

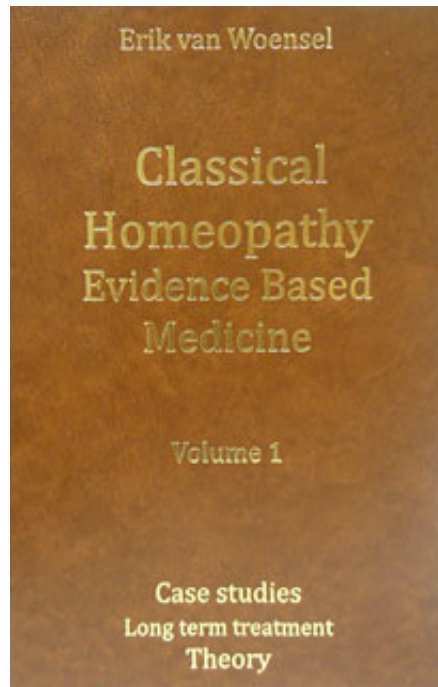
Erik van Woensel

Classical Homeopathy Evidence Based Medicine vol. 1

Reading excerpt

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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Email info@narayana-verlag.com
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2. CASE STUDIES

Case 1: Cough during measles -Anamnesis

A 13-year-old boy has measles and a cough when he is trying to get to sleep [2]. He feels a kind of irritation behind the sternum [3], worse when lying down [3], ameliorated when sitting [2]. In fact, the cough becomes continuous, occurring even during daytime, sometimes until he retches; it only stops when he can eructate [3]. Then it stops for a while but starts all over again after some time. He also has earache every now and then. The boy has no chronic complaints and is emotionally balanced. He gets an acute with high fever about once every year. He has not been vaccinated.

Case 2: Sacralgia - Anamnesis

A 77-year-old woman complains of sacral pains [2], mainly in the sacroiliac joint on the right side [3]. This started after she had got into a car with a high entry, because of which she had to lift her leg very high. The pain is worse from stooping [3] and exertion [1]. She can hardly walk [2/3]. The area is hot [2] and gets stiff at night [2]. She has never had this problem though her muscles and tendons are sensitive to overstraining resulting in stiffness or pain. She has no other complaints and does not use any medicine. In the past she used to have strong menstrual pains but climaxis did not give her problems. She is a lively woman who is able to express her emotions easily and she seems emotionally balanced. Every winter she gets influenza with or without fever, for which she takes vitamin C and a tincture of *Echinacea purpurea*. The patient is right-handed.

Case 3: Cough with dyspnoea - Anamnesis

A 50-year-old woman started coughing two weeks ago. The cough is getting worse, and she is also becoming short of breath. The shortness of breath severely limits her activities [3]. It ameliorates when she is outside [2] and aggravates when she is inside [2] and in the evening [2]. The cough is a nasty one and causes pain in her chest and abdomen

3. ANALYSIS OF THE CASES

Case 1: Cough during measles -Analysis

Prognosis

Depth of the disturbance

In this case we have an acute physical disease, a complication of measles. Homeopathic remedies can treat childhood diseases like measles quite successfully, and in doing so it can prevent complications. The current complaint is situated in a superficial location, the mucous membranes. The irritation is located in the trachea. The lungs are not affected.

Personal medical history of the patient

The patient has no medical history and has used no allopathic medication, which is favourable for the homeopathic treatment as the defence mechanism has not been suppressed or obstructed.

Family medical history and hereditary predisposition

There is no information available on this subject.

Conclusion

The boy has no chronic complaints, is emotionally balanced and is susceptible to infrequent acute diseases with high fever. This shows that his overall state of health is good. He belongs to level two or three of group A. Therefore the prognosis should be good.

Selection of symptoms

Peculiar symptoms

- Cough ameliorated by eructations.

Case 1: Cough during measles - Analysis

Intense symptoms

- Measles accompanied by cough.
- Cough from irritation behind the sternum, aggravated by lying down.

The aggravation when falling asleep is due to the position of the body (lying down). That's why it is not used here as a separate modality. The earache is not specific or intense enough to use as a symptom at this point.

Repertorisation and remedy selection

sq Cough from irritation in the respiratory tract can be looked up in f3 different ways: literally as 'irritation', but also as 'itching' or 'tickling' for instance. We should always carefully examine the rubrics in a chapter, before concluding a repertorisation. Especially the chapter *Cough* has many surprises in store.

gifi As the trachea is behind the sternum, I will combine the rubrics. *~J
We can join similar rubrics together in order to combine them in the repertorisation. By doing so, we avoid the situation in which remedies appearing in identical rubrics count more than once in the repertorisation.

Repertorisation with filter 'Vithoukas view 2006'

1	1	COUGH - ERUCTATIONS - amel.	4
2	1	COUGH - MEASLES - during	16
3	1a	COUGH - TICKLING - Sternum; behind	11
4	1a	COUGH - IRRITATION; from - Trachea; in	116
5	1a	COUGH - TICKLING - Trachea; in	103
6	1	COUGH- LYING - agg.	125

	sang.	dros.	puls.	aeon.	spong.	ambr.	ant-t.	calc.	caust.	cham.
	14	9	9	8	8	7	7	7	7	7
1	3	-	-	-	-	1	1	-	-	-
2	1	1	1	2	1	-	-	1	-	1
3	-	-	-	-	-	-	-	-	1	-
4	-	3	2	1	2	-	1	2	2	2
5	3	-	2	2	-	1	2	2	1	1
6	3	2	3	1	2	2	1	1	3	1

Differentiation of the remedies

Sanguinaria canadensis has amelioration from eructations as a keynote. It is one of the most important remedies for a cough that is aggravated

Case 1: Cough during measles - Analysis

by lying down. It is printed in bold in the rubric *Cough - lying - agg. - sit up; must - evening*. This is quite a remarkable rubric in the repertory, because there are five remedies in it and all of them are in bold.

Drosera rotundifolia has aggravation from lying down as a keynote. The most important symptom is the modality 'as soon as the head touches the pillow'. It is in bold for cough after measles, so it has a connection with this causative factor as well. This remedy is indispensable for the treatment of serious coughs like whooping cough, and should not be lacking in anyone's medicine cabinet.

Pulsatilla pratensis is the main remedy for the treatment of measles when approaching a case from the point of view of pathology-oriented analysis. It can also be found in the rubric *Cough - lying - agg. - as soon as head touches pillow - night*.

Aconitum napellus and *Spongia tosta* have no keynotes in this case.

Ambra grisea has amelioration of cough by eructations. As this is a very small rubric in the repertory, this symptom counts as a keynote for this remedy according to the repertory. But apparently it is not sufficiently confirmed to be mentioned as a keynote in the materia medica. There is no other confirmation for this remedy in this case.

Antimonium tartaricum also has the amelioration from eructations, but again not as a keynote in the materia medica. Other keynotes of the remedy are not found in this case. It is, however, a very important remedy for the treatment of respiratory complaints, especially when there is a lot of mucous that cannot be coughed up.

Calcarea carbonica, *Causticum* and *Chamomilla* have no keynotes in this case.

Sanguinaria canadensis is the most similar remedy. It fits the totality and has the most peculiar symptom in the case as a keynote. What we have here is an example of a symptom that is a keynote in the repertory (a rubric with a small amount of remedies) and in the materia medica. This is favourable for the reliability of the prescription.

Sanguinaria canadensis is a remedy that is often needed during or after an acute disease such as influenza, where the patient cannot lie down because of the cough that is tickling from behind the sternum. The amelioration from eructations, however, is not always present.

In T.F. Allen's *Encyclopaedia of Pure Materia Medica*, however, we find this modality in the proving symptoms:

Case 1: Cough during measles - Analysis

* *A dry cough, awakening him from sleep, which did not cease until he sat upright in bed, and flatus was discharged both upwards and downwards, [a10].¹*

In C. Hering's *Guiding Symptoms* we find the exact description of the complaint of the boy:

- n *Cough: ...evenings after lying down, from tickling in throat; awakening him and not ceasing until he sits up in bed and passes flatus, upward and downward; dry, with considerable tickling in throat pit, and a crawling extending downward beneath sternum; very severe, causing considerable pain beneath upper part of sternum, with no expectoration²*

Choice of potency

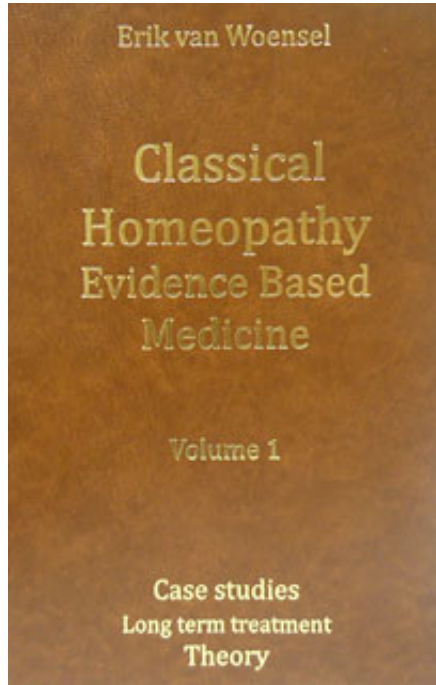
This is a simple acute complaint on the physical plane in a young, healthy organism. Therefore, there are no limitations to the potency to be used, except for the fact that young organisms are often quite sensitive. Moreover, as the disturbance is not so deep I do not expect a strong stimulus to be necessary. Therefore, I will start with a potency no higher than 200C (K).

Course of treatment

After *Sanguinaria canadensis* 30C the cough stopped immediately but it reappeared again after one and a half hours. A second dose was more effective, so that the boy could sleep through the night. In the morning the cough started again and the remedy was repeated successfully. When the cough returned in the evening in bed, *Sanguinaria canadensis* 200C was given. After that, the cough was cured. The earache also went away. It is worth mentioning that the eruption of the measles aggravated while the cough ameliorated. This is logical since we know that whilst a cure is taking place, symptoms move from within outward. As the organism gains strength, it will protect the inner organs by creating a more superficial complaint (see *About the cases* page 13). The complaint has not returned in the past twenty years.

¹ Allen T.F., *Encyclopedia of Pure Materia Medica*, Jain Publishers, New Delhi, reprint 1985, 490.

² Hering C., *The Guiding Symptoms of our Materia Medica*, Jain Publishers, New Delhi, reprint 1988, volume 9, page 210.



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