

RAUWOLFIA SERPENTINA

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Mental Symptoms

Increased emotional excitability and liability of moods. Alternation of irritability, excitability, and mild depression. Excitability. Also apathy, feels any grief unusually strongly. Inner restlessness, as if "something evil would happen"; cannot sit long. Irritable, abrupt, almost rude, depressed. Tired mentally and physically, or "on top of the world," over-enthusiastic. Tiredness, tremulousness after seventh day of proving remarkably alert and efficacious. Can't be bothered, sluggish mentally "as if had a shock." Everything an effort, dazed, things unreal, day-dreaming. Desperately tired. Fear of being ill. Detached feeling, as if "out of the world." Lack of concentration, no interest, must drive himself. Very good mental perception (alternate effect). Bad memory, spells words wrongly, mistakes in writing, forgets where placed things, what he has done. Hazy, senses numbed, a disappointed feeling. Mental exhaustion, utterly spent. Desperately tired.

Better alone, better from violent exercise, from exercise in fresh air.

Sleep and Dreams

Sleep disturbed, cannot fall asleep; or waking between 1-5, or 3-4 a.m., every night. Restlessness in bed; must get up. Very sleepy, could always sleep; or completely awake, over-active. Dreams of dead people, accidents, of being killed, of mother drowned, of tooth broken off, of jaw broken, of being stung by wasps.

Head

Congested. "As if would burst." Constriction, or as if swollen. Band sensation, "as if would have flowed off." Hot,

red and congested. Frontal dull headaches, worse left side. Better cold, pressure, outdoors.

Face

Drawing and lancinating pains, numbness; slight fibrillations.

Eyes

Tired, heavy, sore, burning, stitches. Blurred vision.

Ears

Humming noise, heat, redness, burning of outer ears.

Nose, Throat

Stiffness of nose, alternate sides. Cannot breathe. Dryness. Nose streaming, sore, congested, sneezing, better outdoors. Nosebleed. Throat dry, parched, burning.

Respiratory Tract

Ry cough; attack of spasmodic cough, better fresh air, worse talking, smoking, or lying down. Great shortness of breath, worse any exertion. Cramping, constricting sensation, tightness of chest. Stabbing, aching, "strained" pains of chest.

Heart, Circulation

Strong beating; irregular heartbeat; extra systoles; pulsation felt in teeth; sharp, constrictive, griping heart pains like angina, worse any exertion; also extending into throat. Shortness of breath. Congestion of head, feet cold.

Blood pressure increased from normal initial values, in six provers during the proving, in one case increase of the systolic pressure 45 points, of the diastolic 40 points (after taking 3x).

Digestive Tract

Dry lips, chapped, crack in lips; metallic, foul, bitter taste; dry tongue. Throbbing toothache, worse warmth. Heartburn,

better from eating. Appetite increased; soon after a meal, hunger. Blown-up feeling after a few mouthfuls. Desire for sour things, savories; aversion against sugar, Nausea, eructations. Stabbing, colicky pains, better doubling up, pressure and lying on abdomen. Diarrhoea with nausea, great weakness, pale face; stools soft, watery, foul odor. First stool may be hard, followed by soft, then watery stool. Much urging, also ineffectual urging. Bleeding of hæmorrhoids.

Urinary Tract

Must urinate more frequently and in greater amounts. Must press to urinate. Burning after urination. Very pale and profuse urine.

Sexual Organs

Increased sexual desire (one male prover). Menses too early.

Extremities

Numerous sharp, darting, aching, pulling, burning pains in various parts of back and extremities, generally worse from putting weight on limb, worse standing, going up and downstairs. Pin and needle sensation. Great weakness and heaviness of legs. General tiredness, weakness; tremulousness.

Skin

Dryness of face, hands; flaking of skin; very dry skin. Easy perspiration after very little exertion; perspiring on palms and soles. Increased tendency to perspire. Sensation of heat all over the body. Chilliness.

Modalities

Worse from heat, warmth of room; better open air, exercise in open air.

Toxic side Effects from Rauwolfia or Reserpine Medication

Excessive drowsiness, lethargy, lassitude. Mental depres-

sion, even suicidal. Great mental lability. Apathy, Anxiety. Bizarre dreams, nightmares. Relaxed feeling, free from usual tension through worries, anxiety, inhibitions, "nothing bothers" feeling as therapeutic effect. Nasal congestion. Increased appetite and gain of weight, or anorexia. Diarrhoea, nausea, vomiting, abdominal cramps. Shortness of breath. Headaches. Muscle aches and cramps.

RAUWOLFIA CASES

J. L., man, 64 years, called because of a sciatic attack. Intense pains in left buttock, radiating into the leg; stabbing, shifting, worse on rising, better from continued motion. Indicated remedies did not relieve. Patient reported next time that the pain was worse from putting the weight on the leg. *Rauwolfia* 200., one dose. Immediate relief and complete recovery.

Similar success in a case has been reported by Dr. Templeton on basis of the unique modality "pain worse from putting the weight on the limb" which his proving had brought out.

M.P., male, 52. Following an amebic dysentery has suffered for 10 years from pressure, fullness and constant moving around of gas in the colon. In addition there were numbness and tingling of r. arm and leg and waking practically every night with an attack of "terrific anxiety," as he expresses it. Has had many treatments for this condition. *Rauwolfia* 200., one dose. Reported in a month feeling better. Again *Rauwolfia* 200. Reported in 3 weeks with relief from all his symptoms.

The symptom of intense anxiety at night I found in a case who had been treated for high bloodpressure with a *Rauwolfia* alkaloid for a year. Then the sudden night attacks of most intense anxiety appeared, to disappear completely after stopping the drug.

—*Journl. of the Am. Inst. of Homœopathy, Mar.-Apl., '58.*