Noel Pratt

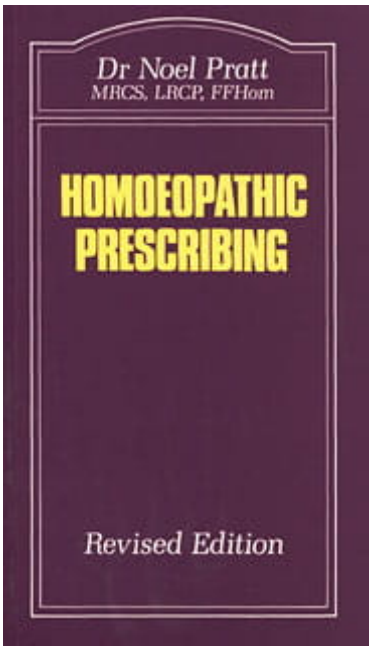
Homoeopathic Prescribing

Sample text

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from Noel Pratt

editor: Beaconsfield



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INTRODUCTION

This book is intended for the student of homoeopathy who requires short lists of remedies for most of the common ailments.

In composing these lists I have referred to the works of other authors, in addition to drawing on my own experience of homoeopathic prescribing in thirty years in the National Health Service. I gratefully acknowledge my main sources of reference:

DrC. M. Boger's *Synoptic Key of'the Materia Medica,* Dr J. H. Clarke's *The Prescriber.* Dr D. M. Gibson's *Homoeopathic First Aid,* Dr R. Hughes' *Principles and Practice of Homoeopathy,* Dr J. T. Kent's *Repertory,* Drs Neatby and Stonham's *Manual of Homoeopathic Therapeutics* and Dr Margaret Tyler's *Drug Pictures.*

This book is primarily for qualified physicians, who will know when investigation and other treatment is needed. The book can, of course, be bought by others who are not medically qualified but require the information for the benefit of themselves, their families and friends. To such persons I say: homoeopathy is of great value as first aid and for minor diseases, but if there is any doubt of the significance of the symptoms and signs of the disease for which a remedy is sought, be sure to obtain the opinion of a qualified physician. You may find the homoeopathic remedy a valuable supplement to other treatment.

The list of symptoms, signs and diagnoses is presented in alphabetical order. The sections are confined to one page for ease of reference and to avoid any confusion which might arise from long lists of remedies, including some which are seldom used. In each section the remedies are presented in alphabetical order; this is better than trying to arrange them in order of importance, about which opinions would differ. Lay terms are not always included - sometimes they are deliberately omitted. For example,'Spots'would be an unsatisfactory section; the prescriber must know what variety of spots is in question. Relatively vague terms such as Sore Throat have no separate sections, because the reader will need to make a more precise diagnosis, such as vii

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Tonsillitis. Pharyngitis, Laryngitis, or Tracheitis, and then refer to the appropriate page.

I have carefully considered the suggestion that the subject matter should be presented under the headings of the anatomical systems most involved in each disease. I have decided not to do so, because the book does not pretend to be a systematic textbook in that sense, but essentially a handbook for quick refreshing of the memory.

The brief notes after each remedy will not always be sufficient to select the right one without further thought; these few symptoms and signs are in the nature of reminders, to encourage further thought. It is usually necessary to take into account not only the main symptoms and signs, but also the physical and temperamental characteristics of the patient, and the various factors which make the disease better or worse.

Critics may object that the presentation of short lists of remedies will encourage prescribers to dodge the work of formal repertorisation on paper in the Kentian manner. There are times when full repertorisation is necessary, but there are other times when personal experience enables a simpler way of selecting the similimum, especially when aided by a handbook such as this.

It will be noticed that there are only a few sections concerning mental symptoms and the various moods and temperaments. The main reason is that to include them all would make the book unwieldy. In Kent's *Repertory*, for example, there are eighty-four major rubrics in the ninety-four pages devoted to 'Mind'. Therefore no attempt has been made to mention all of them.

Strange, rare and peculiar symptoms are mentioned, just as in the clinical situation patients sometimes describe their troubles in strange, rare and peculiar terms. In teaching hospitals these are usually ignored because they do not fit into the textbook descriptions of disease. Many doctors hardly hear them because they seem to be irrelevant to prescribing, but when they are used for selecting the homoeopathic remedy, their value is great.

The list of subjects is deliberately not comprehensive; most of the infectious, contagious and notifiable diseases have been omitted, because if they are not treated (and when necessary notified) on conventional lines, allegations of negligence are possible. Nevertheless, homoeopathic remedies can be valuable additional treatment, especially in convalescence and for any sequelae.

Homoeopathy cannot, in my opinion, reverse degenera-

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live diseases, but experience of its use does seem to justify the hope that it may restrain degenerative processes or even halt them, by improving the general health.

Dr Marion Gray's list of constitutional remedies and the main indications for them is a welcome Appendix to the book. Whenever no 'local' or 'organ' remedy is clearly indicated, reference to the list of constitutional remedies will usually enable the choice to be made with confidence.

I am grateful to my friends Dr Hamish Boyd. Dr David Gemmell, Dr Marianne Harling, Dr Alastair Jack, Dr Marion Gray and Mr John Ainsworth. MPS, all of whom read and made many helpful comments on earlier or later drafts for the book.

Homoeopathic knowledge continues to grow, as is shown by the recent publication of the *Materia Medico of New Homoeopathic Remedies* by Dr O. A. Julian of Paris, in which there are seventy-eight new remedies described and recent additional information about twenty-eight other remedies.

Every homoeopath should strive to record all that he or she learns from experience, as well as from conversations and from reading. The interleaved pages of this book are suitable for recording such knowledge.

N.J.P.

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BREAST, PAIN IN

Asterias Rubens for drawing pains associated with cancer - as supplementary treatment.

Belladonna with throbbing.

Bellis Perennis also for pain of breast cancer.

Bryonia with heaviness, better for gentle pressure and support.

Calc. Carb. pain before periods.

Conium pain before periods, with lumpiness.

Graphites for painful cracked nipples, in addition to local treatment.

Hepar Sul. when slight injuries lead to suppuration or inflammation.

Lachesis pains worse on waking.

Merc. Sol. pains worse at night.

Phytolacca for mastitis, with the characteristic swelling and lumpiness.

Pulsatilla for pains which come and go unpredictably, causing tears.

Silica undue pain while nursing the baby.

BRONCHITIS

Aconite in the early stages.

Ammon. Carb. in the later stages, when it is difficult to raise the **sputum.**

Antim. Tart, when there is loud rattling in the chest.

Arsenicum Album worse at night - with much coughing but little sputum.

Belladonna in the early stages, with hot dry skin and red face.

Bryonia dry hacking cough with pain in the chest.

Carbo Veg. for older persons with a tendency to cyanosis.

Causticum with stress incontinence of urine.

Conium short dry cough with tickling behind the sternum.

Hepar Sul. with profuse yellow sputum.

Hyoscyamus the cough begins as soon as the patient lies down.

Ipecacuanha cough leading to nausea and gagging.

Kali Bich. when the sputum is tenacious and stringy.

Merc. Sol. with a tendency to extra sweating.

Pulsatilla worse lying down and in a warm room.

Rumex with soreness in the trachea and behind the sternum; worse in cold air.

Senega for painful rattling in the chest - sputum hard to raise.

Stannum bronchitis with a weak feeling in the chest.

Sulphur for the later stages of bronchitis, when the cough is worse in bed at night.

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BRUISES

Arnica the remedy most often used for bruises, especially when muscles are involved.

Bellis for bruises of the breast.

Hamamelis when the skin over a bruise is broken, also for bruises of varicose veins.

Hypericum for bruises of parts especially rich in nerve endings - the fingers and toes.

Ruta for injuries involving bruises of bones and of tendons.

BUNIONS

Antim. Crud. for elderly persons with tender feet, worse in warm rooms.

Benzoic Acid especially for persons with gout as well as bunions.

Kali lod. when there is also a tendency to chilblains.

Rhododendron when bunions are more painful before storms.

Silica when the bunions are hard and not much inflamed.

BURNS AND SCALDS

Cantharis usually the best first aid, in the form of lotion.

Causticum for painful burn scars.

Hamamelis can also be used as a lotion as first aid.

Hepar Sul. for burns which have become infected.

Kali Bich. for second degree burns - the equivalent of ulcers.

Urtica for persistent stinging sensations.

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DANDRUFF

Also known as scurf, and officially as seborrhoea capitis.

Arsenicum Album very itchy scalp in persons with the typical Arsenicum personality (see Appendix).

Fluoric Acid dry scaling of the scalp, with marked loss of hair.

Graphites much scaling of the scalp, often with moistness and crusting, like impetigo.

Mezereum much itching, and with thick white crusts.

Oleander a minor remedy, but mentioned by Clarke as having a peculiar symptom - 'biting itching'.

Sepia moist dandruff.

Sulphur dandruff provoking much scratching, especially at night.

DEAFNESS

Some of the many forms of deafness, of many different causes, are not amenable to treatment. Some are benefited by surgery, and the persistent catarrhal forms of deafness are particularly suitable for homoeopathic treatment.

Borax for chronic suppurative otitis media, when antibiotics have not been completely successful.

Causticum with tinnitus and reverberation of the voice.

China Offic. for elderly debilitated persons with deafness and much tinnitus.

Kali Mur. for eustachian catarrhal obstruction.

Lycopodium with discharge from the ears, and eczema of the outer ear.

Mercurius has proved valuable in the treatment of 'glue ear'.

Nitric Acid when hearing is better in noisy surroundings.

Pulsatilla catarrhal deafness, better in the open air.

Silica catarrhal deafness with sinusitis as well.

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DEBILITY

Every day hundreds of patients tell their doctors they have 'no energy' - usually an understandable exaggeration, really meaning that they have no zest - for many different reasons. Provided that debilitating diseases and psychological factors have been excluded, one of these homoeopathic remedies may restore the strength and enthusiasm required.

Arnica for those who feel battered and bruised.

Arsenicum Album weakness, faintness and loss of appetite.

Calc. Carb. 'cold and blue' - cannot get warm enough to get going; like a sluggish engine.

Calc. Phos. debility after acute illness.

Carbo Veg. debility after long and exhausting illness.

Kali Carb. weakness felt mostly in the back, probably signifying the inability to carry one or more burdens.

Kali Phos. 'nervous prostration' - especially in adolescents who are 'burning the candle at both ends' - when the smallest task seems too much to attempt.

Mag. Carb. tiredness felt mostly in the legs and feet.

Nux Vomica falls asleep in the early evening, is irritable and dyspeptic.

Sepia for the person who has lost interest in the family and finds housework exhausting, especially washing-up and laundry.

Silica when the diet seems adequate, but does not provide the energy one expects.

DELIRIUM

Aconite worse at night, with much fear.

Agaricus worse at night and with headache.

Arsenicum Album worse after midnight and very restless.

Baptisia disorientated and flushed.

Belladonna with high fever, dry red skin, and dilated pupils.

Bryonia with fever, vivid dreams and muttering.

Hyoscyamus foolish laughter alternating with muttering.

Lachesis worse at night, very talkative and with tight sensations in the neck and the chest.

Lycopodium worse from 4 p.m. to 8 p.m., with confusion over words.

Rhus Tox. with muscle pains and sudden episodes of weeping.

Stramonium muttering delirium and writhing movements.

Veratrum Album with much pain.

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MERCURIUS

(Black oxide of mercury)

This remedy is characterised by the offensiveness of all discharges, and is useful for people 'filthy in both mind and body'. They are sweaty (the sweat is oily and may stain the bedclothes), weak and tremulous. The tongue is flabby and shows the imprint of the teeth. There may also be spongy, bleeding gums. Much saliva is produced and there is a metallic taste in the mouth.

Modalities
Worse for sweat.
Worse for the warmth of the bed.
Worse at night.

Food
Thirsty for cold drinks.

Conditions in which indicated
Sore throats - with visible exudate on the tonsils. (In the past it was used for diphtheria.)
Glands - enlarged; mumps.
Diarrhoea - green slime; blood; tenesmus during and after evacuation.
Skin - ulcers; itching and stinging.

NATRUM MUR.

(Common salt)

These patients often have sallow, greasy, spotty complexions, with fine, oily hair. They tend to depression and are unstable and touchy. They hate fuss, but dislike to be ignored.

Chilly

Modalities
Worse at 10a.m.
Worse by the sea.
Worse in the sun.

Food
Thirsty.
Desires salt.

Conditions in which indicated
Depression.
Headache - hammering; migraines.
After shock and grief.
Skin - acne; herpes; urticaria; eczema, especially around the hair margin on the head.
Palpitations.
Irregular menstruation.

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NUX VOMICA

(Poison nut which contains strychnine)

This is the remedy for the irritable patient, who is quarrelsome, hates contradiction and is inclined to get angry. He is hypersensitive to noise, light and smell. He is often an epicurean and connoisseur of wine, and typically leads a sedentary life.

Chilly

Modalities

Better for warmth. Better for being alone. Better in the rain.
Worse in the dry, windy weather. Worse two hours after eating.
Worse in the open air. Worse for the sun.

Food

Likes piquant food. Likes fat.

Conditions in which indicated

Gastro-intestinal tract - hiatus hernia; indigestion from over-indulgence; diverticulitis; constipation - frequent ineffectual desire to defaecate; rectal problems, e.g. haemorrhoids.
Onset of common cold - esp. if it starts with a scratchy throat.
Headache - on waking, e.g. 'hangover'; worse after sun.
Backache - acute lumbago - has to sit up to turn over in bed.
Hiccough.

PHOSPHORUS

The Phosphorus individual is intelligent, bright and sensitive. Physically, he is often tall and slender. He is imaginative, and this may lead to certain fears, e.g. the dark, of being alone, thunder, etc.

Chilly **Right upper and left lower complaints**

Modalities

Better for eating - may have night hunger. Better for warmth, except the head and stomach. Better for rubbing.

Food

Desire for salt and spices. Thirsty for cold drinks - these may be vomited when they become warm in the stomach.

Conditions in which indicated

Haemorrhage - bright red blood, e.g. epistaxis.
Respiratory tract - cough (hard dry); asthma; pneumonia - often right lower lobe, worse lying on unaffected side.
Vomiting - can be useful for vomiting of pregnancy.
Headache - migraines, but appetite is not impaired.

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PSORINUM

(Scabies vesicle)

This is useful in chronic cases where a selected remedy fails to relieve a patient, even when it seems well indicated. It is suited to people who lack vitality and who appear dirty and smelly (even after washing). They are pale and sickly, and all discharges are offensive. They suffer from anxiety and depression.

Chilly

The head is very sensitive to cold. Some patients may even wear a cap or hat indoors.

Modalities

Worse for cold-they dread the least draught.
Worse in winter.
Worse for changes in weather.

Food

Hungry in the middle of the night.
Always moaning, except when eating!
Coffee disagrees.

Conditions in which indicated

Skin - rough, and cracks easily; itching rash - suppurates easily, worse for the heat of the bed; dry scaly scalp with dry hair; acne.
Headache - chronic and periodic in nature; worse at night and made better by eating.
Hayfever - appearing regularly each year.
Cough - every winter.
Asthma - better for lying down with the arms spread wide apart.
Chronic catarrh.

Psorinum is a nosode. See 'Lueticum' for note on dosage and mode of use.

PULSATILLA

(Wind flower)

This remedy is suited to sandy haired individuals, with a tendency to gaining weight easily. They are shy, gentle people (commonly women) prone to tearfulness and changeable moods.

Chilly

Some authorities say warm. Certainly they are averse to heat.

Modalities

Better in the fresh air.
Better for gentle motion.
Better for sympathy.
Worse for a stuffy atmosphere.

Food

Rich foods and fat disagree.
Thirstless.

Conditions in which indicated

Catarrh - thick bland yellow or green discharge.
Menstrual problems - menses late at puberty; dysmenorrhoea.
Styes.
Varicose veins.
Skin - eczema; urticaria.
Difficulty controlling micturition, e.g. enuresis.
Arthritis.

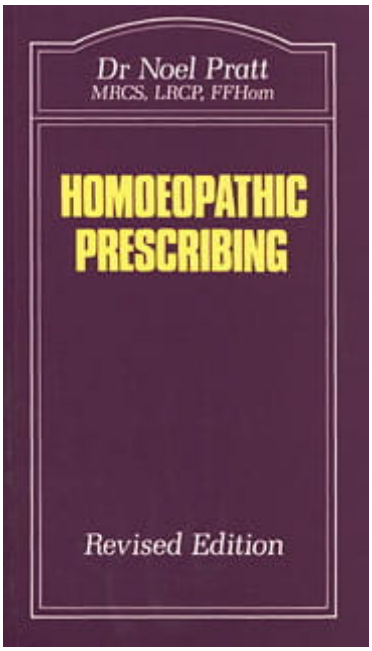
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