

HEART TROUBLES

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The heart is a very large muscle and unlike most other organs, it can never rest. The heart beats day and night continuously—until we die. It is not surprising, therefore, that many things can affect the heart's action and cause pain, and pain around the heart area is often very frightening; the patient is often sure that "he is going to die"; that the organ itself is seriously damaged and so on. And yet in many cases these pains clear up, the patient regains his health and the incident is forgotten.

One of the greatest factors today responsible for heart troubles is the use of "wonder-drugs". A patient may suffer from a fever and his doctor is called in and one of the modern drugs is prescribed. The temperature goes down and the patient gets up, crawls around for a few days and finally goes back to work—not feeling too good. Now that fever has been suppressed—not cured—and all the poisons have been pushed back into the body, and the heart is involved. Later on when this patient receives a shock, or has a bout of influenza, etc., everybody is sorry to hear that he has developed heart trouble; actually he has done nothing of the kind but the wonder-drug which suppressed the fever weakened the heart, and the extra strain caused by the shock—or influenza—or whatever manifests, is being felt as pain in the heart region.

I have myself experienced pain around the heart after a spell of overwork. This is most uncomfortable and rather alarming, but I had a check-up and my blood pressure was found to be normal and the stethoscope revealed nothing out of the ordinary. I was overtired and therefore my heart was overtired too, and as soon as I slackened off work a little, rested more, and had taken a dose of my constitutional Homœopathic remedy. I felt very well once more, and my heart was well again also.

There are, of course, some very distressing heart conditions,

such as those of angina pectoris, and with any heart ailment there is only one way to tackle the curing of it—treat *the patient* with the constitutional remedies and when the patient gets better, the heart will eventually be made normal again, *if this is possible*. If the condition has gone on too long then the constitutional remedy is the best palliative.

But a word of warning—do consult an experienced Homœopath for this constitutional treatment, for this is a precision job and vast knowledge is needed to prescribe constitutional remedies.

There are many remedies which can deal with the actual heart pains and some are given below—but it must be fully understood that these will not cure but only alleviate the pains.

Aconite 6. There is a pain in the left shoulder and stitching pain in the chest; palpitation with anxiety and tingling in fingers. Pulse is full, hard, tense and bounding. Patient is full of fear and restless.

Dose : 2 pills every three hours.

Cactus 6. There is violent palpitation, worse lying on left side, and at approach of menses. There is an ever-present iron band feeling round the heart with suffocation and cold sweat. Pain in apex of heart shooting down left arm. There is palpitation with giddiness, shortness of breath and flatulence. There is a feeling of constriction with very acute pains and stitches in the heart region, pulse feeble, irregular and quick.

Dose : 2 pills every three hours.

Naja 6. There is a feeling of a weight round the heart—stitching pains extending to nape of neck, left shoulder and arm with anxiety and fear of death. There is pain in forehead and temples with heart pains. Pulse irregular in force.

The heart is sometimes damaged after infectious diseases.

Dose : 2 pills every three hours.

Digitalis 6. The least movement causes violent palpitation and a sensation as if the heart would cease beating. Frequent stitches in heart. Very slow pulse. Irregular heart especially of mitral disease. Sudden sensation as if heart stood still. Pulse weakened and quickened by least movement. Dilated heart, tired, irregular, with slow and feeble pulse.

Dose : 2 pills every three hours.

Cratægus ϕ This remedy acts on the muscle of the heart and is a heart tonic. Extreme shortness of breath on the least exertion without much increase in pulse. Pain in region of heart and under left shoulder blade. Heart muscles seem flabby and worn out. Pulse accelerated, irregular, feeble, intermittent. Valvular murmurs. Blueness of fingers and toes. All symptoms aggravated by exertion and excitement.

Dose : 6 drops in water three times daily after meals.

Arnica 30. Stitches in heart, pulse feeble and irregular. Extremities distended, feel bruised and sore. Fatty heart.

Dose : 2 pills night and morning.

Spigelia 6. Violent palpitation. Great aggravation from movement. Frequent attacks of palpitation especially with foul odour from mouth. Pulse weak and irregular. Neuralgia extending to arm or both arms. Craving for hot water which relieves. Shortness of breath, must lie on right side with head high.

Dose : 2 pills every three hours.

Stop the pills immediately there is any improvement and only repeat the dose when the old symptoms return.

—*Health & You, June, '58*
