

pathy. By doing this Government will have definitely other view point regarding Homœopathy, than the Allopathic minded Director of Health Services had been putting before them.

This board of Homœopaths should be given the power to frame an act for the recognition of Homœopathy, and the act thus framed should be put before the legal sub-committee of the Government, before it comes to the Punjab Assembly for discussion.

My dear Colleagues, I want to talk to you something also. You are all sleeping, and you know what happens to the soldiers sleeping on their posts, either they are court-Marstialed by their own authorities, or are over powered by the enemies. We are surrounded by enemies on all our fronts; but we are still sleeping and slumbering. If you want to live an honourable life, if you want that no body should hate you or call you a quack. If you want that you should enjoy equal rights with your contemporaries, then rise, rise with power to put off all obstacles from your way of progress and march on unitedly till your goal is reached.

In the end I thank you all for giving me patience hearing, hoping that you all will unite for the cause, which is so dear to every body among us.

NOTES ON INFLUENZA AND SOME OF ITS REMEDIES

BETA

The Daily Press reported in August 1950 that "an epidemic of influenza of virus strength similar to that of the 1918 epidemic had occurred in Johnnesburg".

These notes will attempt to indicate those remedies, which were found to be of use in the 1899-1900 and the 1918-1919 pandemics, as these outbreaks were similar to the recently reported outbreaks, and are attributed to Virus A. Influenza.

Influenza that is attributed to Virus B., does not occur as a world-wide pandemic, and the outbreaks of this type that occurred in 1949 and early 1950 responded to *Gelsemium* and *Nux vomica*.

It is important to note that influenza does not respond to treatment with Penicillin, Streptomycin or the Sulphonamides.

It is advisable to commence prophylaxis with *Influenzinum* 30, giving three pilules once a week to commence with, and gradually extending the doses to once a fortnight, and in the latter part of the spring, to a dose every three weeks.

PREVIOUS EPIDEMICS

In 1898, the remedy most frequently required was *Gelsemium*, other remedies mentioned were, *Veratrum vir.*, *Badiago*, *Arnica*, and *Eupatorium perfoliatum*.

Another reports that in one epidemic he used nothing but *Bryonia*, whilst in the following epidemic *Rhus tox.* was the only remedy required.

In the 1890 epidemic the remedies used were *Aconite*, *Arsenicum alba*, *China*, *Eupatorium perfoliatum* and *Eupatorium purpura*, *Gelsemium* and *Rhus tox.*

In 1900, Dr. J. H. Allen reported on the number of influenza cases with resultant coughs that he had cured in the previous two years with *Tuberculinum 1m*.

The coughs resembled *Bryonia* or *Kali carb.* It is tight and dry, seldom any expectoration in the early stages of bronchitis or pneumonia.

There is not the thirst of *Bryonia* and the cough comes in spasms like *Kali carb.*, but not the marked gagging at the height of its paroxysm.

Tuberculinum is indicated in Dr. Allen's opinion, when there are severe persistent pains about the face and eyes, coming on during an attack of influenza, with marked prostration but with no marked aggravations, except that they are worse from cold.

They have much sneezing, even from putting the hands out of bed, and their convalescence is slow.

In 1921, Dr. Winans reported that in the 1899-1900 epidemic he used *Bacillinum* as the remedy to catch the collapse that followed the onslaught of influenza, and that it enabled him to treat over 400 cases in the 1918-1919 epidemic without a single death.

In 1921, Dr. Royal Hayes reported that in his district he had found that *Cuprum met.* was the epidemic remedy, where the patient's symptoms varied from day to day, appearing to require *Bryonia* one day, *Lycopodium* the next day, then *Sulphur*.

It cured practically all the malignant or fulminating pulmonary oedema cases, if used before the serious bubbling became too extensive, even cases where the bubbling could be heard at a distance, and if the correct remedy was not given they developed thoracic oedema and died.

The following symptoms indicate *Cuprum met.* :

Frontal headache, dizziness, mental dulness, chilliness, dizziness when rising, muscular pains, worse when rising. If *Bryonia* is given it does not act well. Painful cough, irregular respiration and dyspnoea, pains through the chest, exhaustion, respiratory motion of alae nasi, cold sweat on hands, feet and forehead—intense thirst for cold drinks, in early stages does not want to move, late stages intense restlessness, cannot find a cool place, cannot be kept covered. Convulsions begin with cramp in the feet, then rising to leg and all over body, finally agitation of muscles of face and neck and death.

Dr. Royal Hayes recommends a single dose of *Cuprum met.* 10m, or higher.

Some indications for other remedies are as follows :

Arsenicum alba is required for serious cases, with great weakness and sudden prostration, with tendency to gastrointestinal complications or pneumonia. There is great restlessness and mental unrest.

The patient is burning hot yet desires to keep warm, and to have hot drinks, all symptoms are worse from cold drinks, cold air and from midnight to 3 a.m. The temperature is high.

Despite the internal heat complains of chilly sensations and shivering. Severe aching in the limbs and head, with burning sensations, copious watery discharge from the nose, which burns and corrodes the upper lip and nostrils. The eyes water, feel burning and stand the light.

Dry cough, worse in the evening, after midnight, and after drinking, breathing difficult owing to pains in the chest.

Intense thirst, but only takes little sips.

Stools are dark, offensive, small in amount, and exhaust the patient.

Baptisia

This remedy was frequently required in the 1918 epidemic for the gastric type of influenza, with violent diarrhoea and vomiting with very great prostration.

The onset is rapid, the temperature is high, patient rapidly becomes mentally confused and cannot answer questions and sinks rapidly into a stupor.

The face is red, becoming dusky and besotted in appearance, eyes are bleary, tongue is yellow coloured at first then a dark streak is seen running down the centre, with the edges dark red and shiny, finally becoming a dirty brown colour, ulcerated and cracked.

The mouth becomes ulcerated and cracked, with black patches on the teeth and lips. The breath is most offensive and the perspiration, urine and stools become very offensive.

The breathing is difficult, as the chest feels contracted, and the patient can only swallow liquids as solids cause choking.

The final stages in this type of influenza are the appearance of livid spots all over the body and extremities.

Bryonia alba.

This type starts with sneezing, headache, rawness of the throat, or with a sudden chill, then fever, with aching in the back and limbs and a dry painful cough, which causes sharp pains in the chest and makes the headache unbearable.

The tongue is thickly coated with a white layer and there is intense dryness of the mouth and lips, which become cracked. The taste is bitter or insipid.

The head feels as if it would split open, and the headache commences as soon as the eyes are opened.

The cough is hard and dry with practically no expectoration.

The patient is extremely irritable and wants to be left alone, and to lie perfectly still, as any movement aggravates all his symptoms.

Causticum

The patient is tired and weary and his bones ache as if beaten and there is prostration from beginning as in *Gelsemium*, but it is more a sensation of paralytic weakness than of weakness.

The coryza is fluent at night, and the nose feels stopped up during the day.

There is a total loss of appetite and the cough is worse in the evening and from draughts of cold air, and is relieved by sips of cold water.

There is often loss of voice in the morning.

Eupatorium perfoliatum

The characteristic symptom of this remedy is aching in the bones, especially of the legs and arms.

The aching appears to be centered in the bones themselves and the flesh feels as if it had been beaten, the patient cannot stand being touched. There are chills in the back.

Flushed face and headache with throbbing pains, which are worse by lying down, and the head feels as if it was compressed by a band, even the eyeballs feel sore.

The voice is hoarse, and there is an irritating, hacking cough, with soreness in the bronchial tubes. The cough is worse in the evening, and makes the chest feel sore.

Gelsemium

Influenza starts with shivering, trembling, chilliness and commences in the extremities and the back whilst the head feels hot, mentally dull and irritable, wants to be alone and cannot concentrate his thoughts. Much sneezing with nasal irritation and discharge. Headache is described as bursting commences in the neck and spreads to the top of the head into the eyes and forehead, relieved by frequent passing of urine, which is clear and colourless.

Eyelids feel heavy so that the eyes are half closed. Face has a dull expression, the tongue develops a thick yellowish white coating and feels numb, and frequent yawning is observed.

Patient wants to keep perfectly still, temperature ranges from 101° to 102° F., and there is no desire for drinks.

Gelsemium is usually required for colds and influenza of mild winters.

Stools not formed and clay coloured is a good indication for *Gelsemium*.

Nux vomica

Similar in some aspects to *Bryonia* and *Causticum* but the coryza is fluent by day and in the open air but stuffy at night and in a warm room.

It is accompanied by a feeling of heat in the face and head even when there is little food.

Violent headache, feels as if the brain were bruised, irritable, aching pains in the calves and small of the back, constipated.

A characteristic symptom is chilliness and shivering, after drinking, from a draught of air or from exposure to the open air.

Cannot get warm either with sitting alongside the fire or when in bed with ample bedclothes.

Useful in gastro-intestinal cases or *Ipecacuanha* when the symptoms are more gastric than intestinal.

Pyrogen

For serious cases that will probably end fatally unless the simillimum is given. It combines the aching of *Eupatorium*, the bruised soreness of *Arnica*, the prostration and putrid states of *Baptisia* and the relief from motion of *Rhus*.

Bursting headache with intense restlessness with fever, chilliness that cannot be relieved.

Very rapid pulse, can feel the heart thumping, with moderate temperature, or a very high temperature with a slow pulse.

Excruciating pains in the back and thighs rendering it impossible to lay still, must try and get relief by moving, complains that the bed feels hard, urination very frequent during fever.

The patient becomes obviously weak with a falling temperature and a rapid increase in pulse rate. *Pyrogen* will bring about recovery.

Rhus tox.

Copious coryza, causing lachrymation and great thirst, aching of the limbs stiffness worse on first moving, better by continuous motion. Hence the restlessness of the patient will attract your attention, attack occurs in cold damp weather. All symptoms are worse at night and whilst laying down and are relieved by warmth, very sensitive to cold and draughts. Tongue is coated and has a triangular red tip. A continuous dry teasing cough which exhausts the patient. *Rhus tox.* will deal with a case which has

not been treated correctly and has developed stupor with frequent mutterings or even delirium.

Veratrum vir.

Symptoms can be mistaken for those requiring *Belladonna*.

Flushed livid face, with dilated pupils, dry lips, mouth and tongue, the latter has a red streak down the centre, foul breath, throbbing headache, hard quick pulse, breathing slow and laboured, high temperature, cough with clear or blood-stained mucus. Pneumonia with violent congestion and faint feeling in the stomach.

The outstanding symptom is vomiting after cold water with cold sweat with rapid or irregular pulse.

Carduus marianus when influenza affects left lobe of the liver.

Chelidonium when influenza affects the right lobe of the liver and there is constriction across the abdomen, as if by a string and retching.

Sarcolactic acid

For influenza with nausea and uncontrollable vomiting, even of water, with extreme weakness and prostration when *Arsenicum alb.* and *Ipecacuanha* have failed.

For respiratory type of influenza consider: *Arsenicum iodide*, *Natrum mur.*, *Kali mur.*, *Pulsatilla*, *Kali bichrom.*, the latter is worse 11 a.m. to 3 p.m. and before midnight.

Tonics for post-influenza effects. *China*, *Arsenicum*, or *Scutellaria*.

Influenza with:

Aching in the back	<i>Nux.</i>
Aching in the limbs and back	<i>Arsenicum</i> , <i>Bryonia</i> , <i>Causticum</i> , <i>Eupatorium</i> , <i>Gelsemium</i> , <i>Pyrogen</i> and <i>Rhus</i> .
Attack commences with shivering and chilliness	<i>Gelsemium</i> , <i>Nux</i> , <i>Rhus</i> .
No desire for drink	<i>Gelsemium</i> .

Worse from cold drinks	<i>Arsenicum alba.</i>
Desire for large cold drinks	<i>Bryonia, Cuprum.</i>
Desire for cold drinks in sips	<i>Eupatorium, Causticum.</i>
With sore throat	<i>Nux, Rhus.</i>
Better, beginning to move	<i>Pyrogen.</i>
Worse, beginning to move	<i>Bryonia, Rhus.</i>
Worse when in bed at night	<i>Rhus.</i>
Face looks dull, heavy or besotted	<i>Baptisia, Gelsemium, Pyrogen.</i>
Coryza, fluent at night, stopped by day	<i>Causticum.</i>
Fluent by day, dried at night	<i>Nux.</i>
Influenza occurring in mild winter	<i>Gelsemium.</i>
Influenza occurring in cold, damp weather	<i>Rhus tox.</i>

The above remedies are a selected few that have proved useful in influenza, but other remedies can be selected from the various *Materia Medica*.

Unless otherwise indicated potencies of the remedies used may be from 6th to 30th and 3 pilules should be given every 3 hours until symptoms are relieved.

REFERENCES :

Transactions of International Hahnemannian Association, 1898, 1899, 1900, 1919, 1920, 1921.

Heal Thyself, 1935.

Materia Medica—Boericke's.

—*Heal Thyself*, October, 1951

PROCEEDINGS OF THE HAHNEMANN BIRTH DAY CELEBRATION

Hahnemann Birthday Celebration was celebrated with due decorum by the Homœopathic Medical Association, Distt. Meerut, on Friday the 10th April at 8 P.M. under the Presidentship of Dr. J. M. Choudhri, (Member