

an impetus to an intensive campaign designed to achieve this purpose.

The conference, recommended that Governments should prepare comprehensive plans for attaining self-sufficiency in essential medicines like anti-biotics, insecticides, sulphad-rugs and anti-malarials.

The conference also recommended that steps should be taken to ensure purity and proper quality of the basic drugs used by the practitioners of indigenous systems of medicine and homœopathy.—*P.T.I.*

HOW TO COMPARE AND GROUP REMEDIES

BY NOEL PUDDPHATT

Many would-be Homœopaths have fallen by the way-side, and given up all hope of ever studying and applying the Homœopathic art, after browsing through a Homœopathic Materia Medica and noting the manifold symptoms recorded under each drug. They find that against many remedies similar symptoms relating to the pains and aches of the body are recorded.

They are unable to decide which medicine to give: what symptoms to prescribe on; and the deciding factors which differentiate one drug from another.

I can well understand this attitude of mind; and unless some guidance is obtained as to how to study Materia Medica and compare one drug with another, then disillusion, discouragement, and eventually contempt for Homœopathy will be the inevitable result.

The first thing the beginner should do is to group remedies under the following headings—those of temperature.

- (a) The COLD REMEDIES, or those remedies which are worse by cold in every form.

(b) The HOT REMEDIES, or those remedies which are worse by heat in every form.

The reason why this grouping is so very important, is that, when a person is adversely affected in every way by a given temperature, for example, HEAT, THEN IT IS UTTERLY USELESS to prescribe one of the remedies that are included in the group of COLD REMEDIES, NO MATTER IF THE EXTERNAL PAINS AND ACHES ARE COVERED BY A REMEDY IN THE COLD GROUP of remedies.

Your remedy must be found—in this example—amongst the HOT remedies, or those which are worse by heat.

This temperature modality is not only MOST IMPORTANT, but it narrows down your search to the group of remedies, which cover the temperature modality in the person concerned.

Having to live in an island as we do in Great Britain, which is susceptible to rapid changes of temperature, mostly of the cold and wet variety, I propose in this article to study the principal COLD remedies, and compare them.

The following is by no means a complete list of the COLD remedies, that is, those aggravated by cold in general, but a thorough knowledge of the peculiarities of the following, will enable one to deal with the majority of acute troubles, WHERE THE COLD MODALITY IS VERY PRONOUNCED. A complete list of these cold remedies can be found in Dr. Kent's *Repertory*.

I propose to deal with the following:

Arsenicum alb., *Calcarea carb.*, *Causticum*, *China*, *Dulcamara*, *Graphites*, *Hepar sulph.*, *Nitric acid*, *Nux vomica*, *Phosphorus*, *Rhus tox.*, *Sepia*, *Silicea*.

Now for one word of warning.

If a patient says he dislikes the COLD, you must be able to distinguish between COLDNESS, which is a lack of vital heat, and an aggravation from cold in its various forms.

A person who craves warmth and cannot keep warm is obviously cold, but his particular symptoms, that is, his

pains and aches MAY BE AGGRAVATED FROM WARMTH and ameliorated by cold.

This point will be made clear in our first remedy.

ARSENICUM ALB.

The *Arsenicum* patient himself is a VERY COLD one, and suffers a general aggravation from cold, and hugs the fire, except when he has a HEADACHE; FOR HIS HEADACHE WILL BE RELIEVED BY COLD, and cold applications. The typical Mr. or Mrs. *Arsenicum* would be quite happy if they had their body in an oven, and their head in an ice-box. So you see in this case, the *Arsenicum* patient HIMSELF is worse by cold, but his particular symptom HEADACHE is BETTER by cold. This is why it is SO IMPORTANT when using this list of cold remedies to get the fullest information from the patient as to whether the patient AS A WHOLE is worse from cold, or only some part of him.

He has also terrible BURNING PAINS, and these may be anywhere in the body, but they ARE ALWAYS BETTER BY HEAT, hot applications, hot drinks, etc. Add to this great prostration, mentally restless, dread of death, generally worse after midnight, and you have a pretty good picture of *Arsenicum*.

CALCAREA CARB.

Is very chilly and dislikes open air, and is VERY SENSITIVE TO COLD DAMP AIR AND WEATHER. His pains and aches are worse from the slightest draught. The head sweats profusely. Stockings or socks always feel damp. Takes cold very easily. Is fat and flabby, and gets easily out of breath. Is always tired, and full of fears. Is generally BETTER IN EVERYWAY in dry warm weather.

CAUSTICUM

Is so cold that warmth does not relieve. His cough is, however, ameliorated by sips of COLD WATER. A peculiarity

of Mr. *Causticum* is that he is BETTER IN WARM DAMP WET WEATHER. He is worse especially in cold dry winds, and is susceptible to sudden paralysis of single parts, especially facial paralysis brought on by dry cold winds. His chief sensations are RAWNESS and SORENESS, no matter whether of the scalp, throat, larynx, trachea, chest, rectum, anus, urethra, etc. *Causticum* has also many BURNING sensations, no matter where, but these burnings are ALWAYS ASSOCIATED WITH SORENESS.

CHINA

Great chilliness with coldness of internal parts. Sensitive to cold air and becomes easily chilled. His pains are brought on by exposure to wind and cold air. Old malarial sufferers, who are subject to neuralgias. Nerves always in a fret. Ailments from loss of VITAL fluids, such as hæmorrhages, diarrhœas, etc. Sensitive to touch, to draughts of air, excessive flatulence, belching gives no relief. His complaints are usually worse every other day. Pains are better by HARD PRESSURE and worse by the SLIGHTEST TOUCH.

DULCAMARA

Ailments brought on by cold damp weather, and from living in damp places. The coryza, cough and neuralgias are worse from cold and wet. His complaints are caused or aggravated by sudden change of weather from warm to cold and wet. Dr. Kent states: "The *Dulcamara* patient is disturbed by every change in the weather from warm to cold, from dry to moist, and from suddenly cooling the body while perspiring. He is ameliorated in dry even weather; cold and damp aggravate all his conditions. He is worse evening and night and during rest. NO MATTER WHAT THE SYMPTOMS ARE THE CONSTITUTIONAL STATE IS WORSE IN COLD DAMP WEATHER." (Caps mine). This remedy is very suitable to the English climate, when a patient has the above modalities.

GRAPHITES

Is predominantly chilly, and wants plenty of warm clothing. The coryza, bone pains, and stomach are worse from cold, whereas the skin symptoms are worse from warmth. The *Graphites* patient is prone to eruptions, no matter where, but they always exude a thick, honey-like, sticky fluid. The finger and toe nails grow thick and out of shape. The stools are knotty and large and the lumps united by mucous threads, and mucous often follows the stool. The *Graphites* patient tends to obesity. When you have present the obesity, the characteristic glutinous eruption, the peculiar stool, and the condition of the nails, *Graphites* will cure ailments of many kinds.

HEPAR SULPH.

Is also a very chilly patient—extremely sensitive to the slightest draught. Is worse from cold winds and cold drinks. Its strongest characteristic is its hypersensitivity to TOUCH, PAIN and COLD AIR. This is both mental and physical. Another characteristic is "Coughs whenever any part of the body becomes uncovered". Standard remedy in croup, when it has become loose. The *Hepar* ASTHMA IS BETTER IN DAMP WEATHER. In throat affections, has a peculiar sensation of a splinter or fish bone stuck in the throat. In cases of quinsy, it should be one of the first remedies to study.

NITRIC ACID

Is very sensitive to cold, always chilly, and is worse from the least exposure. Soles of the feet cold. The coryza and chilblains are worse from cold, but the cough is BETTER from cold. Always catching cold. A grand characteristic of *Nitric acid* is pains are STICKING, but especially SPLINTER-LIKE. Wherever the pains occur, in the anus, mouth, nose, etc., the sensation is "a splinter". It may occur in any part of the body, even in in-growing

toe nails. It affects especially the mucous outlets of the body, where skin and mucous membranes join; mouth, nose, rectum, anus, urethra, vagina. The urine is very strong smelling "like horse's urine" and cold when it passes. Many kinds of warts with the characteristic sticking or splinter pain on touch.

NUX VOMICA

Is generally very chilly, oversensitive to open air, to a draught of air. Always taking cold. Aversion to uncovering. His coughs and headaches are worse from cold. Very irritable and sensitive to external impressions such as noise, odours, light and music. Catches cold from sitting in cold places, or from sitting on cold steps. His colds are fluent by day, dry at night, worse in a warm room, and better in cold air. Hahnemann states: "Serious ailments from catching cold are often removed by *Nux vomica*. *Nux vomica* has chilliness on the slightest movement, on the slightest exposure to open air. Chilled by the slightest draught. Cannot get warm. Great coldness not removed by the heat of the stove, nor by bed coverings." In fevers, the whole body is burning hot, face red and hot, yet the patient CANNOT MOVE OR UNCOVER WITHOUT FEELING CHILLY.

PHOSPHORUS

Is worse in cold weather. The patient is generally sensitive to cold. All his complaints are worse from cold and cold applications, and better from heat and warm applications; EXCEPT the complaints of the head and stomach which are better from cold. In stomach complaints, the *Phosphorus* patient craves very cold water, which as soon as it becomes warm in the stomach is immediately vomited. The headaches are congestive and throbbing, and they are better from cold and cold applications and worse from heat. Another characteristic of *Phosphorus* is "Burning". Dr. Nash tells us "Burnings prominent in every place, the mouth, stomach, intestines, anus, between the shoulder

blades, running up the spine, palms of the hands. The heat begins in the hands and spreads to the face."

His fears are of being left alone, the dark, in a thunder-storm. He has horrible sinking, faint, empty feelings everywhere. In diarrhoea a characteristic is a sensation as if the anus remained open.

RHUS TOX

Is very susceptible to cold, damp weather. *Rhus tox.* is sensitive generally to cold air, and all complaints are worse from cold and better from warmth. Ailments from getting wet when perspiring. Its grand characteristic is that the pains and aches are worse at rest and better from motion. Great restlessness, must keep constantly changing position to relieve the pain. A grand remedy for sprains or straining a single part, muscle or tendon. For overlifting, especially from stretching high up to reach things. Dr. Nash says: "If the great characteristic, lameness and stiffness and pain on first moving after rest, or on getting up in the morning, relieved by continued motion, is present, *Rhus tox.* is the first remedy to think of." The characteristic worse rest and better motion can be applied to numerous ailments. For example, Dr. Kent states: "A nursing mother may have sore nipples, and when the child begins to nurse, the nipple hurts exceedingly, but on continued nursing it becomes much better." THIS MEANS WORSE REST, BETTER MOTION. Again—"Hoarseness on first beginning to sing, which wears off on singing a few notes, or wears off after talking a little while. "Once more this means WORSE REST, BETTER MOTION. So you see how this modality can be applied.

SEPIA

Has coldness over the whole body. Feels cold even in a warm room. Very sensitive to cold air and chills easily. Lack of vital heat. INDIFFERENCE is its strong characteristic,

which means natural love and affection no longer exists, especially for those near and dear, such as children, husband, wife and so on. Lack of ability to register any affection. This remedy applies more to women than to men, but not always so.

The *Sepia* woman is cold, unyielding, tired, joyless, and feels as if the whole of her inside was about to drop out, so that she has to sit and cross her limbs to prevent it. Her one desire is to get away from everything and have rest and peace. Her face is sallow, waxy and anaemic, and she has a yellow saddle across her nose. She has flushes of heat with perspiration and faintness, with weakness in the small of the back. She has a terrible feeling of goneness and hunger, which is not relieved by eating. She suffers from constipation, with a sensation of a "Ball in the rectum." Dr. Kent states: "When these symptoms group themselves together, the gnawing hunger, the constipation, the dragging down, and the mental condition, it is *Sepia* and *Sepia* only."

SILICEA

There is general chilliness; always cold; cold weather, cold water and cold in general aggravate. In Boericke's *Materia Medica* it is stated: "The *Silicea* patient is cold, chilly, hugs the fire, wants plenty of warm clothing, hates draughts, hands and feet cold, worse in winter." Very offensive sweat of feet, hands, and axillae. Lack of vital heat. The typical *Silicea* characteristic is "WEAKNESS"—*Silicea* is nervous, irritable, weak, fainthearted, yielding, giving-up disposition—No grit at all.

From the rough snapshot given of the peculiarities of these cold remedies, the beginner will have a good base on which to study these remedies in a full Homoeopathic *Materia Medica*.

—Heal Thyself, May, 1950.