

## THE TONICS OF HOMœOTHERAPEUTICS

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A tonic—from the Greek *Tonikos*—according to Webster, is a medicine having a tonic effect—one that is invigorating, refreshing, and bracing. According to Dorland: (1) "Producing and restoring the normal tone;" (2) "A term formerly used for a class of medicinal preparations believed to have the power of restoring normal tone to tissue."

Accordingly, our surmise would be that a tonic medicine would be one which would bring about an elevation of the inherent bodily vigor, restoring all physical properties of the organism to their customary high level of efficiency and, in addition, would be a medication which would enhance the vitality of the mind and the sensorium and secure a re-invigoration of the central nervous system.

In order to be an indicated therapy, there must be presented a state of mental and physical depravity far below the norm, so that tonus is an evident requirement. Such sub-standard states of the vital force may be induced by any one of the multiplicity of diseases, some mental, some physical, whose concomitant or aftermath state is such that the patient is not able to regain his previous acme of good health. Acute illnesses bring into quick and sharp focus this subnormal situation but, being more transient, are usually quickly reversible by the indicated remedy. Conditions which are essentially chronic present a more intense degree of sub-vital clinical pictures; and the reactivation of the entire organism becomes a matter of time and continuing medication. Either acute or chronic illnesses may upset the body chemistry in a like manner and differ only in the degree of the descent in the health index. Potassium and calcium balance, sedimentation rate, secretory functions, hormonal proliferation, metabolism and excretory functions may alike feel the cost of the foregoing or the accompanying aberrations from the normal.

With the presentation of a failure to resolve this lack of

reaction in the organism as a whole, homœotherapeutics finds and fulfills *the* need. It goes without saying that such a depraved state of health would undergo a work-up which would include all facilities the results of which would be informative. Laboratory investigation should receive early consideration, and all tests deemed essential should be considered and carried through. This would include complete blood study, X-ray, basal metabolism, cardiography, urinary and fecal examination, PBI and NPN, together with any other step which might be informative, not the least of which is a complete past and present history of the patient and his antecedents. Climatic, occupational, environmental, domestic and marital situations and financial competence may all have an important bearing upon our full understanding of the patient's needs. Dietetic regimen may also be an informative factor of value.

While it is true that there may be some consideration allotted to vitamin usage, such considerations should be secondary to the adequate intake of the essential and natural food values rather than resort to multiple vitamin and mineral prescribing and, if such are offered at all, their usage should be but for a short period of time. There is so much antagonism manifest between the ingredients of the average vitamin formula that one may well build with one portion, only to have that building defeated by the action of another group of ingredients. The story holds true that the shot-gun set-up lies mainly within the province of the hunter. It is equally true that laboratory reports are not truly the points from which to prescribe.

Mass medication, whether the mass is medicines or people, has yet to produce the expected or desired result. On the contrary, failures are experienced when one attempts to fit the patient to the medication. The results fall far short of the individualized prescription for which the patient is clamoring, which is shown by his individual symptom picture. In many prescriptions detailed today, there is the avowed statement that this or that medicine will suppress the symptoms exhibited and so lead to a recovery. As we well know, in homœotherapeutics we are not concerned with a suppression of the symp-

toms presented, but instead use the symptom picture as a guide in the selection of the similar or individual medicine which matches and covers the patient's expressed symptoms.

That the human organism suffers a chemical imbalance in illness can readily be determined. Such loss affects not a single but the full quotient of that being: muscles, bones, nerves, the skin and its appendages, internal organs, blood stream and special senses are alike deprived of that essential ingredient necessary to the maintenance of normal function and total, vigorous health. The actual amount of that ingredient may be large or very minute. The fact that it is important to harmony within the organism is the point of importance. Detection of this lack may indeed be found in laboratory procedure, but the evidence presented by the symptoms of the individual patient is far more expressive of his need.

For the homœotherapeutically-trained mind, the symptom picture will give expression to the particular remedy essential to that patient's recovery. In the proving of remedies upon the healthy human organism will be found the duplication or the "play-back" of the patient's symptom recital, and the remedies selected thereon will be substantiated by the approximation of the laboratory returns, in that both reveal the lack of the essential ingredient necessary to a healthful state. It is quite gratifying then to find that the calciums, the kalis and the natrums, singly or in combination with iodine and phosphorus; the cobalts and zincs and aurums hold so much in their pathogenesis with which we may bring the dividend of regained health and vigor to the patient.

*Chininum arsenicosum*. For a long period quinine and arsenic were in the forefront as tonics and at the present time, homœopathically speaking, *Chininum arsenicosum* is one of the leaders in conditions of general exhaustion ensuing after either acute or chronic illnesses.

This remedy partakes of both *Cinchona* and *Arsenicum*, and has many of the outstanding features of each. There is a state of quick fatigability with bursts of perspiration attending the least effort; restlessness attended with exhaustion, and a peculiar absence of any marked pain. There are spells of

nausea and unexplainable looseness of the bowels, and recurrent flashes of chills and fevers without definite location. Weakness of a physical nature seems paramount, and convalescence is slow and unsatisfactory. The blood picture is that of secondary anemia. Reflexes are delayed even in face of the existence of inward restlessness. Vertigo is a prominent symptom and is an expression of exhaustion of the sensorium.

*Aurum* shares nothing of the shallowness or physical limitations of *Chininum arsenicosum*, but rather seems to express its exhausted state in the mental and emotional spheres. There is definite weakness of memory, absence of any euphoria, intense depression of spirits, and loathing for life. The patient even enjoys contemplation of death, and seems possessed of constant melancholia and hopelessness. He sees no opportunity for recovery or improvement in health and stresses the uselessness of living or attempting to regain health. Even the sleep is disturbed by sobbing; despondency and gloom attend his waking hours. Such sequences may attend a long convalescence or may eventuate from an intensely acute illness where there has been an involvement of the brain or spinal chord.

*Kali phosphoricum*. In illnesses that are followed by a state of oversensitivity, this remedy fills the need. The state of exhaustion seems to find expression through the general nervous system. There is not so much physical loss apparent, but the driving force seems to be at an extremely low ebb. Mental phases expressed by weakness of memory, fear, nervous anxiety or dread without cause, seem to replace the melancholia of *Aurum*. Special senses lose their acuteness, and body function move at a reduced rate due to the lack of vigorous nerve stimulation. Even in face of an inordinate, appetite, indigestion due to nerve depression presents itself. Locomotion is labored and exhausting, due not so much to muscular debility as to the absence of nerve invigoration. Temperature is below normal, and the patient is constantly chilly. Neuralgic pains, similar to *Magnesium phosphoricum*, but contrary to it, are relieved by cold applications instead of warm. Nervous prostration and rigors denote the want of nerve power.

Reduction in hemoglobin and erythrocytes are noted. There is rapid destruction of red blood cells; and coagulation time and clotting time are greatly extended. Petechial hemorrhages and purpura call attention to this remedy. Palpitation, dyspnoea, intermittent heart and pulse—originating in nerve exhaustion—would indicate this prescription.

*Natrum phosphoricum.* In *Natrum phosphoricum* we find not only the sodium constituents so essential to body balance, but also the elemental phosphorus, which is the basic ingredient requisite to the maintenance of vitality in the nervous systems of the body. Sodium lack is the forerunner of physical shrinkage with generalized malnutrition. Not only organ behaviour, but secretion and excretion in skin and its appendages express such loss of vitality. Vigorous innervation must depend essentially upon the provision of this chemical. Inanition due to the lack of these two elements is personified in the patient. Mental dullness, but with an attending vexation and nervous irritability, express the sodium influence, while the phosphorus side provides apprehension, fear, and the inability to remember. There are band-like headaches and the sensation as though the skull were too full. Mucous membranes are anemic, ulcerative, and secretion is highly acid—this acidity being discernible in the perspiration. Marasmus with abdominal distention, excess of lactic acid, and incomplete digestion of food would call for the remedy. The skin is lifeless, leathery, chafes easily, and eczema and pruritis are noted. The hair is brittle and lustreless, and areas of alopecia develop. The predominating acid state is a precursor of urticaria. The inanition of the patient as a whole seemingly stems from the chemical imbalance of the body rather than from the depravity of the nervous system, as is the case with *Kali phosphoricum*. The sense of exhaustion may be as complete, but it is cellular in origin. Previous intoxications such as viral disease, lead to states demanding this remedy. Destruction of red blood cells and hemoglobin content, in the face of leucocytosis and widespread glandular swelling, would emphasize the need for this prescription.

*Zincum.* The tonic effects of *Zincum metallicum* would be essential in conditions characterized by hyperaesthesia or hyper-

sensitivity. It is true that mental sluggishness presents itself, with forgetfulness and weakness of memory. There is a slowness in mental response, indicated by the repetition of questions before they are answered. There is a contradiction in that there is anxiety and apprehension opposed by periods of sadness. There is sensitivity to talking, noises, and touch—vibrations received from without—and yet he has inner desire for contact, as witness that he sleeps better if the feet are crossed or the hands touch the body. Reflexes are exaggerated, and there is a peripheral erethism of the nerve endings, expressed by twitching, jerkings of the muscles of the limbs, and a restless fidgetiness of the feet. The exhaustion and depletion of the entire organism, as a result of preceding disease, takes on the reaction of irritation rather than that of listlessness and stupified fatigue, as expressed in the foregoing remedies. The intake of alcohol, especially in the form of wine, produces a severe aggravation throughout the system by probably intensifying the already existing hypersensitivity of the sympathetic nervous system.

The scope of some five remedies which deserve the name of systemic tonics has been suggested. The remedies have breadth and depth of action and may be considered, first, from a chemico-physiological point of view, and, second, as being homœotherapeutic from the standpoint of the totality of the symptoms. They are presented for your consideration. The presentation does not label them "specifics," for it well understood that any remedy from our armamentarium is *the* specific when homœopathically applied to the full symptom picture. Always the simillimum is the outstanding "tonic" which a patient requires for his individual case.

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