

# Rheumatism

including

*Fibrositis, Lumbago,  
Sciatica and Gout*

460

by

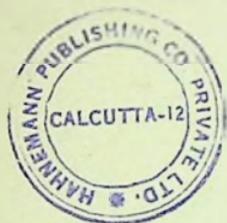
Phyllis Speight

No. 1 of the HEALTH & YOU series

one shilling

Published by  
**HEALTH SCIENCE PRESS**  
Wayside  
Greyshott - Hindhead - Surrey





400

## INTRODUCTION

The object in publishing this series of booklets is to bring the knowledge of Homœopathy to a greater number of people, and the price is therefore at a figure which is within the scope of every member of the community.

The world-famous Dr. John H. Clarke said "Homœopathy—the most complete and scientific system of healing the world has ever seen," and there are many people throughout the world to-day who can endorse this statement.

It is impossible to include every remedy that might be needed for the particular complaint dealt with in this small work and, therefore, should the remedy selected fail to give complete relief, advice should be sought from a reliable and experienced Homœopathic physician.

The Health Science Press will gladly help any reader who may wish to know more of this absorbing subject and, where necessary, supply the address of a Homœopathic chemist or practitioner. A stamped addressed envelope will be appreciated.

## HOMŒOPATHY

Homœopathy was founded some 150 years ago by Dr. Samuel Hahnemann and since that time it has spread throughout the world.

When treating a sick person Homœopathically the whole person, rather than the named disease, is considered and a remedy is prescribed which matches the individual symptoms of the *patient*. A brief explanation of Hahnemann's work will help to clarify this point and explain the great law of similars upon which the Science of Homœopathy rests.

Hahnemann was translating a medical book which dealt with the use of Quinine in the treatment of Malaria but he did not agree with all the author said. He therefore took some doses of Quinine and, to his surprise, he developed symptoms similar to those of Malaria. This experiment was repeated and confirmed, i.e., Quinine which was used by the orthodox school for the cure of Malaria, would produce symptoms similar to Malaria when taken by healthy people.

Then followed years of patient research. Hahnemann himself, his family, friends and medical students were given various drugs to "prove" and all the symptoms which were thrown up in these healthy men and women were carefully noted and collated. Eventually it was established as a scientific fact that remedies capable of creating morbid symptoms in healthy people will *cure* similar symptoms when they are manifested in sick people.

The strength (potency) of the remedy is an important factor

in Homœopathic treatment and is denoted by the number after the name of the remedy. All potencies suggested in this book are safe but readers are reminded of the golden rules—Discontinue the remedy immediately there is improvement and do not repeat or take another remedy until improvement ceases. Do not change the remedy unless or until the symptoms of the patient change. Never take more than one remedy at the same time.

The reprint of “Homœopathy for Beginners,” which is inserted at the end of this book, should be carefully studied.

#### **Direction for the use of the following remedies**

**One pill to be taken every two hours until condition improves. Then every three or four hours until better. If after four or five days there is no improvement another remedy should be selected.**



## RHEUMATISM

There are very few people to-day who do not experience the occasional "twinge of rheumatism" or "screws" in some part of the body, whether it is labelled fibrositis, lumbago, sciatica, chronic rheumatism or even gout. In this small booklet we are including remedies that will help people suffering from any of these named complaints providing that the picture of the remedy is similar to the symptoms of the patient.

Rheumatism is a generic term for the discomfort, pain and disability that follows from disease of muscle, tendon, joint, bone or nerve. Because of the variety of aches and pains many remedies are needed to ease and cure them. One patient may be better for quiet and rest; another may "limber up" on movement; a third may like pressure to his painful parts; a fourth may get relief from heat whilst the fifth may not be able to tolerate heat and may prefer cool air or cold weather.

Homœopathy is an "individual" medicine and peculiarities of the patient act as pointers to the correct remedy.

Probably one of the best ways of finding the remedy to cure one's own rheumatism (or that of a friend) is to think about the aches and pains and describe them as accurately as possible. When the details are clear, they can then be compared with the details of the remedies given later in this book. We suggest the following questions are considered so that a rough picture will be made of the particular type of rheumatic trouble to be cured.

1. Where is the pain situated?
2. What kind of pain is it? (Throbbing, tearing, stitching, burning, smarting, aching.)
3. At what time in the 24 hours does the patient feel better or worse, i.e., on waking, morning, afternoon, evening, or any specific hour?
4. Is the patient better or worse from movement?
5. Is the patient better or worse from heat?
6. Is the patient cross and irritable?
7. Is the patient weepy or depressed?

At least three symptoms should be indicated before a remedy can be decided upon.

No treatment for the rheumatic ills would be complete, in our opinion, without reference to diet. It is becoming increasingly difficult to obtain pure Whole-foods hence, we believe, the increase in rheumatic troubles. Many of our aches and pains may be attributed to the *refined* foods and artificial fertilisers used in the growing of our crops.

All white flour and white flour products (such as white bread, cakes and pasteries) should be avoided, together with white sugar (and sweets), pickles, vinegar and spiced food. No fried foods should be taken. Wholemeal bread should be eaten. Also plenty of conservatively cooked vegetables and salads, including celery, watercress, parsley, lettuce, spinach, and carrot; apples in all forms. For sweetening, comb honey should be used whenever possible and dates, raisins, prunes and figs eaten to satisfy the desire for sweet things. Patients are advised to take unpasteurised milk, eggs and cheese; if meat is preferred, small quantities of lamb or poultry. Weak tea and fresh fruit juices should quench the thirst but coffee should be avoided whilst Homœopathic remedies are being taken.

*Potatoes cooked in their jackets* are good for rheumatic sufferers but should not be eaten if the peel is removed before cooking.

Most sufferers from rheumatism are constipated. Particular care must be taken if the bowels are lazy and elimination is not complete. Pure bran (obtained at a Cornchandler's) should be included at breakfast and if necessary again with the mid-day and evening meals, a tablespoonful sprinkled over cereal, porridge or fruit, or mixed into a soup is a convenient way of taking it. A teaspoonful of crude black molasses in a cup of warm water once or twice daily is also very beneficial in promoting a complete evacuation.

Another way to help eliminate rheumatic poisons from the body is the Epsom salts foot bath. Two handfuls of crude Epsom salts should be placed in a foot-bath of hot water, as hot as can be borne. One foot should be massaged against the other, and hot water added from time to time to maintain the temperature. This should be continued for 20 minutes, the feet should then be dried and gently massaged with warm olive

oil, to replace the natural oils in the skin. This foot-bath may be repeated two or three times a week.

### **ANACARDIUM 6**

There is a stiffness or paralysed feeling in the knees which makes walking almost impossible. A cramp-like sensation as if the knees were bandaged. There are intermittent drawing pains from heels into the calves. It has been found of value in injuries to tendons and in chronic rheumatic troubles. There may be cramping pains, a sensation of heaviness and pins and needles. There may be a feeling of constriction in the affected limbs as though tightly bandaged.

FOR DOSAGE SEE PAGE 4.

### **ARNICA 6**

This is an excellent remedy for muscular rheumatism which follows strain or injury and may have sharp pains and great loss of power. The chief characteristic is the bruised sensation. There may be soreness all over the body and great soreness of muscles to touch; rheumatic lameness—joints are swollen, sore and lame. Everything on which the patient lies seems too hard.

In gout when inflammation of the joints gives pain there is fear of being approached and anyone entering the room is asked not to come near, or touch the patient.

FOR DOSAGE SEE PAGE 4.

### **BELLADONNA 6**

Remember this remedy in inflammatory rheumatism when all the joints are swollen (or many of them) and they are hot, red and burn. There is sensitiveness of the joints to the jar of the bed. Patients must lie perfectly still as they are worse by movement although limbs are often restless. They are usually sensitive to cold, cannot bear draughts. There is inflammation of joints after sudden exposure. Pains of the affected parts are of a throbbing nature. An excellent remedy for

lumbago with pains in hips and thighs, worse touch, jar, noise, lying down and draught. Better sitting.

FOR DOSAGE SEE PAGE 4.

### **BERBERIS VULGARIS 6**

This is one of the most valuable remedies in lumbago when the pains extend from the back around the body and down the thighs. It is usually associated with red and mucous sediment in the urine. It is especially suitable for prematurely old men and women who have wandering pains in nerves and nerve sheaths. The pains are wandering, stitching, tearing and twinging. There may be paralytic pains in shoulders, arms, hands, fingers, legs and feet. Neuralgia *under* finger nails with swelling of finger joints. All pains requiring this remedy radiate. They are worse for standing and acute exercise. This remedy is often indicated for those who have suffered from gout for many years.

FOR DOSAGE SEE PAGE 4.

### **BRYONIA 6**

This remedy is especially suitable for patients with a rheumatic tendency. It is useful in lumbago and articular rheumatism—the joints themselves are attacked, particularly the larger. There is swelling, heat and shining redness of joints, improved by heat or hot applications and worse from even the slightest motion. In all forms of rheumatism, acute, chronic, muscular or articular, profuse perspiration would be an additional indication for Bryonia. There is often aching in every muscle and stitching, tearing, pains worse motion and better for rest and lying on painful side. The patient is inclined to be irritable and is worse in the mornings on waking.

FOR DOSAGE SEE PAGE 4.

### **CALCAREA CARBONICA 6**

This remedy is useful in rheumatoid arthritis—especially of the fingers, and in chronic inflammation of the larger joints. It is to be thought of in all kinds of pains in joints and muscles

resulting from working in water; pains are worse from any change of weather to damp. It is useful for gouty affections of joints when they become enlarged; gouty knees; gouty conditions especially of the small joints of toe and finger. There is a tearing sensation in the muscles. There is stiffness in all joints on beginning to move. May be useful in rheumatism in the lumbar region—weakness in small of back. There is a feeling of stiffness and strain in back muscles, particularly in neck. Feet are always cold or cold and damp except at night in bed and under the bedclothes, when they may burn. All Calc. Carb pains are worse from exertion, cold in every form, wet weather and standing. Better in dry weather and lying on painful side. FOR DOSAGE SEE PAGE 4.

### CALCAREA PHOSPHORICA 6

This is useful in chronic rheumatism of muscles or joints, worse from change of weather to dampness, particularly when pains are worse when the snow melts and during east winds. Think of it also in rheumatism pertaining to cold weather getting well in spring and returning next autumn. The patient is very sensitive to cold. There are pains in limbs in cold weather worse by motion and better from rest and from heat. There may be trembling in all limbs; stiffness after resting and in the mornings, and aching in bones like growing pains. There are sometimes rheumatic pains in neck and back from draught of air, with stiffness and dullness of head. There may be gouty fingers and toes that become painful in cold weather. FOR DOSAGE SEE PAGE 4.

### CAULOPHYLLUM 6

This remedy has a prominent action on the small joints of the extremities and it is useful in inflammation of these small joints especially of the hands where there is stiffness and cutting pains on closing the hands; particularly if it is in conjunction with uterine or ovarian troubles. There may be aching in wrists and erratic pains changing place every few minutes. FOR DOSAGE SEE PAGE 4.

## CAUSTICUM 6

Patients requiring this remedy have an aggravation from taking cold and during stormy weather; it should be thought of in rheumatic conditions where this aggravation applies. Pains make this patient restless but motion does not relieve. It is useful in stiffness of the neck from taking cold, in lumbago with painful stiffness in back, sacrum and coccyx; worse on attempting to straighten out. In sciatica there is pain on motion. In all these conditions there is always relief from heat and aggravation from easterly winds (dry cold weather). Better in damp weather.

When walking there is stiffness and cracking of joints; ankles are weak. The tendons seem shortened, and limbs are pulled out of shape. There is sometimes contraction of tendons in palms of hands.

The following points should be noted:—

Restless only at night, patient must move about.

Rheumatism aggravated by dry, cold, frosty air.

Pains impel constant motion *which does not relieve*.

Tearing drawing pains in muscular and fibrous tissues with deformities of joints.

Heaviness and weakness, better by warmth, especially heat of bed.

FOR DOSAGE SEE PAGE 4.

## CHELIDONIUM 6

There are numerous rheumatic pains in this remedy and those in the upper extremities are usually associated with liver derangements. There is pain in the shoulders, particularly the right one, in arms and tips of fingers; the fingers are yellowish and cold to touch, and whilst there is sometimes perspiration there is no relief of pains from sweat. There can be pains in the hip, thigh and knee—usually right—frequently with stiffness of the right leg. Limbs feel heavy and stiff. There is great pain in heels as if pinched by too narrow shoes. All pains are worse right side, motion, touch, change of weather, early

morning. Better by pressure. Better hot drinks.

FOR DOSAGE SEE PAGE 4.

## CIMICIFUGA 6

This remedy is particularly useful in rheumatic affections of the back. The lumbago is especially caused by a strain, from catching cold or from getting wet, with stiffness, worse on motion and better lying flat on the back. There is great restlessness and pains run from the small of the back down the thighs, especially the left. The chief symptom of this remedy is great aching deep in the fleshy part of the muscles—and it should be thought of when the large muscles of the trunk are affected rather than the smaller muscles and extremities. There is jerking of limbs and heaviness of lower extremities. The neck is stiff when drawing the head back, cannot turn head. Pains are worse from cold and damp, the patient feels chilly and very depressed after an attack.

Often reflex from uterine disturbances.

FOR DOSAGE SEE PAGE 4.

## COLCHICUM 6

This remedy is of great value in gout, with soreness of flesh and joints, extreme irritability of temper and intolerance of touch. There is generally distress at the odour of food cooking.

The great toe joint may be affected and there is a sticking pain and the patient fears anyone coming near him. It is a useful remedy in rheumatism or gout of the heel which is sensitive to touch, and rheumatism of the small joints which moves from one joint to another. Colchicum has a special affinity with fibrous tissues, tendons, ligaments and periosteum. The affected parts are usually red, hot and swollen. Pains are worse evening and slightest motion; cold, damp weather, cold autumn rains and extreme summer heat when patient develops summer rheumatism. Better from pressure. Patient is chilly even in hot room or by a fire.

This patient often cannot tolerate the smell of food, especially fish.

FOR DOSAGE SEE PAGE 4.

## COLOCYNTHIS 6

This is a valuable and frequently indicated remedy in sciatica. Violent and paroxysmal pains of tearing, shooting or boring character, better by heat and hard pressure, and by flexing the leg on the abdomen. It is also indicated when rheumatic pains are deep in the bones. There may be shooting pains in nerves. Muscles contract and there are cramping pains in hips and pain from hip to knee.

This kind of rheumatism is often brought on by mental and emotional disturbance such as anger and vexation of some kind.

FOR DOSAGE SEE PAGE 4.

## DULCAMARA 6

This remedy is frequently called for in lumbago or in lameness across the back and shoulders, due to catching cold or getting wet. Drawing pains in lumbar region extending to the lower limbs during rest.

It is a valuable remedy in muscular rheumatism, worse by sudden changes of weather, especially when cold and damp. All pains in the limbs are stitching and tearing, better for motion, movement and external warmth. Offensive sweats night and morning. Worse at night or evening, from cold in general, damp, rainy weather, and when weather changes.

This patient urinates frequently and has diarrhoea during changes to cold weather, particularly cold damp weather.

FOR DOSAGE SEE PAGE 4.

## KALI BICH 6

This remedy is to be thought of when the rheumatic pains move about; they are deep-seated. There is a general aggravation from cold. A useful remedy for the large as well as small joints with shifting pains—for pains and stiffness in the fingers and for soreness of heels when walking. Rheumatic pains in fingers are very common in this remedy. Bones in hands and fingers feel tender to hard pressure. Pains through hips and knees worse walking and motion. Pains in sciatic

nerves very severe, worse in hot weather. These are better for motion and warmth of bed; worse changes in weather and on flexing legs. There may be swelling, heat and redness of joints. The bones all over the body feel bruised. In chronic rheumatism the pains wander from place to place and leave suddenly. This remedy should be thought of when rheumatism recurs each spring. A marked feature is alternation between catarrhal or gastric symptoms and rheumatic pains.

Worse lying down and for cold; better for movement and in warm room.

FOR DOSAGE SEE PAGE 4.

### **KALI IODATUM 6**

This remedy is usually called for in articular rheumatism which is more or less chronic. The knee especially is affected. Pains are always worse at night, there is rarely much fever, but great weakness and emaciation.

It should be thought of in sciatica when pain is sharp from the hip down, worse at night and patient is unable to stay in bed. Many pains arise during rest. This remedy has been used to prevent attacks of sciatica, articular rheumatism and acute gout.

FOR DOSAGE SEE PAGE 4.

### **NUX VOMICA 6**

This is a useful remedy for a stiff neck from cold, shock or fright, worse in the morning.

To be thought of in lumbago with sensitiveness to cold and aggravation in bed—the longer he lies the worse he gets.

Dr. Hering places the following peculiar symptom of the highest importance, "Must sit up to turn over in bed." Sitting is painful. A cross and irritable patient.

FOR DOSAGE SEE PAGE 4.

### **RHODODENDRON 6**

This remedy is useful in chronic rheumatism of small joints and in rheumatoid arthritis. It is also good for affections of

the big toe joint, often mistaken for bunion but which is really rheumatic.

Very useful in stiff neck and rheumatic headache, with tearing pain, as if in the bones of the skull, and in the forehead and temples.

Pains are worse in morning in bed and better after rising and moving about. Worse from wine, getting wet and in cold weather. Better from warm clothing and warm applications. Worse before a storm is an important indication for this remedy.

FOR DOSAGE SEE PAGE 4.

## RHUS TOXICODENDRON 6

A prominent action of this remedy is on fibrous tissues with especial reference to the sheaths of muscles and tendons.

In muscular rheumatism and lumbago there is not much inflammation or fever, but there is soreness and stiffness of the parts and general aggravation from cool air.

The pains are worse while at rest and on first beginning to move and although this is true the patient is restless and must shift his position although he knows that it will hurt and afford no relief. But if he is in constant motion he will find that he limbers up, the stiffness wears away and he feels greatly relieved.

If he does too much or walks too far it seems to strain the muscles and aggravates the condition.

In lumbago there is relief in bending backwards.

The pains of Rhus tox. are worse cold, damp weather and the approach of storms. Better warmth, the stiffness being notably relieved by warm applications.

There is a general aggravation during wet weather.

It is perhaps the most often indicated remedy in lumbago.

The great keynote of Rhus tox. are:—

1. Relief from continued motion; lumbago, however, being sometimes worse motion.
2. The stiffness and soreness.
3. The aggravation when first beginning to move.

4. The aggravation from damp weather and cold. Cold air is not tolerated.
5. The relief of all symptoms by warmth.

FOR DOSAGE SEE PAGE 4.

## RUTA 6

This remedy is of value for stiffness of the back, wrists and ankles due to rheumatism; it is helpful for sprains and synovitis from strains.

The general indications in rheumatic conditions are that the parts feel as if bruised and there is aggravation from cold or cold-wet weather and relief from motion. Sciatica worse lying down at night, pain from back down hips and thighs. Great restlessness.

FOR DOSAGE SEE PAGE 4.



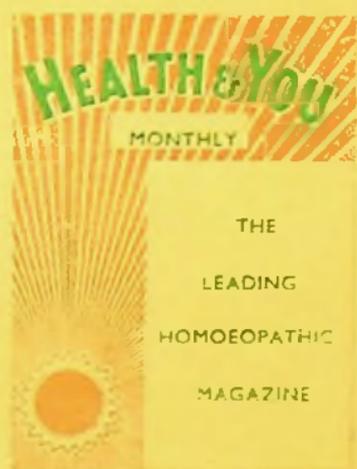
This re-print from "Health & You," April, 1954, is being included to help you obtain the maximum benefit from Homœopathic treatment.

## HOMŒOPATHY FOR BEGINNERS

All arts and sciences have rules that must be observed if the full benefit or result is to be obtained, and Homœopathy is no exception. The complaint is sometimes made that little or no benefit has been obtained from homœopathic medication, but when the case has been re-examined by the physician or practitioner, details have been disclosed that have altered the entire approach to the patient. The following rules have therefore been formulated in order to help *you* primarily as the patient, and secondly the physician or practitioner who is striving to cure.

- Rule 1.* Give an *honest* account of yourself, your likes and dislikes in food, weather and people. Details of your illnesses and their method of treatment. A statement regarding the diseases which may be in the family. Times and causes of aggravations in your complaint.—In fact, everything you can think of that will help in describing yourself, physically and mentally.
- Rule 2.* Take your medicines as you are directed, at the times stated.
- Rule 3.* Keep your medicines away from all strong smelling things, like camphor, menthol, toilet soaps and powders, and if possible keep them in the dark.
- Rule 4.* Never put pills or tablets into any other container, and when the supply is finished, either destroy the phial or return it to your chemist, doctor or practitioner.
- Rule 5.* Refrain from drinking coffee, eating peppermint and all strong flavourings like ginger and spices in any form while you are taking homœopathic remedies.
- Rule 6.* Avoid using toothpastes, disinfectants or strong carbolic soaps. Substitute bicarbonate of soda for your teeth or common salt.
- Rule 7.* If you have to take medicines in water make sure that the glass and the spoon used are boiled for at least 20 minutes after the medicine has done its work.
- Rule 8.* Keep a note of any change in your condition, aggravation or improvement.
- Rule 9.* Do not put your fingers into a box containing pilules or pick one up from the floor if it should be dropped. Tip one pill on to a piece of clean paper before conveying to your mouth. It should then be *sucked* under the tongue and not swallowed.
- Rule 10.* Do not mix your Homœopathic treatment with other forms of medication. The medicines are extremely sensitive and will be spoiled if other substances are introduced to the body, besides being an unscientific procedure.





**HEALTH & YOU**  
the leading Homoeopathic  
Magazine.

Every issue includes articles  
by eminent writers giving  
details for the treatment of  
common ailments.

Everyone with a health pro-  
blem and those interested in  
health matters should read

this magazine. It has helped a vast number of people  
to improve their health by non-suppressive methods,  
including Homoeopathy and Diet.

Send 1s. 2d. for a specimen copy, or better still,  
13s. 6d. for 12 months subscription.

---

---

## HOMOEOPATHY FOR THE FIRST AIDER

This has served as an introduction to Homoeo-  
pathy for a vast number of people.

It shows how to use simple Homoeopathic remedies  
in injuries and common ailments.

Written in a most interesting manner, it includes  
personal anecdotes which help to illustrate the  
great advantage of Homoeopathy in a variety of  
troubles.

2nd. edition revised.

72 pages.

6s. 0d.

# FOODS FOR GOOD HEALTH & HEALING

by Dudley d'A. Wright

There are a vast number of books on Foods but this is somewhat different. It gives details of the curative properties and nutritional value of many common foods, enabling the reader to select those that will improve health and, if necessary, others for healing.

There is little doubt that this book will become recognised as an authoritative work on the subject.

Of the greatest value to every housewife, head of every family, every medical and health practitioner. The information is presented in a most interesting manner and it can be read with enjoyment by all sections of the community.

188 pages.

12s. 6d.

## ATHLETIC INJURIES by Dr. P. H. Sharp

Although the title suggests that this book deals with injuries sustained on the sports field many of the troubles occur frequently in everyday occupations. This pocket-size booklet and the remedies recommended should be kept at hand ready for instant use.

1s. 6d.

Among other books in preparation are :—

THE HOMOEOPATHIC TREATMENT OF DOGS

THE HOMOEOPATHIC TREATMENT OF CATS

A CONCISE GUIDE TO HOMOEOPATHY

HOMOEOPATHY IN 25 REMEDIES

A list of Publications will be sent on receipt of a stamped addressed envelope.

