

## **Editorial for the month of May 2009**

### **Homoeopathic management of acute pulmonary oedema**

I would like to thank the homoeopathic hospital in Bombay where I was able to practice homoeopathy many acute pulmonary oedema patients and also thanks to Bombay Hospital and K.E.M. Hospital where I had good references from the physicians who referred me cases of acute pulmonary oedema.

The most important pulmonary oedemas that I have successfully treated are the ones due to the cardiac problems especially e.g. congestive cardiac failure, cardiac arrhythmia or after heart attack.

I think emergencies in cardio pulmonary medicine is difficult to treat when you are a beginner in homoeopathy, as and in acute emergency one has to do something immediately. We cannot spent time hunting for a drug. All the emergency cases fall in to roughly two main categories, the patient who is dying and the patient who is in great pain or great breathing difficulty. You can sometimes get both of this together.

#### **CASE 1:**

The first case is of a young pregnant mother with gestational diabetis who was suffering from severe mitral stenosis leading to left atrial enlargement, severe pulmonary congestion leading to pulmonary oedema. She was on many allopathic drugs which was not giving her sufficient relief.

The main complain was difficulty in breathing worse slightest exertion. She was a hot patient. She always wants doors and windows kept open. If she walks more than about 25-30 meters then she starts developing chest pain.

Cardiogram shows typical right ventricular hypertrophy, enlargement of the left atria and the x-ray chest shows pulmonary congestion.

When I auscultated her she had typically pre-systolic murmurs. She also complained about palpitation especially whenever she is anxious and nervous.

When I examined, her fingers and toes were cold to touch, the facial expression was pale, she was anemic and she had gestational diabetes. She was a very poor patient and all throughout her life complained of grief, misery and hard work and she finds life is a very big struggle.

So I took the following totality:

Grief

Despair

Urine – sugar

Respiration difficult - exertion after agg

Respiration difficult – wants doors and windows to be kept open

Chest pain – exertion after agg

Nervous palpitation

Hypertrophy of the heart

Cardiac murmurs

Coldness of the fingers

Coldness of the toes

Anemia

I prescribed her *Crataegus oxyacantha* 3X, giving *Crataegus oxyacantha* 3X every 3-4 hourly for 2-3 months during the pregnancy allowed her to deliver a child normally with complete disappearance of pulmonary oedema.

The condition in which I have found *Crataegus oxyacantha* from the greatest value is the incipient heart failure with increase pulse rate with signs of pulmonary oedema, cyanosis and severe dyspnoea from slightest exertion, wants doors and windows to be kept open and coldness of the extremities.

Sometimes I have also used this remedy in cases of chronic insomnia due to heart disease.

## **CASE 2:**

A similar case of a woman during pregnancy with the diagnosis of mitral stenosis with mitral incompetence and pulmonary oedema with chronic congestive heart failure.

When the woman came to me she was acutely breathless, respiration was accelerated and worse lying down and better by sitting up and the patient had to sit up to get relief in the respiration. The tongue was heavily coated white; there was salivation in the mouth with metallic taste.

The x-ray chest shows lot of pulmonary congestion. The pulse was frequent but weak. Every day at midnight she would wake up from the sleep because she could not breathe properly. When I examined her hands they were icy cold to touch.

These were the symptoms and I made the following totality:

Respiration difficult lying down agg., has to get up and be seated

Thick white coating of the tongue

Metallic taste in the mouth

Respiration accelerated

Pulse frequent

Pulse weak

With these indications I kept her on Mercurius sulphuricus 3X, I gave her 6 grains 4 times a day and within one and a half month the complete pulmonary oedema disappeared.

I am grateful to Dr. Adolf Lippe for my knowledge of this remedy. He gave a thorough clinical proving and left us with very sure indications of Mercurius sulphuricus.

Ever since beginning of my practice I am using this remedy for pulmonary oedema especially when the patient complains of severe dyspnoea that compels him to sit up in the night and whole night he passes sitting, ultimately becomes thoroughly exhausted by sitting then finally he goes to sleep.

The extremities are swollen, stiff and numb, the hands are icy cold, the nails are blue, there is marked dilatation of the heart or there may be cardiac hypertrophy. In some patients I was able to confirm soreness on the tip of the tongue.