

Editorial for the month of July 2005

My clinical experiences with the book – ‘The new, old and forgotten remedies’ written by Anshutze P.

Acalypha indica

I have used this remedy with great success in my practice, with the following indications. This is used mostly in case of pulmonary tuberculosis, but recently I have started using this remedy in case of lung cancer, especially when the expectoration is **bloody- bright red**, and not very profuse but in streaks, this comes, especially after a violent bout of cough which has two very unique features and those are, this cough is always **worse at night** and secondly, the patient is **extremely exhausted** when he wakes up in the **morning** and as the day advances, he gathers the strength and energy to work during the day. These are the characteristic features that I have noticed of this remedy. Once, many years ago, I had read a very interesting case of Acalypha in ‘hemorrhage from rectum’. Since then I have also been using this remedy for hemorrhage from rectum, either due to piles or due to cancer of the rectum. Here, the most important indication is profuse bleeding, unlike haemoptysis where the bleeding is scanty. Another important indication is that the blood is **bright red**. The potency that I have successfully used in this condition is 6x. I do not usually repeat this remedy much few doses are enough for a good action.

Lactic acid

One interesting fact that I learned from Anshutze about Lactic acid was in a case of acute arthritic rheumatism. We all know from our knowledge of Materia Medica that lactic acid is a very good remedy for soft tissue rheumatism as well as rheumatism where **articular surfaces** are concerned, but there are certain very useful confirmations that I have made after reading Anshutze’s book, the most important one is the **‘shifting pain’**. Like Ammonium-mur, Kali-sulph, Lac-caninum or Pulsatilla, Lactic acid has got what is known as a wandering or shifting type of rheumatism and the most important joints that is affected are **the elbows, the knees, the shoulders and the wrist**. These are the main joints which can be affected and within that the most important modality is motion. **Motion in any form basically, aggravates the rheumatism**. The sensation could be very **sore and bruised** kind of feeling. In the background, usually you will find diabetes in such

patients and they will have **profuse** and **sour perspiration**, especially on the **hands and feet**, which can resemble Calcarea-carb.

Initially, when I used to read the cases given in Anshutze's lactic acid, I could not believe that this remedy could really cure an acute arthritis, especially in cases of those patients who are totally bed-ridden and those who cannot move at all, I always wondered that how a simple remedy like lactic acid can make these patients walk and make them normal till I started using it myself. But I did not use simply on the name of the disease, but as I mentioned earlier, I wanted to look for the symptoms.

Another very important thing that I saw in lactic acid is that, the patients who required lactic acid for **articular** rheumatism always had a stomach disorder (CHRONIC INDIGESTION) and this disorder of stomach is a good concomitant for lactic acid. Lactic acid patients usually **love buttermilk** and sweets. **Eating sweets ameliorates them.**

Aethiops antimonialis

This is the third remedy that I have used a lot in my practice from Anshutze's materia medica. You know that this remedy has a lot of antimonium crudum in it. This remedy is a combination of aethiops **mineralis plus antimonium crudum**. This is an excellent remedy for **furuncles**. The most unique symptom or phenomena that I observed in this remedy is that everything starts with scratching. **The moment the person starts scratching, then a small boil appears on that particular place which later on turns big, red and painful and then it becomes pustular.** The discharge that comes out from the pustule is extremely profuse consisting of pus, blood and a lot of crust. Such a phenomena can be seen on the head, face, lips, behind the ears and there is marked tendency to **eczematization** of the lesion, which means that the boil gradually undergoes eczematous changes.

This remedy also acts very well when there is a strong family history of tuberculosis or syphilis. It is also useful for **eczema around the anus**. Once I had a very obstinate case of eczema around the anus, which did not respond to graphites and ultimately I had to use aethiops.

I have also used this remedy in cases of chronic otitis media where the discharge is extremely **offensive**, and in cases of pustular variety of conjunctivitis where it has been equally useful.

Alpha alpha

As you know that this belongs to the family of **leguminous family**. In my initial years of practice, I have used this remedy to increase the appetite of a patient, but later on, after studying this remedy very carefully, I started using this remedy in cases of **enlarged prostate**. The most important symptom is **increased frequency of urination**. The potency that has proved very useful to me is 30C. I do not repeat this remedy much, but one or two doses of 30C potency will definitely control the excessive frequency of urination.

Ambrosia artemisiaefolia

This belongs to a compositive family I started using this remedy after reading the book in cases of **profuse and allergic coryza**, which starts with excessive sneezing, running nose and at times it ends up in asthma. This is similar to iodium, nat-sulph, arsenic alb. There is **itching of the inner canthi of the eyelids with coryza, there is irritation in the respiratory passage, which may lead to an asthmatic attack, especially after midnight** (2:00 am is a very characteristic aggravation factor of ambrosia asthma). Remedies like rumex and kali-bi share the same symptoms.

I also had a chance to use ambrosia in a case of diarrhoea. Ambrosia has a very nice symptom, i.e. diarrhoea in warm weather. In the warm weather of Mumbai, my favourite remedies for diarrhoea are gambogia and croton-tig.