

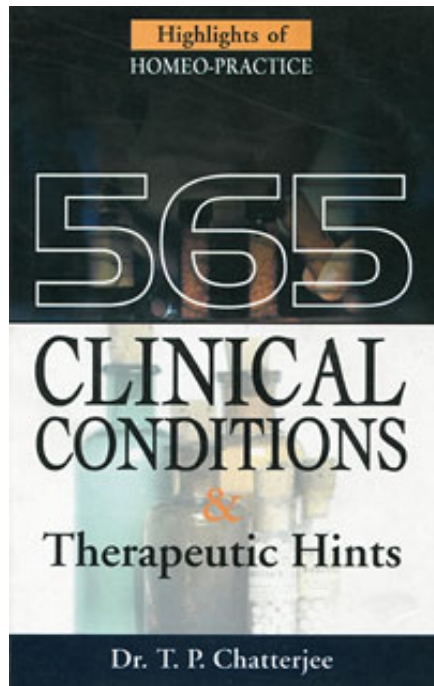
T. P. Chatterjee
Highlights of Homeo-Practice - 565 Clinical Conditions
& Therapeutic Hints

Reading excerpt

[Highlights of Homeo-Practice - 565 Clinical Conditions & Therapeutic Hints](#)

of [T. P. Chatterjee](#)

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BRONCHITIS

General: Ant-t, Ars, Bry, Dros, Ferr-p, Ip, Lye, Phos, Puls,
Sulph. Simple Stage : Aeon, Bell, Bry, Puls. Acute Stage :
Inflammatory with fever. To check :

- (a) Ferr Phos 6x and Kali Sulph 6x (biochemic), 4 tabs,
alternately,
4 times a day in a little hot water. Should start with Ferr Phos
and be seen that its second dose is given before dusk. A
suitable
schedule will be 8 a.m. : (FP), 12 p.m. : (KS), 4 p.m. : (FP),
8 p.m. : (KS). Children 1/2 dose. Aborts pneumonia also.
- (b) Aeon 6 and Bry 6 or Bell 6, as the case may be, alternately,
every 2 hours.

If not checked : Catarrhal stage, with or without fever :

- (a) When with rattling cough, wheezing and whistling in lungs
and
chest with slight or no expectoration : Ant-t and Ip 30
alternately. First day — twice, second day — twice, third day
— once, to end with Ant-t. The frequency per day may be
increased to 4, 3, 2 respectively according to severity of the
case.
- (b) When with dry cough and wheezing and whistling in lungs
and
chest, particularly in winter : Bry 30 and Rhus-t 30
alternately,
as above. To end with Bry.
- (c) When the field is cleared by (a) or (b) and the patient is
almost
normal, a dose of Sulph 30 may be given to close the case.

Allergic

See "Allergy" under A,

Capillary

Ant-t, Bell, Carb-v, Ferr-p, Ip. Worse right side, sputum yellow and thick : Lye, Ip.

Chronic Stage

Continued cold and cough with respiratory symptoms :

- (a) Dros, Ars, Am-c, Sulph, Ant-t, Puls, Phos, Carb-v, Kali-bi, Lye, Kali-s. Potency 30 and above. To help expectoration: Senega 0 and Balsum Peru 6, either of them in 3-5 drop doses in a little warm water or Ammoniac 3 in drop doses in a teaspoonful of water, 2/3 times a day.
- (b) Asthmatic tendency with eosinophilia, elongated uvula andropy saliva. Expectoration about 10 a.m. : Iris-v 1M.
- (c) Emphysema with chronic constipation, lot of rattling in chest and great difficulty in expectoration : Ant-t 30, 4, 3, 2 and 1 times a day for 4 days. Then Sulph 30, 1 dose in the morning, after a proper gap of not less than 2 days.
- (d) When expectoration is easier and the patient likes cold open air, has thirstlessness with dry mouth, Puls 30 is the remedy, 3 times a day for 2/3 days with Sulph 30 as a closing remedy.
- (e) Chronic cases can only be cured with the help of antimiasmatic remedies, such as Tub, Sulph, Bacill, Nat-s, Med, Thuj. Syph as intercurrents on symptom-totality basis.

Recurrent

1. Bronchitis from every cold : Mang 30, 200 with a dose of Tub/ Bacill 1M as intercurrent.
2. Every attack starts with rhinitis and sneezing. Expectoration greenish yellow. Agg. cold and damp weather : Nat-s 30, 200, 1M.

BLOOD PRESSURE**High B.P.**

1. Aeon. 6, 30. Has no equal in acute hypertension for its hypotensive effect. In arteriosclerosis, even a very high B.P. can be brought down by the use of Aeon from time to time for

- a few days to a week. An excellent remedy for cerebral haemorrhage due to hypertension and acts well with Am as its alternate. Con has proved effective in high blood pressure
2. Bar-m 30, where systolic is high and diastolic low. A remedy for the old.
 3. Lach 1M. Much tired after rising from bed. Jealous and talkative, cannot bear tight clothes. B.P. in climaxis.
 4. Anac 3x. A good remedy for essential hypertension for persons below 40.
 5. Aur-met. 30. Oversensitive with depression.
 6. Glon 30. Heart affection with congestive headache.
 7. Bell 30. Excitement. Flushed face. Eyes red. Headache. Aversion to drinking water.
 8. Verat-v 6x. Lowers both systolic and diastolic pressures.
 9. Nat-m 200. Worrying type with craving for salt,
 10. Ph-ac 1x, 30, 200. Depleted nervous system.
 11. Pituitary 200. Due to arteriosclerosis. 1 dose every week.
 12. Thuja 200, 1M With weak arterial wall and history of coronary thrombosis.
 13. Ign 200, 1M. Emotional outburst, disappointed love, grief.
 14. Gels 1M. Sudden shock from bad news, lying down tendency. Feels better after urination.
 15. Cratg 2x. Has beneficial effect on abnormal lipid profile and high serum cholesterol by its repeated use.
 16. Cratg 6, 5 drops, Glon 30, 1 drop and Passiflora Inc. 9, 5 drops, when repeated in this order every 3 hrs. for 3 to 5 days, will definitely bring down high pressure to normal level,
 17. Mixture of biochemic Calc-f 3x, Calc-p 3x, Ferr-p 3x, Kali-m 3x, Kali-s 3x, Mag-p 3x, Nat-rn 3x, Nat-p 3x and Sil 12x, 1 tab each dissolved in an oz of hot distilled water and one teaspoonful taken every 1/2/3/4 hours according to severity, will also bring down high B.P.
 18. Arn 12, 30. Acts well after Aeon for subacute or chronic hypertension due to cardiac strain or overwork.
 19. Lach 30, 1M, Sang 30, 1M are effective remedies for hypertension at climaxis. Sang has longer duration and acts more surely, where indicated.

20. Coffea Ix, 6. Sudden rise of B.P.
21. An exclusive diet of grape-fruit juice and water for 3 days is said to bring high B.P. to normal level. Then diet should be regulated and the patient treated with the indicated homoeo-remedy, if necessary.

Low B.P.

1. Con 200. Lean, anaemic, weak. Vertigo due to less blood in head, aggravated by sudden change of direction.
2. Dig 3. Heart affection/prostatic troubles.
3. Cratg. 0. Due to weak heart, 10 drops 3/4 times a day.
4. Cact 6, twice daily, when with heart ailments, e.g., myocardial infarction/angina.
5. Combination of biochemic : (a) Nat-p 6x *plus* Kali-m 6x and (b) Calc-p 6x *plus* Kali-p 6x dissolved in a little hot water, every 4 hours, alternately, 4 times a day, till pressure improves. Dose: Two tabs, of each for the mixture.
6. Gels 6, twice daily. Weak constitution with lying disposition.
7. Biochemic Calc-p 6x *plus* Kali-p 6x *plus* Nat-m 6x, 5 tabs, each dissolved in 1/2 cup of hot water is an unfailing remedy for sudden low pressure with slow pulse and/or sub-normal temperature. Has saved many a patient. Dose : 1 teaspoonful every 2/3/5/10/15 mts. till pulse improves and pressure about normal. Further treatment according to symptom-totality basis.
(Dr. T.P. Chatterjee)

A regulated diet, as in the case of diabetes, is an integral part of the treatment. The diet, in the case of high B. P., should consist of plenty of raw and cooked fruits, whey, boiled vegetables and wholemeal bread. To avoid too much sugar, fat, coffee, tea, drinks, fried food of any kind and cabbage. A pure vegetarian diet is ideal in such cases. For low B.P., the diet may be more protein-oriented.

Modern hypertensive drugs, quite apart from their side-effects, become life-companions to patients suffering from high B.P.

BREAST LUMPS

1. Phyt 6 and Con 6 : Innocent lumps with mastitis in girls have very good results when treated with Phyt 6 and Con 6. These remedies may be alternated on weekly/fortnightly/monthly basis

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according to the nature and period of the ailment. If the patient has glands or tendency to sore throat, Phyt high may be prescribed, being followed by Con 6 for a week or 14 days. Where mastectomy has been recommended, Phyt and Con have done immense good to patients when administered alternately on weekly basis. Phyt and/or Con high have also removed lumps, when both breasts are affected.

2. Bell-p 6x : An excellent remedy, particularly if injury is suspected as is often the case. To be administered, 4 times daily, at least for two weeks. May have to be continued further till it is almost gone. It will bring about cure in shorter period, if other symptoms like rumbling in bowels, bloating of abdomen and worse during menses are present.
3. Bell 200 : Lump in breast before menses.
4. Calc-i 3x : Nodular tumors, moveable, tender to touch, painful on moving arms. Twice daily till cured.

The miasm is psora-sycotic. An intercurrent anti-sycotic remedy, such as Thuj 1M or Bacill 1M is sometimes necessary.

BACKACHE

General Remedies

Aesc, Ant-t, Bry, Calc-p, Rup-perf, Kali-c, Nat-m, Nux-v, Phos, Rhus-t, Sep, Stann, Sulph, Vario.

Severe

1. Ant-t 30, 200, 1M. Vario 30, 200, 1M.
2. Calc-p 30, 200, 1M, where the nape of neck, sacral and sacroiliac regions are involved,
3. Relieved by lying on back but worse after rising from bed : Ruta 30, 200, 1M.
4. Worse after urination and at night : Syph 200, 1M.
5. Due to removal of uterus with pain all over body : Thlaspi 6 20—30 drops in a little warm water, 3 times a day.
6. Tearing back pain extending to hips : Carb-v 6x, 30, 200.
7. Backache since childhood worse after house work : Chenopodium 30, 2 doses.

E

Sacro-iliac

1. Relieved by standing. May have piles as concomitant : Aesc 30, 200.
2. Rt. sided sacro-iliac : Rhus-t 30, 200, 1M (specific).

Dorsi-Lumbar

Better by leaning against a chair/support : Eupion.

Intra-Scapular

Phos 30. Under right scapula : Chel 30. Under left scapula: Chenopodium Glauci 30. Worse on swallowing : Rhus-t.

With Depression

Stann 30, 200. More suitable when with leucorrhoea. Where the pain is neuralgic : Kali-p 30, 200.

Lumbago

1. Rhus-t 200, 3 doses— one day followed by biochemic Calc-f 30x, 3 tabs, in hot water, twice daily. When Rhus-t fails, Calc-f in potency cures, where pain is worse by rest and better by movement.
2. Macrotin 3x, 3 times a day.
3. Cannot turnover in bed without being dizzy : Con 3, 30, twice daily.

Women

1. Due to prolapse of uterus with desire to lie down on back and have some hard support under the back : Biochemic Nat-m 6x, 3 tabs, in a little hot water, 3 times a day.
2. Lumbago caused by strain, from cold or getting wet, with stiffness: Cimici 6, 30 twice daily. When better by motion : Rhus-t 30. To be followed by Puls 30, if with menstrual derangements.
3. Bruised backache, worse by pressure or by bending backward: Plat 30, 200.
4. Pain in the small of back and also in the lumbar and sacral regions : Bell 30, 200. Aching pain due to physical strain : Hyper 30, 200. With tired aching feeling and light burning sensation in back and legs : Pic-ac 6, 30.
5. During pregnancy and after delivery : Kali-c 30, 200.

In treatment of backache, it is essential that the basic cause is investigated. It may start with such simple cause as strain, over-lifting or it may be due to slip-disc, fibroid or the reflex pain of stones in kidney, gall bladder etc. Anti-miasmatic remedies are a must in treating chronic cases. Recent researches in chronic back pain have proved that it is due to an *enzyme* defect in blood of the patient, causing inflammation and scarring in the spinal area. Sufficient enzymes are not produced to clear the *fibrin deposits* which occur when the tissues are damaged. In homoeopathy, Aim, Rhus-t, Calc-fl, Bry, Hyper are the established sheet-anchors to tackle such cases.

BLADDER

Inflammation : Aeon, Bell, Equis, Lach, Lye, Puls, Sars, Sep, Ter.

Catarrh : Benz-ac, Coloc, Dulc, Lye, Nux-v, Puls, Sulph, Uva-u.

Calculi: Benz-ac, Berb, Calc, Canth, Lye, Sars, Sep. Pain:

1. Bell, Canth, Equis,
2. Retarding urination : Phos.
3. Burning : Berb, Canth, Caps, Ter.
4. Paroxysmal : Puls.
5. Stone : Severe pain in hypogastrium and headache. Burning in the urethra during and after urination. Pain progresses to thigh. Oci-can 30, 3 times daily and Pareira Brava 6, 5 drops in a little warm water, twice in between for 2/3 days.

Paralysis: Ars, Caust, Dulc, Gels, Nux-v, Op.

Polypi: Calc, Teucr,

Lump: Kreos, Lach,

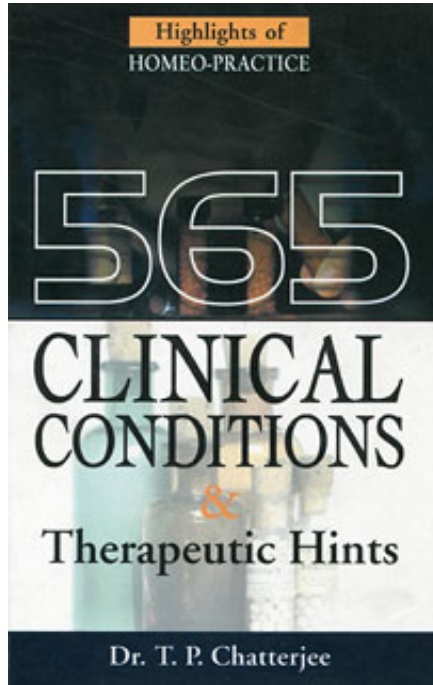
Inactivity: Caust.

Stone: Sensation of: Puls.

Haemorrhage: Am, Calc, Crot-h, Ham, Ip, Mill, Phos.

B-COLI

1. B-coli 30 and Sep 30 alternately, 4 times a day,
2. Merc-c : 30, twice daily.
3. Thuja 1M : Once a week. Later once a month till complete cure. Should be given at bed time for better results. Very effective



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