
BORLAND D. M., Homeopathy for Mother and Infant (bl5)

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Introduction

- The educational facilities in the Royal London Homoeopathic Hospital have been designed to provide a comprehensive training in the principles of homoeopathy, and their practical application in the treatment of the sick.
- For the establishment of this centre, which is the only one teaching homoeopathy in the country, we are indebted to the generosity of believers in this therapy. The funds are vested in the Honyman Gillespie Trust, the Comptom Burnette Bequest, the Sir Henry Tyler Scholarship Fund and the Tutorial Fund of the hospital. Each of these concerns itself with part of the subject, and together they supply all that is necessary to equip any inquiring medical graduate for the practice of homoeopathy. That is what we are attempting to do.
- Now let us consider why. Briefly, the reason is that we believe it is possible to do more for the relief and cure of the sick by treatment which is dictated by homoeopathic principles than by any other known form of treatment. That is the belief on which we act, and because of which we are eager to teach to others that which we ourselves have learned. I am convinced by experience in the treatment of the sick that this belief is well founded.

Child's First Two Years.

- I hope to demonstrate the integrity of these convictions by considering the medical care of the child during its first two years of life. This takes cognizance not merely of the physical, but also of the mental health and development. This begins, not at the time of birth but **in utero**.
- It is essential to guard the health of the mother during pregnancy_ mental and physical_if the best possible child is to be born. There are various disabilities from which the mother may suffer which have an adverse effect on the unborn infant. Some are conditions peculiar to pregnancy: others are ailments which attack indiscriminately the pregnant and non-pregnant.
- Let us take first a few of the conditions peculiar to pregnancy. On the physical side we have excessive vomiting, albuminaria, constipation with toxic absorption, or diarrhoea. On the mental side there are such things as undue depression, morbid fears, sleeplessness, and the effects of frights. In this sphere homoeopathy has much to offer in advance of ordinary medicine. For example: Excessive Vomiting of Pregnancy, if allowed to continue, will lead to the death of the foetus, either naturally, or artificially induced to save the life of the mother. The recognized treatment of this condition consists of rest in bed, greatly modified diet, bordering on starvation, the administration of sedatives and aperients, and, when the condition has become more grave, the administration of glucose.

Danger Prevented

- In a very large percentage of cases, when the vomiting of pregnancy starts, a few homoeopathic doses of IPECACUANHA will completely control it. The danger is prevented and does not need to be met. In those unfortunate cases in which the condition has not been homoeopathically treated from the start, the response to the homoeopathic drug is startling, though the choice of the drug is more difficult and is dictated by the symptoms of the individual case.
- Albuminuria of pregnancy is one of the terrors of the obstetrician. It is one of the great danger signals, one of the signs that the strain is telling on the mother, and through her on the child. It is the precursor of convulsions with all their horrors and anxieties.
- The orthodox treatment consists of the taking of salts, drinking of large quantities of bland fluids to try eliminate the toxic materials, and the restriction of the diet to white foods, semi-solids or fluids, according to the severity of the case, in order to minimize the strain on the kidneys, those excretory organs which get rid of the body's waste products. And yet, in different cases, I have seen APIS, PLUMBUM, ACIDUM PHOSPHORICUM or TEREBINTHINA remove the albumin from the urine, without any purgation, and with the patient taking a full diet.
- Constipation in pregnancy is a common trouble. Where it exists toxic absorption is bound to follow, and while it persists the patient is in danger of the severer complications due to infection by the **Bacillus coli**. The treatment of constipation has greatly improved during the last few years, but still leaves much to be desired. In the great majority of cases a few doses of NUX VOMICA, OPIUM, or ALUMINA will put matters right, provided the mother's diet is rational.
- Diarrhoea in pregnancy is always a serious matter, and if not speedily relieved may lead to miscarriage. Is the allopathic

administration of a dose of *Olium ricini* whether or not followed by an intestinal sedative to be preferred to the gentle action of a small dose of *ALOE*, *PODOPHYLLUM* or *MERCURIUS* with its instantaneous sense of relief? Rubella, or German measles if acquired during pregnancy, especially during the first four months, may have an adverse effect on the unborn child. In the event of exposure to infection during pregnancy it would be wise to prescribe the *RUBELLA NOSODE*.

- On the Mental Side the effects of morbid states in the mother have a very definite effect on the foetus. One has only to study the children of the war years to see what effects these can produce on the unborn child. The ordinary treatment consists of the administration of regular doses of bromide or more probably a barbiturate in the fond belief that it has no effect on the child. I have seen the child of a mother so treated covered with bromide rash, a sign of bromide poisoning, within a week of its birth.
- Surely there is more to be done than that! The morbid depression will fade away after the judicious administration of *PULSATILLA*, *AURUM*, or *SEPIA*.
- Fears lose their terror under the action of *ACONITUM NAPELLUS*, *ARSENICUM ALBUM*, *ARGENTUM NITRICUM*, *IGNATIA AMARA* or one of the dindred drugs.
- Sleep returns to the weary mother helped by *ACONITUM NAPELLUS*, *BELLADONNA*, *COFFEA CRUDA*, *NUX VOMICA*, etc., and the fright loses its evil effect under the sedative influence of *ACONITUM NAPELLUS*, *IGNATIA AMARA*, *OPIUM*, *PHOSPHORUS*, *PULSATILLA NIGRICANS*, etc. The mother's nervous system has not been dulled, not has the unborn infant been poisoned by any of these drugs.

Incurrent Ailments

- With the intercurrent ailments influenzas, coughs, pneumonias, etc., to which all of us are prone, whew have, in exaggerated form, the question of the relative value of homoeopathy and orthodox medicine in the treatment of acute disease.
- The next factor seriously affecting the well-being of the child is its birth.
- Here there are great possibilities of injury; unavoidable injury at the hands of the most skiful attendant, due to the necessity for manipulation of instruments, or injury due to prolonged and difficult labour, without any outside interference. These injuries may be to limbs or, much more serious, may involve intracranial haemorrhages and consequent brain damage.
- There are two problems to be considered here: How to avoid the risk, if possible; and what can be done for the infant who is suffering from the effects of a difficult labour.
- It is an experience common to homeopathic doctors everywhere, who are conducting a general practice, that their patients do not suffer from difficult labour. That does not prove anything, but it is a fortunate fact for the patients. There are two factors which have a bearing on this happy experience: A pregnant woman who is treated throughout her pregnancy with homoeopathic medicine will approach her confinement freed from the physical and mental ailments which so often are factors in the production of an unsatisfactory confinement; and, there is a drug, *CAULEPHYLLUM*, which has the power of regulating the processes of labour, a fact which was known and used by homoeopaths many years ago, and is equally true to-day.
- I have a patient, recently confined of her first child. Years ago her mother was given *CAULOPHYLLUM* before this patient was born. Now the patient herself was put on *CAULOPHYLLUM* before the birth of her child.
- During her confinement she was attended by an obstetrician of very wide experience. She had a large child and it was her first pregnancy, labour had started, and she was examined. The attending woman gynaecologist said that everything was going well, but that many hours must elapse before anything could be done to help, and went off home.

An Expected Coincidence

- She got into her own door as the telephone bell rang, asking her to return at once, and got back to the nursing home just in time to see the child born. The mother was saved trouble, forceps delivery, hours of suffering, and prolonged labour with its increased danger for the child.
- She had been taking small doses of *CAULOPHYLLUM* daily for a month before. Coincidence, perhaps, but a coincidence one has come to expect.
- The unfortunate children, born after a difficult labour, fall roughly into two classes—the blue or asphyxiated, and the pale or collapsed.
- The child with blue asphyxia has no mechanical obstruction, but he does not breathe. Surface stimulation does not produce the desired effect, or does this for a very short time only. Very soon the pulse begins to fail.
- Everyone is becoming anxious. Unpleasant thoughts begin to suggest themselves: thoughts of the mother and all she has just come through, thoughts of the father waiting for news, begin to force their way through.
- A dose of *LAUROCERASUS* and the whole scene is changed, the child breathes and then cries.

- The pale, collapsed child is less dramatic and more pitiful. It lies limp, flaccid, cold. its heart sounds are hardly to be heard. It is all but dead. Warmth, stimulants, friction, seem to produce no response. The child lies as one drowned. CARBO VEGETABILIS will give that child back, alive, into its mothers's arms.
- There is yet another condition sometimes met with. The child is born after some difficulty, and seems to be doing well, but in a few days it is reported to be not quite right. It may be that an arm or a leg is rather limp, is not used properly, or the face seems somewhat asymmetrical, or there is some difficulty in sucking. There has been some intracranial haemorrhage. ARNICA will help the absorption of the blood and induce the maximum recovery of the damaged nerve tissue.
- Now that the child has entered the world, the first consideration is the supply of suitable nourishment. Everyone is agreed that, where possible, breast-feeding is the ideal for the new-born infant. There are many mothers who, with the best will in the world have been unable to nurse their babies.
- The trouble may be due to scanty secretion, milk of low grade, or milk which is poisonous to the child, and this may persist in spite of all accessory measures which are employed to help matters? And yet BELLADONNA, PHYTOLACCA, or PULSATILLA is often all that is necessary to establish a free flow of healthy, nourishing milk; or CALCAREA or LAC DEFLOMATUM all that is required to bring the milk which was so poor in quality up to the required standard; or NATRUM CARBONICUM, or SILICEA all that the mother needs to change her milk from poison to food.

Digestive difficulties

- In the first few months of life the difficulties with which one is liable to have to contend are mainly digestive. They take the form of inability to digest satisfactorily ordinary milk, as shown by vomiting, diarrhoea, or constipation. The amount of labour and skill which is expended in trying to find a suitable food mixture for the child with a delicate digestion is almost beyond belief. We are never without some such cases in hospital.
- And yet these infants, I should say without exception, go home taking a milk mixture, not a patent food.
- They have been carefully fed, but in addition they have had homoeopathic treatment, which enables them to take normal food. I have lost count of the infants of whom it was said that milk upset them, and who have gone straight ahead on a milk diet with AETHUSA, SILICEA, NATRUM CARBONICUM, or CALCAREA CARBONICUM. The vomiting ceases, the stools become normal, and the constipation disappears.
- Of all the ailments of early life the most deadly is acute infantile diarrhoea. The number of its victims must run into thousands each year.
- I remember looking at an infant shortly after its admission to the ward with acute diarrhoea, and remarking that I did not like its chances. I was looked at with surprise, and greeted with the remark, "But we don't lose acute diarrhoeas." The statement was not strictly accurate, but a knowledge of the power of homoeopathic drugs does remove the dread with which one would otherwise approach an epidemic of these cases.
- I have seen an infant admitted to the ward when it seemed hardly worth while to attempt to do anything at all, and in a few hours, under the action of minute doses of ARSENICUM ALBUM, the child has improved beyond recognition. So often has this happened that no case can be looked on as hopeless so long as one knows of the powers of such drugs as ALOE, ARSENICUM ALBUM, CROTON TIGLIUM, MERCURIUS, PODOPHYLLUM and SULPHUR when administered according to homoeopathic indications.
- In the course of development of the infant the next milestone is the eruption of the first tooth. Teething, in the healthy child, is a perfectly natural process and is unaccompanied by any disturbance. Unfortunately the majority of the children who come under the observation of the physician are not perfectly healthy, and teething is liable to be accompanied by all sorts of disturbances.
- We are all familiar with the teething child with swollen tender gums, who salivates freely, and whose finger and hand, at times it looks almost as if the whole arm, are pushed into its mouth for relief. Or the child may be so desperately irritable that the whole household is distracted.
- Incision of the swollen gums and the administration of sedatives cannot be compared with the immediate and lasting change produced by the action of a little homoeopathic CHAMOMILLA.

Infantile Croup

- There is another ailments of childhood which can shatter the morale of a whole family-infantile croup. It is a fearsome spectacle. The child sitting up in terror, rapidly becoming purple, blue or black in the face, unable to draw a breath, starting to twitch, it may be becoming convulsed. No wonder the family is terrified, especially as the attack tends to recur.
- The ordinary treatment of such a condition consists in the administration of an emetic, hot fomentations applied to the neck and the use of a steam kettle. Instead, after the administration of ACONITUM, HEPAR SULPHURIS, or SPONGIA, the infant will be peacefully asleep in a few minutes and the attack will not recur.

- In a similar way one might take up and consider the other illnesses of infancy such as bronchitis, pneumonia, the various skin diseases, and the acute infections, and contrasts the methods of treatment in the two schools of medicine.
- Until quite recently the infant who was not suffering from any recognizable disease, but who, in spite of that, was not developing properly, had been the despair of the physician. Advice was given as to diet, hygiene, general management, but still the results were far from satisfactory.
- In recent years there has been some advance in dealing with some cases. A small proportion of them are due to disturbance of the internal secretions, and a lot of excellent work has been done in the study of such cases and their treatment with preparations of the appropriate gland extract.

Absence of Vitamins

- Others again have been found to be due to the absence of one or other of the vitamins from the diet. Along these lines, also, good work is being done, while yet others have been found to respond to a certain extent to treatment with ultra-violet rays. There has been a definite advance, but the vast majority of cases do not come into any one of the classes, and so for them orthodox medicine does absolutely nothing beyond the general advice. Cases of this type may, for simplicity, be grouped under two headings: Those in which the mental development is disturbed.
- Those in which the physical development is faulty.
- Under the first heading we place all degrees of mental disturbance.
- There is the case of the infant who is merely backward. He is slow in learning to walk, though without any physical weakness, and slow in learning to speak. His attention wanders easily and he does not appear to take notice of things and people as the normal infant does? Yet there does not seem to be anything radically wrong, and the parents are advised not to worry; that he is only a little slow in developing and will get all right. Too often that is merely a pious hope.

Unemployable or Criminal

- This is the type of child which not uncommonly in later years is found to have developed into the unemployable, or the criminal adult. On the other hand, under the action of BARYTA CARB., BORAX, NATRUM MUR., or one of the other kindred drugs, in a very short time these children become perfectly normal.
- There is more marked case of the definitely mentally defective.
- There appears to have been a complete lack somewhere in the brain and the child fails to show any ordinary intelligence. It is a pitiful sight; unable to speak or to understand, the infant remains as helpless as at the day of its birth. The usual advice given is to have it sent to a mentally defectives home where, with infinite patience, it may be possible to do something in the way of educating the child to be clean, and perhaps to feed and clothe itself. And yet I have seen cases such as these become normal children who later have been able to attend an ordinary school and take their place with ordinary children, after careful homeopathic treatment.
- Another type of disturbance which is extremely common these days is what is known as the nervous child. It is afraid to be left alone, is afraid of the dark, terrified of traffic, afraid of animals, liable to suffer from sleeplessness and night terrors; he is a misery to himself and a torture to his parents. A wealth of literature exists on the subject of the nervous child, full of excellent advice as to the general management of such cases, but with directions as to medicinal treatment confined to the use of sedatives. On these lines the acute symptoms can be controlled, but the unstable nervous system remains untouched.
- Consideration of the environment in which the child is living is important, but consideration of the nervous makeup of the child is vital.
- Otherwise it will show signs of nerve strain if subjected to adverse conditions in later life. Homoeopaths can take hold of that unstable nervous system. It can control the immediate symptoms with ease, and, what is of infinitely more value, it can modify and strengthen the whole nervous system, so that all signs and symptoms of instability will disappear.

Physical Problems

- On the physical side the problems are very similar. Here we meet with acute conditions, not as separate isolated facts but as indications of some deeper underlying weakness. This is a type of the story that one so commonly hears. The infant appeared healthy at birth. The first sign of any trouble was when it was cutting the first teeth. Then the child had a digestive upset, attended by a little diarrhoea, or a little vomiting, or perhaps a mild convulsion. Shortly after it developed a mild attack of bronchitis, and since that time it has never, for many weeks together been free from cold, and these colds always have a tendency to settle on its chest.
- The next step in the history is enlargement of the tonsils and adenoids, perhaps an acute earache followed by a discharge from the ear and more or less marked deafness, and finally, enlargement of the glands of the neck with or without abscess formation. That is the kind of history I have heard, with minor variations, scores of times in the outpatient department. Each one of the episodes has been dealt with as it arose.
- A course of grey powder has corrected the digestive disturbance and prevented the return of convulsions. An expectorant

mixture and the vigorous application of camphorated oil have cured the bronchitis. The enlarged tonsils and adenoids and the discharging ear are about to be dealt with by the surgeon. The enlarged glands are what usually cause the children to be brought to us.

- That is one type of history, and there are many others, all differing considerably in their symptoms, but each of them so constant that one can foretell what their medical history will be; they are certain to develop this, that or the other acute illness. To the parents the acute illness is the whole story, but to the physician it should be but one item in a connected history.
- It is here that homoeopathy can do some of its greatest work. It depends, in some degree, on the point in the history at which the child comes under treatment as to how much can be done; but no matter at what point the treatment starts, it is aimed at eradicating the underlying weakness, and not merely at removing the acute symptoms of the moment; and, what is more, it succeeds and nothing else does.

Childbearing medicines

- The following supplements Dr. Borland's article with brief drug-pictures for comparison with the patient's symptoms. They should render the choice of the remedy more easy and more certain: remembering always that mental symptoms, corresponding in drug and patient, are the most important indications for the employment of any drug.

Homeopathy for mother and infant

Vomiting of pregnancy

Ipecacuanha

- Irritable and peevish.
- Nausea (SEPIA) constant, unrelieved by vomiting.
- Immediately after vomiting, wishes to vomit again.
- Distressing feeling, as if stomach were hanging down, relaxed.
- Where menses had been early, profuse and bright-coloured, with nausea.
- Disgust and loathing of food. Nosebleed, bright red.
- Nausea and vomiting of pregnancy: in some cases more nausea than vomiting.
- Stitches dart from navel to uterus.

Mental disturbances

Sepia officinalis

- Indifference. (PHOSPHOROUS).
- Indifference to husband, children, loved ones.
- Loses interest in what she ordinarily loves.
- Depressed Hates, and weeps with, sympathy.
- Only "wants to get away, and be quiet".
- Nausea: in the morning; from smell of cooking.
- Vomiting: of food and bile in the morning.
- Vomiting strains her greatly.
- Painful sensations of emptiness in stomach.
- Relief (of many symptoms) from eating.
- Intolerant of noise and smells.
- Nausea from smells of cooking.
- Feels the cold: but must have air.
- Feet clammy cold (CALCAREA): Offensive sweat, armpits.
- Sallow face: brown pigmentation nose and cheekbones ("the Sepia saddle"): brown pigmentation forehead.

- The food cravings are for vinegar and sour things, perhaps for sweets and wine.
- Aversion to meat: fat: often bread, and milk.
- With such symptoms, SEPIA is the great remedy for the sickness of pregnancy and for all ills associated with pregnancy.

Phosphorus

- Also, indifference (SEPIA).
- But PHOSPHORUS loves sympathy_touch_massage (opposite of SEPIA).
- Anxiety for others (ARSENICUM, PHOSPHORUS).
- Fear alone in the dark of burglarproof ghosts.
- Fear of thunder.
- Desire for salt: for ices: for cold water: Thirst for cold drinks, which may be vomited when they become warm in stomach.
- Aversion to tea, coffee, meat, boiled milk; even to water, the sight of which may cause nausea.
- Women whose periods are profuse and bright colored: who bruise and bleed easily (Especially in the typical PHOSPHOROUS patient: tall, slender, fine hair, long eyelashes.).

Pulsatilla pratensis

- Easy weeping.
- Changeable moods (CROCUS SATIVUS, IGNATIA AMARA).
- Craves sympathy: yet changeable, irritable jealous, suspicious.
- Weeps, telling her symptoms, when nursing.
- Bursts into tears.
- (IGNATIA sighs: PULSATILLA weeps).
- Miserable restlessness at night, relieved by getting up and walking about.
- Better slow motion.
- During labour, PULSATILLA has often corrected want of expulsive power (inertia of uterus).
- Weeps because she is not delivered.
- The great remedy of mild, tearful women.
- Aversion to fat, meat, butter, pork, bread, milk.
- Desires sour, refreshing things.

Ignatia amara

- The remedy of contradictions: of cravings for foods that should be hurtful, but prove helpful.
- Great remedy of "verves" of hysteria.
- Sensation of lump in throat when not swallowing.
- Nervous spasm of throat and gullet: unable to swallow liquids or solids (especially during grief).
- When chilly, thirsty: no thirst with fever.
- Sensitive, and hyper-acute feeling.
- Slight blame excites anger, which makes her angry with herself.
- Much sighing.**
- Incredible changes of mood: jokes and makes merry, then weeps.
- These moods alternate rapidly. (CROCUS).
- Great grief after losing what is dear to her.
- Craves something which, after a few mouthfuls, seems disgusting to her.
- Extreme aversion to tobacco smoke (PULSATILLA NIGRICANS).
- Copious, nervous discharge of watery urine.
- Does unaccountable and unexpected things.
- Full of contradictions and surprises.
- Fear that she will never sleep again.
- The remedy of grief - bereavement - with frequent **sighing**.
- Give for the colic of infants, breast-fed, whose mothers are suffering from grief.

Aurum metallicum

- Deepest depression.
- Looks on the dark side.
- Weeps : prays : "is not fit for this world".
- Longs for death : even suicidal.
- In labour "thrashes around in bed, as if wishing to injure or kill herself".
- Moans in sleep.
- Frightful dreams.
- Sleepless and tossing after 4 a.m.
- Morose : quarrels.

Preparing for labour

Caulophyllum thalictroides

- (Squaw-root of the North American Indians).
- Fretful apprehensive.
- Uterus feels congested.
- Tension and fullness.
- Spasmodic pains, uterus : and during menses.
- Leucorrhoea: with bearing down pains.
- Threatened abortion (VIBURNUM).
- Spasmodic rigidity of os, delaying labour.
- Labour pains, short, irregular, spasmodic, no progress being made.
- (CAULPHYLLUM has not been extensively proved: but taken, a dose daily, during the last two or three weeks of pregnancy, it is found to make labour easy.
- 12th or 30th potency.)

Sleeplessness

Aconitum napellus

- Sleeplessness with **fear**, and excitement.
- Anxiety: restlessness: disquiet.
- Skin dry hot.
- Tosses in agony.
- Anxiety and worry, with trivial complaints.

Belladonna

- Head hot and painful.
- Pupils dilated.
- Rush of blood to head and face.
- Twitching in sleep, especially in children with red, hot faces, and bright eyes.

Coffea cruda

- Sleepless from crowding of thoughts.
- Full of ideas: quick to act: no sleep on this account.

- Sleepless from joy, or coffee.
- Any pains are insupportable, and drive her to despair:_ (like CHAMOMILLA: but CHAM. is also frightfully irritable).

Ignatia amara

- Sleepless from grief, care, sadness, anxious thoughts, depressing emotions.
- Child wakes with piercing cries and trembles.

Lycopodium clavatum

- Sleepy by day: sleepless at night: associated with flatulence, digestive disturbances_acidity.

Nux vomica

- Sleepless from mental strain: coffee, wine, etc.
- Sleepy in the evening: wakes at midnight, or 3 a.m. : only sleeps heavily towards morning.

Fears and fright

Aconitum napellus

- Kent says: 'The woman is a natural ACONITUM patient; with her sympathetic nature, her natural state of sensitiveness.
- She takes on complaints from shock, fear, and causes other than those which affect men.
- With women, fear is a common cause of inflammation of uterus, ovaries, in plethoric, vigorous, excitable women.
- Fear will often cause or threaten abortion: but ACONITUM, given early, will check this (OPIUM).
- Sometimes the burning, stitching, tearing pains of ACONITUM follow fear, or sudden emotion.
- Or a pregnant woman will say: 'Doctor, it is no use your planning for my confinement.
- I know I am going to die in that confinement.' **If there is any one thing that is really a strong symptom to prescribe on it is that.**
- A dose of ACONITUM and change the subject, and a few days after you ask about the fear, and she says, 'Oh, never mind that!'"

Argentum nitricum

- Fear, with hurry.
- Fears of anticipation; of high places.
- Curious unreasoning fears, that she will not be able to pass that corner without disaster: that walls are closing in: that houses will fall on her.
- Tormented by ideas and fears, and must walk, and walk.
- (The nearest here is LILIUM TIG..)
- Feels the heat: craves sweets and salt.
- But the mental picture, so definite and peculiar, determines the remedy.

Arsenicum album

- Not unlike those of ACONITUM, but less acute.
- ACONITUM is a big storm, soon over.
- ARSENICUM an enduring and recurrent torment.
- ARSENICUM is described as "the gentleman with the gold-headed cane", so particular, so fastidious.
- But restless.
- Anxious.
- Chilly (usually).

- Thirst for frequent, small, cold drinks.
- Fears alone: that things will injure her if alone.
- Fear of death.
- Fear of suffocation.
- Fear of robbers. Fear at night.
- (ACON.) Fear of knives: of killing: of suicide: fear for others.
- Marked periodicity: worse at 1 a.m. and 1 p.m.

Ignatia amara

- Anxiety, sleeplessness, despair.
- Unusual tendency to be frightened.
- Fear that she will never sleep again.
- Wakes at midnight with fear of robbers.

Opium

- Complaints from fear, and the fear remains (ACON.).
- A pregnant woman is frightened, and abortion threatens (ACON.), and the object of the fright looms up before her eyes.
- Opium is hot: has hot sweats: may be comatose, to complete insensibility.
- A typical OPIUM picture is, flushed, perspiring, hot face; cheeks blown out with every expiration; or, sleeplessness with acuteness of hearing.
- Kept awake by distant noises, or the ticking of clocks.
- Excessive wakefulness.

Phosphorus

- Indifferent; or loves sympathy_touch_massage.
- Fear in the twilight_alone in the dark.
- Fear of thunder: of disease: of misfortune: of death. Fears for others (ARSEN.).
- Fear of something creeping out of every corner.
- A horrible face looking out of every corner.
- Much vertigo. As if chair rising: as if blood rushed to head; or empty sensations in head.
- Earthy-coloured, or waxy face.
- Eyes with blue rings round them. Easy haemorrhages, of bright blood.
- Bruises easily.

Pulsatilla pratensis

- Suspicious: disturbed: very easily frightened.
- Diarrhoea from fright: hot inside, yet chilly.
- Fear alone: in the dark (PHOS.), of meeting people.
- Forebodings of impending disaster.
- PULSATILLA is tearful: changeable: irritable: suspicious; but craves sympathy.
- Is jealous.
- Weeps telling symptoms: when nursing.
- IGNATIA sighs; PULSATILLA weeps.
- Not hungry, thirsty, or constipated.
- Malposition: to correct, and ensure easy labour.**

After labour

Aconitum napellus

- Shock: excitement: fears: sleepless.
- Retention of urine (CAUST.).

Arnica montana

- The great remedy after delivery, for relief and comfort, and to avoid sepsis.
- Sore: feels bruised.
- Bed feels too hard.
- The great remedy of bruised parts.
- (In serious illness says, "Nothing the matter!")

Causticum

- Lon, slow labour: overstretched bladder.
- Retention with overflow.

Rhus toxicodendron

- After long Labour: patient strained and chilled.

Staphisagria

- Stretched-sphincter pain: lacerations. After cauterization.

Mother and infant : rescue of the newly-born

Carbo vegetabilis

- Collapsed, limp, flaccid, cold.
- Almost dead.

Laurocerasus

- Blue asphyxia; pulse failing.

Haematoma (intracranial haemorrhage)

Arnica montana

- As in other injuries: to help the absorption of blood, and get maximum recovery.

Mother and infant : haemorrhages

Aconitum napellus

- Passive flow of dark, offensive blood.

- Worse for motion. (SECALE).
- Or active, bright, with great fear and anxiety.
- Fear of death: tossings.

Belladonna

- Bright red, hot blood: feels like hot water.
- Clots easily and becomes dark red.
- Congested, hot face and head.
- Full bounding pulse.
- Worse jar, light, motion, noise.

Bryonia alba

- Dark, fluid blood.
- Headache, worse motion.
- Nausea and **faintness**, worse raising head.
- Worse movement, speaking.

Carbo vegetabilis

- Haemorrhages with indescribable paleness of body.
- Coldness_face_nose_breath_tongue.
- Icy coldness of legs and feet.
- Cold sweat (VERATRUM ALB.).
- Almost entire collapse.
- Yet air-hunger, wants to be fanned.

Caulophyllum thalictroides

- After hasty labour.
- Tremulous weakness.
- Soft, flabby uterus.
- Free, passive haemorrhage.

China officinalis

- Haemorrhages with fainting, loss of sight, and ringing ears.
- Debility from loss of blood.

Cinnamomum zeylanicum

- Profuse flow: bright red (IPECACUANHA, BELLADONNA, etc.).
- Severe flooding.
- Hammering temporal headache.

Hamamelis virginiana

- Slow, steady flow; passive, profuse: dark.
- Exhausted, but no alarm or anxiety. (Opposite of ACONITUM.)
- Bursting headache, worse bending down.
- Pressing, temporal headache.
- "A bolt, temple to temple, screwed tight."

Ipecacuanha

- "Bright red, profuse, with heavy breathing and nausea."
- With threatening abortion.
- Postpartum.
- Metorrhagia: menorrhagia.
- Dark, bluish rings under eyes.
- Pale.
- **Persistent nausea.** Blood bright red, liquid: gushes with every attempt to vomit.
- Gasps for breath, as if panting.
- Weak pulse.
- Heat of head: cold sweat where covered.
- (Sweat where uncovered. THUJA.)

Lachesis mutus

- Haemorrhage: will not coagulate: decomposes.
- Worse for heat: for pressure on abdomen.
- Suspicious disposition.

Phosphorus

- Bright, free, persistent; stops and starts.
- **Weakness: coldness, or emptiness in abdomen.** Abdomen sensitive (LACHESIS. Small of back, as if broken.
- Heat running up back.
- Thirst for cold drinks.
- Craves ices. (PHOSPHORUS).

Secale cornutum

- **Passive flow of dark, offensive blood.** Chilly, but wants to be uncovered.
- In feeble, cachectic women.

Cracked nipples

Nitricum acidum

- Cracks: intensely sensitive nipples.
- Sticking pains, like a splinter.
- Nipples discoloured.
- ACID. NIT. is chilly: hates fuss: craves salt and fat.

Chamomilla

- Nipples inflamed and very tender.
- Can hardly bear the pain of nursing.
- CHAM. is intolerant of pain: **"cannot bear it!"** Very irritable. (STAPHISAGRIA).

Croton tiglium

- Nipples very sore to touch.

- Excruciating pain runs round to scapula.
- Radiating pain runs round intercostal nerves.

Lycopodium clavatum

- Sore, fissures, covered with scurf.
- Bleeding from ducts: child draws blood from nipples, and seems to be vomiting blood (SILICEA).

Petroleum

- Itching, mealy covering of nipples.

Phytolacca decandra

- Nipples sore and fissured.
- Intense suffering on putting child to breast.
- Pain starts from nipple and radiates all over body.
- Breast feels like a brick, lumpy and nodular.

Pulsatilla pratensis

- Weeps as often as she has to nurse.
- Pain extends to chest, neck, down back.
- Changes from place to place.

Sepia officinalis

- Deep sore cracks across crown of nipple.
- In the the SEPIA patient.

Staphisagria

- Pains when the the milk begins to flow.
- Nursing almost impossible.
- Emotional upset with partial suppression.
- Ill-humored and oversensitive.
- Broods on old injuries, or her past deeds.
- Least word seems wrong and hurts very much.

Sulphur

- After nursing, nipple smarts and burns: chaps badly.
- Breast looks unwashed.
- (In a SULPHAR patient: feels the heat: sinking at 11 a.m. : puts feet out of bed: loves fat: hungry: gets hot at night and uncovers.)

Remedies of lactation

Belladonna

- Too copious flow of milk.
- Inflammation of breasts, in streaks or rays, diverging from centre to circumference.

- Breast red, hot, swollen, very tender.
- Breasts dry, stony-hard; frightfully tender.
- Erysipelatous inflammation of breasts, especially from weaning.
- Face flushed.
- Pupils dilated.
- Skin hot and dry.
- Perhaps twitchings: even delirium.

Calcarea carbonica

- Profuse secretion of watery milk, which the child refuses to take.
- Excessive lactation, with hectic fever, and sweat, and debility.
- Breasts distended, milk scanty.
- She is cold, feels cold air very readily.
- Want of vital activity to secrete the milk.
- Milk disagrees with the infant.
- Milk has a disagreeable, nauseating taste; child will not nurse, and cries much.
- Hot swelling of mammae.
- The CALCAREA patient is chilly.
- Head is apt to sweat at night.
- CALCAREA is the remedy of persons of plus tissue of minus quality; chalky complexion.
- Anxiety and fear: that something will happen; that she will lose her reason: of death; of being alone.
- Aversion to the open air.

Lac caninum

- Galactorrhoea.
- Or, loses milk while nursing.
- Serviceable in almost all cases where it is required to dry up milk. (ALUMEN, BELL.).

Lac vaccinum defloratum

- Herring says, "has never failed to bring the milk back in from twelve to twenty-four hours".
- "Or, decrease in size of breasts, and diminished secretion of milk." Depression.
- Does not care to live (PHYTO.).
- Imagines her friends will die.
- Has no fear of death, but says she is going to die in twenty-four hours (ACON.).
- Intense thirst.

Phytolacca decandra

- Excessive flow of milk: nipples so sensitive that nursing produces intense suffering, which radiates all over the body and to spine.
- Nipples excoriated and fissured.
- Breast stony-hard, painful.
- Caked breasts.
- Breast full of hard, painful nodosities.
- Mammary abscess: pus.
- Large fistulous, gaping, angry ulcers, discharging a watery, fetid pus.
- Pain is unbearable.
- Irritable.
- Restless.
- Indifferent to life: or death: sure she will die.

Pulsatilla pratensis

- Mild, tearful women who have but little milk.
- Weeps every time the child is put to the breast.
- Pain extends to chest and neck, down back.
- Changes from lace to place.
- Milk thin and watery.
- Acrid milk.
- Suppression of milk; in mild, tearful women.
- Or galactorrhoea in women who are not nursing their children: but always in the gentle, tearful type of patients.
- After weaning, breasts swell, feel stretched and tense, intensely sore.
- Milk continues to be secreted.
- In the typical PULSATILLA patient.

Silicea terra

- Sharp pain in breasts or uterus: pain in back: increase in lochia.
- Pure blood flows every time she put the child to breast (LYC.).
- Aversion to mother's milk (CALC.); child refuses to nurse, or if it does nurse it vomits. Milk suppressed (LAC DEF.).
- Inflammation of nipples: darting, burning pain in nipple.
- Nipple drawn in like a funnel.
- Inflamed breast, deep red in centre, rose-colored towards periphery, swollen, hard, sensitive: constant burning pain, prevents rest.
- High fever.
- Excited (BELL.).
- The SILICIEA patient is yielding: anxious: head sweats at night (CALC.).
- Constipation with "bashful stool", comes to verge of anus, then slips back.
- No power to expel it.

Intolerance of milk

Phosphoricum acidum

- Vomiting of milk in a suckling.
- Waxy face: blue rings round eyes.
- Child does not cry.

Aethusa cynapium

- Intolerance of milk (CALC., SIL.).
- Vomits everything taken, especially milk_ejected in greenish or yellowish curds.
- After vomiting, the child is so exhausted, it falls asleep at once.
- After vomiting, relaxed and drowsy.
- Or, hungry after foiling.
- AETHUSA is a remedy of violent vomiting convulsions_violent pains_violent diarrhoea.
- In convulsions, eyes turn down.
- The mental symptoms, "peculiar to children, and frequently of adults", are great anguish and crying.
- Later somnolence.
- Adults with regurgitation of food (PHOS.- an hour after eating.
- Copious vomiting, with a feeling of distress.
- Sensation as if stomach turned upside down.

Calcarea carbonica

- Large, open fontanelles.
- Much perspiration about the head in large drops which wets the pillow far around where child is sleeping (SIL.).
- Large head, chalky look.
- More inclined to grow fat than strong.
- Plus tissue of minus quality.
- Chalky stools.
- Teething delayed.
- CALC. CARB. has, **desire** for milk, **aversion** to milk, **worse** from milk.
- Night terrors.
- Child wakes screaming.

Lac caninum

- Intolerance of milk (AETHUSA, CALC. CARB., SIL.).
- Distension of abdomen with tenderness.

Magnesium carbonicum

- Intolerance of milk with dry constipation.
- Stools pale, dry, crumbling.
- In marasmic children.

Natrium carbonicum

- Aversion to milk, which disagree (CALC. SIL.).
- Abdomen hard, bloated, swollen.
- Accumulation of flatus; loud rumbling; swellings here and there as from incarcerated wind.
- Flatus changing place, and causing pain.
- Aversion to milk and diarrhoea from milk.

Silicea terra

- The child refuses to take the breast, and vomits after milk (AETHUSA).
- Hardness and bloatedness of abdomen.
- Aversion to mother's milk.
- Head-sweats, and open fontanelles.
- Head sweats profusely in sleep (CALC.); extends down neck; may be offensive.
- Scabby, offensive eruptions on scalp; may discharge pus.

The great teething remedies

Calcarea carbonica

- Fat and flabby, with sweating head, and fontanelles wide.

Calcarea phosphorica

- The more wiry, perhaps emaciated child.

Chamomilla

- Very painful dentition, with **intense irritability**.
- (See Medicines of Dentition, HOMOEOPATHY, June, 1934).

Spasmodic croup

- Boeninghausen's Croup Powders (five in number, should so many be required) were sold for years by homoeopathic chemists.
- They were ACON., SPONG., HEP., SPONG., HEP., all in the 200th potency (2-4 hourly), in sequence 1 powder of each if required.

Constipation

Alumina

- Inactivity, rectum.
- Must strain for a soft stool.
- Cannot pass stool, till a large accumulation.
- Abnormal cravings: chalk, charcoal: coffee grounds: for indigestible things.

Nux vomica

- Frequent and ineffectual **desire for stool**: or passes only small quantities at each attempt. Alternate constipation and diarrhoea.
- Irritable, and easily angered. Impatient. Oversensitive to noise, light odors (?music). Chilly: if perspiring and feverish, **must be covered**.
- Chilly if she moves.

Opium

- Want of susceptibility. Complains of nothing. Bowels seem closed.
- No desire for stool**. Even urine may be retained, with full bladder.
- Bed too hot. Hot sweat. Sleepy but can't sleep. Moves to find a cool place. **Must be uncovered**.

Diarrhea

Aethusa cynapium

- Face expresses anxiety and pain. **Linea nasalis** pearly whiteness on upper lip, bounded by a distinct line to angles of mouth. Intolerance of milk. Violent vomiting: of milk: after milk.
- Stool undigested: thin: green: bilious. Violent straining before stool and after stool. Collapse_almost as bad as ARSENICUM, only **not restless**.

Aloe socotrina

- Has to hurry after eating or drinking: with want of confidence to retain stool. Diarrhoea drives out of bed in the morning.
- Or, difficulty to pass a solid stool, which presently escapes unnoticed.

Arsenicum album

- Worse at night, 1 to 3 a.m. Rapid emaciation, exhaustion and collapse. Intense restlessness. (Opposite to AETHUSA.)
- Painless, offensive, watery stools. (?) simultaneously vomiting and diarrhoea. After ices: or cold food or drink.

Cactus grandiflorus

- Bilious diarrhoea preceded by great pains.
- Great weight in anus, desire to pass a quantity, but nothing comes.

Croton tiglium

- Yellow, watery stools, **coming out like a shot**. Any food or drink starts this, or nursing.

Ignatia amara

- Colic of breast-fed infants whose mothers are suffering from grief.

Mercurius solubilis

- Stools slimy-even body: with straining, and followed (?) by chilliness.
- Profuse perspiration which does not relieve, Salivation: with intense thirst.
- Mouth offensive.
- Tongue large, flabby, shows imprints of teeth.
- Worse at night: from warmth of bed.

Podophyllum peltatum

- Diarrhoea, stools profuse and offensive.
- Worse morning, and in teething babies.
- Prolapse rectum with soft stool.
- Rumbling.

Sulphur

- Morning diarrhoea, drives her out of bed.
- Great hurry.
- Stool acrid.
- Anus red.
- Can't get rid of odour of stool.

Albuminuria

Phosphoricum acidum

- Diarrhoea: white or yellow, watery; without pain or marked debility.
- Copious and frequent urination.
- Urine so thick that flow is interrupted: as if mixed with flour: containing stringy, jelly-like masses, or cheesy masses.
- Pain in back and kidneys.
- Pressure bladder: emaciation during pregnancy.
- Milky urine: bloody clots: decomposes rapidly.

- Weak and indifferent: drowsy.
- Deterioration of health from nursing (CHINA) Scanty milk, with debility and great apathy.

Apis mellifica

- Pain in kidney regions.
- Morbid irritability of urinary organs.
- Frequent, painful, scanty, bloody urine.
- Retention of urine.
- Strangury.
- Eyelids and lips swollen and oedematous.
- Oedema.
- Dropsy.
- Thirstless dropsy.
- The pains of **Apis** burn, and sting, and rend, and tear.
- Sensation of tightness.
- Cannot strain at stool, lest something break.
- Cannot cough, lest something burst or tear.
- Worse heat; warm room.
- Worse hot bath.** Sadness and weeping without cause.
- Joyless: indifferent: suspicious; jealous. Foolish talk.
- Childish behavior.

Plumbum metallicum

- Slow.
- Slow of perception.
- Slow in answering.
- Sallow, pale face.
- Sweetish taste.
- Frequent vomiting of food.
- Violent colic.
- Violent pain umbilical region.
- Navel seems to draw to spine.
- Sensation in abdomen at night, causes her to stretch violently for hours.
- Feels a lack of room for foetus in uterus.
- Threatened abortion.
- Constipation with urging and terrible pain.
- Anus feels drawn up, and painfully contracted.
- Difficulty in passing water.
- Retention.
- Urine albuminous: dark: scanty: drop by drop.
- Excessive hyperaesthesia.
- Convulsions; lightning-like pains: extremely acute pains.
- Pains or loss of power with hyperaesthesia.
- Anaemia.
- Emaciation.
- Hysterical state: inclination to deceive: to feign sickness; to exaggerate her sufferings.

Terebinthinae oleum

- Violent burning, drawing pains in kidneys.
- Dysuria: strangury, with great loss of blood.

- Urine scanty, smoky, bloody, albuminous, or profuse and black.
- Smell of violets.
- Congestion and inflammation of kidneys, bladder, lungs, intestines, uterus.
- Tongue smooth, glossy, red.
- Purpura haemorrhagica: fresh bruises in great numbers from day to day.
- Distension of abdomen, with much flatus.

BORLAND D. M., Homeopathy in practice (b17)

BORLAND Douglas M.

Materia medica

Dd kalium salts

The six common Kali Salts are Kali Bichromicum; Kali Bromatum, Kali Carbonicum, Kali Iodatum, Kali Phosphoricum and Kali Sulphuricum.

There are certain points of similarity running through them all, but their differences are very definite.

In trying to compare them, it is impossible to consider them all together; the only way is to take the remedies one after, take the outstanding characteristics of each one, and mention the similarities and differences of the others.

Kalium bichromicum

The Kali Bich. patient is a fair, fat, somewhat sluggish individual, either male or female.

Their faces are rather puffy, and they give the impression of having an unhealthy skin; the majority have a tendency to acne.

Their eyes are rather dull, they may have a yellow tinge of the conjunctivae and there may also be a blepharitis.

Suppose the patient is a man.

He will be above the average height and look strong and muscular.

He is easily tired, and when he is tired he wants to stretch out relaxed in a chair and do nothing; he is definitely sluggish and almost lazy.

Their complaints fall into three definite classes.

The common Kali Bich. patient is the typical catarrhal dyspeptic.

Others tend to get bronchitis and attacks of asthma.

Then there is a third group of Kali Bich. patients who are not so fat or so heavy, who have more colour in their cheeks and have darker hair.

These are the people who come along with fibrositis.

There is one other condition in which Kali Bich. may be needed, but that person does not correspond in appearance to the typical Kali Bich., and that is the patient with migraine.

A certain type of migraine will not respond to any other remedy but Kali Bich.

All these types are now considered here in greater detail.

Among the general reactions there are apparent contradictions in temperature reactions.

Most Kali Bich. patients tend to be worse in summer and to get fibrositis in hot weather.

At the same time they get skin irritation and their acne tends to develop.

The respiratory conditions, bronchitis and asthma, tend to be worse in spring and autumn.

When they are actually ill, Kali Bich. patients often complain of being chilly and felling the cold, and they are worse from damp cold weather and from being in the open air.

They have one or two time reactions during the 24 hours.

In all the Kali salts the patients have an early morning aggravation; it varies in time but it is round about 2 a.m. to 5 a.m.

In Kali Bich. patients it tends to be earlier, in Kali Carb., later.

Kali Bich. patients feel worse on waking in the morning and their respiratory troubles are worse.

That is not the early aggravation, but an aggravation at the ordinary time of waking.

One other characteristic is worth remembering.

Kali Bich. patients have an aggravation after food; they feel more uncomfortable, heavier and have less energy.

One other useful point is that they tend to have definite alternations of symptoms, their fibrositis will clear up and be followed by digestive troubles or diarrhoea, or migraine clearing up may be followed by eye trouble.

Pains may move from joint to joint.

In typical catarrhal dyspeptics, the patients complain of catarrh tending to be very troublesome in cold and wet weather.

With their colds, their noses and all their nasal sinuses get blocked up with stringy yellow mucus.

The mucus may be white if the complaint is chronic.

The more chronic it is, the more the mucus tends to be white; the more acute it is, the more the mucus tends to be yellow.

There may be involvement of any of the accessory sinuses, but all have a typical Kali Bich. pain - it is a boring pain, as if a blunt plug was being forced into the affected area.

The most common area to be involved with a pain of this character is the frontal sinus, and it is often accompanied by a severe general headache.

There may be similar pains over the antra or just over the eyes, depending on which of the sinuses are involved.

In between the attacks the appearance of the throat is very characteristic.

There is very marked deep congestion of the whole of the back of the throat, often with strings of mucus hanging down from the posterior nares, an oedematous appearance of the tonsils, uvula and soft palate.

It is a very typical throat requiring Kali Bich.

The catarrhal condition may extend right down into the lungs, leading to capillary bronchitis with a very troublesome cough.

One point that often indicates Kali Bich. is the patients' marked tendency to choke.

With the bronchial irritation they choke on solids; they can swallow liquids, but solids make them cough and they may vomit.

Expectoration is worse in the morning.

They have a 2 a.m. to 5 a.m. aggravation, but also get a later aggravation on waking at their usual time.

In the morning they cough and bring up very abundant stringy muco-purulent sputum with difficulty.

They often feel better out in the open air as far as the respiratory condition is concerned, provided the air is not too cold and damp.

They say that the most comfortable thing is to get into bed and get as warm as possible.

They often complain of a sensation of coldness in the chest.

This cold sensation is common to both Kali Bich. and Kali Carb. patients, but in Kali Bich. it tends to be precordial, and in Kali Carb. it is a general coldness throughout the chest.

One of the commonest complaints with the respiratory condition is a pain in the chest going from the sternum right through to the back.

Kali Carb. have stabbing pains in the chest, but not this peculiar pain that extends right through to the back.

If the catarrhal state spreads down to the stomach instead of the lungs, Kali Bich. patients develop a typical acute gastritis or gastric ulcer.

They complain of loss of appetite and flatulence, with attacks of nausea and vomiting coming on quite suddenly.

They have severe distension of the stomach with eructations and a very distressing sense of weight in the stomach after taking food.

Their food likes and dislikes are very marked.

They have a very marked dislike of meat; they have a bad taste, and water tastes particularly unpleasant.

Usually they develop a dislike of fats during their attacks.

They often crave sour things and have a marked longing for beer.

The chronic beer drinker is fairly typical of Kali Bich.

In spite of their longing for it, it gives them a definite aggravation, it makes them sick and often sets up acute gastritis.

They also have an aggravation from coffee.

Practically all vomited material is sour; it is a very watery, yellow stringy vomit.

Occasionally they vomit up a meal and, after the stomach is empty, start bringing up a quantity of glairy white mucus, but this is not as common as the yellow glairy material.

In gastric ulcer, there may be blood.

It may be fresh or stale blood, but gastric ulcer is not so common as acute gastritis.

The patients tend to get hepatic congestion, a feeling of weight, and a feeling of heaviness in the right subcostal region

associated with diarrhoea, with clay-coloured stools.

Kali Bich. patients are liable to develop a catarrh of the bladder with strings of yellowish white mucus in the urine. Where this condition is present, a strong indication for Kali Bich. is a peculiar pain in the region of the coccyx coming on during micturition.

The next type of Kali Bich. patient is the fibrositic.

The most frequent cases in which Kali Bich. is indicated have acute fibrositic pains and they all tend to sweat.

The leading indications are the wandering characteristics of the pains.

One joint gets inflamed and tender, then it clears up and another starts.

The patient is lying quite comfortably and suddenly gets an acute pain that does not last long.

Although the pain occurs in summer it is better from heat and worse from cold; it is aggravated by motion and relieved by rest.

Sciatica in Kali Bich. patients is definitely relieved by motion, though fibrositis is aggravated by it.

The sciatica occurs in hot weather and is better from applied heat, but not to the same extent as the fibrositis.

It is also better from flexing the leg, and is particularly sensitive to weather changes.

A certain number of patients suffer from migraine.

The type calling for Kali Bich. has visual aura; the vision is blurred, dim or hazy.

This comes on quite suddenly some time before the headache, usually clears before the pain develops, but may continue throughout the headache.

These migraine headaches are one-sided, sometimes right, sometimes left, and the pain is particularly violent.

Often it is situated in a small area in one or other temporal region.

It is relieved by firm pressure over the small area.

It is helped by warmth, and definitely better from hot applications.

Often these headaches tend to recur periodically; they are aggravated by stooping or by any violent motion.

Often they develop during the night and are particularly severe on waking in the morning.

They are often accompanied by violent sickness in which the patient brings up the typical, white, stringy, glairy mucus in the vomit.

That is the typical migraine headache, and it is quite different from the catarrhal headache which begins at the bridge of the nose, extends up into the head, is quite different in its onset, and is connected with the nasal catarrh.

Kalium bromatum

There are one or two conditions in which Kali Brom. is particularly useful.

The majority of Kali salts tend to be fat, and Kali Brom. patients are usually fat and fair, lethargic, rather depressed, heavy looking and dull.

In spite of this apparent dullness there is a certain amount of local restlessness.

They have fidgety hands and feet and there may be a definite tendency to twitch.

They often complain of being unusually sleepy, and that they fall asleep in their chair if they sit down; they are thoroughly drowsy and heavy.

They often complain of a tendency for their hands, feet or legs to go numb, and often also of a sensation as though the legs are trembling.

Associated with this and their dullness they get a fear of insanity.

Patients I always found very difficult to prescribe for, before I came across Kali Brom., were children who were not getting on well at school.

They are dull and apparently lacking in intelligence, rather like Pulsatilla children, but they have too coarse a skin for Pulsatilla.

The first indication for Kali Brom. is a tendency to develop acne.

Severe acne in a child with no other definite indications will often clear up on Kali brom.

It is the same with acne during menstruation in a woman; if there are no other indications it will often respond to Kali Brom.

Occasionally a girl of that type who gets very long periods should also respond to Kali Brom.

General reactions in kali brom

Kali Brom. patients are hot-blooded, worse from heat, worse in summer, worse in hot rooms.

They are better in cold weather and, like all the other Kali salts, they tend to have an early morning aggravation, round

about 2 a.m.

Associated with their unhealthy skin there are three pathological conditions in which Kali Brom. may be indicated.

The first is when definite choreiform movements have developed after a shock or fright - an adolescent of that type usually responds to Kali Brom.

The next, in advanced nephritis, the patient seems heavy and sleepy with a slightly besotted appearance and threatened convulsions, and Kali Brom. will often help.

Then there is another associated condition in which Kali Brom. is useful; in a bad case of infantile diarrhoea, where the child is beginning to develop signs of meningeal irritation, and there is the very peculiar liquid diarrhoea associated with the meningeal symptoms.

Kali Brom. used to be prescribed in conventional medicine for controlling epilepsy, and a certain number of epileptic cases respond to it in homeopathic doses.

In women, there is a definite relationship between the period and the onset of the fits.

They occur either during or near the period, and without that relationship I have never seen any good result from using Kali Brom.

In both the male and female it seems that there tends to be an aggravation at the new moon.

In all these epileptics requiring Kali Brom., both male and female, the fit is followed by a severe headache.

They have a curious aura before the attack, as if their whole body was swelling, whereas there is no actual swelling at all.

Kalium carbonicum

Kali Carb. is the most difficult of the Kali salts to grasp, with the possible exception of Kali Phosphoricum, but on the other hand, though these are the most difficult, they are also the most valuable.

The first impression of Kali Carb. is that the patients are soft.

That is not the impression given in Kent - the Kali Carb. patient he describes is irritable, highly strung and nervous, but that is not the usual type occurring in the UK.

They are not taut at all, but pale, soft, flabby people, easily tired out by any exertion.

When tired, they always have backache, which compels them to lie down.

They tend to be fat and often have flat feet.

Their mental picture is very much the same.

The slightest effort of thought or excitement tires them, and they get into a peculiar state of mental confusion.

They get up in the morning knowing they have a fair amount of work to do.

They start something, and immediately think that there is something else they ought to be doing, so they leave the first job and dash off to do the second.

They have no sooner started it than they leave it for a third, and so they get into a thorough muddle and end up by completing nothing at all.

They also say that they are constantly misplacing things.

For instance a man will explain that he can never find his notes in his office; he puts them away carefully enough but cannot remember where he put them.

With that mental state they get the fear that they are going insane.

They get hurried, make mistakes in their speech, miss words out, put wrong ones in, forget to finish their sentences, and so on.

They become annoyed with themselves and get scared; they get annoyed with their circumstances, and become jealous and suspicious of those who are working with them.

When they are in this state they are very difficult to get on with and often show a strange vindictiveness.

Another constant complaint is that they get absolutely worn out with the slightest physical or mental effort.

If they have any excitement they are quite exhausted and have to go to bed, and it takes them two or three days to get over it.

Kali Carb. patients have many fears; fear of insanity, fear of poverty, fear of the future and fear of death.

Associated with this fear they get a very marked hoarding instinct.

Kali Carb. patients are essentially possessive.

They tend to hold on to everything, they hold on to life and are afraid of dying, even though their life may appear hardly worth living.

They hold on to their husbands, even when they appear to dislike them; they hold on to their children, even when their children appear to be nothing but a worry to them, and when they treat them none too well.

They hold on to their money and may be positively miserly, though this is often the result of their fear of poverty.

Another thing that very often crops up, associated with this mental dullness, is the feeling of failure.

They become timid and cannot stand up for themselves; if anyone accuses them of a mistake, especially a mistake they have not made, they simply lie down under it.

This does not conform at all to Kent's picture of Kali Carb.

Another important point about Kali Carb. patients is a very peculiar dislike of being touched; they simply cannot bear it.

Their usual complaint is a feeling that they are heading for a breakdown.

They have a general catarrhal condition, they are susceptible to colds and usually have some digestive disturbance.

General reactions in kali carb

Kali Carb. patients are generally chilly, in fact they are about as cold as any remedy in the pharmacopoeia.

They are not only sensitive to draughts but also to any cold air.

Their complaints are very much aggravated by any exertion, mental or physical, and they are very susceptible to damp.

An apparent contradiction to this aggravation from cold, and amelioration from warmth, is that they get an aggravation from warm drinks.

What really happens is that they get warmed up by the hot drink and then, immediately after, they get chilled, and the aggravation is due to the subsequent chilling more than to the actual warm drink.

They are usually more uncomfortable and more aggravated after meals.

These are the main points about them, except the typical Kali time aggravation from 2 to 4 a.m. , and Kali Carb. patients have also the later morning time aggravation on waking.

They always feel particularly unwell and lacking in energy when it is time to get up.

Another point in Kali Carb. is the character of the pains.

Wherever they have a pain it is the same type, whether in the arms, the back, the chest or the joints, and whether due to respiratory, digestive or fibrositic troubles.

The pains are always very sharp and cutting, and are constantly flitting about from place to place.

They are almost always relieved by heat, incredibly sensitive to cold, and mostly aggravated by pressure.

Occasionally the pain comes on during rest and is slightly better if the patients move about, but if they move fast they are definitely made worse.

An old lady with a typical trigeminal neuralgia was about the best example of Kali Carb. I have ever seen.

She was not only sensitive to draughts, but also so acutely conscious of any movement of air in the neighbourhood, that if a handkerchief was waved in front of her all the branches of her trigeminal nerve were mapped out in pain.

The slightest movement of any sort brought on the pain, eating, talking, laughing, smiling, in fact any movement whatsoever.

She was so sensitive to touch that she could not bear to wash her face, and she was the typical worn out, tired out, back achy middle-aged woman of the Kali Carb. type.

This is very like the description of Mag. Phos.; they both have the incredible sensitivity to cold, but the Mag. Phos. patient is relieved by pressure, whereas the Kali Carb. patient is aggravated by pressure.

Mag. Phos. may relieve this type of neuralgia, but will never clear it up completely where there is this sensitivity to pressure.

Kali Carb. is as catarrhal as any remedy in the *Materia Medica*.

The patients are always catching cold, and get a certain amount of nasal discharge when over-heated, either by exertion or by being in a hot room and going out and getting chilled afterwards.

Kali Carb. also tend to develop a violent headache from the same cause.

It is usually a temporal headache, either on one or both sides, and it is so acute that it gives rise to nausea.

The nasal catarrh tends to spread quickly down into the throat, and the patients have very typical dry, painful, hot tonsils with a large quantity of white, or sometimes yellow, tenacious mucus.

There is early enlargement of the tonsillar glands, which are painful, tender and markedly sensitive to cold - this is a valuable diagnostic point.

If this condition is not checked immediately, they tend to develop bronchitis, with a paroxysmal, dry, hacking cough.

There is not much mucus, and what there is is mostly swallowed rather than expectorated.

The cough is so violent that it is liable to go on to vomiting, and with it there is the typical Kali Carb. violent stabbing pain in the chest.

There is also the usual 2 to 4 a.m. time aggravation.

Kali Carb. is hardly ever required at the early stage in pneumonia; it is after actual consolidation of the lung that it is

needed.

The indications are the time aggravation in the early morning, the character of the pain, the character of the sputum, the character of the cough, and the fact that the patients get definite relief from sitting, propped up and leaning forward.

They have an aggravation from lying on the affected side, which as a rule is the right lower lobe.

Associated with the pneumonia there is often marked dyspnoea, and they can only sip fluids, as they cannot hold their breath long enough to take a long drink.

They cannot take anything solid, as it starts them coughing, and the cough goes on until they vomit.

They always tend to get a peculiar pallid, slightly cyanotic, puffy look about the face.

The great danger in Kali Carb. pneumonias is from a failing heart.

The remedy most likely to be confused with Kali Carb. is Hepar Sulph.

Hepar Sulph. patients have the same respiratory trouble, the same type of cough, the same sensitiveness to cold air, the same involvement of glands, but do not have the same 2 to 4 a.m. time aggravation.

This is much later - 7, 8 or 9 a.m. , and they do not have the same puffy face.

They are always much thinner, more drawn, more anxious-looking.

Kali Carb. patients always complain of a tendency to digestive difficulties, and the main complaint in every one of them is the tendency to flatulence; they get acute abdominal distension after food.

They also have the very greatest difficulty in getting rid of this distension, which involves the whole abdomen, and is not merely a gastric one.

They have a feeling of emptiness in the abdomen; they feel hungry and want something to eat, but are no better after eating.

Another quite frequent Kali Carb. symptom is a sensation of internal coldness in the abdomen, and, in respiratory troubles, a feeling of coldness in the chest.

Often these patients strongly object to being examined because of being so acutely sensitive to cold, not only internal cold but external cold also.

Kali Carb. patients are liable to get colic.

It may be intestinal, or it may be hepatic; often it is just a feeling of fullness and tenderness over the liver.

They may have gallstone colic, but are more likely to develop cholecystitis than actual gallstones.

Most Kali Carb. patients are constipated, and they frequently develop piles, which are incredibly painful, protruding as large masses and tending to thrombose.

Occasionally they bleed, but the characteristic symptom is their extreme painfulness and acute hyperaesthesia - the patients cannot bear them to be touched.

Most Kali Carb. patients are definitely thirsty, and have a desire for sour things.

In acute illness they have a desire for sweets.

It may be for chocolates or sweets, or it may be an actual craving for sugar, which is quite a natural desire when over-tired, and such people are in a constant state of over-tiredness.

As a rule there is an aversion to meat.

Although it is not in the textbooks, most Kali Carb. tend to eat an excessive quantity of starchy foods.

They all tend to get dental trouble; they hardly ever come with a sound set of teeth.

They usually have inflamed gums, an unhealthy, offensive mouth, and a rather suggestive pale flabby tongue.

The usual Kali tongue, thickly coated at the root, may be present; more commonly they have a flabby, pale, swollen-looking tongue.

One other point constant to every Kali salt - and Kali Carb. has it more marked than any other with the exception of Kali Phos. - the patients are all aggravated after sexual intercourse; it leaves them absolutely exhausted.

In Kali Carb. there tends to be an unusual degree of sexual excitement, and yet there is this absolute prostration afterwards.

In Kali Phos. there is not the same degree of excitability, but the prostration is even worse.

There is very marked haemorrhagic tendency in Kali Carb.

In the female, the periods may be too frequent and they are always very profuse.

There is often a history of periods where the patient is never free from an oozing of blood, at times there is almost flooding, and then it eases down again into this state of oozing, but never really stops.

The pathological condition is most likely to be a polyp or a fibroid.

It is repeated in all the textbooks that Kali Carb. is a dangerous remedy.

Kent warns against its use in acute gout, but this is seen less often today, and the few cases I have seen have never called for Kali Carb.

Many say it is dangerous to give it in a patient with enlarged joints, but that is simply not true, at least for rheumatoid arthritis.

Many patients in whom there were definite indications for Kali Carb. received it in high potencies, and they did well on it.

In pneumonia it has been given many times without dangerous results.

It is, however, very dangerous in tuberculosis and the potency must be carefully chosen, as these patients do not stand the reaction well.

In stomach conditions it has also been used many times without any bad result.

Do not give Kali Carb. for gallstone colic in a patient whose constitutional remedy is Kali Carb.

(The same is true in Lycopodium, where there will tend to be a marked aggravation if you give Lycopodium for a hepatic colic in a Lycopodium patient).

But if there are indications in gallstones for Kali Carb. in a patient whose constitutional remedy is something else, say Phosphorus, then Kali Carb. may be given.

If you have a Kali Carb. patient with colic, and no indication can be found for any other remedy, then give Kali Carb. in a very low potency.

Aconite is very often indicated in a Kali Carb. patient with gallstone colic.

This will relieve the symptoms, and when the pain has gone, it may then be followed up by Kali Carb.

* (*Note* . Dr. Borland also presented the following material on Kali Carb., which overlaps to some extent with the section above. However, it is not a direct repetition, and is included here because it contains valuable additional information. Ed.)

Kent states that Kali Carb. is difficult to assess.

The impression I have of Kali Carb. patients is of pale, very chilly, fat, flabby, sweaty, slow people.

They are very slack.

They have slack joints, tend to have a fairly broad pelvis, and often have swollen ankles.

Their ankles swell over their shoes and look puffy, more oedematous than fat.

The next point - one links it up with their puffy, thick ankles - is the appearance of their face, which is pale and puffy.

There is no colour, the skin is moist and gives the impression it will pit on pressure.

They are heavy about the eyes, with swelling particularly of the upper eyelid - not the puckered condition of Causticum.

In colouring they are dark more commonly than fair.

Another complaint found almost constantly in Kali Carb., no matter what else they are suffering from, is backache.

It is similar to the Sepia backache, but lower down, more sacral.

It comes on very easily from any exertion, walking or standing, and starts as an ache over the sacrum.

Quite unlike Sepia, it tends to spread down over the buttocks on to the upper part of the thigh.

It is relieved from lying down on a hard surface, and does not get the Sepia relief from sitting in a chair and pressure.

Kali Carb. have to lie down flat before they get any comfort.

In personality, they are a queer mixture.

An outstanding characteristic of typical patients is the fact that they are muddled.

Their story is always one of confusion.

They start to do one thing, leave it half done and start something else.

They take on three or four jobs and finish none of them, and then become worried and agitated about it.

If it is a man in business, he may start giving instructions to one of his staff, stop to begin dictating letters, then feels he must telephone an appointment.

When he has started half a dozen things, and is getting on with none of them, he gets into a panic and nothing gets done at all.

In that state, instead of slowing down and trying to get one thing finished, he becomes more agitated, more and more occupied, and never finishes anything.

Another peculiarity about them is that they have a surprising inability to stand up for themselves.

They get very irritable, but if they themselves are attacked, particularly if they are unjustly accused, they tend to become quite silent and cannot make any reply.

They feel miserable and hurt, but they cannot fight back.

That is the dull state of Kali Carb.

They are very apt to become jealous of anyone who is more capable, or who is helping them out of a difficulty, and they are often malicious in the statements they make about them.

Another strange peculiarity, more commonly found in older Kali Carb. patients, is a strong hoarding tendency - they never throw anything away.

It is different from the miserly tendency of some of the remedies, just an inability to part with anything.

Occasionally the same sort of reaction will come out in another way.

They become very possessive of members of the family, yet are unpleasant to them and make life difficult for them.

Another point is that they are acutely hypersensitive.

They are very sensitive to noise, which irritates them intensely.

When they are getting muddled they become annoyed about it.

Even the dull patients are hypersensitive to noise, touch and always to pain.

They are terrified of noise, which makes them start and they complain of a sick, sinking feeling in their stomachs.

Afterwards they throb all over, even right down to their finger tips.

The dull types of Kali Carb. will often say that they become much more muddled mentally after food, or even while they are eating, and will often yawn during a meal.

They are depressed, sleepy and heavy, and are troubled by flatulence after eating.

Practically all Kali Carb. patients have a fear of being alone.

They have an aggravation in the early hours of the morning of whatever is their particular complaint.

If it is digestive, which is the commonest complaint in Kali Carb., they will be worse in the early morning, about 2 to 4 a.m.

Occasionally a surprising symptom occurs in these dull patients.

They dream of some of their friends, very often friends they have not seen for a number of years, and after the dream they hear of an illness or unpleasant happening affecting the person they have dreamt about.

This has been confirmed many times.

So far as placing Kali Carb., they seem to come midway between Calcarea and Sepia.

They have the same kind of mental dullness and chilliness as Calcarea, the weakness of the ankles, and the same tendency to sprain muscles from over-lifting, but Kali Carb. is almost certainly indicated for backache from strain.

On the other hand, there are the family disturbances similar to those associated with Sepia, for example dislike of their family, but Sepia has not the same possessive tendency.

They both get dragging in the lower part of the abdomen, and both get menstrual headaches, but in Sepia the patients usually have scanty periods, and in Kali Carb. excessive ones.

Kalium iodatum

There are certain constant features in all patients who need Kali Iod.

They are hot-blooded and definitely better in the open air.

As far as appearances are concerned, both the chronic and the acute condition need to be considered.

Chronic conditions in kali iod

The typical Kali Iod. patients tend to be pale and delicate looking, with an unstable vasomotor system.

They flush easily.

They are usually fair skinned, and very often fair haired.

The acute type are mostly more obese than expected : more flushed and deeper red than the chronic type, heavier featured, rather cyanotic and heavy lipped.

Both acute and chronic patients are depressed, very easily discouraged, and often having a definite disgust for life.

They are bad tempered, irritable, and if annoyed tend to be abusive.

They are restless, and if at all agitated this becomes more marked.

If any attempt is made to control them they are very liable to burst into tears.

If they are trying to make themselves understood, and feel incapable of putting thoughts into words, they get so agitated that in despair they burst into tears, because they are so worried about themselves.

There are definite times of aggravation in the 24 hours.

They have the ordinary Kali aggravation early in the morning from 2 to 5 a.m. , and Kali Iod. patients also tend to feel worse on waking up in the morning.

They tend to waken with a headache, dry throat and general depression.

They are susceptible to damp weather, and in spite of their general feeling of heat, and their aggravation from heat, they are upset by cold food, particularly cold milk.

Another useful point is that they tend to get urticaria, and some also get asthma, both of which tend to be worse at the seaside.

All Kali Iod. patients have an increase of appetite; they are hungry people, usually they are thirsty too, and they tend to get

flatulence - all Kali salts do.

Kali Iod. is a very useful remedy in fibrositis, arthritis and also in sciatica, and there is one characteristic feature.

If it is sciatica there is a point of tenderness over the sciatic nerve, with a diffuse area of tenderness much wider than the nerve.

If it is arthritis there is the tender joint, but also a diffuse tenderness both above and below the joint.

There is a definite heat aggravation both in the arthritis and in the sciatica; the patient wants the affected part uncovered, or wants cold applications.

There is amelioration from movement, increasing the more that they continue the motion.

It may be painful to begin with, but the pain steadily improves as they keep on moving.

There tends to be a nightly aggravation.

With the sciatica they are worse from lying on the affected side, worse sitting, worse standing, but better when moving about.

Acute conditions in kali iod

Kali Iod. is particularly useful in acute conditions of the eye and nose.

Of all the inflammatory eye conditions, acute conjunctivitis of intense violence with blepharospasm is the most usual in these patients.

They have the typical flushed face, marked oedema of the eyelids, all the outside of the eyelids is inflamed, the face round about is red, and the redness and swelling spreads up on to the forehead, so that it looks swollen and puffy too.

There is intense photophobia, marked headache, and the conjunctivae are red and oedematous.

The discharge is thick and greenish-yellow, and on opening the eyes they simply pour tears.

The patient complains of an intense burning pain, and often there is a very early tendency to ulceration of cornea.

This condition, when associated with aggravation from warmth and amelioration from cold, almost always clears up on Kali Iod.

Acute inflammation of the accessory nasal sinuses is another condition where Kali Iod. is frequently indicated.

They are severe cases, with swelling of the forehead spreading down into the eyes.

They have a peculiar deep red colour with intense bursting pain and intense fullness about the root of the nose, extending right into the skull.

Associated with that is a very acrid watery coryza, with burning in the eyes and intense lacrimation, a tendency for the nose to become sore and raw and for the upper lip to become swollen.

With these nasal conditions there may be small ulcers in the mouth, usually situated on the tip of the tongue.

There is one confirmatory symptom - an intense pain at the base of the tongue when protruding the tongue.

That picture always indicates Kali Iod.

It does not matter whether the condition is conjunctivitis, frontal sinus, antrum or ethmoid disease; provided there is the heat aggravation it should clear up on Kali Iod.

For a hot-blooded patient with ringing in the ears and no other indication, give Kali Iod.

The same symptom in a cold-blooded patient is very often cleared by a dose of China.

Kalium phosphoricum

There is an important difference between Kali Phos. and the other Kali salts.

In all the others there is a tendency to excess fat deposit, whereas most Kali Phos. patients are thin with a typical pale, waxy skin, usually dark haired, very rarely fair, and they are irritable and nervously and physically exhausted.

They usually walk with a slight stoop, their movements are uncertain and there is a tendency to stagger.

Sometimes this is due to giddiness, but more often it is due to actual weakness of their limbs.

Their mental state is one of great despondency.

They are anxious, and almost always of the neuroaesthetic type.

In Kali Phos. patients the irritability of weakness, exasperation, and a conscious inability to cope with their situation.

In the state of irritability they usually break down, weep and become exhausted, and then develop tremor and fears, and feel that they will lose control and scream.

They want someone to hold them, either to save their reason, or to help them to keep control of themselves.

There are various other mental characteristics.

They are always shy and nervous of meeting either friends or strangers, and are particularly nervous of going away from

home.

This is said to be home-sickness, but it is actually a fear of strange surroundings.

They are not only shy of strangers, but suspicious of them.

Another symptom quite frequently found in Kali Phos. and which has occurred in provers, is a fear of open spaces - a symptom that is often difficult to find in the *Materia Medica*.

In spite of their nervous and physical weakness, Kali Phos. patients often become restless.

They are also very easily startled and unusually sensitive to noise.

Another characteristic is that, in spite of their apparent weakness, fear and exhaustion, a curious obstinacy characterises them.

This is especially noticeable when advising them to take a course of action which will benefit their health.

With their extreme lassitude and tiredness there is a definite dislike of life.

They are depressed and yet they have a fear of death, and are never the type of people who commit suicide.

This state often occurs after a long and severe illness or chronic debilitating disease when the patients have little resistance.

They are always pale and obviously ill, but under stress or excitement the face becomes flushed.

They are also troubled with flushing after meals; with that they have a tendency to perspire, particularly about the head and face.

Kali Phos. and Phosphorus patients all have a tendency to flush and get hot, and yet otherwise there are many differences between them.

Associated with the weariness of Kali Phos. they have a peculiar pain centering at the seventh cervical vertebra, and involving the whole of the dorsal area of the spine.

This is one of the most common complaints in Kali Phos. and occurs whenever they are tired.

The characteristics of this pain in the back are that it is worse if the patients are lying down or sitting, and a little better if they move about gently, and it is associated with a general feeling of weakness in the back.

General reactions in kali phos

Kali Phos. patients are extra sensitive to cold, in fact most of their reactions are aggravations - they have very few ameliorations at all.

Warm weather makes them worse, they are aggravated by food, they are usually worse in the morning on rising, always worse from real exertion, but occasionally slightly better from moving about gently; they are always hypersensitive to noise.