

5. Chin. Arsénicosum 6x Trit. helped to remove the weakness caused by profuse sweating which was seen even when the fever was controlled by the indicated homœopathic remedy (a few cases only.)

## INFLUENZA

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Influenza commonly known as "FLU" is an epidemic disease caused by a specific pathogenic germ, the identity of which has not yet been known. Once it starts in any country, it takes a global tour of the world. It is, of course, also found in endemic form in daily practice but when it takes epidemic form, its prevention requires special attention and proper care, as it is a universally dreaded disease.

*Definition* :—As far as its definition is concerned authorities have expressed different views. Dr. JAHR of France, a celebrated Homœo. luminary, in his "Forty Years Practice" says as follows :—

"What distinguishes Influenza, which is really nothing more than a very violent catarrhal fever, from other fevers of this class, is the circumstance that Influenza attacks the whole nervous system at once, sometimes with rheumatic pains in all the limbs, more or less lameness, fever and inflammatory symptoms increased to a genuine acute Bronchitis or acute Pleuritis".—Page 199.

Dr. KIPPAX (R. JOHN.) in his well known "Lectures on Fevers" states as follows :—

"Influenza is a miasmatic-contagious disease of from three to ten days' duration, due to an unknown morbid agent and occurring in wide spread epidemics. It is characterised by suddenness of onset, by great and early prostration and by the development of general catarrhal symptoms. Usually there is intense frontal headache, coryza, sore throat, a tickling cough, dyspnoea, pains in the back and limbs, fever of varying intensity and great nervous depression. At times there is more or

less catarrh of gastro-enteric mucous membrane, with hepatic disturbance. Inflammatory affections of the lungs are not rare complications. The disease is very rarely fatal except in advanced life. When death takes place it is generally the result of complications. Relapses are not uncommon". (Page 253.)

Dr. C. G. RAUE in his admirable and dependable, "Special Pathology and Diagnostics with Therapeutic Hints" mentions as follows :—

"Influenza is an acute infectious epidemic disease characterised by a series of catarrhal manifestations affecting the respiratory and frequently the digestive tract, attended by prostration, pains in the bones and limbs, severe nervous symptoms and fever." He further continues "It usually commences with a chill or chilliness followed by fever of a remittant character, anorexia, headache, apathy and prostration and may be divided into three forms, i.e. (i) Catarrhal, (ii) Gastric, (iii) Nervous, depending upon the organs which receive the brunt of the attack." (Page 890 first Indian Edition).

Dr. Richard Hughes, one of the ablest exponents of Homœopathy maintains, in his, "Principles and Practice of Homœopathy" as follows :—

"In my "Therapeutics" I discussed this malady among those of the respiratory organs, assuming that was present when a severe fluent Coryza was accompanied by Headche, pains in the limbs, and great prostration, and advised *Ars.* and *Eup. Perf.* in its treatment. I expressed my suspicion, however, that such a condition was to true epidemic Influenza what English is to Asiatic Cholera, and advised consultation of the older Homœo. writers for their experience in the visitations of the thirties and forties.

"My my suspicion was well founded, and I do not now speak as one to whom epidemic Influenza is unknown. The waves of it which since 1890 have passed over the world with almost unvarying annual persistency have made all practitioners familiar with its features, and have taught us much as to its nature and various manifestations. It is evidently an essential fever, as much so as Typhoid and Dengue, to which last it presents many points of resemblance, especially in its charac-

teristic pains of head and limbs. Catarrhal, nasal and bronchial, is (contrary to our former notions) a secondary and incidental occurrence only. When it does set in, however, it is very apt to run down the air tubes into the cells, and to set up a low diffuse Broncho-Pneumonia, which in aged persons and broken constitutions readily proves fatal". Page 275.

So we see the different views of the disease. JAHR considers it a mere catarrhal fever, while R. Hughes classifies it as an essential fever. Though its action is primarily limited to the respiratory organs and here it is not a dangerous disease, but as far as its complications are concerned it rightly, as remarked by R. Hughes, becomes an essential disease, and terminating fatally especially in old age.

*History* :—Although it is a disease having relation to the remote antiquity, it was first clearly recorded in the fourteenth century. Since the early years of that century it has been occurring in epidemic form with varying intervals and duration of an epidemic. It has, many times, covered the entire globe generally travelling from the East or North-west to the West and South. The causative morbid agent or virus is of an independent existence.

It is probable that the recent epidemic which takes its origin from Malaya is not due to the Radio Active rays but an epidemic of a usual order, because the virus exists independently.

*Symptoms* :—Symptoms have been amply discussed above. But briefly we can enumerate them as follows :—

Chilliness, catarrhal symptoms—severe coryza, sneezing etc., headache usually frontal, Pains in limbs, back and bones, prostration, nervous depression, fever etc.

*Concomitants* :—As a general rule the patient should rest in bed. But those who neglect the disease and go about their business ill-clad, are liable to Pneumonia attacks. Those who eat too much or disagreeing stuff, are liable to Gastro-Enteric disorders. Both those concomitants are ominous. Bronchial affections may also occur and bronchitis may be the teasing complication.

*Method of Propagation and Prevention* :—This is an infec-

tions disease and the infection may be conveyed from one to the other by using common handkerchief, towels, utensils, cups, and in crowded places, such as meeting halls, cinemas, parks etc. Sneeze carefully and try to avoid any other person face to face or in close contact, do not spit inadvertently. The patient should be removed to an isolated place or preferably to the hospital. The rooms should be well-ventilated.

*Auxiliary Measures* :—Diet should be proper and nourishing. The old school exponents believe that the mucous membranes of the respiratory system are affected when a lack of vitamin 'A' occurs in our organism and therefore we should eat substances rich in vitamin "A". But this is a mere theory. The consumption of vitamin "A" does not prove useful in epidemics.

But the diet should mainly consist of milk, butter, yellow fruits, yellow vegetables etc. No stimulant should be used. Avoid condiments, sauces, do not go to the confectioner & cafeteria as long as an epidemic lasts, avoid all highly seasoned edibles. Do not try to take too much.

Exercise should be taken in the open. Deep breathing is a good practice. Running, if possible, is also good.

Rinse the nose with salted water twice daily. Take a tumblerful of water and add a teaspoonful of salt. Water should be a little warm. Put a little water on your palm suck it through the nose and expel it through the mouth. This is very good practice even in great nervous depression and clears the entire nasal tract and other throat organs. Gargles of salted water are also good. In this way these organs work in a smooth manner and their power of resistance is increased.

*Treatment* :—As elsewhere, here we have also to reckon the totality of symptoms. We have not to consider the disease but the individual.

As a general rule this disease has nothing to do with the predisposing causes such as Age, (but some people claim that children are generally exempt which is not always correct, because in the present epidemic mostly the children were affected in Japan) sex, profession, habits, temperament, constitution, weather, atmosphere, locality etc. etc.. One attack of the disease does not give immunity.

Now we proceed to medical (Homœopathic) treatment. Dr. Bœricke in his *Materia Medica & Repertory* and S. Lilienthal in his monumental work on *Therapeutics* give long lists of medicines. But we can tackle the disease confidently and effectively with a smaller number of medicines which we discuss in the following:—

*Aconite*:—The first and foremost remedy that should be borne in mind. Complaints arise from sudden exposure to dry cold wind when the patient is in a state of perspiration. High fever, dry skin, great restlessness, dry violent, racking cough with stitches in the chest. Coryza dry or with watery discharge, nose stopped up, sneezing. Chill in general. Rheumatic pains and swellings of joints worse at night.

*Allium Cepa*.—Profuse, watery and acrid coryza with bland lachrymation. "Fluent coryza, headache, lachrymation, cough, thirst, want of appetite, trembling of hands, feverish, worse evenings and in-doors, better in open air" (Hering's "Condensed *Materia Medica*, Page 310) "Chest laden with mucus, stitches with burning in middle of left side of chest, when taking a deep breath, dull frontal headache, intense pain in occiput and cervical spine, dullness of eyes with aversion to light." (Lilienthal's *Therapeutics*, Page 616.). Pain especially in upper extremities with chilliness. Sneezing worse after rising and going in a warm room. Epiphora.

*Ant. Tart.*.—Oppression of chest with rattling of a brown mucus of sero-aluminous fluid, chest feels full but has to strive hard before any expectoration takes place. Constant irritation of cough during night, must sit up in an erect position retaining, nausea and vomiting. On emptiness of stomach, loss of appetite without much thirst. Thick white coating on the tongue. Pain in the forehead. Extremities affected, Lumbago.

*Arsenic Alb.*.—This is a remedy of great value in this disease. There is a sudden catarrh threatening suffocation at night. Fluent and acrid coryza with thin watery discharge but still a stuffed up feeling predominates, with severe sneezing; upper lips become sore. "Nose-bleed after a fit of passion or vomiting." (Hering's *Condensed Mat. Med.* Page 138). Great

debility, spasmodic cough, inclination to vomit with discharge from eyes, Photophobia. Burning pains in extremities, periodical burning pains in head with restlessness, cold skin. Farrington (in his clinical Mat. Med. Page 559) recommends Ars. Iod. on the ground that "owing to the Iodine it contains, there is a marked affinity for the lymphatic glands. It (Ars. Iod.) has also thin acrid discharge and chilliness as in Ars. Alb.

*Baptisia.*—A remedy, like Ars., Alb., Gels., Rhus tox. of great value and if given in the very commencement of fever, it shall about the entire course of the disease. R. Hughes and Ruddock express a great praise for this valuable medicine. Ruddock in his "VADE MECUM", Page 165. maintains "Heaviness, besotted appearance of the eyes, headache and foul tongue, sore throat, soreness all over, general uneasiness with or without fever. Even when cough supervenes Bapt. will often be useful and successful". Dr. R. Hughes praises it, in his Pharmacodynamics, in gastro-enteric complications. Low dilutions are preferable, generally the 1x.

*Belladonna.*—There is abnormally hot skin and perspiration, spasmodic cough worsening the headache, sleepy but he is extremely nervous and delirious, therefore cannot sleep. Starts in sleep. "Dull frontal headache and dryness of nose, fluent coryza from one nostril only" Hering's Condensed Mat. Med. Page. 185.

*Brom.*—First the right nostril is stopped and then the left. Fluent coryza, dull frontal headache, especially the right side, brains feels as if being forced through the nose. Dry hacking cough with difficulty of breathing and shortness of breath.

*Bryonia.*—It also ranks with the first class remedies. Fluent coryza, watery or greenish discharge, much sneezing. Headache worse on coughing, stooping. Dry hacking cough but sometimes, phlegmatic, worse by smoking, talking or coming from open into the warmth of a room. Fever with dryness of mouth and great thirst for cold water. Stitching pains in the chest are characteristic. Rheumatic pains in the extremities. Sensitiveness to the light of the sun. General constipation.

*Camphor.*—This remedy is taken early, when there is a sensation of cold, will keep an attack at bay. Pellets of cam-

phor kept in pocket and smelling them off and on are useful throughout the course of an epidemic. Smelling of Eucalyptus in the same way, by putting a few drops on a clean cloth is also useful. Some authors recommend smelling or sucking, in mouth, of cinnamon. (*Cinnamomum*).

*Caust* :—Unilateral frontal headache. Lachrymation in room but worse in open air with frequent sneezing. Great weakness and paresis of extremities, nose runs by day but stops by night. Rheumatic pains in extremities. Hoarseness, rawness in chest, facial neuralgia. Cough too difficult.

*Eupatorium Perf.*—Farrington in his clinical *Mat. Med.* (P. 735) states, "Eup. Perf. is very similar to *Caust.* in that it causes hoarseness in the morning. Both are indicated in Influenza with aching all over the body, but Eup. Perf. has more soreness than burning and rawness in the chest."

Hering in his *Condensed Mat. Med.* (P.P. 422) says, "Influenza with weak pulse, prostration, bones sore especially with in ebriates and old people."

Coryza with sneezing, hoarseness and rough voice, restlessness, hacking cough in the evening with soreness of every bone. "Hoarseness worse in the morning, with cough extreme soreness along the trachea and even to the finest ramifications of the bronchial tubes, there will be aching in all the limbs and body, as if in the bones, which impels the sufferer to move, but thereby no relief is obtained"—Farrington's *Clinical Mat. Med.* (Page. 244.). This is also our first rate remedy, a sheet-anchor.

*Gels* :—Coryza, with violent sneezing fits in the morning. Right nostril stopped, discharge watery and excoriating. Sore throat felt at upper part of left nostril. Continuous accumulation of irritating mucus about the throat, hard painful cough, swallowing causes shooting in the ears. Thirstlessness with fever worse at night.

*Merc. Sol* :—Dry or fluent coryza, frequent epistaxis, cough. Mucus-bilious diarrhœa, rheumatic pains in head, face, ears, teeth and extremities with sore throat. Dry, violent racking unceasing cough, the patient cannot utter a word during cough. Chill or heat with profuse but not alleviating sweat.

*Nux Vom.* :—Fluent coryza by day but stopped at night. Rough and hollow cough, mucus rales, thick expectoration, and pain in chest as if raw; headache as if bruised, heaviness of head, anorexia, constipation, nausea and vomiting, sleeplessness or anxious dreams during sleep; chilliness and pain in extremities.

*Phos.* :—Coryza alternately dry and fluent, frequent sneezing, intense bronchial and laryngeal affections, speech almost impossible. Cough dry, tickling; tightness across the chest, worse evening and midnight. Goneness and faintness in region of stomach, painless diarrhœa. Pneumonic complications especially call for this remedy more than any other remedy.

*Rhus tox.* :—A valuable remedy in which there is copious coryza with redness and œdema of throat, œdema glottis. Sneezing and cough. Puffy and translucent uvula. Cough dry, from evening till midnight, worse from uncovering. Tearing pains in thighs while straining at stools. Severe aching throughout the body. General debility. There is a history of having been drenched in the rain or the complaints are worse in wet weather. Fever with thirst.

The other important medicines are :—*Arum triph.*, *Chelid*; *Cimicif*; *Hepar*; *Hydrasti*; *Lachesis*; *Lycopod*; *Phelland*; *Phytol*; *Sabadilla*; *Sticta*; *Sulph*; etc. when indicated these may be useful.

## LETTER TO THE EDITOR

### INFLUENZA

Dear Sir,

India is a country which has throughout been the victim of Natural Calamities. Floods raged havoc at one time and the shortage of rains at the other. Encephalitis had its sway here. Jaundice swept over Delhi like anything. Enteritis and Diarrhœa are in a competitive race in U.P. Above all, the country almost as a whole is at present in the grip of 'FLU' which is spreading as an epidemic. It is perhaps the fourth