

Editorial for the month of November 2010

Acute prescription

If you refer Organon of the rational art of healing you will see that Hahnemann had described acute disease in aphorism no. 73. He basically divides acute disease in to 3 compartments, the first one what he is talking about, is the acute exacerbation of the chronic disease or the chronic miasm, the second acute disease that he is talking about is sporadically acute disease and the third what he is talking about is the acute miasms. Let us briefly discuss this.

The acute exacerbation of the chronic miasm usually precede by an exciting cause, now this exciting cause can be stress, strain, getting wet in the rain, being chilled, being over heated or excessive indulgence in eating certain type of fried or fatty food. In such crisis the treatment is very simple, enough of bed rest, proper diet, proper nursing care and most of the time the symptoms should disappear. But however even after taking rest or using some simple home remedies the symptoms do not disappear and you see that every day the person is deteriorating then this needs attention. In such a situation this acute disorder will temporarily repress the chronic symptom and display a complete new totality. In situation one has to give a new remedy but immediately the crisis is over the constitutional treatment needs to be given.

Another type of sporadically acute disease, Hahnemann says these are caused by atmospheric meteoric or telluric changes. He says these are the true indispositions and if they are really severe they need to be treated with an acute remedy as they can invite severe complications. Again here this acute disease will surely suppress the constitutional picture until they have run their own course or they have been removed by the appropriate homoeopathic remedy. The treatment still remains the same, on the new totality select the remedy and immediately follow this by the constitutional remedy.

The third type is the acute miasm, in this type of acute disease micro-organisms or infection is the root cause. Most of them are self limiting but some can tend to run quick crisis and can invite death or convalescence. Now within this also there are two types: the first type of infection will produce long lasting immunity, for example: measles, mumps and chicken pox but there is another type of infection like viral flu, viral cold, cholera and typhoid. This infection keeps on recurring throughout the life. They should be treated with remedies which reflect the picture of acute miasm and then follow the treatment with the constitutional treatment, because it is only the constitutional treatment which can supply immunity by removing the underlying susceptibility.

If you refer the textbook of chronic disease, Hahnemann clearly gives two such examples when he suggests that there is an excessive vexation, indignation and deep internal mortification, he advises his patients to take Staphysagria, while he is advising some of his patients to take Arsenic album when they take cold in stomach by eating a fruit. These remedies were chosen by him from the exciting cause and the active acute symptoms so that they do not disturb the deeper layer associated with the fundamental cause and the constitution.

Even if you read Kent's philosophy, he truly follows the teaching of Organon and he mentions that during the acute crisis the vital force suspends the chronic symptoms while the acute disease runs its course. If you give a remedy by chronic symptoms during an acute crisis it will always run the risk of serious disruption of nature of the symptom patterns. This I have seen and witnessed in my practice when I was in the homoeopathic college there was a person who had a fracture of the neck of the femur and every day there were new and new and new complications arising in the patient but the treating homoeopathic physician was not taking that whole acute phenomenon into consideration but rather was giving more importance to his chronic symptoms and prescribing him constitutional remedy within 7 days the patient became so sick that he ultimately died. This is bad for homoeopathy. One has to identify the acute layer and treat that with the right set of symptoms.

Also a warning I would like to tell you that please do not give an acute remedy if the symptom is not complete or if the totality is not complete. One has to have full totality or full symptom like location, sensation, modality and if possible concomitant to give the right acute remedy. Or one has to identify the correct exciting factor or the correct causative factor then only the acute remedy will work. Otherwise the acute remedy may not work and you will need to change the remedy quite frequently.

Now let me give you examples of very small acute cases. I remember a child who comes to my OPD with cough which resembled whooping cough; the child had also fluent coryza and a profuse salivation, the mother said that the child also has a fever. Based on this very small totality I gave Merc sol in different potencies but it never helped, later on during the next visit which was after 48 hours I saw that the saliva was not only profuse but it was thick and there was lot of lachrymation along with this whooping cough. I immediately selected the remedy Formalinum.

Formalinum is 35% aqueous solution of formaldehyde, it is one of the very useful remedy in my practice that competes with Euphrasia because here you have coryza with lachrymation, and this remedy also competes with Mercury because it has got coryza associated with profuse salivation. There is a fever with coryza and there is a typical whooping cough.

Another case which I would like to discuss with you from my OPD is an acute cough, now this cough came after the patient suffered from a viral cold for which he was given erythromycin. The doctor said that you have suffered from influenza and you need to take a course of erythromycin which the patient takes but after the course of erythromycin the patient develops cough which is constant, unfortunately this cough has no modality, it can come anytime morning, afternoon, evening or night, nothing to do with eating, drinking or lying in one particular position, it was just cough, cough and cough. Very rarely after lot of coughing the patient can bring little expectoration which is offensive; the cough produce severe

irritation in the chest; due to coughing there was lot of weakness.

I asked him that when he suffered from influenza does he remember what symptoms he had. He said I had a fever, stomach upset with influenza, running nose and bodyache. I even took those symptoms into consideration and prescribed a remedy Pix liquida.

Pix liquida is liquid pine-tar and in my practice it is a very useful remedy for acute situation that arises after influenza, especially the respiratory symptoms or the general symptoms. I have also used this remedy very successfully in skin diseases but its main seat of action for which I have used is symptoms that arise after influenza especially the cough. Another very useful remedy where you will see cough after influenza which I have used very successfully in my practice is Eriodictyon californicum.

Another case I remember in my practice is of a man who comes to me with a rheumatism, he says I have got lot stiffness in my neck, I have got heat in my feet, my joints are paining, my feet are paining, my toes are paining; the type of pain that I experience is either burning or cramping. When I examined the feet they were edematous and swollen, there was no modality to the whole case; that was the only symptom that I could record. I prescribed him a remedy Apocynum androsaemifolium.

Apocynum androsaemifolium is excessively useful in my practice for rheumatism where the pains in the joints have burning and cramping. Another very important aspect of this remedy is the shifting wandering pain and the burning in the soles. There is lot of stiffness I the different parts of the body. There will be swelling of the feet and violent heat in the sole like Sulphur.

Another acute case I remember is of a mother who brings her newborn child to my clinic and she says my child is vomiting everything, whatever she gives the child vomits; I have shown him to pediatrics gastroenterologist who says the child is

suffering from a reflux, that means the valve between the esophagus and the stomach is loose, as a result everything comes up.

The vomiting was quite violent. Sometimes the child will vomit some fluid even without eating any food; with this the child was extremely cranky, the stool was mucus. Based on this symptom I prescribed the remedy Dysentery-co 30C.

Dysentery-co 30C few doses completely stopped the whole situation. Now in mind I consider this to be a spasm and not as a reflux. Dysentery-co is a good remedy for the spasm of the pyloric end of the stomach or the spasm of the stomach where the content of the stomach is immediately vomited.