

Homœopathy. The study of Homœopathy is never complete and critical enough without the study of the life-activities of its founder, a scientist of the first water.

The majority of our students are matriculates. They come to a Homœopathic medical institution without having any previous training in science and philosophy. Unless their minds are prepared to grasp the elements of the logical, metaphysical, philosophical and scientific principles underlying the great book, 'Organon', they will not be "adhikaris" (in the real Indian sense of the term) i.e., fit recipients of the teachings of Organon. We want to turn out Homœopathic physicians who will never practice the art of Homœopathy without paying heed to the principles underlying it. It is our aim and desire to make the study of Organon interesting and profitable in the practice of Homœopathy and to make the students conversant with the secrets of success of our great Master.

B. K. S.

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### PREVENTION AND CURE OF HEART DISEASE BY HOMŒOPATHY\*

A. H. GRIMMER, M.D., *Chicago, Illinois.*

While Homœopathy has no one specific remedy for heart disease, it is rich in many remedies whose provings indicate their use and applicability to all the various types of cardiac disease classified.

We will take up some of the more important phases of prophylaxis first, which after all is a superior form of cure.

After nearly fifty years of observation and work with the sick in the broad field of general medicine, the writer

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is convinced that the injudicious and almost universal use of and addiction to the numerous coal-tar drugs, the barbitals, aspirin, anacin, midols and numerous others that have come down through the years, the more drastic types being those following World War One such as Acetanilid, Pyramidon, Phenacetin, etc., constitute one of the important factors in the widespread increase of heart disease, as well as cancer and other degenerative diseases such as leukemia and anemia. These drugs literally wiped out thousands during the great "flu" epidemic of that war period.

The greatest harm comes from the ease and cheapness with which these agents of destruction can be obtained. Without guidance or the advice of a physician any layman can go to the nearest drug store or restaurant and get a supply. In fact he need not do that if he has a lady friend along, for most of the women nowadays carry a supply of aspirin or anacin with them to use for any slight distress or pain. Many are addicts and need no excuse to take the drug, often putting it in coke or beer or other alcoholic beverages.

It is true that many of these addicts live many years and carry on with the help of the drugs before the ravages of disease show up in the form of a drastic blood change or a gastric ulcer, a damaged kidney or heart, to say nothing of impaired mentality and memory.

These drugs are known by all medical men to be depressants and suppressants, as well as destroyers of certain blood elements producing the conditions of destroyed blood platelets. They also pervert and weaken the nerve function of the organism by inhibiting the sensibility to pain, as well as affecting adversely the thermal centers in the brain, suppressing fevers and preventing the natural advantage high temperature brings to the organism in its fight against toxemias and infections; in fewer words, they interfere in the natural reactions and processes of body function against disease.

If the organization for the study and prevention of heart disease financed by the American public would but stress this one evil of coal-tar drugs, their easy distribution and ready use by the gullible multitudes guided by radio announcers and advertising agents of the manufacturing chemists, whose only interest is profit regardless of the harm produced, they would accomplish more results in the prevention of heart disease and other degenerative states than a century of present day research and laboratory procedure could.

Perhaps the fear of offending the tremendously large and powerful commercial interests of these manufactures and vendors of universal ill health may be the reason the public is deprived of so much valuable knowledge.

In the early and functional stage of disease, such as the numerous types of headache, neuralgia, beginning arthritic pain, as well as febrile and infectious diseases, if, instead of taking any of these numerous suppressive coal-tar drugs, a simple homœopathic remedy could be taken, the conditions of sickness would be more permanently eradicated with no sequellae remaining.

It is common knowledge that many heart lesions follow acute infections, especially those of a rheumatic nature. It is common practice outside of homœopathic procedure to use some one of these numerous coal-tar derivatives for the relief of pain and fever.

The sufferers from insomnia and frayed-out nerves often become addicts of the above-mentioned drugs and wind up mental and nervous wrecks, if not victims of heart, cancer or blood disease.

If enough physicians of all schools of medicine would impress on their patients the inherent danger the use of these subtle yet drastic drugs engenders, it would not be long before an organized educational program would bring to the public the necessity for the control and use of these agents only with a physician's advice.

Such a program would prevent much heart and other degenerative disease and prove to be a prophylactic factor of great value.

Needless to add, correct habits of living pertaining to diet, ventilation, hygiene (both mental and physical), the avoidance of excesses with sufficient rest and recreation (all of which is endorsed by all schools of medical thought) may well be included as prophylactic factors.

The third and most important prophylactic factor in the prevention of heart and all other degenerative forms of disease is the application of the constitutional homœopathic remedy. The sooner in the life of the individual this application is made the better the results obtained.

The homœopathic remedy is the only force capable of neutralizing in the organism inherited toxins of disease and normalizing the physiologic processes of spirit, mind and body to produce harmony, which is health and vital resistance. All this enables the individual to exist in comfort and adjust to his changing environment without friction and to live out his full life span.

The homœopathic treatment of functional heart conditions is comparatively easy for the physician and highly satisfactory for the patient because results are one hundred per cent good.

In the organic forms of heart disease the treatment is more difficult and complex and the results in cure from a pathological standpoint are practically nil. But from the point of palliation, comfort and prolongation of life, often with a splendid ability to carry on in life's affairs, the results are most gratifying. No system of treatment removes serious heart pathology but the homœopathic remedy brings more comfort and longer life than any other treatment known to man.

To enumerate the numerous remedies and their specific symptoms for the treatment of various forms of heart disease would require a book of large volume. For that reason we will submit to you for study some of the valuable

remedies that the many years of practice of many homœopathic physicians have given the world for the relief and even cure of patients suffering from this increasing malady.

In this day of drug-slugging and drastic medication with an ever increasing array of new experimental chemical specifics, the condition of many patients are made worse by these means.

With the added burden of a vitiated blood stream the victim of a heart disease has greatly lessened chances for help or recovery as his ability to react to curative remedies is much impaired. For this type of patient with few or no therapeutic symptoms for the selection of a remedy and where natural manifestations of sickness have been suppressed and an overwhelmed vital force is barely struggling to exist, a potency of *Carbo veg.* will bring outstanding results.

*Carbo veg.* is the best single antidote to coal-tar drugs and all fumes and gases which reduce the power of the blood cells to perform their function in the exchange of carbonic acid gas (CO<sub>2</sub>) and oxygen.

The *Carbo veg.* patient suffers from great air hunger and his general body weakness is accentuated in the weakness of his lungs and their respiratory function.

*Carbo veg.* has cured dilation of the heart. It affects muscle tone through the blood stream, bringing improved nourishment to the weakened cells.

*Carbo veg.* is one of the remedies to revive the flagging vital force which fails to react to remedies that are seemingly indicated but fail to arouse curative reaction. Lack of vital reaction is a keynote and fits the general picture of the provings.

Clarke in his *Dictionary of Materia Medica* lists this remedy high in its clinical application in the cure of heart disease. Volumes could be written about the power and symptoms of this wonderful remedy, but the object of this paper is to call attention of physicians to it for study which

can be profitably pursued in our rich homœopathic literature.

*Crataegus Oxyacantha* is a remedy with a very fragmentary homœopathic proving, but it has been extensively used by homœopathic physicians with marked success in many forms of heart disease such as angina pectoris, failing heart muscles with hypertrophy, etc.

The mental state is one of irritability, crossness and melancholy. "Weak, rapid pulse, dyspnoea, dropsy dependent on failure of heart whether from valvular affection or from anemia." (Clarke)

The slightest exertion aggravates or brings on the symptoms.

The drug may cause nausea when given in the tincture unless given during or immediately after a meal; thus nausea with weakness may well be a leading indication.

Clarke says: "Crataegus is the nearest approach to a positive heart tonic that I know of."

This remedy has mostly been used in five to ten drop doses of the tincture. But Dr. Wilbur Bond of Greensfork, Indiana, some years ago reported a number of nice cures with this remedy in high potency and the writer has had cases cured with it in potencies, thus confirming its power in potency when applicable.

This valuable drug should have a complete Hahnemannian proving.

This remedy seems to accomplish all that *Digitalis* does in material doses without the consequential heart poison that the accumulated effects of *Digitalis* produces.

*Digitalis*, however, is one of our most effective remedies in certain forms of serious heart disease characterized by a slow, intermittent pulse or a violent palpitation with extreme anguish and anxiety. Cyanosis is also a marked symptom.

*Digitalis* is a broad remedy covering many other complaints either associated with or outside the heart affections.

It has been clinically applied to amaurosis, angina pectoris, asthma, bright's disease, cyanosis, delirium tremens, dropsy, fever, gonorrhoea, headache, heart affections, hydrocele, hydrocephalus, impotence, jaundice, lung congestions, lost memory, meningitis, noises in head, paraphimosis, prostate enlargement, pyatism, spermatorrhea, toothache, urinary disorders and vision disorders.

The remedy picture is summed up into three main features by Clarke as follows: Slow intermittent pulse; enlarged, sore, painful liver; white pasty stools. Along with these is prostration from slight exertion.

The mental condition is anxious, low spirited, tearful, wants to be alone.

Jaundiced appearance is often found in complaints needing this remedy and it is frequently a source of comfort to those suffering from enlarged prostates with painful and difficult urinary complaints.

There are a number of characteristic keynote symptoms that, when present in any given case, will serve as a reliable indication for its selection.

Sudden sensation as if the heart stood still or would stop if the patient moves (*Gels.* has the opposite feeling, as if the heart would stop beating if she did not keep moving about).

The mere sight or smell of food excites violent nausea with clean tongue (*Ipec.*). Thirst for water with absence of fever. Deathly sinking at epigastrium. Complaints from emotional disturbances that are referred to the heart and epigastrium.

*Cactus grandiflorus* is one of our most effective remedies in the treatment of painful and serious conditions of the heart. Its symptoms are characterized by squeezing, constricting pains especially referred to the heart and chest regions. But these constrictions may be found in many other conditions and parts of the body, such as painful constriction of the esophagus preventing swallowing or exciting a constant desire to swallow.

Suffocative constriction of the throat with full throbbing carotids, constriction or pulsation in scrobiculus, copious hematemesis; constriction of rectum with sense of great weight and urging to evacuate a great quantity though nothing passes; copious hemorrhages from anus. Constriction of neck of bladder with constant urge to void urine; urine passes by drops with great burning. Constriction of vagina preventing coitus. Constriction, burning pains, and a sense of weight or pressure in all the parts affected.

Difficult, oppressed breathing with the constricting chest pains associated with dreadful fear and anxiety present some of the important aspects of this remedy.

All the serpent poisons present indications for the many types of heart disease. Perhaps the ones more frequently used are *Lachesis* and *Naja*.

To go into the interesting origin and history of *Lachesis* together with its vast symptomatology is beyond the scope of this paper. I will only touch upon some of its clinical high lights and symptoms and leave the fuller study to those who are interested enough to give the time and make the effort required to obtain a rich amount of useful knowledge for the cure of the sick.

*Lachesis* is especially useful in women at the climacteric period who suffer with cardiac difficulties associated with flushing of heat sometimes alternating with chills down the back.

Weakness and faintness are common with marked aggravation during and after sleep. Also irregular, profuse and painful menstrual periods, generally too frequent and copious. This remedy is predominately a left-sided medicine with some few exceptions. Some of the headaches are worse on the right side and relieved by closing the eyes and from sleep. The pains are pulsating, constricting and burning.

There is a rich array of mental symptoms. Great anguish and unbearable anxiety which is relieved in the open air. Fear and presentiment of death. Distrust,



suspicion and jealousy. Mental depression and melancholy, concerned about his illness, sense of persecution, thinks he is hated and despised. Fear of being poisoned. Thinks he is someone else or in the hands of a stronger power or that he is dead and preparations are being made for his funeral. Averse to people. Restless and uneasy. Does not wish to attend to business but wants to be off somewhere all the time. Indolence, with dislike and unfitness for any labor either mental or physical. A state of ecstasy and exaltation inducing tears. Desires to meditate and to compose intellectual works. Frantic loquacity with elevated language. Extreme sensitiveness to impressions and great irritability. Mistakes in speaking and writing. Weakness of memory, extreme forgetfulness. Timidity of character with variableness and indecision. Confusion as to time. Imbecility and loss of every mental faculty. Nocturnal delirium with much talking or with murmuring. Dementia and loss of consciousness.

Heart symptoms are palpitation with fainting and anxiety, sometimes excited by cramp like pains, with cough and suffocation. Feels as if heart hung by a thread and every heart beat would tear it off; irregularity of beats, constriction in region of the heart. Spasm in the heart (with aneurism of right carotid and disagreeable pulsation in the ears). As if the heart were too large for its containing cavity. Stitches in region of heart with shortness of breath. Fainting fits and cold sweats. Faint feeling about the heart, with heat running up spine and flushing of the face. Faintings, giddiness and palpitation constantly recurring. Lying on left side aggravates the heart pain.

*Naja*, the cobra venom, presents many of the general features of the other snake poisons but it has some distinct differences in modality and action belonging to its own pathogenesis.

This remedy affects profoundly the medulla oblongata and cerebellum and the whole nervous system.

Its cardiac symptoms are those of depression and uneasiness about the heart. Fluttering and palpitation of heart. Audible palpitation of heart. Pulse slow and irregular in rhythm and force, weak and thready, scarcely perceptible or rapid and full, rate one hundred and twenty. Some beats tolerably full and strong, afterwards thirty-two, irregular in rhythm and force, some of the beats full and bounding. One striking modality: Great relief of pain and breathing lying on the right side.

General modalities are extreme sensitiveness to cold. Languor, fatigue and torpor. Organs feel as if drawn together, especially the ovary and heart. Depression of both mental and physical powers. Symptoms worse from stimulants, relieved walking in open air. Swelling of body, local inflammations. Appearance as if intoxicated. Convulsive movement of mouth and limbs, rolling about as if weak and faint.

Moaned, grasped his throat, tossed his head from side to side and moved his arms and legs uneasily. Unnatural quiet, with groans and complaints of slight pain in the bitten arm. Sensation of wasting away. Swooning fits. Loss of sense of feeling.

Suicidal insanity, irresolute, melancholia. Insanity, suddenly cut his own head in two with an axe. Loss of consciousness, speechless, comatose.

Clinically, this remedy has been used for angina pectoris, asthma, dyspnea, hay fever, headache, heart affections, spasmodic stricture of the oesophagus, ovarian affections, plague, spinal irritation, sore throat.

This remedy cured a well-developed case of breast cancer, diagnosis confirmed by biopsy.

*Cenchrus contortrix*. This remedy has been somewhat overlooked and neglected by homœopaths, perhaps because of its incomplete proving. But it competes in value in heart complaints with *Lachesis*, its nearest analogue.

Clarke gives us some nice points of distinction between these two remedies. *Lachesis* affects the left ovary more

than the right; *Cenchrus* the right more. *Cenchrus* has difficult, empty swallowing, with easy swallowing of solids and liquids. *Lachesis* can swallow solids, not liquids. Both remedies have extreme sensitiveness to tight clothing around neck and waist.

With lost memory there is lethargy. Anxiety; feels she will die suddenly. Alternating moods. Dreamy, absent minded; took the wrong car without realizing where she was going. Suspicious, thinks her husband is going to put her in an insane asylum every day from three to eight P.M. for ten days, yet she knew it was a delusion.

The dreams of *Cenchrus* are vivid and horrible, cannot be shaken off during waking hours. Often they are lascivious.

There is a feeling as if the whole body was enlarged, especially the heart feels as if it were distended to fill the whole chest. At 3 p.m. sensation of fluttering followed by feeling that the heart fell down into abdomen then pulse became feeble, with heat lasting until after midnight.

The sexual desire in both sexes is much increased under the influence of this remedy. This remedy produces bag-like swelling above the eyes and below the brow like *Kali carb.*

The spider poisons give us some effective heart remedies, the most often indicated being *Latrodectus mactans*, the Black Widow, whose symptomatology and clinical application place it among the valuable remedies in angina pectoris. It causes extreme anxiety, screams fearfully exclaiming that she would lose her breath and die.

Violent precordial pain extending to axilla and down left arm and forearm to fingers with numbness of the extremity and apnoea. The left arm almost paralyzed with the pain. Pulse so fast it could not be counted and so feeble it could scarcely be felt. Expression of deep anxiety on face. Nausea followed by severe abdominal pain. Vomited black vomit copiously. With the nausea and severe pain there was a sinking sensation at the epigastrium.

The profound effect on the blood was shown. When cupped the blood flowed like water and would not coagulate, not even with the addition of tannin.

In thirty-six hours from the time he was bitten he drank three and a half quart bottles of the best rectified whisky without the least sign of intoxication. A moribund state set in with the skin cold as marble.

It would be remiss not to mention *Aconitum nap.* among our valuable remedies in the treatment of patients suffering from disturbances of the heart, and not all of these troubles are acute and functional. Many chronic conditions of the glands, the blood, and the nerves, as well as the heart, will yield to the magic power of this medicine.

The restlessness, anxiety and awful fear of death, with the sudden violent onset of the disease with severe unbearable pain often associated with tingling or numbness of the painful parts occurring in full-blooded plethoric individuals furnish a picture needing *Aconite*.

Extreme sensitiveness to noise, touch, light or jar. A condition of clairvoyance sometimes occurs predicting the day and hour of death. The heart palpitates with great anxiety with heat of body chiefly in the face and great weariness of limbs. Sensation of compression and blows in region of the heart. Inflammation of the heart, chronic diseases of the heart with continued pressure in the left side of chest. Oppressed breathing when moving fast and ascending stairs. Stitches in the region of the heart, attacks of fainting and tingling in the fingers, pulse full, strong, hard or slow, feeble, threadlike with anxiety. This is the banner remedy for the bad effects of fright.

We have only scratched the surface of the *Materia Medica* of the remedies used in the homœopathic treatment of heart ailments. If we were asked to compile a repertory of heart remedies, we would have to include every remedy in the whole *Materia Medica* to avoid leaving something of use out of the list. Any remedy fitting the constitutional

history and symptoms of the patient would be the needed one to bring about curative conditions.

#### DISCUSSION

DR. HARRY R. SACKETT [St. Petersburg, Fla]: I agree with Dr. Grimmer 100 per cent, and I will have a chance to watch these cases as I have over these many years, and they are so individualized that you can't lay down a program except that they should get a special amount of rest. You agree with me on that. That is why I am going up right now and lie down for an hour, taking my own advice. (*Applause and laughter*) That is more than some folks here will do. I know that.

Individualizing your case not only is important, but also you should individualize your diet—and you are getting there that much faster, because more than half of these old birds that we have on our hands, like Sackett and a few others, are very prone to eat what they shouldn't—and I won't say anything about drink what they shouldn't—but they do eat what they shouldn't, and not only what they shouldn't, but also, they eat at the wrong time, when they are overtired, and they wonder why they can't breathe.

I have had a case of that type in my neighborhood. I didn't see the case, but it was very much to the point, where the old fellow complained an hour or two after eating that he didn't feel well, so he went and lay down on the couch, and when his wife got to him, he was dead. That was a heart condition, of course, but his demise was caused by his eating what he should not have eaten, when he was tired. He had been moving from one place to another and doing what he shouldn't be doing at his age, and, on top of it, he ate what he shouldn't when he was tired, and that is what he got for it.

That is the one point I want to make, in addition to what Dr. Grimmer has already said, that rest is extremely important, and diet is also important.

DR. C. SEAVER SMITH [New Haven, Conn.]: Well, he learned his lesson. He won't do it again!

DR. WILBUR K. BOND [Greensfork, Ind.]: In cases of angina pectoris, where the pains are referred down the left arm, I have used *Latrodectus mactans*. Less often we get the type of pain referred down the right arm, and we know that is very characteristic of *Lilium tigrinum*.

What I am interested in is the case that comes up every once in a while, not as often as another, in angina pectoris, but hits with a heavy, dull chocking across the entire chest and is referred to the neck and down both arms. I should like to know the remedy.

DR. F. K. BELLOKOSSY [Denver, Colo.]: Dr. Grimmer gave a very fine summary of heart remedies, but one remedy we need much more often than we think in our cases is *Aurum metallicum*, which is always needed when there is hypertrophy in the heart or some accompaniment of high blood

pressure and when people are easily made angry. It is not necessary for them to have an aversion to life; just angry is enough. Here *Autum* is very often indicated. This anger comes from a defective liver that accompanies such heart eases—and may be that is Dr. Sackett's case.

DR. ARTHUR WELLER [Orange, N. J.]: Coal tar derivatives are all doing a lot of harm, but in my humble opinion (and I am not alone) it is the cigarette consumption that is producing so many deaths from coronary infarction.

At the Long Island Hospital, five years ago, they made a careful testing of cigarettes on the peripheral circulation and found the surface temperature taken between the toes, and then let the candidate smoke one cigarette, and in fifteen minutes the temperature dropped one degree, and we could not get that published. You couldn't publish that in the lay press, not a bit of it, and they know it is a fact—contraction of the peripheral blood vessels—and what is your trouble in coronary infarction, and why are the cases mostly men and not women? There are two reasons for that. The intima of the coronary artery is thicker in the male than in the female, and they thought perhaps the way the men lived, and they commenced with a lot of little newborn babies to discover that, and in the female it was much thinner than in the male, even in little babies, and consequently it blocks easier, and that is an explanation for why we have so many more men dying of this coronary infarction. If I lose one woman with coronary infarction, I lose ten men with it.

Now the women are smoking cigarettes. They didn't before the First World War to any extent, and I am wondering if we will have many women in the next ten or fifteen years with coronary infarction, as many as we have men today.

Cigarette smoking should not be left out of the etiology of coal tar derivatives, which are bad, but I think we should also have in mind the cigarettes, and you even have carbon monoxide in cigarettes.

DR. GARTH W. BOERICKE [Philadelphia, Pa.]: In answer to the question that the doctor raised about pain in the chest going down both arms, my first thought in angina cases is *Secale 12 X*. You will find it very satisfactory.

DR. GRIMMER (*closing*): I agree with Dr. Weller 100 per cent. I did omit cigarette smoking but in a paper of this scope we were afraid of getting too much. We got plenty, in fact, I think too much, as it was, but I couldn't very well shorten it any more. I do agree the doctor is right. There is no doubt, from tests that have been made carefully and scientifically, that the cigarette is one of the factors and it should have been mentioned in the paper under etiology; but there are other factors, too, that should have been mentioned, such as the speed of life, which are in a way heavier than before, but nevertheless, our pioneer forebears had

many tensions in hewing out a new land and fighting nature and savage men and beasts, but their tensions were somewhat different from the modern day; so that although things are different, all those things together must enter in.

I think that there can be no question but that *Aurum*, too, is a remedy, but any remedy in the whole *Materia Medica* may come in. If I selected any, it would be *Aurum mur.* I think it is far more valuable than *Aurum metallicum.* *Aurum mur.* has cured a number of cases of heart disease that were organic in character.

—*The Homœopathic Recorder*, January, 1952.

## FACIAL NEURALGIA\*

A. ZWEIG, M.D.

HIRSCHBERG, GERMANY

*Aconitum* 10x to 30x. Neuralgia from dry, cold winds. The excruciating pains are accompanied by tingling, numbness with nocturnal aggravation, general restlessness and congestive excitation.

*Allium cepa* 3x. Traumatic neuralgia e.g. after operation on nerve.

*Argentum nitricum* 6x to 30x. Characteristic is the sensation of enlargement, as if the painful side were enlarged, swollen. Pain aggravated by lying down, better from sitting up and walking around, and from pressure. There is relation to the mouth in that stimulation of the gustatory nerve causes sour taste. Also the dental nerves are affected.

*Arsenicum album* 10x to 30x. Severe burning pain as from hot needles, with intense anxious restlessness especially before midnight; increased pain to despair with quick exhaustion and sunken face. Better from warmth.

\* From "Nervenkrankheiten" by A. Zweig, M.D. (Hirschberg, Germany). Published by Johannes, Sonntag, Regensburg, Germany. Transl. by S.W.S. (All potencies mentioned are the lowest).