

cause by manipulation, colon lavage, or other appropriate expedients, before prescribing a medicine.

—*Homœopathy, May 1953*

HOMŒOPATHIC THERAPY OF NEURASTHENIA

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Acidum fluoricum 10x—Severe and rapid exhaustion, hence morbidly sleepy. The action on vessels is seen in congestive, pressing headache. Also bulimia indicates weakness here. Flatulence and sexual irritation are present.

Acidum oxalicum 10x—Aside from cerebral tiredness and backache radiating into lower extremities, brooding about complaints is characteristic.

Acidum phosphoricum 3x—Physical and mental weakness to apathy are most prominent, as are also insomnia and weakness of the back. This may be due to loss of body fluids, lack of sleep, or mental over-exertion, chronic sorrow. The result of exhaustion are frequent night sweats. Appetite disturbed.

Acidum picronitricum 10x—Here also mental over-exertion causes pronounced brain fatigue expressed by headache, vertigo and overpowering sensation of mental exhaustion. Often these patients complain of burning along spine. There is sexual irritability or weakness.

Aconitum 10x—Recommended for agoraphobia (dread of being in or crossing open spaces). The general symptoms of this remedy must however be observed.

Agaricus muscarius 6x to 30x—Has diverse conditions of irritation with tremors and jerking, palpitation and paresthesia (itching and formication). Important also is its aggravation from mental exertion, sexual intercourse and alcoholic beverages; in addition patient's brain is tired, and he complains of general head pressure.

Agnus castus 4x—Nervous depression and weakness of sex centers which are the cause of his mental symptoms.

Ambra 6x to 30x—A remedy especially for youth and old age, indicated in physical and nervous exhaustion from sickness or worry. Prominent indications are inability to concentrate, insomnia, vertigo, congestions, blushing, polyuria, aggravation of complaints in company.

Anacardium 10x—Weakening of memory especially for names; this is as characteristic as headache from mental exertion, as often found in school children. Excessive dread of examination follows also from this disturbance, as also physically from slight exertion; weakness and trembling are present. Therefore eating does not only relieve stomach symptoms, but also braces the general health. Hence frequent nocturnal aggravation up to stomach cramps. There is either sexual irritability or weakness.

Argentum nitricum 6x to 30x—Has important action on the central nervous system. Nervous vertigo and head pressure aggravated by exertion. Backache. Stomach and intestinal symptoms. Mental depression with fear and compulsive ideas.

Arnica 1x has been recommended in agoraphobia.

Asarum europæum 4x—Nervous exhaustion very prominent, hence aggravation from mental exertion and every noise; scratching noise drives to distraction with nervous shivers. Vasomotor pulsating headache.

Aurum metallicum or *aurum iodatum* 10x—Aside from severe mental depression, it acts on the circulation: Vasomotor disturbances (headache, oppressed sensation around heart, flying heat, hypertonia). Mental exertion aggravates. Also the sex glands are acted upon.

Avena sativa tincture is a toxic remedy for exhausting diseases, resulting from mental over-exertion or loss of body fluids.

Borax 4x—Characteristic is dread of downward motion, fear of falling. Extreme nervous exhaustion is evidenced by sensitivity to noises.

Bufo 10x—Prominent are disturbances in the sexual functions; weak memory; patient prefers solitude; constriction around heart.

Cactus grandiflorus 4x—Prominent is the sensation: Constriction of heart, as if squeezed by a hand. Hypotonia is usually present.

Caladium seguinum 4x to 30x—Sexual irritation with impotence.

Calcarea carbonica 4x to 30x—Symptoms of weakness are always present. Mental fatigue; insomnia; tremors; lameness; hands and feet cold and moist. A grand constitutional remedy.

Calcarea phosphorica 6x to 30x—Differing from the former by the addition of the phosphor-type. Patient is timid, irresolute. School headache; weakness of respiratory organs.

Castoreum 4x—In spite of severe nervous prostration patient is sleepless and cross, especially mornings, better evenings. Sensation of weight in head and entire body. Spasmodic meteorism.

Causticum 10x to 30x—Here also exhaustion is prominent together with the action on brain and spinal cord. Aside from being tired and debilitated to trembling, there is a hollow sensation in head with vertigo and irritable moods; there may be fibrillary jerkings and paralyzed sensation in muscles. *Causticum* also has a relation to uric acid diathesis and psora. Bladder function is often disturbed. The exhaustion may also be caused by grief and worry.

Cerium oxalicum 6x—Here the stomach symptoms are most prominent: Loss of appetite, nausea and vomiting are nervous symptoms.

China 4x to 30x—Sickness and loss of body fluids lead to weakness (headache, vertigo, ear noises, treambling, asthenopia). Patient is easily excited and hypersensitive to all sensory impressions. His blood is poor and his circulation disturbed. Also his digestive apparatus is working deficiently (loss of appetite, flatulence, etc.).

Chininum arsenicosum 4x—It is similar to the former.

Cimicifuga racemosa 4x—Mental over-exertion may lead to disturbed vasomotility (pressure on vertebrae and in neck), but also to neurasthenia (insomnia) and especially to ocular trouble (asthenopia, hypersensitive retina) and aural symptoms (hissing sounds).

Cobaltum 6x—Symptoms located in region of spine, especially of lumbar portion; pain aggravated when sitting, mornings and after seminal losses, extending into legs. Rising, walking and lying ameliorate. Causative factors are hypersexuality and masturbation.

Cocculus 6x to 30x—Irritable weakness predominates. Headache with sensation of a vacuum; vertigo and nausea worse from riding in cars, which, however, is never tolerated and always aggravates symptoms. Insomnia. Weakness in legs from least exertion or excitement. Appetite poor; stomach spasms.

Coffea 4x to 30x—Excitement in nervous and vascular systems, the first leading to insomnia and trembling, the latter to high blood pressure and headache. Urging to urinate and to stool are also of nervous origin.

Colchicum 4x—Often causes (in brain workers) pressure in occiput, weak memory and inability to concentrate, which complaints again are caused by insomnia. Important in this remedy is its relation to uric acid and nocturnal aggravation in such disturbances.

Convallaria majalis 4x—Acts prominently on the heart, and especially indicated in palpitation and stitches in region of heart; sensation as if heart would stop; pulse fast. It also has innervation disturbances from toxic causes (nicotine). It is also recommended in other heart symptoms.

Crotalus horridus 10x to 30x—The mental and physical exhaustion is so intense that it leads to loss of memory and inability to read or write or calculate, and even to coma. Hands and feet are cold, due to severe weakness of circulation.

Cypripedium 4x—Mental exhaustion is expressed especially in disturbed sleep.

Cystisus laburnum 4x—Poisoning symptoms are high blood pressure from vasomotor centers, pressure in head, chest oppression; legs tired; perspiration with pale face. Inclination to nausea.

Damiana 4x—Aside from prominent debility of the male sexual organs (lacking sexual impulse, spermatorrhea), patients complain of insomnia and general nervous weakness with mental depression.

Dioscorea villosa 4x—Here also we find prominent weakness of sexual organs with atonic nocturnal seminal emission, to which are due weakness in lower extremities (knees), back (lumbar region), especially experienced the day after sexual intercourse.

Epigea repens 4x—Characteristic is intense aggravation from mental exertion, causing severe pressure in head.

Eryngium aquaticum 4x—This also acts on the male sexual organs: Prostatorrhoea from slightest sexual excitement, pollutions minus erection, followed by exhaustion. Often strangury is present.

Eupion 6x—Resulting from mental and physical exhaustion we find headache, general debility, functional incapacity, inclination to perspire from the least exertion.

Ferrum phosphoricum 6x to 12x—More important than poor quality of the blood are disturbed circulation, congestions alternating with pale face, oppression of chest, palpitation; coldness of hands and feet, etc.

Gelsemium sempervirens 6x to 30x—The great exhaustion and lassitude are connected with congestive symptoms in head (pain, vertigo, pulsating to migraine), sensation as if heart would stop and strangling sensation in chest. This causes desire to breathe deeply with sighs. Frequently the ocular muscles are weak and tire easily. The urinary bladder is irritated in the sense of increased strangury.

Ginseng 4x—This is an exhaustion remedy, especially

indicated in lameness in sacral region and along spine, extending into thighs with trembling. Spinal cord centers are irritated. As to mentality, there are forgetfulness and inability to think. Often vertigo is present.

Glonoinum 6x to 12x—Here congestions to brain and heart are prominent, aggravated by motion and heat. Numbness in extremities, "going to sleep." Blood pressure is high, face red.

Helleborus nig. 4x—Depressive moods; sensation of waves in head and pulsation with vertigo. Back and lower extremities weak, with occasional jerkings.

Helonias dioica 4x—Irritable disposition or depressed, leading not only to sensation of weakness and tired feeling, but also to desire for solitude. Complaint of pressure in head with vertigo; weakness of back extending to legs with lumbar pain. Frequent urging to urinate; sexual irritability. Characteristic is that complaints are worse at beginning of work, but better as work continues.

Hypericum 4x to 30x—Acts especially on head; complaints often follow mental over-exertion or traumatism. Patients complain of congestive vertigo with pressure on vertex, tired brain and general hyperesthesia. Temporary lapse of memory.

Jaborandi (*Philocarpus microphyllus*) 4x—Is especially characterized by great vasomotor lability, has congestions and perspiration, the expression of irritation in the autonomic system.

Iberis 4x—Tonic action on cardiac nerves, perhaps also on cardiac muscles, and is indicated in palpitation with fast pulse, stitches in region of heart with oppression.

Ignatia 6x to 30x—Characteristic is great irritability and quickly changing moods with predominant depression. Causative is often a scare, or also acute worry; the patients are usually taciturn. Sleep is disturbed (as also the appetite, which is lacking); meteorism. Sensation of contraction around heart with stitching pain and palpitation. Globus

hystericus. Asthenopia. Sexual excitation, at times with weak erection. Often complaints of pressure on vertex.

Kali bromatum 4x—General restlessness, especially of hands which always are busily employed. Nervous exhaustion.

Kali carbonicum 10x—Symptoms of anemic weakness are most prominent in the head (difficult recollection, vertigo, insomnia) and as to heart where stitches and weakness predominate; back feels bruised, extending into extremities, and causes fatigue. Due to disturbed circulation, there is "flying heat" and inclination to swellings. General condition worse in early morning.

Kali phosphoricum 6x—Here also nervous exhaustion predominates, caused by overwork or weakening sickness. Pressing headache, also at night causing insomnia. This, as also poor memory and vertigo with weak vision, all due to brain anemia with general exhaustion. Weakness of extremities, bladder and sexual organs. The sensation of hunger, returning soon after eating, is to be similarly evaluated, as also inclination to easy perspiration.

Lachesis 10x—Its symptoms are due to venous stasis: choking sensation around throat and heart with dyspnea and oppression, not tolerating anything tight. Though always very tired, there is aggravation from sleeping and sun.

Lycopodium 10x—Irritability with pronounced weakness and disturbed metabolism (uric acid). Weak stomach and gastric acid (patient, in spite of being hungry, is easily satiated); obstipation with bloating, better from eructation. Sexual impotence with severe sexual irritability and pollutions or premature ejaculation; also erection weakness in young and old men.

Magnesia phosphorica 6x—Brain exhaustion with mental depression, headache with ocular symptoms (diplopia, sees double and sparks, strabismus from weak innervation, lachrymation, photophobia) in children and adults. Hot compresses relieve.

Medorrhinum 10x to 30x—Mental depression, easily exhausted, leading to pressure in head and palpitation. The urôpoietic organs afflicted, not only as to lumbar pain from sex centers, but also much strangury and strong nocturnal erections. Usually symptoms are related to incompletely cured gonorrhea.

Mephitis putoreum 6x—Hyperirritation is predominant, hence patient is easily excited and sleep is disturbed by lively dreams. Also the great desire for motion and the inability to do mental work are thus explained and the hypersensitivity of the eyes when letters are blurred from long reading. The cause may be over-exertion or slow recovery from sickness.

Moschus 6x—It causes palpitation and accelerated pulse, congestions, anxious restlessness, distraction and weak memory with "heavy" head and restless, dreamful sleep.

Natrum carbonicum 10x—Following mental over-exertion: Desire for solitude; depressed mood, apathy, distraction, weakened memory. Slight mental work causes congestive head pressure as if head would burst, worst from stooping and after eating. Eyes feel heavy and burn, not permitting lengthy reading, when letters flow together. Lumbar region weak and feels heavy, extending into legs with formication. Every exertion causes palpitation. Sexual excitement but indulgence is followed by exhaustion and pressing headache. Aggravation from heat (especially sun) and thunderstorms.

Natrum muriaticum 10x—Well-characterized in patients of irritable, depressed mood, disinclined to talk. Pressing headache and lameness along spine with trembling legs, especially after intercourse. Palpitation worse from motion; the vasomotor debility is expressed by cold extremities and general chilliness, both are partly due to anemia. Also the digestive apparatus is affected: loss of appetite and constipation. This remedy also acts constitutionally in disturbed metabolism and anemia. Its aggravation is in forenoon and lasting till afternoon.

Niccolum 10x—Very irritable mood with pressing in head and vertigo, especially after mental effort; unrefreshing sleep; backache, weakness and trembling of extremities, especially of legs. Patient feels best in open air, worse mornings and in closed rooms.

Nuphar luteum 4x—Preponderance of sexual symptoms: very weak sexual desire with flabby sexual organs, while erections are lacking, there occurs seminal emission and prostaticorrhea during urination and stool.

Nux moschata 4x—Nervous exhaustion; poor memory and weak power to think; drowsiness and vertigo with pressure in head. Characteristic is sensation of dry mouth without thirst.

Nux vomica 4x to 30x—The constitutional symptoms are important in relation to abdominal plethora and gastrointestinal diseases. It is important for patients of sedentary habit, meat-eaters given to abuse of alcohol, coffee or nicotine, but also indicated in patients whose mind works overtime and who have much excitement; sexual over-indulgence. Patients of irritable moods with inclination to hypochondriasis; head dull; vertigo. Sleep disturbed by exciting dreams and early awakening, when symptoms are better. If then the patient goes to sleep again the symptoms reappear in aggravated form with aversion to mental and physical occupation; back feels as if broken. The latter symptom may be due to gastro-intestinal involvement (especially obstipation and hemorrhoids), or also stem from the sexual organs which may incline to frequent, usually early morning, pollutions with aggravation of all complaints. Increased libido minus power may be present.

Oleander 4x—Mental weakness predominates in the form of difficult perception, inability to concentrate, weakened memory; drilling headache and pressure with vertigo; lower extremities weak and stiff. It has also relation to psora and uric acid metabolism (diarrhea, skin diseases).

Origanum 4x—Excessive sexual irritability.

Paris quadrifolia 4x—Pressure in head (pulsating congestion in brain, aggravated from mental exertion, with sensation of pressure and heaviness in occiput with vertigo) are the important symptoms aside from poor vision with aggravation from extended reading. Formication in extremities.

Petroleum 4x—Aside from its action on the uric acid diathesis and psora, local and general weakness are characteristic. Such patients complain of low spirit, are irresolute, heavy head especially mornings. Vertigo when stooping; gastro-intestinal disturbances in form of bulimia and inclination to diarrhea; backache. Pronounced aggravation from riding in cars.

Phosphorus 6x to 30x—Such patients are characterized by tall, spare build, slender stature and pale face (habitus phthisis). The weakness is also manifested in internal organs, not only in the sense of mental irritability, exhaustion, insomnia, but also as to organs of circulation: congestion to head with vertigo; nervous weakness of heart with palpitation and hot flushes. The back is weak with burning pain and sensitive spinal processes. The latter may also be due to feeble sexual irritability. General aggravation from over-exertion and seminal losses, as well as from exhausting sickness.

Piper methysticum 4x—Pressure in head with vertigo, the latter worse when closing eyes, all as a result of mental over-exertion.

Plantago major 4x—It is limited here in its action on the uropoietic system (nocturnal difficult micturition or tenesmus of bladder, diminished sexual desire with nocturnal emissions).

Platina 10x—Mental irritation from sexual organs (abstinence, masturbation) leading, aside from psychic irritation, to circulatory injury (oppression of chest with palpitation, heat and pallor alternate) and to paresthesia in back and lower extremities.

Rhus toxicodendron 6x to 30x—Aside from its relation to the rheumatic diathesis, it is especially indicated in elderly patients with weak memory, aversion to mental exertion, vertigo, pressure in head (forehead), amelioration from nosebleed.

Sabadilla 4x—Nervous exhaustion with chills, unable to do mental work, hypochondriasis; vertigo when rising from stooping; stupefied; pressure on eyes; chest oppression; spine sensitive with sensation in sacral region of having been beaten. Desire to lie down, yet then all symptoms are worse. Restless sleep, drops off to sleep late; awakens often with much dreaming. Bulimia; burning in stomach; meteorism. Perspires easily from exertion and at nights. Sexual desire much diminished, even refused; nocturnal pollutions without erection.

Salix nigra 4x—Depressed mood from general nervous weakness and especially weakness of sexual organs (spermatorrhea; impotence from sexual abuse, especially masturbation).

Sarsaparilla 4x—Is an important constitutional remedy in sycosis. Headache principally in occiput extending forward; can not work, is distracted; insomnia. Unhealthy skin.

Selenium 10x—Great nervous exhaustion, hence patient is forgetful, unable to work, tires easily and needs much sleep, but gets only very little, insufficient sleep. Every exertion, also heat and alcohol, aggravate the nervous exhaustion and causes hot flushes and perspiration. The great irritability may also be the result of sexual weakness from spinal cord centers and aggravated by sexual events.

Sepia 6x to 30x—The great haste shows the degree of severe exhaustion, especially when patient rests (Sunday aggravation), hence sitting down does not satisfy, while fast motion (sport) relieves. The venous stasis leads to headache, congestion and oppression of heart. Obstipation usual.

Silicea 10x—Aside from disturbed metabolism (chronic rheumatic condition), but especially inclination to suppurative conditions, it is an important remedy on account of chronic weakness in the nervous system, manifested moods and lack of interests with pressure in occiput. Bruised feeling in sacral region often is related to constipation. Footsweat is an important indication. Warmth relieves, especially, the pressure in head, and is craved by the patient.

Spigelia 4x to 10x—Patient fears some misfortune and is generally full of fear; heart symptoms (much excited heart action with stitching pain) and headache (usually of neuralgic type).

Stannum 10x—The great nervous and physical weakness lead to depressed moods, and also to headache, vertigo, tremors, palpitation from every little exertion and excitement; insomnia. Face pale.

Staphisagria 4x to 30x—Anger and worry, as well as loss of body fluids, are causative factors of exhaustion signified by pale face, hypochondriac moods, desires to be alone. Increased sensation of hunger which, when satisfied, forces frequent urination. Sleep poor; very tired mornings. Avoids the opposite sex; yet many sexual thoughts and voluptuous dreams.

Strophantus 4x acts as a heart tonic.

Strychninum phosphoricum 6x—Aside from irritability and insomnia, which cause morning aggravation, the stomach is atonic; poor digestion. Mental over-exertion damages generally and especially the stomach activity.

Sulphur 10x—The constitutional relations are important; next most prominent are congestions and blood stasis (heart, hyperemia, hemorrhoids). Such patients are sullen, absentminded, can not do mental work, and complain of forgetfulness; also sexual weakness.

Tabacum 6x—The autonomic nervous system in its relation to circulation; gastro-intestinal conditions are prominent in this remedy. It has pressing headache with sen-

sation of heat, increasing to migraine with vertigo, nausea and vomiting; heart symptoms (sensation of strangling, fear of suffocation, weak and irregular pulse, pain radiating into left arm with paralytic sensation; constrictive feeling in throat; cold extremities; sticky perspiration). Diarrhea frequently. Very trembly.

Tarantula 6x to 30x—Its excessive irritability is shown in general haste, especially in hands which always must play with something. Yet there is aggravation from motion. The irritability also causes poor sleep, trembling and jerking in extremities. The numbness in legs may here also be connected with sexual irritation. There is a sensation of chilliness all through the body.

Theridion 4x—The head symptoms are most prominent. Throbbing, pressing headache from brow to occiput, worse at beginning of motion; vertigo spontaneous or when closing eyes; may increase to migraine with nausea and vomiting; flickering before eyes, or pressing and burning in eyes; tinnitus aurium. Aggravation after awakening. Vertebrae are sensitive. Patient is very tired and sleepy. Aggravation from every noise and heat of sun; great irritability. Shivers and trembling are usually present. Sexuality weak.

—*The Homœopathic Recorder, May 1953*

HOMŒOPATHIC DOSE : THE INFLUENCE OF DOSOLOGIC EXPERIENCE ON THE KNOW- LEDGE OF THE PHENOMENON "DISEASE"*

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(Continued from Page No. 80)

Nevertheless, the growth of the plant depends also on some circumstances as for example of the tempera-

* Translated by Dr. Rajkumar Mukherjee, M.A., L.H.M.S. from l'Homœopathie française.