

# THE HOMŒOPATHIC RECORDER

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## INFLUENZA REMEDIES.

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[Read before the Philadelphia County Homœopathic Medical Society, November 14, 1918.]

In the terrible epidemic of influenza that visited us last month and is now passing over the Western States, Homœopathy has come out with honor. Many people are alive to-day because of the curative action of homœopathic remedies, carefully prescribed and conscientiously given.

Some of our physicians who have been called to attend the sick and dying in emergency cases in our hospitals have been sorely tried, yet even these have had cause to rejoice in the curative action of homœopathic medicines.

The list of remedies I used is not large. *Aconite*, *Bryonia*, *Eupatorium*, *Gelsemium*, *Lachesis*, *Nux vomica*, *Phosphorus*, *Sticta*, *Sulphur*, and *Tartar emetic* covered every case.

Of all these remedies *Aconite* stands out pre-eminently. Every patient but one that received *Aconite* recovered, in many cases without the help of another remedy. Next to *Aconite* came *Bryonia*, then *Eupatorium*, later *Lachesis* or *Phosphorus*, according to the character of the cough. A few cases needed *Tartar emetic*. When *Bryonia* did not relieve the bronchial cough *Sulphur* did. For the dry, persistent, worrying cough that remained after *Bryonia*, *Sticta* was curative. For the great weakness and exhaustion with loss of appetite *Nux* low worked charmingly, and in many cases completed the cure, and enabled him to return to his daily toil.

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## INDICATIONS FOR THE REMEDIES.

When the patient came in with an anxious look or when he was possessed with an indefinable fear, *Aconite* was thought of. If he complained of aching all over, or was cold and chilly, when the temperature ranged from 96.3 to 97.3 degrees, and he could not get warm, *Aconite* low was sure to help him. If he or she had a dusky color in the face, particularly in the forehead between the eyes, when the hands were cold and the chill ran up his back to the head, when the lower part of the face was cold but the forehead was warm, *Aconite* was surely indicated. At first I prescribed the 30th potency, but soon found the third potency worked quicker, and later on I gave the first dilution in nearly every case. My rule was to give a dose every half hour till sweat came, then every hour till the aching entirely ceased. Under this procedure my cases recovered; in many cases *Aconite* alone completed the cure.

If the aching was only in the back, if he complained that his back felt as if it would break; if every bone in his body was breaking, *Eupatorium perfoliatum*, the old-fashioned boneset, was the remedy. Many physicians used this drug in the tincture but Boericke & Tafel's thirtieth potency cured all my cases, relieving them in from six to eighteen hours. Most of my patients complained only of the terrible backache, but two or three of them had the broken bone feeling so typical of this drug.

*Gelsemium* was helpful when the patient sneezed a good deal with running of the nose. One peculiar symptom which I observed many times, and which I had myself one day, was a severe pain in the occiput, worse in the lateral lobes of the cerebellum. Walking was painful, riding in a carriage aggravated the pain, but pressure on the lobes relieved the pain as long as the pressure was applied. Allen in his Encyclopædia of Materia Medica gives a part of this symptom under *Gelsemium*. If the patient was drowsy or had pain in the occiput or pain in the liver with slow pulse, all the more surely was *Gelsemium* indicated. The thirtieth potency cured my cases.

*Bryonia* was helpful for the bronchial cough which set in the second or third day. Every time he coughed he had a pain from the bifurcation of the bronchia half way down the sternum:

a splitting, painful cough. If he kept quiet in bed and warm, this cough was somewhat relieved. When the patient felt better from resting or from keeping quiet, *Bryonia* was all the more indicated. I got the best results from the third potency.

When the cough was more in the throat, with or without constant tickling, or if they complained more of the throat than anywhere else, it was so sore and hurt so much when he coughed, *Lachesis* was the remedy. The thirtieth potency cured my cases. When the cough woke the patient up, or when he coughed more after waking, just as soon as he woke, was another indication for *Lachesis*. Some of these coughs persisted for days, but *Lachesis* eventually cured them.

When the lungs were involved—in most of my cases the lower lobe of the left lung was the part affected—when they were sore on the chest from coughing, when the sputum was whitish, or whitish-yellowish, sometimes sanguineous, *Phosphorus* was the remedy, and I invariably used the thirtieth potency. In one case when the patient took home remedies for three or four days, and then against his wife's pleadings went to work one cold day, he soon returned chilled through. Pneumonia set in, and when I was called late that night he was a very sick man. But sick as he was he would not go to bed, but sat up in a rocking chair alongside a window. I begged him to go to bed, but he had his own way, and in two days his heart gave out, and in a little while he was gone. This was my first fatality, and this case should have gotten well. After that every patient I visited went to bed and stayed there till I allowed them to sit up.

In one office case I prescribed for through her sister the patient positively refused to go to bed. After getting all her symptoms I ordered her sister to put her to bed. She said the sick woman had a mind of her own and would not go to bed. Then I gave the sister the medicine the patient needed and told her to go home and tell the sick woman to go to bed and stay there, but if she wouldn't do as I advised, to pick out the undertaker she wished to lay her out. It was rather an unfeeling message, but some people need plain talk to save them from their own willfulness. The message was delivered, the patient

went to bed, took the *Aconite* I had sent her, and made a good recovery.

In one case of lobar pneumonia where the cough was very persistent and wearing the patient out, *Sticta* 30, in water, every hour, gave prompt relief and hastened her recovery. *Sticta* cured a cough for me which kept me awake at night when I wished to sleep.

In two or three cases of catarrhal pneumonia with much rattling of mucus in the lungs, *Tartar emetic* served me well. In one case in which I had Dr. Quint for a consultant, he gave the first trituration, but the relief was not as prompt from the crude drug as when I gave it in the thirtieth potency. But I must thank Dr. Quint for suggesting *Aconite* very low in these cases of influenza. *Tartar emetic* has saved many pneumonia cases in this epidemic.

In some cases when *Bryonia* failed to relieve the bronchial cough and when the patient stated every time he coughed he thought his breast bone would split open, *Sulphur* relieved the cough and hastened the cure. When the patient complained of being so tired and weary, with a troublesome cough, yet did not want to keep still, *Sulphur* was better than *Bryonia* and brought about a speedy recovery.

In tedious cases where the patients were slow in recovering their strength, *Nux vomica* helped me very much. *Nux* took away the bad taste so many had and helped them to regain their appetites. It helped to take away the tired feeling so many patients had in their feet when they started to get around. Honestly, I used more *Nux* 1st in this epidemic than in my entire practice for fifty years. It is a good thing to know when a low potency is indicated, and as I am called a high potency man, it is but fair to say that *Aconite* and *Nux* in the first potency, and *Bryonia* in the third, have helped me to cure many cases of "flu" quicker than the high potencies would have done.

In this epidemic, more than any other I have seen in a long and eventful practice, absolute rest was essential to complete recovery. So with your permission I will add REST to my list of remedies.