

CONSTIPATION

&

DIARRHOEA

by

Dr. P. H. SHARP

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By

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PREFACE.

*“Naturam expellas furca tamen
usque recurret.”*

A TIME there was when it was considered impolite to mention, let alone discuss, the bowels. Oddly enough, it was also a time when people ate and drank considerably more than they do to-day, and yet our forebears thrived and brought up large families and, for the most part, lived to a ripe old age, dealing with their bowel troubles with rough efficiency and a certain amount of reticence.

Nowadays we appear to be more delicate-stomached, if not more delicate-minded, and the list of proprietary remedies for our intestinal troubles grows daily larger, as does also the wealth of detail with which such remedies and their effects are described, with-

out there being any very noticeable improvement in the health of the nation.

Is it possible then, that we have lost some secret which our ancestors possessed?

In a way this is so, for in our search for scientific remedies we have tended to overlook the fact that medicine is auxiliary to, and not a substitute for the action of nature. The right kind of food, proper exercise and regular habits are the essentials of bowel health, and no medicine is a substitute for these, but if in mending our ways and getting back to a state of healthy living we should need a medicine, it should be a medicine which assists in a return to the natural state rather than one which threatens to usurp the functions of nature?

To treat constipation by taking regular daily doses of an aperient, year in and year out, is rather like paying regular interest on a loan without reducing the loan capital, and there is no finality in this method.

The Homœopathic method of treatment, which is to be discussed in this book, has the supreme merit of treating the individual patient rather than a set condition, with the result that the patient's body, reacting to the remedy particularly suited to its individual needs, is assisted in correcting its own defects and returning to a condition of health and regularity.

It should be stressed that all Homœopathic remedies should be obtained from strictly Homœopathic chemists who will understand precisely the preparation and properties of these remedies.



CHAPTER I.

HOW THE BOWELS WORK

FOR the convenience of travellers on the London underground railways there are established machines from which one may obtain tickets, and a passenger requiring, let us say, a threepenny ticket may put a shilling in the slot, whereupon there is a whirring of wheels and a ticket is delivered, while the change falls into a special receptacle.

A rough analogy may be drawn between this machine and the digestive system of man, substituting a meal for the shilling, the required bodily energy for the ticket, and the waste portion of the meal for the change.

There are other resemblances, for instance, if a bad or incorrect coin be placed in the machine it is passed rapidly through and rejected.

larly an unsuitable article of diet is passed through, and rapidly ejected from the digestive system: while yet again, if the machine sticks and fails to deliver the change, thumping and rattling may produce the desired result, just as a violent purge will clear the bowels although in neither case has any good been done by this rough treatment.

In either case, to conclude our analogy, the whole process seems delightfully simple until we come to consider the intricate mechanism involved in producing these results, when it becomes at once apparent that a clear knowledge of how the system works is the first essential of "maintenance."

If, then, we are to study with any hope of success the treatment of constipation and diarrhœa, it is imperative that we should first obtain as clear a picture as possible of how the bowels work when they are functioning normally, and in health. Let us then consider what happens after a meal

has been ingested and has been partly digested in the stomach and has now passed on to the intestines. The major portion of digestion and absorption of the vital essentials still remains to be done, after which the fluids which the body has added to the meal mass for digestive purposes must be reabsorbed, and then, and only then is the unwanted residue evacuated. Roughly speaking, in man the small intestines which are narrower, but considerably longer, than the large intestines are concerned with digestion while the large intestines are concerned with dehydration and evacuation, although some food absorption is possible and does take place in the latter, while in the case of herbivorous animals, the large intestine functions largely in digestion, and absorption, and in consequence is more highly developed and is proportionately longer.

In the small intestine the food mass has to be thoroughly acted ~~on by the~~

various intestinal ferments so that the carbohydrates are reduced to monosaccharides and the proteins to amino acids before passing into the portal blood stream, and the fats are converted into fatty acids before being absorbed by the special lymph-vessels called lacteals. This conversion of fats into fatty acids is aided by the secretion of bile, the salts of which treble the fat-splitting action of the pancreatic juice.

We need not here consider this highly complex process of digestion but we must for our purposes consider the mechanical means by which it is made possible. The prime mechanical essentials are that the food mass should be thoroughly mixed with the intestinal juices and be passed on from one part of the small intestine to the next at the optimum rate necessary for the proper completion of the digestive processes, and this is accomplished by a series of movements of the intestine which we ~~shall~~ consider. There are three

types of movement in the small intestine which may be termed segmentary, pendular and peristaltic, and while the first two are concerned with the thorough mixing of the intestinal contents the last is mainly concerned with passing them on.

The segmentary movements consist of a series of contractions occurring at intervals in a length of gut which contains the food mass and has the effect of splitting this mass into a number of segments which are then more easily mixed with the digestive juices: accessory to these are the pendular movements which are lateral swinging movements, not always in the same lateral plane, of separate loops of intestine.

The peristaltic movements consist of a wave of contraction behind the food mass accompanied by a wave of relaxation in front of it, resulting in a kind of milking action which moves the mass along the gut. This peristalsis is a one-way action and the contrary

anti-peristalsis does not take part in the lower part of the small intestine; it does, however, take part in the duodenum, where, as the result of peristaltic and antiperistaltic waves the food is passed to and fro for some time as part of the mixing process.

These movements are not constant in intensity and speed in all parts of the intestine, since the needs of digestion and passing on vary in different parts as does also the consistency of the mass acted on, and all movements are more intense in the upper part where the food mass is more solid and more in need of digestion than in the lower part where the mass is now more liquid and mainly digested, and peristalsis is relatively feeble at the ileo-cæcal valve, where the small intestine joins the large intestine, but is reflexly increased during or just after a meal, whereupon the valve opens and the food mass passes into the large intestine. Thus it will be seen that each meal gives an added impetus to the

passage of previous meals along the intestines, and this impetus finally culminates in the after breakfast urge to stool.

The muscle tone of the small intestine is under the control of two sets of nerves, the one, the vagus giving tone, while the other, the splanchnic inhibits tone, and an overstimulation of this latter system results in the relaxed condition known as paralytic ileus.

Similarly, in the large intestine, we have two opposing nerve systems, the parasympathetic which is stimulatory and the sympathetic which is inhibitory.

The food mass which arrives in the large intestine through the ileo-cæcal valve is practically liquid but gets less so in its progress as its fluid content is re-absorbed. Consequently its passage is not accomplished in the steady way which prevailed in the small intestine and real peristaltic waves only become necessary in the lower part of the

gut when the mass again achieves solidity. The contractions of the gut are few but powerful and transfer the entire mass one stage further on each time these contractions set in, after which there is a long interval before the next series of waves.

In the lower part of the large intestine a considerable amount of mucus is secreted which serves to lubricate the mass of faeces and aid its extrusion and which also inhibits, to a certain extent, bacterial growth which is so prominent a feature of the large intestine. Local irritation is the main factor in the production of this mucus, and the more bacterial irritation occurs the more mucus is evoked to deal with it.

All these processes and movements culminate in the arrival of the dehydrated mass, from which the nutriment has been extracted, in the rectum ready to be evacuated, and in normal circumstances a rough time-table has been maintained: in about four and a half

hours after a meal has been ingested it arrives at the ileo-caecal valve and passes into the large intestine and approximately fourteen hours later it has arrived in the rectum, and also its position at intermediate times follows a rough schedule. The entry of the mass in the rectum produces a feeling of fullness and acts as the call to stool, and this filling of the rectum is accomplished by a wave of powerful contractions of the colon set up reflexly by the ingestion of a meal. This call to stool is particularly powerful after breakfast, and should not be ignored, but it may also occur after any meal, and is the only part of the whole process which is under our conscious control, since the external anal sphincter has a motor nerve supply from the pudic nerve.

There, then, in sketchy outline we have the highly complex system working smoothly and to a time-table under normal circumstances involving secretory, muscular and nervous actions and interactions of a most intricate charac-

ter and it is small wonder that now and then this delicate machinery is thrown out of gear.

It will be our purpose in subsequent chapters to consider firstly what may go wrong with this balanced system, and secondly how to readjust matters without harm to the delicate processes with which we are dealing.



CONSTIPATION

CHAPTER II

FROM the preceding chapter we may deduce certain desiderata for the healthy action of the bowels. Firstly, there must be a sufficient quantity of the right kind of food, the wastage of which will stimulate expulsion; next there must be a normal secretion of intestinal juices and bile; there must also be an adequate intestinal muscular system controlled by a properly functioning nervous system, and finally the alimentary time-table from ingestion to excretion must be approximately maintained.

Granted the above, and provided that the urge to stool is not neglected, regular action of the bowels should be maintained. Individual standards vary somewhat, but most people have one good action of the bowels each day.

after breakfast when the call to stool is normally most urgent, while others have two motions each day and Sir Arbuthnot Lane was wont to claim that three motions a day were necessary to clear the body of poisons, but this implies the cultivation rather than the maintenance of a habit.

For most of us, then, a suspension of these functions for more than twenty-four hours constitutes constipation, and this constipation may be a temporary inconvenience in which case it is dealt with by "the favourite remedy" whose name is legion, or it may be habitual in which case it gravely affects our health and well being and deserves the care and consideration due to any bodily defect.

Temporary constipation is generally due to one of two causes, the ingestion of an unsuitable meal or a temporary alteration of our habits. Some people are always constipated on the first day of a holiday and are in the habit of saying that the change of climate does

not suit their bowels, but actually this state of affairs is due to some or all of a variety of circumstances; they probably rose at a different hour from usual and hurried to catch a train before the urge to stool could be attended to and then undertook a long journey in a sitting position calculated to encourage intestinal stasis and finally, a point which is often overlooked, found that the height of the lavatory seat at their destination was different from that of the lavatory at home. All this is quite simple and is easily rectified, especially when we appreciate the underlying causes, and even if our methods of dealing with it are a little haphazard, no great harm will have been done—up to a point Nature can be very patient!

When, however, we come to deal with habitual constipation, Nature will not continue indefinitely to tolerate our pop-gun methods of clearing the gut, and we will be better advised to consider how to enable the individual system to rectify

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its own defects (which, in essence, is the Hœmœopathic approach to the problem) rather than to adopt forcing tactics.

From a consideration of the essentials of good bowel action stated at the beginning of this chapter it will be seen that habitual constipation may arise from five main causes:—

- (1) Faulty nervous action.
- (2) Faulty muscular action.
- (3) Mechanical obstruction.
- (4) Faulty diet, and
- (5) Neglect of the call to stool.

Let us consider each of these in detail:—

Nervous Causes:—Under this heading we must include actual nerve complaints such as paraplegia, brain disease and neurasthenia in which cases treatment will, of course, be directed to these complaints. In addition, at any of the intestines may occur, in which case the contents will be retained too long and become too dehydrated, causing hard, dry, difficult

stools. Finally, there may be nervous inhibition of the urge to stool owing to some condition which renders the act of defæcation painful, such as hæmorrhoids or fissure in ano.

Muscular Causes:—The muscles of the intestines may be weak or become atonic through anæmia or one of the fevers or from some other general disease, or else through the adoption of sedentary habits.

Mechanical Causes:—Bands stretching across the intestine, especially subsequent to an abdominal operation may delay the passage of the intestinal contents as may also kinking of the gut, but the most common mechanical cause of constipation is ptosis of the bowel which causes the angles between the ascending and transverse colon, and between the transverse and descending colon to become acute, thus delaying the passage of the contents from one section of the intestine to the next.

Faulty diet: Many books have been written and many personal views and

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prejudices aired on this subject, but it will suffice here to note that a diet which is not interesting tends to cause constipation and that a diet which does not contain enough roughage will fail to stimulate adequately the walls of the intestine to secretion or muscular action.

Neglect:—If the call to stool is persistently neglected and habit time is not maintained, the call will become progressively weaker and more erratic, and in time may cease to be felt. In this case defæcation becomes a painful exercise instead of being an easy and regular habit.

We must consider all of the above five causes of constipation when we come to deal with its treatment, but it should be affirmed now that the last two, plus lack of exercise, are by far the most common causes of habitual constipation and, being under our conscious control, are certainly the easiest to deal with. No medicine of any sort will, for long, take the place of right feeding, habit time and rational exercise, for

these three together constitute a healthy way of living and accordingly when we have brought the system back to normal with our treatment it will be necessary to maintain these good habits if we are to continue to enjoy the benefits we have achieved.

CHAPTER III.

DIARRHŒA

AT first sight it would appear that diarrhœa is the exact opposite of constipation, and within certain limits this is true, for if the passage of the bowel contents is slower than normal and the outflow of secretions is diminished we get more dehydration and harder stools which are more difficult to express, whereas if the passage is hastened and secretion is increased the stools are more liquid and are voided too easily and more often. From the mechanical point of view the contrast between the two conditions is exact, but it must be borne in mind that while constipation is fundamentally bad, diarrhœa is often the body's means of getting rid of something which is detrimental to the system as speedily as possible.

To this extent diarrhœa may be

regarded as remedial, and it is only after the poison or other noxious thing has been voided that it is advisable to check the flow which Nature with her customary generosity, generally provides in excess of the demand. Followers of the old school are often hard put to it in determining when the poison has been eliminated, and here again the advantage is with Homœopathic treatment in that it assists the individual system to rectify itself once the purpose of the purging has been accomplished. Diarrhœa may be a sequel to or a leading feature of certain diseases, or it may be due to nervous causes or to irritative causes, and it will be well to consider these separately since the picture provided will help us ultimately in our choice of a remedy, although we must bear in mind that all classifications have a habit of overlapping and only the complete individual picture will enable us to select the truly appropriate remedy.

Disease causes: — Diarrhœa may accompany septicæmia and other toxic

conditions and it may follow the termination by crisis of a fever or it may be one of the principal features of a disease as in the case of typhoid fever or dysentery or any of the various forms of enteritis. The word "enteritis" must be used with care, since in its general sense of meaning "inflammation of the bowels" it might be held to cover all our cases except those of purely nervous origin, but under the present heading we may include those forms of enteritis such as the tubercular and the diphtheritic which cause ulcerative inflammation, sprue and seasonal catarrhal enteritis of bacterial origin, which last category may be held to include the summer diarrhoea of infants. Seasonal enteritis of bacterial origin has been a problem from early times up to the present day and has been dealt with by various laws and usages such as the prohibitory enactments of the Mosaic law, the Roman sumptuary laws and the present day custom of having close seasons for certain foods, and Cicero,

in one of his letters to Atticus, gives a most graphic description of the ill effects which he suffered through breaking the sumptuary laws dealing with the eating of mushrooms.

The disease causes of diarrhœa have led to certain descriptive terms being applied to the disorder according to the nature of the stool, and one speaks of choleraic diarrhœa where the stools are watery and profuse and resembling rice-water, or dysenteric diarrhœa where blood and mucus are present, or licenteric diarrhœa when undigested food is passed, or bilious diarrhœa when the stools are greenish brown in colour, and such terminology can be helpful in enabling us to complete our symptom-picture.

Nervous causes:—Diarrhœa may be caused by a disturbance of the nervous system; fear is a common cause and in some persons other emotions may have the same effect. The quickened nervous system and increased metabolic rate found in Basedow's disease may

also give rise to diarrhœa and there is also a purely hysterical form of the complaint. Yet, again, the nervous gastritis of highly-strung individuals may increase the muscular actions of the intestines and quicken the passage of the intestinal contents to an extent leading to a condition of looseness approximating to diarrhœa.

Irritative causes:—In this category we must place all substances, solid or liquid, which irritate the bowel or which the body finds unsuitable. This includes chemical irritants, toxic food substances, impure drinking water and unripe fruit or vegetables. Sudden weather changes may render the intestines less tolerant of certain articles of diet also, and the drinking of very cold fluids may set up diarrhœa.

Again at certain times of the year we may change our diet to one which, while eminently suited to the season, is not immediately accepted by the system, or we may go abroad and change our diet in accordance with the

culinary customs of the country visited, and in each of these cases diarrhœa may precede the accustoming of our systems to the new régime.

Broadly speaking, diarrhœa may be caused by overstimulating the musculature of the intestines or by overstimulating the secretions of the intestines or by irritation of the bowel and it is worthy of note that most of the old medicines sold for the cure of constipation act in one or more of these three ways.

We were told in our youth that two wrongs do not make a right, and very little consideration should be necessary to convince us that a system of treatment which enables the body to rectify its own disorders according to the individual symptom picture, is preferable to treating constipation by producing a state of diarrhœa and treating diarrhœa by inducing constipation.



much shorter list of drugs used in the checking of diarrhœa. The list of proprietary remedies for constipation is many times longer and the average layman would be astonished if he knew of the enormous amount of literature which is mailed to doctors explaining the mode of action, and advancing the claims of a host of aperients which are not advertised in the general press, constituting a curious reflection on the doctor's ability to prescribe for his patient. The tenor of this spate of literature, including the privately circulated and the published, ranges from modest claims to keep the bowel action regular, provided that habit time is maintained, to the type of advertisement which implies that a week's treatment will induce a bed-ridden cripple to enter for the Olympic games. That much abused organ? the liver, figures prominently, if vaguely, in many of these advertisements, and the general public gets a confused picture of the liver as a sort of

traffic bottleneck in the intestines which must be cleared before the contents can pass on. It may be well, then, to clarify this picture a little before proceeding.

Briefly, the liver is intimately concerned with the metabolism of the food, and it is obvious that digestion should precede excretion, hence the better the liver functions, the better the bowels will work. One of the ways in which the liver accomplishes its metabolic task is by secreting bile, the salts of which greatly enhance the fat-splitting powers of the pancreatic juice. Consequently those drugs which increase the secretion of bile may be referred to as liver correctives.

It may not be unfair to regard this vast host of proprietary remedies as a reflection of the pharmacopœia seen in a magnifying, and sometimes a distorting, mirror, and accordingly we will get a clearer picture by taking a cross section of the pharmacopœial remedies

and classifying the mode of action and results of these remedies.

There are several methods of classification, all of which have their faults, and in all of which the categories tend to overlap, but some sort of order will be achieved by adopting one of these methods.

It would be possible to subdivide the remedies into those which act on the high bowel and those acting on the lower bowel, but this method is not very satisfactory, since no very definite conclusions may be drawn from it. A better method would be to classify the remedies according to whether they stimulate muscular action of the bowel or increase secretion or have an irritant action, but many of them perform more than one of these functions.

The most revealing method, and the one we shall adopt, is to consider these remedies as laxatives, simple purges and drastic purges, since by this means we shall be viewing the same sort of action progressively intensified. A few

examples in each category will serve our purpose almost as well as a complete list.

Laxatives:—In this category are included certain articles of diet such as wholemeal bread, honey, green vegetables and fruits, and no one can raise any objection to these since they are merely examples of that right feeding which the digestive system demands in order to perform its functions to the best advantage. To the list of food stuffs is added a number of lubricants such as olive oil, liquid paraffin and castor oil.

Simple Purges:—Having failed to keep our house in order on the above regime, or more probably by neglecting it, we proceed to get a little bit rougher with our intestines and treat them to such things as rhubarb, cascara, senna, phenol-phthalein or ox-bile.

Drastic Purges:—When the simple purges fail to remedy our indiscretions, we finally lose our temper and resort to brute force and treat our intestines to

such delightful things as calomel, jalap, oil of turpentine and croton oil.

These drastic purges amply justify their title and apart from inflaming the bowels, frequently cause damage to the kidneys and other parts of the body, although some of them are used in Bright's disease because by their hurrying action they remove water from the body.

Ox-bile, which has been mentioned above among the simple purges, acts by stimulating the liver to an increased secretion of bile, thus facilitating the digestive processes, while certain drugs, notably calomel and jalap, hurry the passage of bile along before there is time for it to be reabsorbed, and consequently, are called indirect cholagogues, a title which is somewhat misleading as they do not cause any increase in the amount of bile secreted. The saline purges act by increasing the passage of fluid from the tissues into the intestines and causing a slight distension which sets up a mild peristalsis.

which results in an easy evacuation, and it may be thought that in cases of temporary constipation brought on by dietary excesses there is not much harm in resorting to these preparations.

When we come to consider the remedies used in the treatment of diarrhoea we are at once struck by the paucity of advertised preparations for this complaint. This staggering modesty on the part of the manufacturing chemists may be due to the fact that many cases of diarrhoea which do not clear up fairly quickly of their own accord may be due to dangerous underlying conditions which it would be injudicious if not dangerous to treat with a proprietary preparation. The existing marketed preparations for the most part contain chlorodyne and merely include diarrhoea in the list of complaints for which they are recommended.

There is a fairly circumscribed list of pharmacopœial preparations which act on certain well defined lines. Cases of

diarrhœas due to a sudden upset of the digestive system by some article of diet are more or less allowed to run their course until it is thought that the body has rid itself of the cause and then Dover's powder is given to check the continued outpouring; the opium content of this powder acting as an astringent and diminishing the muscular contractions of the intestine, and the ipecacuanha content acting as a stomachic. Chronic diarrhœas of nervous origin are treated by the administration of bromides, notably bromide of potassium, while chronic cases of irritation of the bowel, are dealt with by giving astringents, notably bismuth carbonate and subnitrate, alum, catechu, chalk and opium, the last two of which diminish intestinal secretions, while opium, as has been said above, diminishes the muscular contraction of the intestines. It may be noted here that alum is used homœopathically in the treatment of obstinate constipation. Charcoal is given especially in conjunction with bismuth.

mouth in cases of mucus colitis of bacterial origin. Colonic lavage is also resorted to in cases of colitis and tends to assume the proportions of a cult among patients with sufficient time and money at their disposal.

Diarrhœa of more serious import as in typhoid fever, cholera and dysentery, is dealt with in the treatment of the disease as a whole. If to the above examples of the usual treatment of constipation and diarrhœa we add a mention of the use of suppositories and enemata in the treatment of constipation we have a fair if not comprehensive idea of the more orthodox lines on which these complaints are treated.

It is proposed in this book to outline an entirely different system of treatment, and if we are to establish our claims for the Homœopathic approach to the problem, we shall do so more successfully by making clear the merits of this system than by attacking the weak points of the opposite school of thought. Nevertheless certain compari-

sons must be drawn and certain criticisms must be made. First of all there are certain points which are common to both schools and it will be disputed by no one that our dietary should be such that its nutriment is easily extracted and digested and its residue encourages its own evacuation: further the value of establishing and maintaining habit time for defæcation is not a matter for debate, and lastly most people appreciate the necessity for regular gentle exercise. These are points of management, but when we come to the question of medication, the two schools are fundamentally opposed.

When we consider the above preparations, particularly those devoted to the treatment of constipation, the most striking thing we notice apart from the hit-or-miss and harmful character of some of them, is that they all seem to be devoted to one feature of the complaint rather than to the complaint as a whole. An ATTACK of diarrhœa or constipation, rather than the CONDITION

of diarrhœa or constipation, has been treated.

Of course, an attack of the condition will be treated Homœopathically, but it will be treated by remedying the condition as a whole. The chronic sufferer will particularly appreciate the merits of a system of medicine which enables his own body to put its house in order and will prefer this system to one which merely frees the clogged mechanism at certain intervals, leaving the whole process to be repeated *ad infinitum*.

Our appeal is not primarily to the sufferer from temporary constipation, for he will probably prefer the easy access to the tin or bottle in the bathroom cupboard to the more intricate task of working out his personal symptom picture but if he should feel disposed to study the system, he will after a time be able to pick out a remedy for his temporary ills with an ease which may tempt him to discard his previous favourite remedy. Surely a system

which takes all the factors of the case into account and also reckons with the individual make-up of each particular patient must be preferable in dealing with such a complex mechanism as that of the human intestines and in addition the sufferer will appreciate the benefits of a remedy which is not violent in its action and which does not need constant repetition once the desired result is initiated.

CHAPTER V.

HOMCEOPATHIC TREATMENT OF CONSTIPATION

It will be remembered that in an earlier chapter we listed the causes of chronic constipation as muscular, nervous and mechanical and gave as contributory causes wrong diet and neglect of the call to stool, and it would be convenient if we could group our remedies in a manner which would correspond with this classification. This is not practicable here, since the symptom pictures for our remedies are of so comprehensive a nature that it would be possible to place practically all the remedies in each category. However, it should be possible, when considering the picture of a particular remedy to deduce from the details given the various proportions of the above causes which go to the pro-

duction of the symptoms. For example certain pains may indicate mechanical obstruction, and certain painful conditions such as hæmorrhoids or fissure in ano which lead to the inhibition of defæcation would indicate a nervous cause for the constipation, and yet again a nervous origin of the complaint may be deducted from the picture of the patient's individual make-up.

The colour of the stools would indicate the presence or absence of a secretory defect and their consistency would tell us much about the muscle tone of the intestines. All these things will tend to indicate the causes of the constipation in a particular case and some of them may be mentioned in discussing the remedies, but it is only by taking the picture of the patient as a whole that we will be able to select the exact remedy in a particular case, and if we do that, there is no particular need to assign a case to one category or another.

Painful conditions such as hæmorrhoids or fissure may be so severe as to require operation before normal bowel action can be re-established, but certain remedies will be discussed which frequently lead to the avoidance of operative procedure.

In the literature of Homœopathy there is a list of several hundreds of remedies which will rectify constipation but most of them really deal with conditions in which constipation arises, and we shall deal here only with those remedies which are applicable when it is a leading feature of the patient's condition. It may be noted here that some of the remedies which will be discussed in the treatment of constipation will also be found later as remedies for diarrhœa, and at first sight this may seem surprising until we realise that our upset of the gastric and intestinal system may result in over-stimulation of the intricate mechanism or the reverse, and the total picture will still enable

us to choose our remedy according to the particular circumstances.

Let us remember once more that we are dealing with a state of constipation and not an attack, and that if we choose our remedy with care we should arrive at an improved state of well-being which will render the daily taking of aperients unnecessary.

The remedies to be discussed in the treatment of constipation are:—

Aesculus	Conium	Platina
Alumen	Graphites	Plumbum
Alumina	Hydrastis	Podophyllum
Ammonium	Ignatia	Ratanhia
mur.	Lac. deflor.	Ruta
Anacardium	Lachesis	Sanicula
Apis mel.	Lycopodium	Selenium
Arsenicum	Mezereum	Sepia
Bryonia	Nat. mur.	Staphisagria
Calcorea	Nitric acid	Silicea
Carbo. veg.	Nux vom.	Sulphur
Causticum	Opium	Thuja
Cocculus	Pæonia	Veratrum
Collinsonia	Phosphorus	album

ÆSCULUS HIPPOCASTANUM:—This is a remedy for constipation with congestion and external piles which are painful and burning. The patient, as might be expected, is depressed and has dull

frontal headache with occasional sharp flashes of pain in the temples and severe backache in the lumbar and sacral regions. There is an aching feeling in the region of the navel and burning in the abdomen which is very tender. The stools are dry and hard and black at first, tending to become whitish and softer in the last part. The rectum feels hot and dry and the anus may prolapse following a motion.

The passage of a stool is followed by severe pain for some time after, and there remains a sensation of fullness in the rectum. There is sometimes a crawling, itching sensation in the anus as though something were moving there.

Dose: One pill of 12c strength, morning and night.

ALUMEN (POTASH ALUM):—In the case of this remedy, days may pass without there being any urge to stool, a state of affairs which may develop through persistently ignoring the urge, which gets progressively less. Then there is a

period of ineffectual urging and straining on several occasions until finally a collection of small hard pieces is voided. Again in this remedy there is prolonged pain and a feeling of a full rectum after the motion is passed. Very severe abdominal cramp and colic are characteristics of this remedy.

Dose: One pill of 30c strength at night.

ALUMINA (ALUMINIUM OXIDE):— Here again there is the lack of urge for days on end, great straining in an attempt to pass a stool, but there is also a feeling as though the muscles are too weak to accomplish the task and the attempt often results in urination. Frequently, too, urination is difficult and it is actually necessary to strain at stool in order to pass water. The stools are hard and knotty and may be accompanied by clots of blood.

There is sweating at the anus, and a feeling of painful pressure there on coughing or blowing the nose.

Hæmorrhoids, when present, are worse in the evening.

Symptoms similar to the above occur sometimes in patients sensitive to aluminium from the use of cooking utensils made of this metal.

Dose: One pill of 30c strength at night.

APIS MELLIFICA:—Here there is a sickly feeling in the abdomen which feels full and enlarged and there is a bearing down, straining feeling at the anus as though the rectum were crammed full, but for all that, the impulse is weak and any attempt at straining causes a tight feeling in the thighs. The bowels feel paralysed and there may be no stool for days on end and then a bulky, hard, difficult stool is voided to the accompaniment of stinging pains in the anus and rectum. This patient has great bladder irritation with frequent and burning urine, and cannot stand heat, and has no feeling of

thirst. Hæmorrhage from the bowels is not uncommon.

Dose: One pill of 12c strength, morning and night.

AMMONIUM MURIATICUM:—Here there are griping pains around the navel and a heavy bursting feeling in the lower abdomen which improves after a sleep and there are severe stitching pains passing from the pubis in front to the small of the back. There is a tearing pain in the anus on walking and a burning pain in the rectum during stool and for some time afterwards. There is urging to pass urine but only a few drops may be passed until after stool, when it passes quite freely. The stools are hard, dry and crumbling, which is also a feature of the stools in the case of *Natrum muriaticum*.

Dose: One pill of 12c strength, morning and night.

ANACARDIUM:—Here there is a great urge for stool which passes off as soon

as the patient makes the effort and the bowels feel very active while the rectum seems to lack power. Even soft stools are voided with extreme difficulty and as a rule only a little is voided at each attempt. There is an empty fasting feeling in the pit of the stomach followed by a feeling of pressure and a sharp pain on deep inspiration. There is also a very characteristic feeling of a plug in the rectum which it is impossible to expel. A curious characteristic pointing to the use of this remedy is that the patient sometimes makes use of a stream of bad language quite out of context with the general tenor of his speech.

Dose: One pill of 12c strength, morning and night.

ARSENICUM:—This is more often a remedy for diarrhœa than for constipation, but it well suits certain cases of constipation alternating with diarrhœa. There may be hæmorrhoids giving sharp pain while walking and sitting.

but which is relieved somewhat while at stool. Restlessness, anxiety and prostration are leading features and there is a burning pain in the anus which is relieved by heat. The stools may be small and accompanied by dark green mucus and are voided with pain and tenesmus, or they may be black from the presence of blood. There is considerable bowel pain, relieved by hot applications.

Dose: One pill of 6c strength thrice daily.

BRYONIA:—This remedy suits the condition which is due to deficient secretion and muscular atony. The patient is thirsty and irritable and has a white-coated tongue, dry, except at the tip. The stools are hard, dry and dark and look as if burnt: there is no urge and they are only passed after much straining. There is often severe headache and the patient is in every way worse for moving about.

Dose: One pill of 30c strength at night.

CALCAREA:—This suits the fat, pale, flabby type of patient with a long-standing obstinate constipation. There is a sour taste in the mouth and an impaired sense of smell causing a smell of rotten eggs to be noticed by the patient who also has a craving for eggs. The stools, which also smell like rotten eggs, are pale to the extent of being sometimes white and chalky and are voided with difficulty. There is often cramp in the rectum with coldness of the thighs, and cold spots may be felt on different parts of the body. The head and neck tend to sweat at night, and the abdomen may be hard and distended with wind which is difficult to get rid of.

Dose: One pill of 30c strength at night.

CARBO VEGETABILIS:—This remedy is used both in the treatment of constipation and of diarrhœa, and is of great use in the collapse stage of Asiatic cholera. In the case of constipation there are often protruding and suppura-

ting piles, and the stools are light coloured and very offensive and hot. Urge is not lacking but frequently only wind is passed which again is hot and very offensive. There is often a gnawing pain in the rectum which is relieved when at stool. The urge, which is the result of wind usually, is not adequate to pass even a soft stool without straining.

Dose: One pill of 30c strength at night.

CAUSTICUM:—A leading characteristic here is the lack of expulsive power of the rectum and it is often necessary for the patient to assume almost a standing posture in order to void the stool. Painful efforts at stool are frequently ineffective but small hard pieces may be voided at times unnoticed. There may be swollen itching hæmorrhoids which are worse while walking. The stools are generally hard, broken up and have a greasy appearance. Fissure of the anus may also be present, thus inhibiting the nervous mechanism and robbing the

rectum of its expulsive power.

Dose: One pill of 12c strength, morning and night.

COCCULUS INDICUS:—This is another remedy in which muscular power seems to be lacking. There is often a contractive pain in the rectum, especially during the middle of the day which makes sitting painful and which sends the patient to stool, only to find that the muscular impulse is lacking. When the stool is with difficulty voided, it is followed by violent tenesmus and a feeling of faintness. In many cases there is a hard stool every other day.

Dose: One pill of 12c strength, morning and night.

COLLINSONIA:—Here is a remedy for constipation which is caused by muscular inertia due to the presence of very painful bleeding hæmorrhoids. There is a feeling of weight in the rectum which itches and feels hot and dry and as though filled with sand and broken

sticks. There is often considerable colic and severe cutting pains in the hypogastrium. The piles may be blind or bleeding, and in the latter case the bleeding is considerable.

Dose: One pill of 12c strength morning and night.

CONIUM MACULATUM:—Here the weakness both of the muscles of the intestines and of the abdominal wall, is so great that the urge is ineffectual because of the inability to strain, but the stools may be voided involuntarily and painlessly during sleep, and may be pale and contain undigested food. A paralytic tremulousness and weakness follows each stool, and the patient often sweats copiously during sleep. The abdomen may be very swollen and tender and there are severe stitching pains in the region of the liver.

Dose: One pill of 12c strength morning and night.

GRAPHITES:—This is one of the great

remedies in cases of constipation due to piles or fissure and the patient is generally of the obese type with an oily skin which suffers from large pimples which ooze matter. The anal condition is in part a reflection of this skin condition which the remedy suits so well. The stools are knotted and hard and accompanied by shreds, or sometimes large quantities of mucus, and the patient may go for days without a stool, chiefly owing to the pain engendered. Apart from the general make-up of the patient, a leading indication for this remedy is the great pain experienced during the toilet following defæcation.

Dose: One pill of 30c strength at night.

HYDRASTIS:—This is one of the remedies which is often successful after the abuse of the old fashioned purges. The stools are light coloured or greenish and soft but difficult to expel. The picture is very similar to that of *Nuxvomica*, one of the best known remedies

for 'constipation, but the distinguishing feature, in the case of Hydrastis is a sinking, 'gone,' faint feeling in the epigastrium.

Dose: One pill of 12c strength morning and night.

IGNATIA:—Here is another remedy which suits both diarrhœa and constipation especially when there is an underlying condition of grief and sorrow. In the case of constipation there are sharp stitching pains passing up from the anus to the rectum and a constricting pain in the rectum for an hour or two after stool. The stools may be large and soft but are passed with difficulty and prolapse of the rectum may follow quite moderate straining. The emotional indications of grief, jealousy or suppressed mental suffering point most clearly to this remedy.

Dose: One pill of 12c strength morning and night.

LAC DEFLORATUM (POTENTISED SKIMMED MILK):—Chilliness with the

constipation is a leading indication for this remedy. The patient cannot get warm and is very sensitive to colds and draughts, and has an aversion to milk. The stools are large, dry and hard, and are passed with great pain and lacerations, causing bleeding. The condition is obstinate and chronic and is accompanied by persistent headache.

Dose: One pill of 30c strength at night.

LACHESIS: — Here again is a remedy for alternating constipation and diarrhoea (*cf.* Arsenicum). In the case of Lachesis the rectum feels full but the anus feels tightly closed. The patient wants to void a stool, but the pain increases until he desists. The abdomen feels hot and sensitive and the patient cannot bear to be touched. Pain sometimes extends from the anus to the navel and the patient lies on his back with his knees drawn up; a tendency to loquacity is a leading feature. Piles are often present and coughing causes

them to hurt more.

Dose: One pill of 30c strength at night.

LYCOPodium:—Here there is a sensation after stool as though some thing were left behind, and the constipation is due more to constriction of the rectum than to irregular peristaltic action (as in the case of *Nux vomica*). The rectum may be full for days without there being any urge, and the stools may be hard and bitty, or at first hard and then soft. The rectum tends to protrude with the stool and there is a continuing burning pain after stool. A melancholy depressed anxious mood is very characteristic of this remedy. There is much belching and wind, causing the patient to loosen his clothes. The mouth and tongue are dry, and saliva dries on the lips, and there is a feeling of sudden repletion and drowsiness after meals.

Dose: One pill of 12c strength, morning and night.

MEZEREUM:—Again in this case

there may be prolapsus ani with the stool, and here the sphincter ani tends to contract about the prolapse, making replacement difficult. The stools may be almost stony hard or may be softer and contain undigested food. The prominent features here are that the straining is painless and the stool is preceded by a series of discharges of fetid flatus.

Dose: One pill of 12c strength, morning and night.

NATRUM MURIATICUM:—As in the case of the other muriates, the stool here is dry and crumbly and hard to expel, and its expulsion may cause bleeding. The constipation tends to be worse on alternate days and the rectum feels sore and dry; this dryness of the mucous membranes is very characteristic and is noticed also in the mouth and nose, causing impairment of smell and taste. There are often involuntary stools and the patient may not know whether flatus or fæces is being voided. A herpetic rash in the neighbourhood

of the anus is not uncommon. The patient is irritable and lachrymose and dislikes a fuss. He also dislikes fat and bread, and craves salt.

Dose: One pill of 30c strength at night.

NITRIC ACID:—This is another of the remedies to be thought of in connection with fissure of the anus (the others are Graphites, Pæonia, Ratanhia and Silicea). Nitric acid affects particularly the junction of skin and mucous membrane and we get itching in the rectum and a burning in the anus. At the other end of the alimentary canal we may find sores of the mouth where skin and mucous membrane join. The stools are hard and there is colic and ineffectual urging, and there is a feeling as though the stool remained high up and will not descend. Mucous discharges follow the stool and there may be bright red blood from ulcers in the ileo-cæcal region. The patient craves salt and also likes fat.

Dose; One pill of 12c strength, morning and night.

NUX VOMICA:—This is probably the first remedy to be thought of in cases of chronic constipation, especially when purges have been used or abused without satisfactory result for some considerable time. It suits the irritable, highly nervous, hard driven sedentary person, who works at top pressure and who eats fast without thinking too much about his meal or digesting it properly. The peristaltic waves are irregular and there are localised spasms of the intestine and while the urge to stool is not lacking there are several false alarms before a stool is voided and then the motion seems incomplete as though part were left behind. Lack of exercise, sedentary habits and neglect of habit time give rise to just such a picture. The urge may be painful, but the pain ceases after defæcation.

Dose: One pill of 30α strength at night.

OPIUM:—Here the whole 'of the intestines seem to go to sleep. There is neither desire nor urge and peristaltic action seems to be completely lacking and the fæces accumulate in the rectum and, if passed without mechanical assistance, are voided as little, hard, dry, black balls.

The obstruction may be so great that læcal vomiting takes place. Occasionally a stool may be voided following a fright which causes muscular relaxation of the sphincter. The patient lacks appetite and is not really troubled by constipation until its consequences begin to affect his health.

Dose: One pill of 12c strength, morning and night.

PÆONIA:—This is another of the remedies thought of in connection with fissure, and here the pain is very great before and after the stool. There is generally a deep ulcer resulting from the fissure, with sharply defined edges, and there is generally a fetid discharge from it.

The constipation results solely from the pain set up by defæcation and alternates with diarrhœa.

Dose: One pill of 12c strength, morning and night.

PHOSPHORUS:—This is a prominent remedy in the treatment of diarrhœa and is also to be thought of in constipation attending paralysis of the bowel, where there is no straining, but a slow steady voiding of a long, thin, hard, dry stool, which nevertheless causes pain and leaves the anus feeling sore and open.

Dose: One pill of 12c strength, morning and night.

PLATINA:—This is a remedy which is often thought of where the patient is a constant traveller and is frequently called upon to adapt his mode of living and eating to new circumstances. There is torpidity of the intestines and frequent small urges at irregular times with inefficient expulsive power. The rectum feels very dry and the stools are sticky

and putty-like and seem to adhere to the rectum. A peculiar mental symptom indicating this remedy is that the patient feels tall compared with other people and feels mentally superior to them. There is also a feeling, which is also noted in the case of Plumbum, as though the navel were retracted.

Dose: One pill of 30c strength at night.

PLUMBUM:—Here again there is obstinate habitual constipation due to atony of the intestines, although the inertia is not so great as in the case of Opium, and there may be very painful urging with constrictive spasm of the anus which is accompanied by marked retraction of the abdomen and the feeling as though the navel were pulled in by a string. The stool is passed with great difficulty and may consist of little black balls or may be clay coloured. Violent intestinal cramps and colic are characteristic indications for this remedy.

Dose: One pill of 30c strength at night.

PODOPHYLLUM:—This is thought of in cases of constipation in bottle-fed babies, with pale dry crumbling stools. Prolapse of the rectum occurs easily in these cases.

Dose: One powder of 12c strength, morning and night.

RATANHIA:—This again is a remedy to be thought of in connection with piles and fissure in ano which set up constipation by reason of the pain caused by defæcation. There is great desire for normal evacuation, but great pain following a hard stool. The rectum feels dry and hot and seems to bear down and then shoot back again. There are sharp cutting pains in the anus and rectum, like sharp pieces of glass sticking in.

Dose: One pill of 12c strength, morning and night.

RUTA:—Inactivity of the rectum is the cause of the constipation in the case of this remedy. The stools are large

and soft, and although the urge is present it frequently results only in prolapse of the rectum. Easy prolapse of the rectum is a distinguishing characteristic of this remedy and may occur merely from stooping, and sometimes stooping may result in involuntary voiding of fæces. Frothy stools containing much mucus may alternate with constipation.

Dose: One pill of 12c strength, morning and night.

SANICULA:—This is a remedy for constipation of children, especially wizened looking children with a skin which always looks dirty and greasy, who have night terrors and copious head sweating. Desire for stool is lacking for two or three days and then, when there is a large accumulation, urging occurs, but the stool, after protruding, recedes again.

The stool consists of hard grey balls^o which are too big to pass the sphincter without damage and must sometimes be removed digitally. Bed-wetting is a common symptom in these cases.

Dose: One powder of 12c strength, morning and night.

SELENIUM:—Here again we have a large impacted stool resulting from lack of peristalsis. This stool does not break up into balls but is a hard big mass which much straining brings down but does not evacuate. Hours may be spent trying to void such a stool and finally mechanical aid may become necessary. The arteries of the abdomen seem to throb after meals, and the urine often has a red sandy sediment.

Dose: One pill of 30c strength at night.

SEPIA:—Here there is also a full rectum and a sensation as though a ball were pressing down, but the stool is not hard although much straining is needed to void it, and there is a tendency to prolapse which is not uncommon in cases where there is difficulty in voiding a soft stool. Several days may pass without any real urge, and then the straining is immense and makes the patient

sweat. The feeling of weight in the rectum is not relieved by defæcation and there is often a constant oozing of moisture from the anus. The patient tends to be dull and apathetic.

Dose: One pill of 12c strength, morning and night.

STAPHISAGRIA:—Here there is much ineffectual urging resulting in small insufficient stools. Although the stools are retarded they are generally soft and may be voided while passing flatus which is hot and has a rotten egg odour. Severe pelvic pain and backache commonly occur and the patient is apt to be sensitive with an easily developed sense of grievance.

Dose: One pill of 12c strength, morning and night.

SILICEA:—The two leading features here are weakness of expulsive force and spasmodic action of the sphincter ani. The expulsion is accomplished by the abdominal muscles and there is again a tendency for the partially extru-

ded stool to recede. There is great soreness about the anus and an oozing of moisture, and there are often sharp pains in the rectum while walking. The stools are light coloured, hard and lumpy and again in the case of this remedy there may be fissure in ano which would cause the atony of the rectum reflexly. This patient is very chilly, even when taking exercise.

Dose: One pill of 12c strength morning and night.

SULPHUR:—The constipation here is of a pattern which has been met with already. There are hard, dry, burnt looking stools, voided with great pain every three or four days and leaving a sensation that the motion has not been completed. The stool is often withheld because of the pain it will cause. The type of patient gives us the real picture. There is generally serious congestion and a state of chronic ill health. The orifices of the body tend to be red and there is much itching and burning of the anus. Hæmorrhoids are common

in this case and cause the stool to be withheld because of the pain engendered by its passage.

In contrast with the Silicea patient, this patient is very warm and throws off the bedclothes at night, and tends to take cat-naps during the day.

Dose: One pill of 30c strength at night for a short period only.

THUJA:—This is a remedy which is used in the treatment of both diarrhoea and constipation, especially in the case a patient who can trace their impaired health to vaccination. When used for constipation it is thought of in connection with painful hæmorrhoids which cause the stool to be inhibited for several days. The pain of defæcation is so severe that the effort is often not persisted in and the stool recedes. Flat warts may be found surrounding the anus which often has fissured, cracks and oozes moisture.

Dose: One pill of 12c strength morning and night.

VERATRUM ALBUM:—Although this is a leading remedy in the treatment of diarrhœa, especially of the choleraic type, it is sometimes indicated in cases of constipation due to complete atony of the intestines. The stools are large, hard and black at first and are followed by small black balls. After much straining until the patient breaks into a cold clammy sweat, the attempt is finally given up and mechanical means are adopted. When a stool is voided it is often followed by faintness. The picture is very like that of Opium, but the Opium patient is more passive.

Dose: One pill of 30c strength at night.

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CHAPTER VI.

DIARRHŒA

It will be remembered that the phenomenon of diarrhœa is, in effect, the hurrying of the food mass through the intestines and out of the body before adequate digestion and dehydration has taken place, and that this is brought about either by excessive secretion or excessive action of the muscles of the intestine or by a combination of both. Again, it will be remembered that, broadly speaking, diarrhœa is either nervous or irritative in its origin, and the question at once arises as to whether we can use the above facts in our search for a classification which will make our study of the remedies for the complaint easier. There is something to be said for a sub-division of diarrhœa under the headings of nervous and irritative, at least these categories are clearly defined.

but the nervous category would tend to be disproportionately short compared with that devoted to irritative causes and the latter would tend to absorb the former when remedies common to both were being discussed. A classification of diarrhœa on the other hand, as being due, either to secretory or muscular over-action is clearly out of the question since both occur simultaneously and only vary in degree.

It is proposed here, for the purpose of simplicity, to discuss the principal remedies for diarrhœa first of all in a general way, and then to append sub-chapters on the infective forms of the complaint under the headings of "Epidemic Diarrhœa of Children" and "Cholera, Dysentery and Typhoid Fever." Very much the same remedies will be discussed in these sub-chapters as in the main chapter, although certain additions and subtractions will be noticed in each, but the stress may be altered in each case to suit the special needs

of the type of diarrhœa under discussion.

The old fashioned treatment of diarrhœa consists for the most part of bromides for the nervous type and stop-mixtures for the irritative type and the objections to these lines of treatment may be briefly stated. To treat nervous diarrhœa with bromide is to start something which is difficult to stop without a return of the symptoms, and the depressant and other ill effects of a long course of such treatment do not need much stressing, and the use of stop-mixtures is open to the objection that one may be stopping the diarrhœa before the body has rid itself of the irritant which initiated the condition.

By dealing with the complaint on Homœopathic lines according to the individual picture presented by each patient we shall be enabling the body to rectify its own nervous disorders or to rid itself of the noxious cause of the complaint and then at the right time cease its expulsive spasms, which, on

the face of it, would seem the ideal way of dealing with such a condition,

The remedies to be discussed in the Homœopathic treatment of diarrhœa are:—

Aloes	Croton	Phosphorus
Argentum nit.	Ipecacuanha	Podophyllum
Arsenicum	Magnesia	Pulsatilla
Baptisia	phosph.	Rheum
Calcarea	Mercurius	Sulphur
China	Merc. corr.	Veratrum
Colocynth	Opium	album

ALOES:—One of the leading features of this remedy is the feeling of insecurity and uneasiness in the rectum. There is a constant desire for stool and the patient hurries to stool after each meal and there is much flatus during the passage of which a formed stool may slip out unnoticed. As a rule, however, the stools are spluttering and liquid. There is colicky pain in the bowels and an early morning urge, to stool which awakens the patient. Sometimes there is tenesmus with the passage of mucus, but as a rule there is a watery stool which the patient feels unable to control.

Dose: One pill of 6c strength thrice daily.

ARGENTUM NITRICUM: — The diarrhœa which is brought on by eating too much sugar or sweets responds well to this remedy which also suits emotional diarrhœa brought on by over-excitement. Sometimes vomiting and diarrhœa occur simultaneously followed by considerable exhaustion. The stools are green and slimy and there is often tenesmus, and diarrhœa tends to occur as soon as the patient drinks.

Dose: One pill of 6c strength thrice daily.

ARSENICUM:—This is probably the first remedy which comes to mind in the treatment of diarrhœa, and its characteristics are very pronounced. There are violent burning pains in the intestines and the rectum and there is tenesmus: there is restlessness and anxiety and intolerance of pain: the stools are small and dark, either greenish or yellowish, and are very offensive, the prostration following each stool is very great

indeed. There may be great abdominal distension and tenderness, and vomiting and diarrhœa may be simultaneous and the stool after eating may contain undigested food. Ptomaine poisoning is well suited by this remedy and in these cases the tongue is dry and there is often a metallic taste in the mouth.

The pains are relieved by the application of heat.

Dose: One pill of 3c strength every hour until relieved.

BAPTISIA:—This remedy suits the epidemic late summer diarrhœa which is accompanied by a feverish condition with much gastric pain and prostration. There are often rigors and pains in the limbs. The tongue is dry with a brown coating in the middle and the face is dusky and besotted looking and the patient is drowsy and stuporose.

The attack is sudden and exhausting and the diarrhœa is often accompanied by vomiting. The stools are generally dark brown and mixed with mucus and blood:

This remedy particularly suits epidemic diarrhoea in children and old people.

Dose: One pill of 6c strength thrice daily.

CALCAREA:—Here is a remedy to be thought of in cases of chronic diarrhoea with some undigested green curdy stools, especially in infants with open fontanelles and large heads.

The patient often craves eggs and is of the fat flabby type and the stools have an odour of rotten eggs. There is head and neck sweating at night and chilly spots occur on different parts of the body. Calcarea is also a remedy for constipation in this type of patient and again, the stools have a rotten egg odour and contain undigested food.

Dose: One pill of 30c strength at night.

CHINA:—Here there are thin watery stools containing undigested food with an odour of decay. There is little or

no pain with the diarrhoea which is worse after eating and at night. The patient is very thirsty and exhausted and tends to get emaciated. There is a lot of rumbling in the abdomen and the passage of much wind especially in the mornings, and there is profuse sweating all over.

Dose: One pill of 6c strength thrice daily.

COLOCYNTH:— Here the principal characteristics are the excessive urge to stool at frequent intervals and the extremely violent colic which doubles the patient up and which is only relieved by hard pressure and bending right forward. There are violent griping pains round the umbilicus which are somewhat eased by the passage of flatus, and violent grinding pains in the intestine. There is chronic watery diarrhoea, sometimes with blood, which is worse after eating or drinking, and there may be vomiting of bitter yellow fluid.

Dose: One pill of 6c strength every hour until relieved.

CROTON TIGLIUM:—The leading characteristic here is a sudden outrush of a copious greenish yellow watery stool without the slightest warning other than slight flatulence. The attack generally comes on after food or drink but the stimulus needed is of the slightest. Occasionally some preliminary gurglings and splashings are experienced in the intestines and there may be a little abdominal pain followed by nausea and vomiting.

Dose: One pill of 12c strength, thrice daily.

IPECACUANHA:—Here there is painful diarrhoea with restlessness and often simultaneous vomiting and purging. The stools are mucous and frothy and are followed by tenesmus, and there is much griping pain in the umbilical region. Accompanying these symptoms and all the time, there is profound persistent nausea.

This is one of the remedies which often suits summer diarrhœa of children.

Dose: One pill of 6c strength thrice daily.

MAGNESIA PHOSPHORICA: — Here again there is colic bending the patient double, as in the case of Colocynth, together with cramp and abdominal distension, but in the case of this remedy hot applications alleviate the colic: it will be remembered also that in the case of Arsenicum it is the burning pain which is relieved by heat. In all other respects this remedy resembles Colocynth very closely.

Dose: One pill of 6c strength every hour until relieved.

MERCURIUS:—The stools here are greenish, slimy and bloody and are accompanied by much straining and tenesmus which seem to continue and keep the patient rooted to the toilet long after the need has passed. There is often a feeling of coldness just before stool and there may be considerable tender-

ness in the liver region. The tongue is flabby, and takes the imprint of the teeth. The principal characteristic of both this remedy and Mercurius corrosivus is the great straining at stool.

Dose: One pill of 12c strength, thrice daily.

MERCURIUS CORROSIVUS:—Both this remedy and the previous one are pre-eminent in the treatment of dysentery and the indications for their use are very similar. The straining and tenesmus in the case of Merc. corr. tends to be even more severe, however, and the urine tends to be suppressed or scanty and is passed painfully drop by drop, whereas in the case of Mercurius there is urging to urinate with a copious flow and urine may be passed involuntarily. In most other respects the pictures of the two remedies roughly correspond.

Dose: One pill of 12c strength, thrice daily.

OPIUM:—This is one of the leading remedies in the treatment of constipation but it applies here in cases of

diarrhœa from fright and may be used with good effect in the typhoid state. The stools are watery, black, frothy and offensive and are followed by tenesmus.

Dose: One pill of 12c strength morning and night.

PHOSPHORUS:—This is principally a remedy for chronic diarrhœa which is painless. As soon as the stools enter the rectum the anus feels wide open and the stools pass out easily; they are generally greenish, with mucus and contain undigested food and white granular sago-like particles. There may be profuse diarrhœa with some urge in the case of phosphorus, but it is still painless and the anus still seems wide open. Warm food or drink aggravates and may cause vomiting, as may also food and drink which has become warm after being consumed. There is often a feeling of great weakness following the diarrhœa. Phosphorus also suits the type of diarrhœa caused by eating cured or smoked fish, where this diarrhœa is painless.

Dose: One pill of 12c strength morning and night.

PODOPHYLLUM:—The diarrhœa in this case is profuse, yellow, offensive and watery, containing undigested food and the stool is forcibly evacuated, but without pain, generally in the early hours of the morning and is followed later in the day by a formed stool. Following the stool there is a feeling of great weakness in the rectum, and the rectum may prolapse before the stool is voided. Retching and bilious vomiting may also occur.

Teething children of unhealthy appearance, with head sweating and early morning diarrhœa often benefit from this remedy which is also used in the treatment of cholera.

Dose: One pill or powder of 12c strength, morning and night.

PULSATILLA:—The stools of Pulsatilla, like the patient's moods, are changeable. They may be watery only at night, or they may be yellow and slimy, or consist almost entirely of whit-

ish mucus. They may also be voided from fright. There is generally gastric fermentation with sour eructations and a constant symptom is the bad taste in the mouth as of bad food. The patient is rather lachrymose and capricious and feels worse for heat.

Dose: One pill of 12c strength morning and night.

RHEUM:—Here we have colic, sour smelling stools, and a sour smelling body. There is colic leading to stool and the colic continues after the stool and is worse for moving about. The stools are brown or greenish-brown and frothy and much tenesmus follows their voiding.

Dose: One pill of 6c strength thrice daily.

SULPHUR:—Here the stools are yellow, watery and slimy and have a very offensive odour which also seems to cling to the patient. The patient is often awakened by the urgent diarrhœa which drives him in haste to the toilet. There is generally great soreness of the

anus and a redness of the anus and other body orifices. The patient frequently has hæmorrhoids which induce a reflex constipation owing to the pain engendered by defæcation, followed by a mucous blood-streaked diarrhœa. The patient craves fat and sweet things and cannot stand heat.

Dose: One pill of 12c strength morning and night.

VERATRUM ALBUM:—This remedy is as noteworthy in its way as Arsenicum, and it might be fair to say that the two remedies between them would suit more than half of all the cases of diarrhœa. The pictures of the two remedies are clearly marked, and there should be no difficulty in quickly selecting the appropriate remedy in any particular case.

The highlights in the case of Veratrum album are the coldness and cold sweat all over the body, the abdominal colic preceding and accompanying the stool, the forcible ejection of a very profuse watery stool and the great, but proportionate prostration after stool. In

the case of Arsenicum the prostration after stool is much greater than one would expect and the stools are small and dark in colour; moreover, the great restlessness and apprehension and intolerance of pain found in the case of Arsenicum is missing in the case of Veratrum album. In each case there is great thirst, but the Arsenicum patient drinks little and often whereas the Veratrum album patient likes a big drink.

There is much flatulent colic in the case of Veratrum album and the stools are often what are termed rice-water stools such as are found in Cholera, for which disease this is a leading remedy.

Dose: One pill of 6c strength every hour.



CHAPTER VII.

EPIDEMIC DIARRHŒA OF CHILDREN

EPIDEMIC Diarrhœa, as the name suggests, is of bacterial origin, and the infection is generally conveyed to the patient in the milk. It is most prevalent in the late summer, particularly when the summer has been very hot and it is often called "summer diarrhœa." If the milk is not boiled and the food-stuffs are not protected against contamination and the sanitation is poor, an added daily dose of infection is being consumed and a condition arises which may and often does prove fatal in children. The term "Cholera Infantum" is often used to cover the majority of such cases, but it is apt to be misleading as the stools, are not always of the choleraic type and since our remedies will be chosen according to the total symptom

picture, it were better not to commence by prejudging that picture. Essentially we shall be dealing with diarrhœa, as in the previous chapter, and although here the complaint will be more severe and continuous and more dangerous to the young patient, the basic picture will be the same and will guide us in the same way in our search for the appropriate remedy. One or two remedies will be added as being particularly applicable to the epidemic diarrhœa of children, but most of the remedies have already been discussed and it will be sufficient for our purpose merely to add to these latter such indications as will point to their added value in cases of this kind.

The remedies to be discussed here are:—

Aethusa	Iris	Merc. corr.
Arsenicum	Ipecacua ha	Phosphorus
Baptisia	Kreosotum	Podophyllum
Campher	Magnesia	Pyroagen
Chamomilla	phosph.	Veratru.n
China	Mercurius	album

ÆTHUSA:—This is one of the emergency remedies to be considered in cases

of epidemic diarrhœa of great violence with signs of collapse. The diarrhœa is severe and is accompanied by much pain and tenesmus; and the stools are first yellow, containing undigested food, and later are thin watery and greenish and may contain blood and mucus. There are painful stomach contractions and violent, painful vomiting and there is intolerance of milk which is speedily vomited. The face is pale and the expression is anxious; circumoral pallor is particularly noticeable and the lines from the nose to the corners of the mouth are well marked. As distinct from Arsenicum and Pyrogen cases, the patient is not restless.

Dose: One powder of 3c strength every two hours.

ARSENICUM:—This is also an emergency remedy which is often useful later in a case which has not made adequate progress or has been neglected. Restlessness, anxiety and intolerance of pain are key symptoms. The stools are small, dark and watery and vomiting may

occur with the diarrhœa. The small patient rapidly becomes exhausted and emaciated with a pale face and dry wrinkled skin. There is great thirst for small sips of cold water, and the patient is worse at night and in the small hours of the morning.

Dose: One powder of 3c strength every hour.

BAPTISIA:—The principal symptoms indicating this remedy have been discussed in the previous chapter, but it may be added that in epidemic diarrhœa of children the attack comes on with great suddenness and severity and with a sharp rise of temperature and the patient rapidly lapses into the typhoid state with stupor and a dusky complexion and besotted expression. The tongue is dry with a brown streak down the centre and the stools are very offensive.

Dose: One pill of 6c strength thrice daily.

CAMPHOR:—Cold collapse followed by prostration and diarrhœa are the

indications for this very early emergency remedy. The coldness is the striking feature and the skin is blue and cold and the tongue not only feels cold but is cold. Weakness is extreme and the diarrhoea passes away weakly. Although the indications for this remedy are strictly homœopathic, the dose is ponderable and one drop of the strong tincture should be given on sugar every five or ten minutes until the patient appears warmer and easier. It should be clear that cases of such severity as this and the foregoing should be under the care of the Homœopathic physician, but should Camphor be kept in the house as an emergency medicine it should be kept right away from all the other remedies, since in proximity it may render them useless.

CHAMGMILLA:—This remedy suits cases of summer diarrhoea accompanied by vomiting and great fretfulness, especially where the child is having teething troubles. The stools are green-

ish and frothy and offensive with a rotten egg odour. The skin may be yellowish and pale or may have a faintly bluish transparent tinge. Wasting is considerable.

Dose: One powder of 3c strength every two hours.

CHINA:—Here the diarrhœa is painless and copious. There is much fermentation in the bowels and the stools, which are frothy and very offensive, are accompanied by much flatus. Undigested food is present in the stools and there may be a preceding attack of gastric colic. There is considerable loss of body fluid here with consequent debility. As with Arsenicum this remedy suits some cases of diarrhœa following the eating of unripe fruit but the symptom picture is entirely different.

Dose: One powder of 6c strength thrice daily:

IRIS VERSICOLOR:—In the case of this remedy we find a copious thin, watery diarrhœa tinged with bile

accompanied by frequent bouts of bilious vomiting. Abdominal colic precedes the vomiting and purging and the tongue and mouth feel hot and burning.

Dose: One powder of 3c strength thrice daily.

IPECACUANHA:—This is a remedy for summer diarrhœa accompanied by vomiting in which the nausea and vomiting are more marked than the diarrhœa. There is, however, much pain with the diarrhœa and colic in the umbilical region is severe. Mucus and blood may be present in the stools which are frothy and fermented.

Dose: One powder of 3c strength every two hours.

KREOSOTUM:—This remedy suits summer diarrhœa of children with painful dentition, whose teeth appear to decay as they are cut and have a mottled appearance with black specks on them. The gums are spongy and porous and bleed easily. The child is very irritable and in some ways the

case resembles that of Chamomilla but the stools have a cadaveric rather than a rotten egg odour, and belching and hiccough take the place of vomiting.

Dose: One powder of 3c strength thrice daily.

MAGNESIA PHOSPHORICA:—As indicated in the previous chapter, this remedy suits cases of diarrhoea with severe cramp and colic relieved by bending double and by pressure, similar in all respects to Colchicum cases except that here, hot applications augment the relief given by hard pressure.

Dose: One powder of 6c strength every hour until relieved.

MERCURIUS:—Here the stools may be green and slimy, or white and clay-like. There is nausea, thirst and salivation, and the patient may be bathed in perspiration which affords no relief. There is straining and tenesmus and the stools, which may contain blood and mucus, are followed by chilliness and cold sweat.

Dose: One powder of 12c strength thrice daily.

MERCURIUS CORROSIVUS:—The picture here is very similar to that of Mercurius, but the straining is excessive and is the leading feature and blood in the stools is a constant feature. There may also be a straining to urinate in this case, whereas urine is usually copious in the case of Mercurius.

Dose: One powder of 12c strength thrice daily.

PHOSPHORUS:—In the case of children the leading indications for this remedy, which has been more fully discussed in the previous chapter, are painless diarrhoea pouring from an open-seeming anus, and the vomiting of food or drink as soon as it gets warm in the stomach. Diarrhoea from fright indicates this remedy.

Dose: One powder of 12c strength, morning and night.

PODOPHYLLUM:—Here the diarrhoea is profuse, painless and offensive and is

forcibly expelled. Teething children are again the principal sufferers and they are apt to be drowsy and have profuse head sweating. There is much thirst as the loss of body fluid is great, and the diarrhœa is at its worst in the morning and improves somewhat at night. Retching is frequent but there is not much vomiting.

Dose: One powder of 12c strength morning and night.

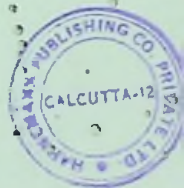
PYROGEN:—This is another emergency remedy in the case of very exhausting summer diarrhœa and as in the case of Arsenicum, there is great restlessness, which here brings only very temporary relief. The stools are profuse, painless and watery with a very offensive odour, and later may contain blood. The temperature may be sharply raised. The character of the stools would distinguish this remedy from Arsenicum and the restlessness would distinguish it from Baptisia.

Dose: One powder of 30c strength, morning and night.

VERATRUM ALBUM:—In cases of summer diarrhoea the leading indications for this remedy are profuse, gushing watery diarrhoea of choleraic type accompanied by cold sweats and great exhaustion which is in proportion to the severity of the attack. There is cold sweat on the forehead and the patient lies quietly and is not restless but often draws the legs up spasmodically. There is thirst for long drinks of cold water.

Dose: One powder of 6c strength every hour.

It should be pointed out that in many cases of summer diarrhoea the loss of body fluid is so great that it must be replaced by the slow administration of subcutaneous warm salines if the little patient is to have a fighting chance of survival: quite definitely these are cases for the doctor, right from the start.



CHAPTER VIII.

CHOLERA, DYSENTERY AND TYPHOID FEVER

It is proposed here to consider briefly three diseases which have diarrhœa as a leading symptom and to give an outline of the principal Homœopathic remedies which are apt to the symptom-pictures of these diseases.

Cholera and typhoid fever are bacterial in origin and dysentery may be bacterial or amœbic in origin and although the laboratory plays its part in the diagnosis of these diseases, it does not follow that the best cure for them must come from the same laboratory. Only when far removed from the so-called blessings of civilisation, which mingles many compulsions with its refinements, will the layman be called upon or even be permitted to treat such complaints for himself, nevertheless the

wanderer far from home would be better advised to look to his stock of Homœopathic remedies than to rely on obtaining at all times adequate treatment for these diseases, for whenever the matter has been put to the test the advantages of the Homœopathic method have been clearly shown.

Before we proceed to consider the remedies it may be well to outline certain differences in the types of diarrhœa peculiar to these diseases. The stool of typhoid fever is abundant and liquid and contains faecal matter and has an appearance like pea soup: later in the disease it may become black and tarry looking from the presence of blood. Headache and nose bleeding may occur first and a rose-coloured rash appears on the eighth day, or thereabouts, and there is generally some tenderness in the right iliac fossa. The temperature tends to rise in the morning and fall a little less at night.

The stools of cholera quickly lose their solid, faecal character and become

watery and greyish with little white particles in them—the so-called rice-water stools. Cramps, particularly in the legs are a note-worthy feature of the disease. The great outpouring of fluid from the body, which is not replaced, rapidly exhausts the patient, and it may be necessary to give subcutaneous or intravenous saline injections.

In dysentery the stools are small but the calls to stool are many and there is great straining and tenesmus which is not relieved by the passage of the stool which consists mainly of slimy mucus streaked with blood.

It is proposed here to outline the leading remedies only for these diseases, but certain variations in the picture may suggest the use of other remedies already discussed in the chapter on diarrhœa.

The leading remedies in the treatment of typhoid fever are:— *Baptisia*, *Gelsemium*, *Bryonia* and *Arsenicum*.

BAPTISIA:—This remedy approximates very closely to the over-all picture

of typhoid. There is the headache and stair-case temperature and pain in the right iliac fossa. The stools are markedly fetid and so are the sweat and breath, and there is great mental depression. The dull, dusky, besotted expression is characteristic both of the disease and of the remedy, and the patient tends to fall asleep while being questioned, and has a curious feeling as though his limbs were scattered.

Dose: One pill or powder of 12c strength, morning and night.

• **GELSEMIUM:**—The picture here is very similar in many respects to that of Baptisia, but the symptoms are not so severe and this remedy applies well in the milder cases of the disease. Drooping eyelids, trembling and apathy are characteristic here and the mental clouding is not so noticeable as in the case of Baptisia.

Dose: One pill of 6c strength thrice daily.

BRYONIA:—Diarrhœa is not a constant in typhoid fever and in those cases where it is absent or where the stools are soft and mushy Bryonia may be called for. It is an early remedy and is characterised by great soreness and tiredness and a dread of movement. In delirium the patient thinks he is not in his own home and he tends to dream of his problems, and business affairs. There is thirst for long drinks at intervals.

Dose: One pill of 6c strength thrice daily.

ARSENICUM:—This remedy is a later one and is indicated when things begin to go badly. The leading characteristics are restlessness, anxiety and frequent thirst for small sips. The stools are small, dark and offensive and there is very great exhaustion. The tongue may be dry and furred but is generally red at the tip.

Dose: One pill of 3c strength thrice daily.

The remedies to be considered in the

treatment of cholera, are:— Camphor, Cuprum, Veratrum album and, Carb. vegetabilis.

CAMPHOR:—This very early remedy applies in cases where coldness and collapse are leading features right from the start. The body is cold, the features are blue and cold and even the tongue is cold: the voice is weak and the muscles are stiff and although the stools are watery they are scanty and trickle away as though there is not even enough strength to expel them.

Dose: One drop of the strong tincture on sugar every five or ten minutes until the patient feels warmer.

CUPRUM:—Here again there is blueness and coldness of the body, but there is also violent purging and vomiting. The intense spasms and cramps are the leading features of this remedy and they may even extend to the fingers.

Dose: One pill of 30c strength morning and night.

VERATRUM ALBUM:—This remedy approximates most closely to the typical picture of cholera. There are the cutting pains in the abdomen before the stool, the profuse rice-water stool forcibly expressed, the great exhaustion following the stool, and the cold sweat and cold body, all typical of the disease. Pain and burning in the intestines are noticeable features, and there is thirst for large drinks. Restlessness is absent or not noteworthy, and the purging is worse at night.

Dose: One pill of 6c strength every hour.

CARBO VEGETABILIS:—This is a late remedy when collapse is extreme and the patient is cold and prostrated with blue lips and weak breathing and great hunger for air. The pulse is thin, rapid and thready and the purging and pain have ceased from inanition.

Dose: One dose of 200c strength, in liquid or powder form, repeated if necessary.

The leading remedies in the treatment of dysentery are:—Mercurius corrosivus, Cantharis, Arsenicum, Aconite and Sulphur.

MERCURIUS CORROSIVUS:—The leading feature in the case of this remedy is the extremely severe tenesmus which is present before, during and after the stool. The stools are mucous, greenish and blood streaked and feel burning hot and there is a burning sensation in the rectum. There is much straining to pass water which burns and is expressed drop by drop.

Dose: One pill of 12c strength thrice daily.

CANTHARIS:—Here again there is severe tenesmus and slimy, shreddy, blood-stained stools and there is painful burning urination. There is also crippling colic which is not much relieved by bending double and which continues after the stool has been voided.

Dose: One pill of 6c strength thrice daily.

ARSENICUM:—Here the stools are small and dark and very offensive and there is great restlessness and anxiety and frequent thirst for small sips and great intolerance of pain. Exhaustion is extreme and is disproportionate to the cause. There are severe burning pains in the abdomen which are relieved by hot applications. The patient tends to be worse in the small hours of the morning.

Dose: One pill of 3c strength thrice daily.

ACONITE:—This remedy is generally employed in the early stages of dysentery. Tenesmus and cramp are severe and the stools are scanty and often, with much blood and little slime. The hot, dry skin and restless anxiety of Aconite will confirm our choice of this remedy.

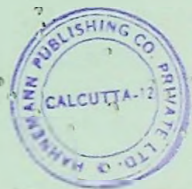
Dose: One pill of 6c strength thrice daily.

SULPHUR:—In persistent cases, with long-lasting tenesmus which never entirely disappears and frequent urges to stool, particularly at night, this remedy

is sometimes indicated. There is violent pain causing nausea and profuse sweating, and the stools are thin, bloody and slimy. There is redness of the anus and other orifices of the body. The call to stool is very urgent, and immediate.

Dose: One pill of 12c strength thrice daily.

It should be mentioned that Baptisia, as well as being a leading remedy for cholera, also suits debilitating dysenteries in old people of low vitality, and would well fit the picture of asylum or prison dysentery: the dosage would be as for cholera.



CHAPTER IX.

MATERIA MEDICA

SOME of the remedies listed here have been discussed under more than one heading. For convenience of reference, therefore, code letters will be found after the name of each remedy indicating the complaint, or complaints, for which it is used, as follows:—

- A. Constipation.
- B. Diarrhœa.
- C. Epidemic diarrhœa of children.
- D. Typhoid fever.
- E. Cholera.
- F. Dysentery.

Homœopathic medicaments may be obtained in liquid or powder form or as pills or granules and there is no great advantage of one form over the other save that of convenience or ease of administration.

The liquid or powder form is best suited for administration to infants and children?

Although stated intervals of administration have been set down in this book, the dose may be administered more frequently in the graver conditions.

Once the tendency to recovery has been established the remedy should be administered at less frequent intervals and then be withheld unless there is a tendency to recurrence of the symptoms.

ACONITE, F:—Early stage of dysentery. Scanty stools; much blood and slime: severe cramps and tenesmus. Hot, dry skin. restlessness and anxiety.

One pill of 6c strength thrice daily.

AESCULUS, A:—Constipation with congestion and painful burning piles. Shooting pains in temples and severe lumbar and sacral backache. Aching feeling round navel and burning, tender abdomen. Stools at first hard, dry and black, then whiter and soft in last part.

Rectum feels hot and dry, with crawling sensation at anus like something alive moving. Severe pain and feeling of fullness in rectum after a motion and rectum may prolapse.

Dose: One pill of 12c strength, morning and night.

ÆTHUSA, C:—Violent diarrhœa of children with much pain and tenesmus, followed by collapse. Painful vomiting and stomach contractions. Pallor round mouth and deep lines from nose to angles of mouth. Stools first yellow containing undigested food, then greenish and watery containing blood and mucus. Milk not tolerated and quickly vomited. Pale anxious face, but patient not restless.

Dose: One powder of 3c strength every two hours.

ALOES, B:—Watery, spluttery stools, difficult to control, which get the patient out of bed in a hurry. Much flatus and sometimes a formed stool which passes out unawares with the

flatus. Colicky pains and a sudden urge to stool after each meal with feeling of uneasiness and insecurity.

Dose: One pill of .6c strength thrice daily.

ALUMEN, A:—Days without urge to stool, then ineffectual urging and finally the voiding of a collection of small, hard pieces. 'Abdominal cramp' and colic; prolonged pain and feeling of fullness in rectum after motion has been passed.

Dose: One pill of 30c strength at night.

ALUMINA, A:—Hard, black knotty stools with clots of blood. Lack of urge for days, followed by straining which may cause urination. Feeling as though muscles were too weak to force the stool. Urination sometimes difficult and only accomplished by straining at stool. Painful pressure at anus, worse on coughing. Hæmorrhoids, worse in evening. Sweating at anus.

Dose: One pill of 30c strength at night.

AMMONIUM MURIATICUM, A:—Hard, dry, crumbling stools. Tearing pain in anus on walking and a burning pain in rectum during and after stool. Gripping pains round navel and stitching pains from pubis to small of back. Bursting feeling in lower abdomen which improves after sleep. Straining to pass urine which only escapes in drops until after stool, when it passes quite freely.

Dose: One pill of 12c strength, morning and night.

ANACARDIUM, A:—Bowels feel active but rectum seems to lack power. Great urge to stool which passes off when the patient makes the effort. Little voided at each attempt; soft stools voided with difficulty. Feeling of plug in rectum. Fasting feeling in pit of stomach followed by feeling of pressure and sharp pain on inspiration.

Dose: One pill of 12c strength, morning and night.

APIS MELIFICA, A:—Sick feeling; abdomen feels full and enlarged.

Bearing down feeling, as though rectum were full, but impulse is weak and bowels feel paralysed. No stool for days, then bulky, hard stool is evacuated with stinging pains in anus and rectum: hæmorrhage of bowels may occur. Great bladder irritation: frequent burning urination. Patient not thirsty and cannot stand heat.

Dose: One pill of 12c strength morning and night.

ARGENTUM NITRICUM, B:—Emotional diarrhœa and diarrhœa from eating too much sugar or sweets. Sometimes vomiting occurs with the diarrhœa, followed by great exhaustion. Tenesmus and green, slimy stools. Diarrhœa sometimes occurs as soon as the patient takes a drink.

Dose: One pill of 6c strength thrice daily.

ARSENICUM, A. B. C. D. F:—Constipation alternating with diarrhœa: typhoid, dysentery and epidemic diarrhœa. First remedy to be thought

of in crisis of ptomaine poisoning. In all cases restlessness, anxiety and prostration are leading features and there are burning pains relieved by heat. In constipation the stools are small and black from presence of blood and are voided with pain and tenesmus. In diarrhœa of all types the stools are small, greenish or yellowish and very offensive and there is very great prostration following each stool. There are violent burning pains in the intestines relieved by heat, and great intolerance of pain. There is great thirst for small drinks of cold water. Vomiting and diarrhœa may be simultaneous. Pale face and dry skin; patient worse at night.

Dose: A. One pill of 6c strength thrice daily. B and C. One pill or powder of 3c strength hourly. D and F. One pill of 3c strength thrice daily.

BAPTISIA, B, C, D:—Late summer diarrhœa with fever, gastric pain and prostration. Patient drowsy and stuporose with dusky, besotted features. Onset

sudden, stools dark brown, profuse and offensive. Much gastric pain and sometimes rigors and pains in the limbs. Tongue dry with brown streak down centre.

Remedy suits children and old people well.

Dose: B and C. One pill of 6c strength thrice daily. D. One pill of 12c strength, morning and night.

BRYONIA. A. D:—In constipation, stools dry, hard, dark and burnt looking. Weak muscles and deficient secretions give rise to the condition. Urge lacking and stools passed with much straining. Great soreness and tiredness and patient worse for any movement. Patient thirsty for long drinks at intervals. White coated tongue, dry except at tip. Patient often delirious and dreams of business worries and problems. Where the general symptoms fit this remedy is used in cases of typhoid fever where diarrhoea is not a feature. It is an early remedy in typhoid fever.

Dose: A. One pill of 30c strength at night. D. One pill of 6c strength thrice daily.

CALCAREA, A, B:—In constipation, stools pale white and chalky and voided with difficulty. Cramp in rectum and cold feeling in thighs. Hard swollen abdomen full of wind which is difficult to get rid of. Constipation chronic and of long standing. Diarrhœa also chronic with sour, undigested, green curdy stools, especially in cases of infants with large heads and open fontanelles. In all cases the stools and body excretions smell of rotten eggs. Neck and head sweat at night and chill spots occur on different parts of the body. Sour taste in mouth and impaired sense of smell.

Dose: A and B. One pill of 30c strength at night.

CAMPHOR, C, E:—Very early remedy in infantile diarrhœa and cholera with cold collapse and prostration. Diarrhœa pours away weakly and the patient is extremely weak and cold. The skin is

blue, cold and the tongue feels and is cold. This remedy should be kept apart as it antidotes most other remedies.

Dose: one drop of the strong tincture on sugar every five or ten minutes until the patient feels warmer and easier.

CANTHARIS, F:— Severe tenesmus and slimy, shreddy, blood-stained stools in cases of dysentery. Painful burning urination. Very severe colic continuing after the stool has been voided, and very little relieved by bending double.

Dose: One pill of 6c strength thrice daily.

CARBO VEGETABILIS, A, E:—Constipation with protruding suppurating piles. Stools light coloured and very hot and offensive. Urge is often result of wind which is hot and offensive. Gnawing pain in rectum relieved by sitting at stool. Much straining to pass even a soft stool.

Late remedy in collapse stage of cholera when patient is cold and blue

with great air hunger and weak breathing, and purging and pain have ceased through weakness.

Dose: A. One pill of 30c strength at night. E. One dose of 200c strength in liquid or powder form, repeated if necessary.

CAUSTICUM, A:—Stools hard, broken up and with a greasy appearance. Small pieces may be voided unnoticed but much straining is often ineffective. Expulsive power lacking and patient may have to assume an almost standing position to void a stool. Swollen itching piles, worse while walking. Fissure of the anus may cause inhibition of urge to stool.

Dose: One pill of 12c strength morning and night.

CHAMOMILLA, C:—Summer diarrhœa with teething troubles and great fretfulness. Greenish, frothy, offensive stools with rotten, egg odour. Considerable wasting. Skin pale and yellowish or with bluish transparent appearance.

Dose: One powder of 3c strength every two hours.

CHINA, B, C:—Copious painless diarrhoea. Much fermentation in bowels and much offensive flatus. Stools frothy and very offensive, containing undigested food. Colic precedes the diarrhoea which may be caused by eating unripe fruit. Great debility and loss of body fluids.

Dose: One pill or powder of 6c strength thrice daily.

COCCULUS INDICUS, A:—Contractive pain in rectum, especially in middle of day, which makes sitting painful and sends the patient to stool, only to find that the muscular impulse is lacking. Stool voided with great difficulty followed by great tenesmus and a feeling of faintness. Sometimes a hard stool every other day.

Dose: One pill of 12c strength morning and night.

COLLINSONIA, A:—Painful bleeding piles cause inhibition of muscular urge.

Rectum feels hot, dry and itching, and as though full of sand and broken sticks. Severe colic and cutting pains in hypogastrium and feeling of weight in rectum.

Dose: One pill of 12c strength, morning and night.

COLOCYNTH, B:—Frequent excessive urge to stool. Violent colic relieved only by hard pressure and bending right forward. Gripping pains round umbilicus eased by passing flatus, grinding pains in intestines. Watery diarrhoea with blood and mucus, worse after eating or drinking.

Vomiting of bitter yellow fluid.

Dose: One pill of 6c strength every hour until relieved.

CONIUM MACULATUM, A:—Great muscular weakness of intestines and abdominal wall prevent effectual urge, but stool may be voided painlessly during sleep. Stools pale and contain undigested food. Tremor and weakness follow stool. Abdomen swollen and ten-

der: stitching pains in region of liver.
Patient sweats profusely during sleep.

Dose: One pill of 12c strength, morning and night.

CROTON TIGLIUM, B:— Sudden copious greenish-yellow watery stool coming on without the slightest warning. Occasionally slight abdominal pain and splashings and gurglings give warning and the onset generally follows food or drink but the slightest stimulus is needed as a rule. Nausea and vomiting may accompany the abdominal pain.

Dose: One pill of 12c strength thrice daily.

CUPRUM, E:— Violent purging and vomiting, with intense spasms and cramp extending even to the fingers. Body blue and cold.

Dose: One pill of 30c strength, morning and night.

GELSEMIUM, D:— In mild cases of typhoid fever. Headache and stair-case temperature. Fetid stools. Slight men-

tal confusion. Drooping eyelids, trembling and dull apathy.

Dose: One pill of 6c strength thrice daily.

GRAPHITES, A:—Knotted hard stools with shreds of mucus. Piles or fissure in ano reflexly inhibit the urge and the patient may go for days without a motion. Great pain follows the toilet after defæcation. Patient generally of obese type with thick oily skin and suffers from large fat pimples which ooze matter.

Dose: One pill of 30c strength at night.

HYDRASTIS, A:—Light coloured greenish soft stools, which are nevertheless difficult to expel. Sinking, faint, gone feeling in epigastrium. Useful after the abuse of strong purges.

Dose: One pill of 12c strength, morning and night.

IGNATIA, A:—Large soft stools passed with difficulty, followed by a constricting pain in the rectum for an hour or

two after. Prolapse of rectum may follow moderate straining. This remedy is indicated in cases of constipation (and diarrhœa) where the emotional disturbances of grief, sorrow or jealousy are at the root of the condition.

Dose: One pill of 12c strength, morning and night.

IPECACUANHA, B, C:—Simultaneous vomiting and purging. Very painful diarrhœa and restlessness. Much griping pain in region of umbilicus. Mucous, frothy stools followed by tenesmus. Profound nausea accompanies all other symptoms.

Dose: B. One pill of 6c strength, thrice daily. C. One powder of 3c strength, every two hours.

IRIS VERSICOLOR, C:—Abdominal colic followed by bilious vomiting and purging at frequent intervals. Copious thin, watery diarrhœa, tinged with bile. Mouth and tongue feel hot and burning.

Dose: One powder of 3c strength, thrice daily.

KREOSOTUM, C:—Summer diarrhœa in children with painful defecation. Gums spongy and porous and bleed easily. Teeth mottled, with black specks, and appear to be decayed as soon as they are cut. Much belching and hiccoughing: patient fretful and irritable. Stools have cadaveric odour.

Dose: One powder of 3c strength thrice daily.

LAC DEFLORATUM, A:—Obstinate, chronic constipation with great chilliness and persistent headaches. Patient very sensitive to chills and draughts, and cannot get warm. Very bulky, hard, dry stools passed with great pain and sometimes causing lacerations and bleeding. Patient averse to milk.

Dose: One pill of 30c strength at night.

LACHESIS, A:—Constipation alternating with diarrhœa. Rectum feels full, but anus feels tightly closed. Urge to stool, but pain increases until the effort is given up. Painful piles, worse for

Coughing. Pain from anus to navel, causing patient to lie on his back, with knees drawn up. Abdomen hot and sensitive, patient cannot bear to be touched.

Dose: One pill of 30c strength at night.

LYCOPEDIUM, A:—Constipation due to constriction of the rectum, which may be full for days without there being any urge. Stools hard and bitty at first, and later may be soft. Rectum tends to protrude with stool: burning pain follows stool. Mouth and tongue dry: saliva dries on lips. Much wind and belching; patient loosens clothes. Drowsiness and feeling of repletion after meals. Patient melancholy, anxious and depressed.

Dose: One pill of 12c strength, morning and night.

MAGNESIA PHOSPHORICA, B. C:—Diarrhœa with violent colic and cramp, bending the patient double. (*cf.* Colocynth). In this case hot applications relieve the colic.

Dose: B and C. One pill or powder of 6c strength, hourly, until relieved.

MERCURIUS, B, C:—Greenish, slimy, bloody stools. Much straining and tenesmus, continuing long after the motion. Tenderness in region of liver. Feeling of coldness before stool. Tongue flabby and takes imprint of teeth. Nausea, thirst and salivation. Much sweating which affords no relief.

Dose: B and C. One pill or powder of 12c strength thrice daily.

MERCURIUS CORROSIVUS, B, C, F:—Great burning, straining and tenesmus which persists. Stools slimy, green and bloody. Urine suppressed or scanty and is passed painfully, drop by drop, in which respect this remedy differs from Mercurius.

Dose: B, C and F. One pill or powder of 12c strength, thrice, daily.

MEZEREUM, A:—Stony hard stool, or soft stool containing undigested food, passed after a series of discharges of fetid flatulencies. The straining is painless.

and the anus may prolapse with the stool; the sphincter ani tends to contract round the prolapse, rendering replacement difficult.

Dose: One pill of 12c strength, morning and night.

NATRUM MURIATICUM, A:—Dry, crumbly stool, hard to expel and causing lacerations. Rectum feels hot and dry; all mucous membranes tend to be dry; mouth and nose feel dry; impairment of sense of smell. Sometimes involuntary stools. Constipation worse on alternate days. Herpetic rash round anus. Patient tearful and irritable and dislikes fuss; craves salt and has aversion to fat and bread.

Dose: One pill of 30c strength at night.

NITRIC ACID, A:—Hard stools with colic and ineffectual urging. Stool seems to remain high up. Bright red blood and mucous discharges follow the stool. Fissure in ano. Junction of skin and mucous membrane particularly affected, both at anus and mouth. Sore

at corner of mouth. Hot, itching feeling at anus. Patient craves both salt and fat.

Dose: One pill of 12c strength, morning and night.

NUX VOMICA, A:—Chronic constipation due to irregular peristalsis, resulting from lack of exercise, sedentary habits and neglect of the regular urge to stool. Motion, after several false alarms, seems incomplete. Localised spasms of intestine. Patient generally of the irritable, highly strung type, hard-pressed at work and giving too little time or thought to his meals and habits. Suits patients who have abused strong purges.

Dose: One pill of 30c strength at night.

OPIUM, A, B:—Constipation due to intestinal stasis. No desire and no urge: fæces merely accumulates in rectum and may be voided as little black balls. Mechanical assistance may be necessary: fæcal vomiting may occur. Sometimes a stool may be voided by relaxa-

tion due to fright. This remedy is also used in cases of diarrhœa due to fright and diarrhœa in the typhoid state: the stools then are watery, frothy, black and offensive.

Dose: A and B. One pill of 12c strength, morning and night.

PEONIA, A:—Constipation alternating with diarrhœa resulting from fissure. Reflex inhibition of urge owing to pain set up by defæcation. Deep ulcer with sharply defined edges results from fissure, causing much pain before and after stool.

Dose: One pill of 12c strength morning and night.

PHOSPHORUS, A, B, C:—Constipation due to paralysis of bowel. Thin, hard, dry stool passed with pain, but without straining, leaving anus feeling sore and open. More usually used in cases of painless chronic diarrhœa. Stools greenish, containing mucus and undigested food and white sage-like particles. As soon as motion starts, anus feels wide.

open. Feeling of weakness follows stool. This remedy also suits diarrhoea from fright. Aggravation follows warm food or drink, or food or drink which becomes warm after being consumed, and vomiting then occurs.

Dose: A, B and C. One pill or powder of 12c strength, morning and night.

PLATINA, A:—Intestinal stasis. Small urges at irregular times with insufficient expulsive power. Travellers with irregular daily habits most suited by this remedy. Feeling as though navel were retracted. Stools sticky and putty-like and adhere to rectum. Feeling of dryness in rectum. A curious mental symptom is a feeling of tallness and superiority.

Dose: One pill of 30c strength at night.

PLUMBUM, A:—Habitual, obstinate constipation with atony of intestines. May be painful urging with constriction of anus and retraction of abdomen. Stool passed with great difficulty, may

the clay-coloured or consist of little black balls. Violent intestinal cramp and colic.

Dose: One pill of 30c strength at night.

PODOPHYLLUM, A. B. C:—Constipation in bottle-fed babies, with pale dry crumbling stools. Prolapse of rectum often occurs. Also yellow, profuse diarrhœa, forcibly expelled without pain, generally in early morning, followed later in the day by a formed stool. Rectum may prolapse before stool is voided. Feeling of weakness in rectum following stool. Suits early morning diarrhœa of teething children of unhealthy appearance and much head-sweating.

Dose: A, B and C. One pill or powder of 12c strength, morning and night.

PULSATILLA, B:—Stools varv: may be yellow and slimy, or consist almost entirely of white mucus, or may only be watery at night. Patient is changeable in mood and is capricious and lachry-

mose, and is worse for heat. Sour eructations, gastric fermentation and bad taste in the mouth are constant features.

Dose; One pill of 12c strength, morning and night.

PYROGEN, C:—Exhausting summer diarrhoea with sharp fever and restlessness. Profuse painless watery stools with very offensive odour. (Note:—Stools distinguish from Arsenicum; restlessness from Baptisia.)

Dose: One powder of 30c strength, morning and night.

RATANHIA, A:—Constipation with piles and fissure. Great desire for normal motion, but much pain follows hard stool. Sharp cutting pains in rectum which feels dry and hot.

Dose: One pill of 12c strength, morning and night.

RHEUM, B:—Stools greenish-brown, frothy and sour. Colic precedes and follows stools and there is much tenesmus after the stool. Colic worse for moving about. Patient's body has

sour and

Dose: One pill of 6c strength thrice daily.

RUTA, A:—Rectum inactive and prolapses easily, sometimes merely from stooping, with result that large, soft stools are not easily voided and the effort to void them may merely result in prolapse. Involuntary stool sometimes results from stooping. Frothy mucus stools may alternate with constipation.

Dose: One pill of 12c strength morning and night.

SANICULA, A:—Constipation of children. Stools consist of large, hard, grey balls which have to be assisted. Urge lacking for two or three days, then with urge, stool will protrude and recede again. Patient generally wizened looking with dirty skin, night terrors and head-sweating.

Dose: One powder of 12c strength morning and night.

SELENIUM, A:—Constipation from lack of peristalsis. Bulky stool of which

does not break up and which straining may fail to evacuate, so that mechanical aid may be needed. Abdominal vessels seem to throb after meals. Red, sandy deposit in urine.

Dose: One pill of 30c strength at night.

• *SEPIA, A:*—Several days without urge, then much straining which makes the patient sweat, to evacuate a soft stool; tendency to prolapse. Full rectum with feeling as though a ball were pressing down, which feeling is not relieved after stool. Constant oozing of moisture from anus. Patient tends to be dull and apathetic.

Dose: One pill of 12c strength morning and night.

• *STAPHISAGRIA, A:*—Ineffectual urging and small insufficient stools. Stools may be soft and may be voided involuntarily while passing flatus, which is hot and has odour of rotten eggs. Pelvic pain and backache. Patient sensitive and easily aggrieved.

Dose: One pill of 12c strength, morning and night.

SILICEA, A:—Weak expulsive force and spasmodic action of sphincter. Stool protrudes and then pops back. Expulsion accomplished by abdominal muscles. Sore anus, oozing moisture: sharp pains in rectum while walking. Sometimes fissure in ano. Stools light coloured, hard and lumpy. Patient chilly, even at exercise.

Dose: One pill of 12c strength, morning and night.

SULPHUR, A, B, F:—Reflex constipation caused by piles, followed by mucous blood-streaked diarrhœa. In constipation, stool voided every three or four days, and is hard, dry and burned looking. The true diarrhœa is of the early morning type, which drives the patient in a hurry to the toilet, and the stools are yellow, watery and slimy, with an offensive odour which seems to be shared by the patient. Redness of anus, and other orifices of body. Patient very warm and throws off bedclothes.

Takes cat-naps during day. Craves fat and sweets. In dysentery the stools are thin, bloody and slimy, and the call to stool is very urgent with violent pain, nausea and sweating, and the stool is followed by persistent tenesmus.

Dose: A. One pill of 30c strength at night, for a short time only. B. One pill of 12c strength, morning and night. F. One pill of 12c strength thrice daily.

THUJA, A:—Constipation following piles. Stool inhibited for days and then frequently the effort is not maintained because of the pain involved, and the stool recedes. Flat warts round anus, which has fissured cracks and oozes moisture. Suits patient suffering from constipation or diarrhoea whose ill health is attributable to vaccination.

Dose: One pill of 12c strength, morning and night.

• VERATRUM ALBUM, A, B, C, E:—Constipation due to atony of intestines. Rather like opium, but less passive. Large, hard, black stools followed by a lot of little pieces. Mechanical means

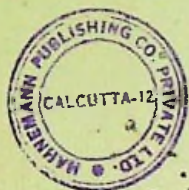
may have to be adopted to get rid of stool. Feeling of faintness follows stool.

Principal use of this remedy is in cases of diarrhœa of choleraic type. Cutting abdominal colic precedes and accompanies the stool which is profuse and watery and very forcibly expressed. The patient is bathed in cold perspiration, and there is great, but proportionate, prostration after the stool (cf. Arsenicum in which the prostration is out of all proportion to the cause, and the stools are small and dark in colour). There is thirst for large drinks and the patient is not restless or unduly intolerant of pain.

Dose: A. One pill of 30c strength at night. B, C, and F. One pill or powder of 6c strength hourly.







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