

SOME "DON'TS" IN HOMŒOPATHY

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The Law of Similars, attenuated medicine and single attenuated dose are the cardinal principles of Homœopathy. Thus it seems there is no room for caution. But there are. These "Don'ts" are for the guidance of good prescribing. These "don'ts" are collective experiences of great prescribers of Homœopathy. They serve like danger-posts to immature prescribers.

Here below is given a number of such "don'ts" collected from Homœopathic works.

Relationship of drugs in Homœopathy is not an item to be brushed aside. A want of knowledge of drug relationship not only mars many good prescriptions but proves injurious to the patient prescribed for. For example, *Rhus Tox* and *Apis* are inimical. *Apis* given after *Rhus Tox* in eruptive diseases and *Rhus Tox* given after *Apis* often disagree. Once *Apis* 30 was given to a patient who had urticaria. The patient was almost cured. *Apis* was given on the symptom of relief from cold. Unfortunately on the suggestion of one of his visiting relatives, he took *Rhus Tox* 30 without consulting the writer. There was a sudden aggravation of the urticaria—His face was swollen. The patient was greatly repentant. The writer did not give any medicine, but waited to see the reaction. Fortunately after a day the urticaria began to subside? The lesson is that the relationship of medicine is an important factor in prescribing.

Referring to *Apis* here, one should note that *Apis* should be cautiously given during the first three months of pregnancy, specially in low potency, as it is liable to produce miscarriage.

Again some medicines follow well after some one is given. Here is one good example which have been followed by discriminating prescribers. The order is Sulphur, Calcarea Carb. and Lycopodium. Any different order of prescribing will not act well. *Ars. lod.* is a remedy most closely allied to mani-

festation of tuberculosis. But to be effective one should begin with 3x and gradually go to lower to 2x. It should not be taken in empty stomach. Dr. Clarke says "It is apt to cause pain in the abdomen and even diarrhœa often a time and then it should be omitted for a few days. The low trituration does not keep well". Fresh trituration should be used or 30th potency may be used which also acts well.

Arnica Mont., the great remedy for the injuries from fall, blows and contusion should not, in Tincture, be applied locally when abrasions or cuts are present. It has proved injurious.

Blatta Orientalis is one of the prominent remedies for certain kind of Asthma. But caution is necessary. Bœricke says "Lowest potency during an attack. After spasm, for the remaining cough, use the higher. Stop with improvement to prevent return of aggravation".

Aconite is the "first" in most of the familiar ailments. There are certain "Don't's" for it. First do not alternate Aconite; Secondly, do not continue it if a few doses do not act; thirdly, do not waste time by giving it in a case of Typhoid fever; fourthly, do not try to control fever resulting from a morbid poison by Aconite; and lastly, do not give in fevers which are symptomatic of an acute local inflammation, as it will do little good.

What about *Ars. Alba*? Arsenic Alba is one of the useful remedies in typhoid fever. Some great Homœopaths have cured apparently desperate cases with it. But do not give *Ars. Alba* early in typhoid fever, unless the symptoms call for it unmistakably. In typhoid fever *Ars. Alba* is indicated in the later stage, where there is profound prostration, great restlessness and other characteristic symptoms (Cow).

Calcarea Carb. is constitutional remedy of great value. It also shares some "Don'ts". In old people the remedy should not be repeated often, nor in higher attenuations; moreover, the lower attenuations have favourable action in the child and in diseases attended with the acid states of digestive tract.

Digitalis is used if symptoms agree, in all diseases where the heart is primarily involved, and where the pulse is weak, irregular, intermittent and abnormally slow. What potency to

use? A great Homeopath has said "I have never seen any benefit from the dilution above the first centesimal, and generally use the first decimal or mother tincture, which also, seems to be in general practice". This opinion is also shared by other practitioners. Dr. Bœricke gives a warning for the use of the mother tinctures. Says he "The dose of Digitalis should be reduced as soon as the pulse rate has been lowered to 80 beats a minute and the normal rhythm has been partially or completely restored, under such conditions a good rule is to cut the dose in half and still more if there be a sudden falling off of the urinary output".

One can't leave *Kali Carb.* Hahnemann has said that persons suffering from ulceration in the lungs can hardly get well without this antipsoric. It has some important symptoms to be prescribed for. "Never use any Salt of Potash, where there is fever" says T. F. Allen. And use *Kali Carb.* cautiously in old gouty cases, advanced Bright and Tuberculosis".

Phosphorus is one of the many remedies which should be very carefully prescribed on indications. It should not be given too low or in too continuous doses, specially in tuberculous cases. It may act as an Euthanasia. Dr. Nash says: "In incipient tuberculosis, it should be given very high and in single dose, and not to be repeated. If given too low and repeated, it will fearfully aggravate."

Psorinum is generally prescribed in psoric manifestation. But it should be given in the 200th and higher potencies. It should not be repeated too often, as it requires something like nine days before it manifests its action, and even a single dose may elicit other symptoms lasting for a week.

Silicea has a wide therapeutic use. It is a deep acting remedy—In phthisis it must be used with care, for here it may cause the absorption of scar-tissue, liberate the disease walled-in to new activities (J. Weir). It is also called the Biochemic "knife". For this the lower potency should be used. Such is the case with *Mercurius*. But, they do not follow each other well.

Santonin is of unquestioned value in the treatment of worm-affections, gastro-intestinal irritation, itching of nose,

restless sleep. But when using it, one caution is to be remembered. "Lower preparations are often toxic; again, do not give it to a child with fever or constipation".

Hepar Sulphur suits specially scrofulous and lymphatic constitutions, that are inclined to have eruptions and glandular swellings. Its one peculiarity is to be noted. The higher potency of *Hepar Sulphur* may abort suppuration, the lower promote it. If it is necessary to hasten it, give 2x. This peculiarity is also shared by *Mercurius*.

Thyroidinum—a medicine prepared from the dried gland of the sheep—is a therapeutic agent of some value in a number of diseases, such as Goitre, Mammary tumour, Vomiting of pregnancy, arrested development in children etc. But a precaution is necessary in using this remedy. Crude Thyroid as well as the sixth and the thirtieth potencies are used. But do not use it in routine manner. Here is caution. "If the crude Thyroid is taken, (two to three grains or more daily) the pulse should be watched. It must not be given in physiological doses where with feeble heart, there is high blood pressure, and not in tubercular patients" (Bœricke).

Tellurium has more Ear symptoms than Skin, Eyes etc. But one should not give dose after dose. It takes long time to develop its action which is very prolonged.

Tuberculinum is of undoubted value in the treatment of incipient tuberculosis and tubercular diathesis. Bœricke has quoted in his *Materia Medica* the warnings of Dr. N. Moutreux as follows:—The first dose of *Tuberculinum* in any difficult case, is however the most weighty prescription. The remedy should not be given without a most careful cardiac examination. As the surgeon before the anæsthetic, so must the physician know the heart before administering this drug especially to children and seniles and to young seniles. He who observes this rule will have fewer clinical reproaches on his conscience. When *Tuberculinum* is contra-indicated, recourse must be had to the nearest antipsoric. The above caution applies also to Asthma, pleuritis, peritonitis in scrofulous (tuberculous) subjects".

Sulphur is the greatest of Hahnemann's *Antipsorics*. It

is an all round remedy. But in tuberculosis affecting lungs Sulphur is indicated only in the beginning. "I would caution you as to how to use the drug. If carelessly or wrongly given it may precipitate the disease, which it was your desire to cure. You need not repeat your doses too frequently and you must never give it unless you are certain" (Farrington).

Mercury is seldom indicated in carbuncle; so it should be prescribed on indications only.

To use a highest potency indiscriminately comes under "Don'ts". Without entering into a controversy as to whether a high or a low potency should be used, I present an unhappy occurrence of Dr. Grimmer about *Ledum*. Says he "There is one experience I should like to recount of a tubercular case. I had a man who was probably in his secondary stage of tuberculosis. He was coughing a little bloody expectoration and was up and around and able to get about and be fairly comfortable, but he had a strong indication for *Ledum* which I gave him in the C.M. potency. This remedy was given along about one o'clock in the afternoon. At seven o'clock that evening I was called hastily to come to the house which was some distance away to see the man, as he was having a severe pulmonary hæmorrhage.

By the time I got there he was dead and the room in which he lay was like a slaughter house, he had bled so heavily.

Now I think I made a mistake in giving *Ledum* too high. Of course that is only one case, but we have had many warnings about some of our remedies in our literature, about Phosphorus and Lachesis specially in tuberculosis, and the danger of giving of those remedies too high, and I think *Ledum* falls into that group from this one experience (I.H.A. Bureau of M.M. 1935).

I wonder if others have had the same experience."