

## **EDITORIAL FOR THE MONTH OF MAY 2007**

### **MY EXPERIENCES WITH AMMONIACUM GUMMI**

This remedy comes from the plant kingdom, Umbelliferae. It comes from pure gum resin which exudes from the stem of this tree and then it is triturated with sugar of milk.

I had some marvelous results using this remedy in my practice and I would like to discuss a case of an old man aged 75 years with a lot of pulmonary catarrh, it was as if whole lungs, trachea and larynx were loaded with lot of mucus. His respiration was quite anxious, there is lot of rattling sound coming of his chest, lot of loose cough but hardly any expectoration, from a distance you can easily confuse this case with Kali-sulph, Causticum, Conium or Sepia which has these type of situation where there is looseness in the cough and nothing comes out, and if at all expectoration comes out then it was absolutely purulent.

We took the X-ray chest of this man, and it showed a clear case of chronic bronchitis. With this he had a mild backache, he was a chilly patient and he was extremely weak on slightest exertion, so these were the symptoms which were present at that time.

Ammoniacum was used by me very first time in the OPD 16-17 years back, I had prescribed in 6C potency with an excellent result, patient felt much better, gradually cough reduced and since then I am using this remedy with peculiar characteristic symptoms like large accumulation of purulent matter or purulent sputum with very feeble expectoration, worse in cold weather, in an old person, expectoration very tough and hard to expel with difficulty in breathing, Ammoniacum gummi is the best medicine and when you auscultate such patient you will see a lot of crepitation in the chest and you have compare this remedy with Senega or Balsam-peru because this is one remedy also which has similar symptoms.

Now, another case in which I had used this remedy, was a case of an old lady, who complaint of a very unusual palpitation, worse lying on

the left side, she was a chronic case of hypertension and her constitutional remedy was Natrum-mur.

Now Natrum-mur does have palpitation worse lying on left side but along with this kind of palpitation she had a very unique symptom and that was sensation of constriction in different part of the body like throat, chest, abdomen, extremities. Any sort of physical exertion used to tire her, even though she had a good sleep in the night, morning she feels extremely unrefreshed. She had a tendency to bilious diarrhoea. She was never looking very active she was quite dull, morose and sad.

I repertorized all these symptoms using Radar software and when I look into the rare remedies or smaller remedies Ammoniacum was coming up very high in the repertorization amongst small remedies. I immediately selected Ammoniacum 30C, gave her for a few weeks for her complain of palpitation and the sense of constriction. And this really helped.

Ever since then I have confirmed repeatedly that whenever there is a case of Natrum-mur which is improving and suddenly patient develops a new set of symptoms like sensation of constriction in different parts of the body I usually compliment Natrum mur with Ammoniacum.

Another area where I have used this remedy successfully is the eye problems, whenever the eyes smart and burn especially in people who are working on computers or in a call center in the night and strained their eyes through out the night with an artificial light from a tube light or from the monitor of a computer, Ammoniacum is one of the best remedy in homoeopathy to help such people.

Here the eyes become injected, the eyes can sometimes throb and the inner canthi of the eye become swollen, red and prominent. I sometime have to differentiate this remedy from Belladonna or Ruta which also has similar type of symptoms. Even though in the materia medica there is lot mentioned regarding dim vision lost in the evening but I have not used it so far.

Another case, which I had learned from Dr. Jugal Kishore, was of a man who had lost his vision partially after a blow from a badminton racket and Dr. Jugal Kishore gave this person *Symphytum* and the vision was restored quite nicely, later I started using *Ammoniacum* for persons who may have lot of visual disturbances where vision becomes dim especially after having an injury to the eye or when there is overstrain of eyes and the eyes become irritable, red, congested or painful . This is one such remedy which will give you good relief.