It is one remedy you cannot very well do without. Few of us use it frequently enough. In these busy days when we have so little time for study and looking up our cases try Ferrum phos. in the proper potency for the pathological conditions presented.

With Magnesia phosphorica we just naturally think of pain and if no pain we are not likely to think of Mag. phos. It will not act indiscriminately for pain, it must be indicated. Like Ferrum phos. the different potencies are important. The 3X to 6X seem the best potencies for pain which the 6X and higher seem better when prescribed for conditions other than pain.

It works best in thin, emaciated, highly nervous persons with light complexion and blue eyes. It is a right-sided remedy. Relief from warmth, pressure, and rubbing and is made worse from cold. The patient is tired and exhausted. Complain much about pain and suffering even if the pain is not great. But pain is usually severe, spasmodic, and lightning in character, boring and darting, frequently there is a constrictive feeling and the pains shift from place to place.

Given a patient as described with twitchings, convulsions, many gastric and respiratory symptoms, it would pay to check the symptoms in Dewey and Boericke's text, the Twelve Tissue

Remedies. There you will find Mag. phos. indicated for many cases that do not suffer pain.

The pathogenesis of Kali mur. and Bryonia are very much alike. Kali mur. is a great ear remedy. It is prescribed, however, too frequently for the ear when another remedy would do better.

Kali mur. is worth considering for the next case where Bryonia is indicated. The secretions are white, tough and sticky. The secretions are less under Bryonia.

Kali sulphuricum has a pathogenesis very similar to Pulsatilla, but the range of Puls. is broader in action, because it may be used in acute conditions as well as chronic conditions which is not the case with Kali sulph. Kali sulph. is not a medicine for acute and sub-acute conditions but is called in for the third stage of inflammation, particularly in those cases where resolution drags.

Kali sulph. follows Kali mur. in catarrhal states. The white discharge of Kali mur. has turned a decided yellow and is very abundant showing no signs of decreasing. The mucus is sticky, slimy, as well as yellow. Pain does not contraindicate its use, because pain is a symptom under this remedy.

Natrum sulphuricum is an asthmatic drug. It is also a great liver remedy. Catarrh of the gall ducts, jaundice, and brown coated tongue. A general aggravation of all symptoms in rainy wet weather or from dampness of every kind. And relief when the weather is dry and warm and being out of doors. Lying on the left side makes the patient worse.

Natrum sulph. is a well proven drug. It has given good results in homœopathic prescribing from the 3X to the very highest potencies. Its tongue symptom is a grand characteristic: At the root of the tongue there is a dirty greenish-gray or greenish-brown coating. The coated tongue and the pain, which is worse from lying on the left side, makes a strong case. This drug has such a wide range of action that it should be studied in any case of chronic disease in which the skin, the nervous system, the gastric and liver systems are involved and in all cases of asthma. It is well to remember before we leave Natrum sulph. that the eye symptoms, i.e. sensitivity to light or photophobia is found in the highest degree.

Natrum phosphoricum is the Schuessler's "sour" remedy. In this respect it compares with Rheum. It should be good, only it is not, for those patients who say, "Doctor, I am acid." The discharges are more yellow than with Kali sulph. They are a golden yellow. The tongue is exceedingly dirty and the coating is brownish-green or grayish-green and covers the superior surface. Aggravation of all symptoms morning and evening. For the chronic case it is as important as Natrum sulph.

Calcarea sulphurica is very similar to Hepar, but with excessive mucus.

Calcarea Fluorica is Schuessler's bone salt. It has done some good work according to reports, but personally I have not had any great experience with it. Given clinically for varicose veins and ulcers.

Calcarea phosphorica cannot be passed over so lightly. To me it is a remedy of the first importance. In many ways it resembles Calcarea carbonica with marked distinctive features. I feel sure that we are familiar with Calcarea phos. and need not spend much time on it. I use lots of it, frequently empirically. I give it to patients as a tonic after acute illnesses, children who are not up to par and to boys and girls at the age of puberty when they are not doing well. Young people who keep thin and seem to lack ambition and who intellectually indifferent. It helps old people who complain of being very tired.

Calcarea phos. works well in people with dyspepsia and have an indescribable feeling in the stomach which is temporarily relieved by eating or raising a little gas; a pain in the stomach which will shift to the spine; gas in the intestines which is very difficult to pass, and getting rid of it does not bring relief. Rheumatism from the least draught of air. Air blowing on neck causes stiffness and pain. Motion aggravates most symptoms and relief from rest.

These remedies are important with the exception of possibly two, with several of them so valuable that our armamentarium would suffer from this loss. In a short paper only a few of the high spots can be considered.

These twelve remedies vary to a great degree of importance. Two have only a minor place. But I would not want to be deprived of the use of Ferrum phos., Kali Phos., Calc. Phos., Mag. phos., and Natrum mur. These five are favorite remedies of mine and the remaining five, the three Natrums, Kali sulph., and Kali mur. I use less frequently.

—*The Hahnemannian, Jan.—March, '57*
