

## RESULTS WITH UNUSUAL REMEDIES

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Case 1: Insomnia. Elderly lady with nervous prostration, unable to get to sleep until seven o'clock in the morning, week in, week out; restless, sensitive to noise, mentally over-excited, lively and gay during the night with occasional twitchings, has tried all sorts of sedatives without success.

I compared Scutellaria, Valerian and Cypripedium and gave the latter 1M., one dose and placebo each night.

The patient slept ten hours the first night, only a very occasional night until 2 a.m., for six weeks, then return of insomnia.

Repeated Cypripedium 1M., one dose; sleeping well ever since.

Case 2: Headache. Violent headaches, as if the patient would go crazy, with loquacity, sensation as if the temples were in a vice, and as if the skull opened and shut, or as if waves in the head changing to penetrating pain on motion, numbness of the vertex. Carboneum sulphuratum 2c, one dose, with almost immediate relief.

This patient's chronic remedy was Sulphur. Return of similar headache again yielded to Carb. sulph., and has not returned since.

Case 3: Heart trouble. Frail, delicate, exquisite lady of 60 with a weak heart. Electrocardiograph showed branch-bundle block. Apprehensive, drowsy, sensation as if the heart stopped with faintness, relief in the cold air and from lying down. Sore feeling in the abdomen with heart distress.

Convallaria 10M., one dose. Relief of symptoms and gradual increase of strength. This prescription was almost an intuitional one. Crataegus and Chin. sulph. having been given before without marked improvement.

She resembled lily of the valley (Convallaria).

Case 4: Facial neuralgia. Acute swelling and redness of one side of the face with swollen gland under the chin, pain and tightness of the occiput and neck, worse putting the head back, extreme sensitiveness of the bones of the nose to touch, dryness of the mouth and throat, no sweat.

Cinnabaris 1M., one dose. Face normal in a couple of hours and relief of all symptoms, which had been severe several days, by night.

Case 5: Varicose ulcer. Stout German woman with a varicose ulcer over the lower right shin, shallow, black, offensive, her one complaint 'terrible burning'. Anthracinum 50M., one dose. Burning relieved within one hour and ulcer healed in a few days and did not return, although she had had it for months and even had a small haemorrhage from it. Her chronic case came out to Graphites, which has since been given her, and she has lost twenty pounds and walks miles and stands all day at her work without recurrence.

Case 6: Acute sinus trouble. Young woman with a history of pneumonia

and pleurisy came for a sudden obstructive coryza, constant blowing of the nose but nothing comes, pain at the nose root with stuffed feeling, dry harassing night cough, sensation as if floating in the air.

*Sticta pulm.* 10M., one dose. Patient reported next morning first good night's sleep in a week and nose almost cleared.

Case 7: Mammary trouble. Middle-aged woman with almond-sized tumour in her right breast near the nipple stitching pains shooting inward, chill after stool, burning vesicles on the right side of the tongue. *Phellandrium aquaticum* 10M., one dose. Symptoms swiftly cleared and lump gone in three weeks. No return in two years.

Case 8: Heart trouble. Middle-aged man, hypochondriac, palpitation on first lying down, choking sensation in morning, heart troubles whenever, he thinks about it, must lie down, feeling as if the heart were temporarily paralyzed, burning sensation in the lower throat. Oxalic acid 10M., one dose. Relief of heart symptoms and extreme prostration, more cheerful outlook.

The range of remedies a prescriber uses is sometimes singularly hackneyed, but especially for acute prescribing repertorization of three or four symptoms of a more or less peculiar or keynote character will bring you to a relatively unusual remedy which will fit the case.

Go over your prescriptions for the last year or for any month and see what the gamut is and what remedies are frequently repeated. Undoubtedly not only the genus epidemicus but the meteorological conditions influence the remedies indicated. I have often noticed that a certain remedy or group of remedies will be called on the same day. Constant study of the less familiar remedies will widen the scope of our usefulness.

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*Commentary on the drugs by K. G. Priestman:*

In the above interesting article, 'Results with Unusual Remedies' by Dr. Elizabeth Wright Hubbard, many of the remedies are so unusual that it might interest readers if some of their more characteristic symptoms were given in detail. In the following short sketches of the remedies several authorities were consulted.

Of the remedies mentioned in the first case, none are among those most commonly prescribed for insomnia, in fact neither *Cypripedium* nor *Scutellaria* are mentioned in either Kent's or Boenninghausen's *repertories* under the headings of sleeplessness. Valerian is found in both.

Clarke gives a short paragraph on *Cypripedium*, or Ladies' Slipper, in which he describes it as "suited to nervous disorders from mental or nervous over-excitement... ecstacy preliminary to incipient brain disorders. Epilepsy from reflex irritation". Jactitation and trembling. Twitching of limbs. Its main sphere of usefulness seems to be for sleeplessness where there is a desire to talk, the patients are wide awake all night with no inclination for

sleep. Full of ideas, restlessness of body, excitement, twitching of limbs. Children awake at night unnaturally wide awake and playful.

SCUTELLARIA or Mad-dog skullcap, is useful for sleeplessness from excitement or exhaustion, and also for headache from the same causes. There is an inability to concentrate, worse study. Dull oppressive headache, or full throbbing sensation, as if the contents of the skull were confined in too small a space. The headache is worse eating, and better moving about in the open air.

Stitching pains in the heart and lumbar regions.

Muscular spasms and twitchings. General restlessness and uneasiness, must move about. Bowels regular with white stools, or diarrhoea with light stools preceded by colic. Frequent scanty micturition.

The patient has night terrors and frightful dreams waking him frequently and suddenly, then he wants to sleep late in the morning and awakens with severe headache.

VALERIAN is used in allopathic prescribing as a tonic—chiefly for patients with symptoms commonly described as hysterical. One of the main features of the remedy is the oversensitiveness, mentally and physically. There are hallucinations of sense and feeling which produce complaints that there are figures or animals on the bed, or that something warm rises to the throat from the stomach and causes suffocation. There is a sensation of a thread hanging down the throat with salivation and vomiting, and patients complain of a disgusting fatty taste. The abdominal symptoms are all worse in the evening. There are sudden stitching pains, cramping pains in the limbs and twitchings of muscles. The symptoms of the upper and lower limbs alternate frequently. These spasms and twitchings are worse lying still, before midnight, and contribute considerably towards the sleeplessness, and cause great restlessness.

The patient, cannot get to sleep before midnight, and when they do drop off sleep is disturbed by confused dreams and muscular spasms. The particular aggravation time of this remedy is from noon to midnight, and specially the 3-4 hours before midnight.

Comparing shortly the symptoms of these three remedies with regard to sleeplessness, *Cypripedium*, complete lack of desire for sleep at night, with excitement and talkativeness. *Scutellaria*, frequent sudden awakening terrifying dreams. *Valerian*, aggravation of symptoms before midnight causing sleeplessness and confused restless sleep after midnight. All three remedies have muscular twitching and cramps which contribute to the disturbed nights.

CARBONEUM SULPHURATUM. This is a difficult remedy to study, as there seem to be few outstandingly characteristic symptoms by which to recognize it, yet the combination of two such widely used remedies as Sulphur and Carbon should be a very valuable medicine.

The pains are burning, tearing, stitching, jerking, and are apt to recur

at regular intervals for a long time. Pains come and go quickly.

In the mental sphere there is marked loss of memory for words, irritability, intolerance, hysterical excitement, and alternating moods of laughter or depression and weeping without cause. Increased talkativeness. Severe headaches, as if head pressed in a vice or as if the skull were opening and shutting. Sharp pains in the temples worse evening. Dull pressing pain specially in forehead and temples, with feeling of confusion. The scalp is very sensitive and brushing the hair painful.

This remedy has many very useful eye symptoms. Dimness of vision with vertigo. As if a mist before the eyes and everything seen as if through a fog, and disturbances of colour perception. Vision is better in twilight and also better after eating, which might be classified among the strange, rare and peculiar symptoms. The remedy is often useful in really serious eye conditions, such as retinitis and optic atrophy, as well as in more superficial conditions as blepharitis and conjunctivitis.

There is deafness with ringing and buzzing in the ears, and the top of the nose is red, burning and irritating. Diminution of the sense of smell. The face is usually pale with a bewildered expression, and a tendency to pimply crusty eruptions, itching, burning and red. The mouth is dry with unquenchable thirst. There is salivation with nausea, and burning from the throat to the stomach and a feeling of a hair tickling the back of the throat.

The appetite is variable, may be diminished, with easy satiety, or ravenous and yet with aversion to food. There is great thirst, and desire for beer and acid drinks. Acrid burning eructations after eating and distension of the abdomen. Abdominal pains, cramping, twisting and much gurgling; stool and flatus copious and offensive, with burning and itching in the rectum and anus during and after stool.

There may be cramping and stitching pains in the bladder with urging and frequency, especially at night, and it may be a useful remedy in enuresis.

This remedy is often useful in sterility, in both sexes, for complete impotence in the male, and late, scanty, irregular menses, and an acrid, burning, copious leucorrhoea in the female.

Coming to the region of the respiratory organs—we still find the characteristic symptoms burning and irritation. Burning and rawness in larynx and trachea, breath hot. Tickling in larynx and trachea with a constant desire to clear the larynx. Breathing is difficult with a sense of suffocation at night or in a warm room, with wheezing, rattling respiration.

The cough is worse at night from the tickling in the larynx. Stitching, tearing pains in the chest with a sense of violent oppression.

Carbon sulph. should be useful in many rheumatic conditions with the following symptoms: Sense of a heavy load between the scapulae, much aching and stiffness in the lumbar region with a sense of weakness. Tingling and trembling of the hands, with itching and burning in the palms and soles. Aching pains in the limbs, worse motion. Stitching, jerking pains in the

lower limbs. General sense of weakness of both upper and lower limbs. Cold perspiration.

There are many sorts of skin eruptions, as one would expect in any drug where Sulphur forms part of its make-up. Pimply itching eruptions, or vesicular, smarting, burning eruptions worse after scratching. The skin is generally unhealthy and festers easily.

CONVALLARIA. Lily of the valley. In the third case Dr. Wright Hubbard describes her prescription as an almost intuitional one, saying "she resembled lily of the valley", and in her description of the patient, "frail", "delicate", "exquisite", are all adjectives which would come to mind as appropriate to the flower.

This drug, and *Lilium tigrinum*, or the Tiger lily, seem to be the only members of the natural order Liliaceae used by homoeopaths for their medicinal effects. They have a close resemblance in symptomatology, and the chief difference seems to be in the violence and intensity with which they produce the symptoms. Comparing the flaming brilliance of the tiger lily with the delicate sweetness of the lily of the valley one would expect a far more violent reaction from the first than the second, though I would not suggest that the appearance of fruit, flower or berry can be taken as a guide to their medicinal properties in every case.

In the following description of symptoms produced by *Convallaria*, I think readers will recognize a similarity to those they are familiar with as being indications for the use of *Lilium tigrinum*:

Depression, mental dullness.

Heavy headache, better in the open air.

Defects in vision; sees wrong letters.

Soreness of the lips, redness and soreness of the tongue which looks like raw beef.

Coppery taste, water tastes bitter.

Morning sickness and vomiting. This remedy may be a very useful one when this symptom is troublesome in early pregnancy.

In the abdomen, severe colic with pains which come quickly and pass slowly. Labour-like pains. Sensations of movement in the abdomen. Dull aching soreness in the hypogastrium, worse coughing.

Sensation as if the rectum was full of wind, with no relief from passing flatus. Tenesmus with thin, brown, offensive stool and beating in the anus after passing stool.

Labour-like pains in the sacro-iliac joints, worse right side, and with pain running down right leg intermittently. Sensation as if a cord ran from the sacro-iliae to the inguinal region and as if this cord was pulled down by the pelvic organs.

Sensation as if the uterus descended and pressed on the rectum and anus causing unbearable pain, a symptom quite often found in early pregnancy. Soreness in the uterine region with palpitation of the heart. Pruritus vulvae

Heart symptoms. When exercising, fluttering of the heart lasting about a minute, and then face would get very red. Sensation as if the heart stopped beating and then started again suddenly, accompanied by a sick faint feeling.

Pulse full, compressible, intermittent. Better after lying down.

Bruised aching in back, pains back and wrists which pass off gradually. Chills along back at every movement.

Urticarial eruption with itching, worse undressing.

CINNABARIS. Red sulphide of mercury. Clark notes that one of the predominating symptoms is redness—the colour of the drug.

The drug is useful for intense headache, the back of the head being specially affected. Pain is better from lying down and from pressure. Pain in the neck extending to occiput when head thrown back. Extreme sensitiveness of scalp to touch.

The face is swollen, red and inflamed, especially round eyes. There is sensitiveness of the bones of the face, the nose runs, the eyes run and there is an increased flow of saliva. There is itching of the nose and bleeding of very dark blood after blowing it.

The symptoms in the mouth are such as one would expect from a mercury salt. White coated tongue, ulceration of palate and tongue, with burning and increased flow of saliva. Bitter taste in the morning. Cracks at mouth corners. In some conditions where there is inflammation of the throat it is accompanied by great burning and dryness, with constant desire to moisten mouth, particularly at night.

After a meal, a disagreeable sensation of swelling over the whole body, with tightness in chest and stomach.

Waves of heat starting in abdomen extending upwards towards neck and head. Worse at night and relieved by sitting up in bed.

Soft frequent stools preceded by pinching pains in the abdomen. The stools may be thin, greenish and contain mucus and blood. Irritation at the anus, pimply eruption round the anus with burning and irritation.

The remedy has many symptoms like those of gonorrhoea. Redness and swelling of the prepuce, violent itching of the corona glandis with profuse secretion of pus. Small shining red points on the glans—warts, condylomata. Sexual desire strongly excited, with great appetite for eating and drinking.

The only recorded symptom I can find under the female sexual system is that there is a leucorrhoea which causes a pressure in the vagina during discharge.

Chest symptoms. There is a dry cough from tickling in the throat, worse lying down and relieved by sitting up. Hoarseness in the evening. Breathlessness with heat, the chest feels oppressed and contracted and is better from stretching. Shooting pains through the chest, worse walking.

Wrenching pains in the cervical vertebrae and the neck muscles feel contracted. Tearing aching pains in the back, worse morning in bed, worse drawing a deep breath and better heat of fire.

Shooting aching pains in arms and legs, worse night, better heat of fire. Finger joints red and burning.

Itching down inner side of thighs and legs, worse at night, specially about the knees.

Profuse perspiration between the thighs when walking.

Itching is one of the characteristic symptoms of this drug: of the nose, the eyelids, the ears, the face, the palms of the hands, the inner sides of thighs, knees and legs, and of the anus.

Redness of the skin, red papulous eruption. Fiery red ulcers in the throat or on any part of the body.

Sleepiness in the daytime, particularly after dinner, but restlessness and sleeplessness at night due to confused thoughts passing into restless sleep with vivid dreams and talking. An unusual symptom: the nightly sleeplessness does not cause much fatigue.

ANTHRACINUM. This remedy is chiefly needed in very severe septic conditions, either localized or with general toxic symptoms as well.

Blueness of the affected part and terrible burning are the outstanding symptoms and the blueness may be so dark as to be almost black. Raised bluish blisters in the affected area. This will apply where it is used for boils, carbuncles, cellulitis, deep sloughing ulcers, gangrenous ulcers. If there is bleeding it will be a dark oozing of blood that does not coagulate.

The glands draining the septic area will be enlarged and tender.

General symptoms are those of severe toxæmia. Headache, restlessness, vomiting, followed by a painless and often bloody diarrhoea, with a quick, weak pulse and collapse.

There may be clonic and tetanic spasms of muscles.

STICTA PULMONARIA, or Lungwort, so called because of the resemblance of the plant to lung tissue.

The characteristic of this interesting little remedy seems to be 'ineffectual effort', as evidenced by the following symptoms:

Constant desire to blow the nose, but no result on account of dryness.

Irritating dry cough—the more he coughs, the more he wants to cough.

Constant desire for stool, but with no result.

Frequent efforts to urinate, but only able to pass a very small quantity.

Another unusual symptom is a 'floating feeling', brought out in the mental sphere as a desire to fly away, and in the physical as a sensation, as if the limbs were floating on air and a general light airy feeling as though he were not resting on the bed at all.

Severe headache, chiefly a dull heavy pressure in the forehead and root of the nose, worse as the day goes on. Intolerable pain extending through the brain, deep shooting intermitting pains. Catarrhal headache worse before the discharge.

The drug has a marked effect in catarrhal states with fulness and pain at the root of the nose, dryness and a sense of obstruction in the nose, with

no relief from blowing it. Excessive dryness of the soft palate which feels like dried leather. Coryza from slightest cold. Sense of obstruction in the throat. Dry tickling cough, worse night, worse lying down. The patient can neither sleep nor lie down, and the more he coughs the more he wants to. The remedy may be very useful in conditions of hay fever and asthma, where there is unusual dryness of the mucous membranes.

There is a feeling as of a hard mass in the chest. Sudden pains through chest from sternum to spine, worse movement.

Dull, oppressive pain in cardiac region, anxiety about heart, awakens with strange feeling about heart and a sensation as if floating on air.

There is rumbling and burning in the stomach and abdomen, and mucous diarrhoea, with foamy stool, driving out of bed at night and in the early morning. Constant desire for stool with no result.

Frequency, and increased secretion of urine, with a distended bladder, and frequent efforts to urinate, but only able to pass a small quantity.

In the limbs there are darting pains, and rheumatism of joints with red spots of inflammation on the affected joints. The hands and feet tend to be cold. Rheumatic pains may precede catarrhal symptoms.

**PHELLANDRIUM**, Horse-bane, or fine leaved water hemlock. This remedy has a marked action on the mammary glands, and a keynote symptom is "intolerable pain between the acts of nursing, and in the nipple as the child starts to suck". Either breast may be affected, but the right more than the left.

The general characteristics are burning stitching pains, a tendency to affect the right side more than the left, and it has also been found useful for patients with a chronic cough where there is a tubercular tendency.

It suits slow, thoughtful people, inclined to be sad and anxious.

Vertigo, with a tendency to fall to the side to which he turns, better lying down. Marked vertigo, with nausea, vomiting and diarrhoea. Dizzy headache, with pressure and weight on the vertex.

Ringing sound in the head, as if someone was beating on metal.

Tendency to twitching of the eyelids, and there is itching and burning of both eyes and nose, and coryza with obstruction.

Burning vesicles of the right side of the tongue.

Thirsty, with desire for acid drinks. There is burning and rumbling in the stomach. Sensation as if the stomach was full of water, or as if a large round body were twisting there. Pinching, cutting pains in abdomen, and icy coldness, especially after stool. Burning and itching in anus.

Menses too early, with yawning and weariness at the beginning. Dysmenorrhoea, the patient can neither stand, sit, nor lie, the pain is so severe.

Sharp stitches through breasts near sternum extending to back between shoulders. Intolerable pain in the right breast after nursing.

The remedy is useful for hoarseness and roughness of the throat, a suffocative dry cough with shortness of breath, and oppression of chest.



There is a nightly cough from collection of mucus in the throat.

Tearing pains in limbs.

Sensation of trembling in all the vessels in the body.

The majority of the symptoms appear when the patient is sitting quietly and better for movement, and in the open air.

Sleepiness by day, so sleepy he would fall asleep while standing at work.

OXALIC ACID. The great keynote of this remedy is that the symptoms are aggravated, and even brought on, by thinking about them.

The pains are some of the most violent that can occur and are mainly cutting, shooting, or tearing in character. They may be in small spots which are extremely sensitive to touch and may be brought on by touch.

The remedy is useful for convulsions, and great cerebral excitement, with twitchings, most marked about the face, with trembling and numbness of the limbs and the skin blue, cold and dry.

Intense pains in the head, with soreness in small spots. Dizziness and a sensation of emptiness of the head, with blurred vision, or vanishing of sight, and nose-bleed. The headaches are worse lying down, after sleeping and on rising, and better after stool.

The tongue is swollen and may be sensitive, red, dry and burning, or covered with a thick white coating. Thick mucus collects in the throat and there is a constant desire to clear it away.

The appetite varies, it may be increased, or diminished, with loss of taste. Burning in the stomach, and gnawing pain, which is better for soup. Generally worse after eating, with tasteless eructations or frequent hiccough. Heartburn worse evening.

Colic and rumbling in the abdomen which tends to be worse at night and may be very violent with much rumbling. Stitches and burning pain in small spots in the abdomen. Stitches in the region of the liver, better deep breathing. There are two curious food aggravations, coffee causes diarrhoea, and violent colic is often brought on by eating sugar.

There is frequency of micturition and soreness of the whole urinary tract, nocturnal incontinence, with burning pain in the urethra. If the patient thinks about urinating, he must go instantly and relieve the bladder. Terrible pain in the region of the kidney.

Increase of sexual desire, emissions at night with lascivious dreams. Violent neuralgic pains in the spermatic cord, worse for the slightest motion.

During pregnancy nausea and painful vomiting, and a tormenting cramp-like feeling between the pit of the stomach and umbilicus.

There is hoarseness, so that the voice may be completely altered. Difficulty of breathing with oppression of chest, or constricting pain in the larynx and wheezing. Paroxysms of short, hurried breathing. Sudden stitching pains in the chest, and stitching pains in the heart, pain in the praecordium extending up the sternum and darting across the chest, especially to the left. Palpitation, comes on after lying down at night, continual fluttering palpita-

tion. All the heart symptoms are aggravated or brought on by thinking about them. Pulse rapid, almost imperceptible, with cold clammy sweat.

Aching pain all down the back, violent aching in lumbar and sacral regions, extending down thighs, better motion. Numbness and pricking in the back. Weakness of the back, feels too weak to support the body. Numbness and tingling and shooting pains in the arms and legs. Hands and feet blue and cold.

Disturbed at night, troubled by pinching abdominal pains which are relieved by passing flatus.

Frightening dreams, wakens with palpitation.

These drug sketches are in no way complete, but an effort has been made to pick out and present their most outstanding symptoms. The drugs are unusual, and Clarke's *Dictionary of Materia Medica* has been the main work from which information has been obtained. Other works consulted were Kent's *Materia Medica*, Allen's *Encyclopaedia of Materia Medica*, Kent's *Repertory* and Bccnninghausen's *Repertory* and Boericke's *Materia Medica*.

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