

It is only because of recent studies in bacteriology that we have been able to know accurately the mode of spread of such diseases and epidemics and hence we are better equipped with the knowledge of preventive methods against these epidemic outbreaks.

In the end I pray that we should try to understand the spirit of Hahnemannian writings and should not mis-represent him especially to students. We should also try to see how he would have reacted if he was alive today.

A SHORT STUDY OF ARNICA

BY MEREDITH STARR

Referring to *Arnica*, Dr. Kent says that it is a wonderful, misunderstood remedy: mis-used, because it is almost limited to bruises. He states that the *Arnica* patient is morose, wants to be let alone, does not wish to be talked to or to be approached. He has found it effective in preventing a typhoid state and curative in intermittent fevers, congestive chills and old cases of gout, particularly when the mental state is characterized by moroseness and stupidity. He affirms its usefulness in inflammatory conditions of the abdomen, liver and intestines, with tumefaction, uneasiness, prostration and soreness often so marked that the patient cannot be touched. It is also a remedy for whooping cough and for shocks and injuries of various kinds.

Boericke underlines the employment of *Arnica* in putrid phenomena; influenza; violent spasmodic cough, with facial herpes; pleurodynia; angina pectoris; and crops of small boils. He recommends it particularly in cases when injury, *however remote*, is the cause of the trouble; in neuralgia originating in pneumo-gastric disturbances, and in rheumatism affecting the muscles and tendons.

In Boenninghausen's *Characteristics and Repertory*, translated, compiled and augmented by Dr. C. M. Boger, we find a wealth of information and symptoms, such as : regurgitation of bitter mucus ; cramp in stomach ; stitches in pit of stomach with pressure extending into back and constriction of chest ; when walking, stitches in spleen with arrested breathing ; pain about the navel during motion ; enuresis in bed at night and during day when walking ; anxious oppression of respiration.

Teste, quoted by Dr. J. H. Clarke, remarks that *Arnica* is particularly adapted to sanguine, plethoric persons, with lively complexions and disposed to cerebral congestion. It only acts feebly on debilitated persons with impoverished blood and soft flesh. Usher (quoted by Clarke) found that the local use of *Arnica* caused an extraordinary growth of hair on a limb, which suggested the successful use of an oil mixed with *Arnica* 1x for baldness. P. P. Wells cured double pneumonia in a child with sudden stabbing pains on both sides of the chest almost preventing breathing. "*Arnica instantly* caused a violent aggravation, the next instant relief was perfect, and the child fell asleep, breathing naturally" (Clarke). Dr. Clarke once ran a piece of wire into the tip of a finger, causing paralysing pain : he applied *Arnica* 1x at once, and the pain was instantly wiped out from the point of injury up the arm. Among the general indications, Dr. Clarke mentions general prostration of strength and dropsy of the inner parts.

An interesting indication for *Arnica*, mentioned by Dr. Nash, is suggilations (ecchymosis, bruises) under the skin. I have verified this in my practice. Dr. Nash also alludes to a peculiar form of "dyspepsia" in a patient, regarded as hopeless by his physician, and caused by the kick of a horse in the stomach : this was cured by a few doses of *Arnica* 200.

Enough has been said to show the wide range of the remedy. I will now mention some recent cases which illustrate its amazing curative powers.

(1) Married woman, under thirty, suffering from the after-effects of shell-shock in 1943 when her house was bombed in London. When I first saw her, in the autumn of 1950, she was living with her parents in a remote farm in Cyprus, her husband and child remaining in England. Her appearance was dull, stupid, apathetic and morose. She was quite incapable of taking part in general conversation. She simply sat around, silently brooding most of the time and seemed incapable of performing any but the simplest tasks. Her mental development appeared to be completely arrested. Physically she was well-developed and robust. She no longer remembered her husband and child. I did not think I could do much to help her, but decided on *Arnica* 10m, one dose a month. About six months later her brother informed me that there had been a very great improvement in her condition. He said that she was now lively and cheerful, worked with a will and was altogether a different person. I then advised *Arnica* cm, a dose monthly. I saw her again on April 23rd of this year and found it difficult to believe that she had ever been the gloomy, cow-like creature I remembered from my earlier visit. Her face was animated and her eyes sparkled with intelligence and happiness. She still could not remember her husband and child, but her family were hoping that she could return to them in England before long. I discontinued the *Arnica* and gave her *Anacardium* 200 in infrequent doses.

(2) Carpenter, aged 66, a victim of paraplegia since January 1st. 1951, told by several doctors he would never walk again. First seen by me on May 23rd this year. He was in bed, could not clench his hands or walk. The eyelids did not droop, the muscles were taut but not atrophied. Cause: fall into a dry river-bed when intoxicated. A heavy drinker for many years. Formerly healthy and very strong. Complained of persistent soreness along vagus, at sides, and from knees to toes. *Arnica* 200, five pilules.

May 30th. Daughter and friend reported a decided improvement. Walks a few steps, when supported by another person. *Arnica 10m*.

June 24th. Walked a little *unaided*, with a stick. The lower limbs are chiefly affected, especially the right leg. *Arnica 10m* and two doses of *Lathyrus sat.* 3 next day.

July 11th. Walks more easily. *Arnica 10m*.

July 25th. Still improving. Very hopeful of recovery. Advised him to imagine himself walking freely and easily. *Arnica 10m* and *Lathyrus 3* for three days.

August 1st. Can now walk *unaided*, without a stick. The grasping power of the hands is improving. I notice that he cannot raise his arms sideways to shoulder level. This may be due to spurious ankylosis, so he may need *Rhus tox.* later (see Knerr's *Repertory of Hering's Guiding Symptoms*, Vol. II, p. 1402). *Arnica 10m* and *Plumb. met.* 6x, two tablets daily for four days.

August 15th. Still improving. Walked *unaided* to a café quite 60 yards distant. *Arnica 50m*.

September 19th. Has walked to the town of Kyrenia, about a mile, and back, without human support: a remarkable performance for a man who was told he would never walk again. But shoulders are still ankylosed and the right side feels more restricted than the left. *Rhus tox.* 200.

September 26th. Slight, but definite improvement in right side and grasping power of hands. *Rhus tox.* 200.

October 3rd. Slight improvement, less stiff, but grasping power still weak. *Vanadium 12*, two pills every third day.

October 17th. Now walks practically as well as he did before the accident. He can shake hands with a firm grasp, but feels a weakness in the middle fingers of each hand and a slight stiffness in the knees. *Natrum mur.* 10m.

November 6th. Has been for long walks all round the town. Knees less stiff, but the condition of the hands only a very little better. The shoulders are a little looser. *Kali carb.* 10 twice daily for a week. After this I will

discontinue treatment for at least a month. His recovery though not complete, has aroused widespread interest in both medical and lay circles, and as a result, many new patients have come for treatment.

(3) October 14, 1951. Married woman, 53, suffering from an acute burning pain in the lumbar regions at the end of, and extending to the middle of the spine, together with sensations of great heat ascending from the loins to the breasts and descending to the knees. There was also a bruised, sore feeling in these parts. She had been like this for 30 years, but the pain had increased considerably during the last six months, rendering her incapable of working. She felt very hot in bed. Waves of heat ascended to head. Irascible, impetuous, sanguine; sensitive temperament. < left side in general. Very forgetful; empty feeling between 10 and 11 a.m.

Arnica 10m, one dose. After a few days one dose of *Morbillinum 200* as she had had measles in childhood. *Sul. 3* twice daily for a week, after this, *Sul. 6*, two doses two days apart.

She called on October 23rd, to say that she had completely recovered and was back at work. She remarked that she felt a very great improvement in her condition after the first dose (*Arnica 10m*). In my opinion the *Arnica* gave a powerful, initial impetus to the recuperative forces, and the *Sulphur* completed the work.

(4) November 5th, 1951. Boy of 13. Complaint: asthma, with cough, since the age of 7, < winter, cold, damp, night, sleep, inspiration. Chewing motion when asleep—a little also when awake. Had a shock in 1943 when Nicosia, the capital was bombed. Also a serious shock about the age of 7 when he fell into a tank of cold water and had to hang on to the edge till rescued. *Arnica 50m* one dose of 3 minims. *Sac. lac* for six days. On November 13th, *Bryonia cm*, one dose, given on the individual symptom of the chewing motion, unless there was a marked improvement before that date.

I ran across the father accidentally on November 8th. He reported that the boy had recovered entirely both from the asthma and the cough the day after taking the *Arnica* and that he had felt an immediate and marked improvement after the first dose.

These cases reveal the wide scope of the remedy. The first case illustrates the effect on the mind, the second on the body, and the third and fourth mainly on the nerves.

—*Heal Thyself*, February, 1952

APOCYNUM CANNABINUM

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Common Name—Indian Hemp.

Tincture or Infusion—Made from whole fresh plant or root.

Active Alkaloid—Cymarin.

Sphere of Action—Urinary Organs, Heart, Digestive Tract, Uterus.

The general picture is one of insufficiency and depression of the action of kidneys, heart, skin and bowels, and resulting cardiac failure, uremia and all degrees of symptoms of these conditions.

Urinary Sphere: Renal insufficiency with ascites, anasarca, hydrothorax, etc. There is marked decrease in amount of urine eliminated. In case that continues long, all degrees of uremia exist with the mental dullness and confusion and uremic vomiting. The gastric irritability is marked and they cannot keep even water, as well as food, in the stomach long without vomiting it. With this vomiting they develop an increase of the thirst which had already been present.