

picture of *Pulsatilla*. This remedy he received from the 200th up to the millionth, over a period of several months. I had urged an x-ray but somehow it was not taken. Each time the remedy relieved both dysuria and skipping heart beat for some weeks; excepting the millionth, which held only two weeks. I then went down to the 6x., which was repeated three or four times at intervals of four weeks, always with immediate relief. Not only did his energy improve, but the white hair on his temples grew darker (his wife noticed this first); a large flat mole on the right temple began to peel off and a conical excrescence on the chest started to contract at the base so as to form a pedicle. Then he had a terrific spell of pain and bleeding with the passing of bits of calculi, some quite small, others nearly a quarter of an inch square and concave, showing that they were parts of the layers of much larger stones. He must have passed over a hundred of these bits and then was entirely free from bladder symptoms. However, in a week or so, he passed many more, but has been free from vesical symptoms now for ten days. I expect to report on this case when the warts are gone.

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INFLUENZA

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Influenza, also known as "La Grippe" or "Epidemic Catarrh" is a highly infectious disease. Although occurring sporadically all the year round, especially during autumn and spring, it usually reappears periodically in epidemics, characterized by a sudden invasion, rapid and extensive spread and speedy and complete disappearance. In some of the epidemics, for instance in 1918, the disease spread in about six weeks over the whole of Europe. Millions of people, irrespective of age or condition of life, succumbed to it.

The disease is due to the Influenza bacillus, discovered by Pfeiffer in 1890. This short, rod-shaped bacterium is

regularly found in the bronchial secretion, lungs, blood and other tissues.

The incubation period is very short, about one or two days. The disease starts so suddenly that the patient can describe what he was doing at the moment he was first attacked. Dizziness, backache, tearing pains in the limbs, coupled with great exhaustion are the first alarming symptoms. A dry, hacking cough, headache, gastric disorders, especially loss of appetite, sensation of pressure in the pit of the stomach, constipation or diarrhoea, a moderate rise of temperature, rapid pulse and rapid respiration, complete the symptom picture.

On the whole, we can differentiate three more or less distinct varieties of influenza.

The most common type is of the respiratory form. It may be very mild, appearing as a cold in the head, accompanied by general discomfort; but there are other cases, which take a most serious turn, especially in old people, who are very liable to develop pneumonia, often preceded by high fever and delirium. These cases are far more likely to be fatal than an ordinary attack of pneumonia. They start abruptly, run a short course and terminate fatally.

Other less severe cases of respiratory influenza are often complicated by pleurisy or even empyema.

The gastro-intestinal type of influenza is the rarest variety. It is characterized by vomiting, colicky abdominal pains, diarrhoea and marked prostration. These symptoms are almost identical with those of appendicitis. In some cases jaundice develops.

These cases are generally followed by loss of appetite and indigestion, due to a weakness of the digestive powers, a condition which may last for weeks or even months, thus seriously retarding recovery.

The nervous variety of influenza is characterized by serious prostration and all kinds of nervous symptoms, such as generally increased sensibility, headache, backache,

mental depression, melancholia with suicidal tendencies, delirium and sleeplessness. Some cases lead to a permanent neurasthenia, or even to paralysis of the limbs or of a single muscle with a gradual wasting of the afflicted parts.

Any case of influenza may be complicated by infectious disorders of the ears, the heart or of the general system with symptoms identical with those of typhoid fever.

The homœopathic treatment of influenza is far superior to the orthodox therapy. The course of the disease is shorter, complications are rarer and the mortality low.

Different epidemics have their own specific drug. It may be *Gelsemium*, *Eupatorium*, *Phosphorus*, etc. According to Rademacher we call these cases by the name of the specific drug: as a *Gelsemium*, *Eupatorium* or *Phosphorus* influenza.

The drug diagnosis may, in many cases, become very difficult, because the local symptoms of a respiratory influenza, for instance may be entirely overshadowed by other symptoms, such as serious mental symptoms, or digestive symptoms and it is only by considering all the peculiarities and modalities of an individual patient that we can arrive at the indicated remedy.

Aconite 3x is the first drug to be considered, especially in children, in acute cases with anxiety, restlessness and a dry, racking cough. It is best followed by *Ferrum phosphoricum 4x* in cases characterized by deeply reddened face, great exhaustion, full, but not very tense pulse, sore throat, running nose with burning, watery, hot secretion.

Gelsemium 3x is the remedy in cases of influenza during warm or moist weather. The temperature rises gradually, the disease starts generally with catarrh of the larynx, chills running up and down the back, pains in the occiput radiating to the eyes, disorders of vision, dizziness, inability to any coherent thought, stiffness in the neck; pains in throat and ears, extreme weakness of the lower limbs, trembling and the desire to be left alone.

Eupatorium perfoliatum 1x is the drug in cases characterized by running nose with soreness in mouth and trachea, hacking cough, chills in back, *pains in the bones*, great restlessness; the patient cannot keep still, he cannot get rest at all and continuously moves about in bed.

Eupatorium purpureum 2x should be preferred in cases complicated by disorders of the genito-urinary organs. These patients suffer from violent cutting or dull pains in the kidneys, pressure and burning in the bladder and urethra, constant urging, even immediately after urinating. The urine contains mucus, its quantity may be increased or diminished.

Eupatorium aromaticum 3x is the drug in cases of influenza complicated by aphthous inflammation of the mouth.

Causticum is the drug in cases when there is from the very beginning the sensation of paralytic weakness. The nasal discharge is running during night only, the nose being obstructed during day. The cough is aggravated by hot drinks, although the patient himself is chilly. The difficulty in raising sputum is not due to toughness of the sputum, but to inability to expectorate and the loose sputum is swallowed.

Antimonium tartaricum is the drug in cases characterized by a great accumulation of mucus in the bronchial tubes with nausea, vomiting, diarrhœa, great prostration, cold sweat and marked backache.

Arsenicum album is the drug for serious cases with extreme weakness, mental and physical restlessness, anxiety, fear of death, digestive disorders.

Rademacher recommends a single dose of *Arsenicum* 15x as a reliable preventive remedy.

Bryonia. It is indicated in cases starting with sneezing, splitting headache, aggravated by the slightest movement, sore throat, sudden chills, fever, backache, aching of the limbs. Dry cough with hoarseness and stitches in the breast, aggravated when entering a warm room, better

when lying on the diseased part. Intense thirst, thickly coated tongue, bitter taste in the mouth.

Ipecacuanha. Nausea, diffuse, generalized rattle in the chest, suffocative attacks of coughing, followed by bringing up stringy, blood-stained, bright red sputum, difficult to raise.

Nux vomica. Troublesome catarrh of the nose with fluid discharge in the open air, whilst the nose is dry in a warm room and at night. Great heat in face and head, although the fever is not high. Dizziness, pains in back and calves, constipation and chills, especially after movement.

Phosphorus. Seriously embarrassed respiration, due to capillary bronchitis, especially in slender anæmic patients with a weakened heart. The patient wants to be propped up with the chin tilted up and the head thrown well back.

Pyrogen is indicated in serious cases, characterized by great exhaustion, offensive discharges, chills in back. Marked discrepancy between pulse and temperature (high temperature with slow pulse or low temperature with rapid pulse).

Rhus toxicodendron. Violent spasmodic sneezing, with profuse discharge of mucus from nose, smarting of the eyes with profuse lachrymation, attacks of cough, followed by a horribly chilly sensation, great thirst with a preference for cold drinks. Rheumatic pains in all limbs, aggravated by rest and at night, improved by movement.

Rumex crispus. It is indicated in patients, sensitive to cold or open air. The cough is caused by a permanent tickling in the throat-pit.

Sticta pulmonaria. Dry, tickling cough during night, making sleep impossible, oppression of the chest, dryness of all mucous membranes, general feeling of weariness.

The so-called "influenza cold" requires our special attention. The best preventive drugs are *Arsenicum*, *Iodine*, *Kalium iodatum* and *Nux vomica*.

Arsenicum iodatum should be first considered in a full developed influenza cold, characterized by watery, corroding nasal discharge. In children, suffering from such a cold with great unrest, congestion to the head and throbbing headache, this drug should be alternated with *Belladonna* 6x.

Natrum arsenicosum 4x is another reliable drug in cases of cold, associated with numbness in the forehead, pressure over the root of the nose, congestion of the eyes, sore throat and inflammation of the larynx.

Hydrastis 3x is the drug for subacute cases, when there is burning, purulent, tough discharge coupled with frontal headache. It is similar to *Mercurius biniodatus* 4x which is especially indicated in cases with yellowish, even bloody nasal discharge and crusty eruptions on the wings of nose.

Kalium bromatum 6x is the drug when the nasal catarrh extends through the Eustachian tube to the middle ear.

Special attention should be given to children with disposition to frequent relapses of influenzal colds. These children need constitutional treatment with the indicated drug. Especially do I refer to *Lapis albus*. It is much more frequently indicated than commonly known. I should not like to miss it in chronic catarrhs of nose or throat, especially in cases complicated by adenoids.

Finally a few words about chronic influenza, characterized by obstinate rheumatic, neuralgic pains, coupled with low temperature. There is one drug I should like to mention. It is not very well known, but it should be considered in such desperate cases, although it is quite a dangerous drug, namely *Thallium*. It belongs to the lead group of metals and it has been recommended for cases of baldness as well as for locomotor ataxy. It is especially suitable to cases of chronic influenza with violent lancinating pains and trembling in the lower limbs. It should be given in occasional doses alternating with the nosode *Influenzinum* 30.

—Heal Thyself, November, 1947.