

Editorial for October and November 2007

THE EFFECTS OF GLOBAL WARMING AND HOMOEOPATHY

"Global warming will be the greatest environmental challenge in the 21st century."

- Vice President, Albert Gore.

One of the most current and widely discussed factors which could lead to the ultimate end of existence of Earth and man is global warming and its devastating effects. Scientists have asked how fast the Earth is heating up, and how the warming effects on Earth may affect crops and climatic conditions. Several current trends clearly demonstrate that global warming is directly impacting on; rising sea levels, the melting of icecaps, and significant worldwide climatic changes. This editorial will discuss the degree of destruction caused by global warming; contributing factors to warming, and finally, discuss what we can do to decrease the current rate of global warming with the help of homoeopathy.

I would also like to present opposing viewpoints to the effects of the warming process. In my understanding, global warming represents a fundamental threat to all living things on earth.

WHAT IS THE "GREENHOUSE EFFECT" ALL ABOUT?

It is important to understand and discuss the significance of global warming. Global warming is also known as the "Greenhouse effect". The "Greenhouse Earth" is surrounded by a shield of atmospheric gases, rather than a glass or a plastic cover. The air that makes up our atmosphere consists primarily of nitrogen and oxygen molecules (N₂ at 78% and O₂ at 21%). A large number of "trace gases" make up the remainder of air's composition. Many of these, including carbon dioxide (CO₂) and methane (CH₄) are the so called "greenhouse" gases. If you have ever felt the piercing cold of the clear winter night sky and wondered why you feel warmer on a cloudy winter night, you have experienced the atmospheric greenhouse effect firsthand. Physics tell us that any object warmer than absolute zero will radiate energy. Cooler objects emit longer waves (in the infrared region) while hotter ones radiate shorter wavelengths. Our sun, powered by its hot, nuclear fusion reaction, produces radiant energy in the visible and ultraviolet regions with relatively short wavelengths. Of the sunlight that strikes the earth, about 70% is absorbed by the planet and its atmosphere, while the other 30% is immediately reflected. If the earth did not re-radiate most of this newly absorbed energy back into space the world would continue to get warmer. Instead, an energy balance is maintained.

The earth is about 60 degrees Fahrenheit (33 degrees Celsius) warmer than it would be if it did not have the atmospheric blanket of greenhouse gases and clouds around it. Clouds and greenhouse gases keep the earth warm. Once warmed, their molecules then radiate a portion of this heat energy back to earth, creating more warming on the surface of our planet. It is this radiation which causes atmospheric gases to move back to earth that scientists call the "greenhouse effect".

Carbon dioxide (CO₂) gas generated by man's burning of fossil fuels and the forests is responsible for about half the greenhouse gas warming. Other gases (CFCs, methane, nitrous oxide, tropospheric ozone) are responsible for the rest. Increases in all these gases are due to mankind's explosive population growth over the last century, and increased industrial expansion. Approximately 80% of atmospheric CO₂ increases are due to man's use of fossil fuels: oil, coal, and gas. These petroleum-based energy sources first came into use with the burning of coal during the Industrial Revolution. Since 1945 petroleum consumption has increased dramatically, due in large part to increased usage of automobiles worldwide, and the substitution of mechanized farm machinery for animal power. "Mankind is in the process of conducting a major, unintentional experiment, that of feeding back into the atmosphere in a short space of geological time the fossil fuels that have slowly accumulated over the past 500 million years."

In 1958, scientists began to measure carbon dioxide levels in the atmosphere. The site selected for these measurements was on top of the volcanic mountain of Mauna Loa, in Hawaii. CO₂ measurements at the Hawaiian site have continued. The instruments show the level of CO₂ has been steadily increasing (about 0.4% per year) from a level of 315 parts per million (ppm) in 1958 to 353 ppm in 1990. Clearly, Earth's natural mechanisms for absorbing CO₂ from the atmosphere cannot handle the large quantities of CO₂ being added by modern man. Scientists believe nearly 1/2 of the CO₂ being emitted each year remains in the atmosphere, while the rest is being absorbed by trees and the oceans. As a result, CO₂ measurements show a continuing build-up of CO₂ greenhouse gases in the air, gases that will eventually lead to more global warming.

HOW FAST IS THE EARTH HEATING UP?

Much debate in the last five years about the greenhouse effect has centered on interpreting temperature numbers generated at weather stations all over the world. The data from these thermometers are averaged and plotted in attempts to determine just how fast the earth has heated up since the measurements began. There is now no doubt the world is getting warmer. The thermometers show that the world is warmer now than at any time since the measurements started. The year 1990 was the hottest year in the last century. Together with

1991, the years of 1983, 1987, 1988, and 1989, have been measured to be the warmest 6 years in the last hundred years. 1991 was the second warmest year of the past century, perhaps due to the eruption of Mt. Pinatubo during that year. The ash from the volcano in the upper atmosphere blocks some sunlight to earth, and is expected to generate a temporary two or three year cooling effect. After that time, most ash particles will have settled back to earth, and most scientists expect to see the global warming trend continue.

According to scientists, we can with "99% confidences conclude that current temperatures represent a real warming trend rather than a chance fluctuation over the 30-year period." Most scientists agree that the planet's temperature has risen 0.5 degrees Celsius since 1900, and will continue to increase at an increasing rate. The environment is responding to this warming. For instance, a study of mountain plants in the Alps (Europe) shows that some cold-loving plants are starting to move to higher and cooler altitudes. That is a possible response to increasing temperatures.

FOREST DESTRUCTION CREATES MORE HEAT:

Trees play a unique role in the global carbon cycle. They are the largest land-based natural mechanism for removing CO₂ from the air. (CO₂ is also removed by the oceans and ocean organisms).

Trees are able to store a large amount of CO₂ in their structures. An acre of forest will absorb about 10 times the CO₂ amount absorbed by an acre of crop land or grassland. One tree absorbs about 13 pounds of CO₂ per year, and each one acre of forest absorbs about 2.8 tons of CO₂. However, when trees are burned, the carbon locked in the structure is released into the air in the form of CO₂. Today, the shrinking world forests are not able to absorb all the CO₂ created by human beings while burning fossil fuels. Everyday over 5500 acres of rain forest are destroyed, and over 50 million acres are destroyed every year. Global CO₂ levels rise approximately 0.4 percent each year, to levels not experienced on this planet for millions of years. Planting more trees and reducing timber cuts world-wide will help restore the imbalance, and perhaps buy time as ways are found to reduce world greenhouse gas emissions.

POPULATION GROWTH CONTRIBUTES TO GLOBAL WARMING:

The intellectual powers that we enjoy has enabled us to make effective use of technology and thereby changed the environment. Technology is partly responsible for explosive population growth and responsible for the resulting damage to Earth's resources. The industrial revolution caused a rapid increase in the Population growth, as oil and gas fuels were exploited for our use. There is a clear link between the problems of global warming and overpopulation, as

increases in CO2 levels follows growth in population. Presently, we have too many people on Earth, who are using technologies that are destructive for the Earth. We cannot continue to grow, and make use of limited natural resources.

WHAT YOU CAN DO TO DECREASE GLOBAL WARMING:

There are several things which you can do directly after reading this paper. However, some of the actions which we all have to take will slightly decrease your present standards of living.

First, since the largest portion of electricity in the US is produced by burning coal, we should try to cut-down on our demand for electricity. Coal combustion creates the largest amount of CO2 per energy unit of any fossil fuel. Coal and oil together represent 80% of the US fuel supply used to generate electricity. When we reduce electric power use, we save money, breathe cleaner air, and help to reduce the global warming problem.

Second, decrease the use of your car. If you can't afford to buy a new fuel-efficient car in the next few years, consider selling or junking your gas demanding car and buying a smaller, efficient used car. Besides saving money on gas, oil, tires, parts, and repairs, you can help reduce greenhouse gases.

Third, try to follow the following environmental policy of "Reduce....Reuse.....Recycle." Reuse of anything is the easiest and best way to recycle. Save containers, bags, everything that you may be able to use in the future. Also, use cloth towels and napkins instead of paper ones, and use rechargeable batteries instead of disposable ones.

Also, remember that each time you make a purchase, you either reinforce a bad environmental product, or you encourage a good one. I believe that people should try to buy quality products that can be used for a long time, buy products with minimal packaging, and not buy disposable products.

PREVENTION:

Here is a list of simple but practical things you can do personally to help in the Global effort to save our planet by reducing greenhouse gas emissions.

- Make sure you re-cycle newspapers, glass bottles, tin cans, and magazines.
- Reuse your shopping bag plastic instead of getting new ones each time you go to the market.

- Place a brick or something heavy into a plastic bag and place it into your toilet drum. This will cause it to fill faster and use less water each time you flush.
- Donate your unwanted clothes.
- Turn off the faucet when you are brushing your teeth.
- Turn off electrical devices (lights, fans, TV, computers, etc.) when they are not in use.
- Use “Energy Efficient” appliances. They will save you about a third on their energy bill with similar savings of greenhouse gas emissions, without sacrificing features, style or comfort
- Check for leaks (toilets, faucets, pipes, irrigation systems, etc.).
- Install a low-flow shower head
- Car pool to work or school if possible.
- Ride your bike instead of driving. You’ll get your daily exercise while you’re at it!
- Have showers instead of baths.
- Plant native or drought-tolerant plants. Some grasses, ground covers, shrubs and trees do not need to be watered as frequently.

These are just a few things you can do. By having a conservation awareness mind, you will find other ways to contribute to the effort of saving our planet.

ROLE OF HOMOEOPATHY:

Homoeopathic remedies are extremely useful in diseases that arise due to global warming. The most important trick in treating such disorder is to have a sound knowledge of repertory. For years I have been now using Synthesis repertory which has being a very useful tool in my practice. The first and foremost is the excessive exposure to carbon dioxide, methane, radiation and atomic waste or dust or mites that flourish due to the change of weather, living in or near industrial belt e.g. coal mining, chemical factory, atomic energy plant etc . Your body becomes extremely prone to certain allergic disorders. You will see lot of allergic disorders in your practice these days; the main reasons are cited above and further excessive use of antibiotics, use of vaccination, makes the individual sucesseptible to succumb to effects of global warming.

If you open the chapter of GENERALITIES you will see that there is a rubric 'ALLERGIC CONSTITUTION'. In this rubric there are about 64 remedies and in sub rubrics you will see whether the person is allergic to antibiotics like aspirins; cats; chemicals; detergent; dust; flour; lactose; milk; molds; petrochemical fumes; pollens etc.

Another important rubric which I use in my practice is the 'INHALATION OF THE COAL GAS' in the chapter of GENERALITIES, there is two important rubrics one is the 'COAL GAS FROM' and the second is 'COAL TAR DRUGS'. These are extremely useful rubrics in olden days. Whenever I used to have a person who is highly allergic to various chemicals or various dust particles or to molds or to mites this was one of my favourite rubrics COAL GAS FROM.

Repertory is also loaded with certain metallic poisonings like iron, aluminium, lead all this also can be considered when you are treating a case of allergy.

As I said earlier the rubric ALLERGIC CONSTITUTION is important to understand and various sub rubrics given below that are extremely important to study but if you go from head to foot then the first and the most important rubric that you will come will be in the chapter of EYE. And if you look 'EYE-DISCOLORATION-iris-allergy', the remedy is Nat-m.

Nat-m covers many-many allergic disorders of the eye especially in related to iris, if you go to conjunctiva then you have Pulsatilla, Equisetum or Cortisonum. Cortisone is one such remedy which I use in various allergic disorders.

Then you go to 'EYE-SWELLING-conjunctiva-allergic' and we have got an excellent remedy Kali-c for this condition.

Then we have got 'NOSE-ALLERGY-inflammation' here we have got Graph, Cortisonum, kali-iod and Galphimia. Galphimia is a rare remedy which comes from the plant kingdom.

Then we have got 'STOMCH-complaints of stomach-allergic' in that Julian has mentioned a remedy Streptococcinum. I have not used this medicine much in allergic condition but since we are studying I would love to mention this remedy.

Then we have 'RESPIRATION-ASTHMATIC-allergic' this is a very big rubric which I think you should not ignore because it has got about 34 remedies but when you study this rubric you should combine this with the rubric from 'GENERALITIES-ALLERGIC CONSTITUTION' or you can look from 'RESPIRATION-ASTHMATIC-hay from' you have to combine these rubrics or you can also include the rubric 'NOSE-HAY-asthmatic' because this will help you

a lot to combine the rubric. The important remedies which I have found very useful in allergic asthma is Ars-i, Badiaga, Iodium, Kali-i, Naphthalinum, Sinapis nigra, Sticta pulmonaria, Morgan pure, Nat-ars, Bromium, Nat-s, Acid-sulph and Thuja.

Then we have got 'COUGH-allergic', in this Sticta-pulmonaria is a very important remedy in my practice.

Then we have got a rubric under the section of 'SKIN-allergic to milk' and there is an edition from Vithoukas known as Tuberculinum.

Then you have got various eruptions which are allergic like eczema there you have a remedy Natrum pyruvicum and then we have rash allergy the remedy is Galphimia.

Now these are some of the remedies which are related to the allergy. I shall describe few of them with the little indications.

Now the first remedy that I would like to discuss is **Galphimia glauca**. Galphimia glauca is a very wild plant belonging to malpighiaceae family and grows in Mexico. There is no exciting Hahnemannian proving but many German doctors in early 60's used this medicine for allergic conditions. Now my indication to use this remedy is extreme hypersensitivity to any weather changes; eczema which are allergic to anything and everything; most obstinate allergy of the nose and the eyes. Allergy of the nose characterized by hay fever, constant sneezing, itching in the nose and sometimes can lead to bronchial asthma or allergy of the skin which presence like allergic rashes, allergic asthma or urticaria. I have also used this remedy in recurring herpes of the lips or recurring herpes of the genitalia.

The IgE level in the blood is extremely high in these patients who need this remedy. The best potency that one can use for this condition is the 3X or 6X or 12X.

Another remedy which is of a good use to me is **Cortisonum**. I use Cortisonum is prepared from 17 Hydroxy-11-dehydrocortocosterone. It's a hormone from the suprarenal gland and Julian was the first person who introduced this. The Hahnemann proving of this remedy was done in early 60's and since the beginning of my practice I am using this. The chief indications are that I used this remedy as a complementary to Sulphur in many skin disorders. It's an extremely psoric remedy. The key symptoms in the mind are irritability, impatient, weakness of the memory, difficult concentration. It has got a typical headache where the pain is more in the forehead just above the eyes or around the eyes. In the eyes there is allergic conjunctivitis with excessive lachrymation, irritation and itching of

the eyes. In the nose there is an allergic rhinitis with excessive sneezing < morning but > by washing the face or > bathing. The face has got excessive eruptions which are mostly red < morning, < slightest touch of water. The throat is inflamed with a sensation of the splinter in the throat, eating fat produces nausea or drinking milk produces nausea, the person is extremely thirsty and constipated. They can have an asthmatic breathing which is < warm room. There can be an allergic cough < laughing; < excitement; < during sleep, cough with excessive sneezing. On the skin there will be itching > by rubbing, < warmth of bed. These patients crave eggs, pickles and spices and strong aversion to meat.

Now I would love to discuss two remedies from the Natrum group, Natrum arsenicosum and Natrum pyruvicum.

Natrum arsenicosum is a big polychrest remedy which has being proved in a typical Hahnemannian way; it's a pure sodium arsenate. I find it more related to the Natrum-mur than to Arsenic if you study the symptoms. The proving was made in the early 1863. In my practice I used this in condition where there is a sensation of granules especially in the eyes and hence it becomes a very useful remedy in my practice for chronic inflammation of the conjunctiva with the feeling of roughness, dryness of the eyes which is extremely painful. Lids are agglutinated in the morning with excessive lachrymation in the wind. In the nose I use it for nasal catarrh associated with headache especially over the eyes. Headache is < tobacco smoke. There is watery discharge from the nose, dryness of the throat < morning, there is pain at the root of the nose and the discharge just drops into the throat like a post nasal drip. It is thick, bland, yellow mucus with excessive crust in the nose. The eyes are always affected with any symptomatology of the nose. The nose is little obstructed, there is inflammation of the throat, it looks little edematous. There is a typical cough in this remedy which is of a hacking type with a profuse greenish expectoration. Lungs feel as though smoke had been inhaled. People who are working in cotton mill or working in the areas which is highly polluted and who suffer from recurrent bronchitis, bronchial asthma, allergic asthma, these are the individual in which we can give this remedy. The patient is extremely chilly, they take cold very easily, they feel tired always and they always like to remain quite. Even at the level of the skin it's a good remedy for psoriasis.

Another very important area that I have found Nat-ars extremely useful is in cases of gastric ulcer especially the type of gastric ulcers which is going on to malignancy. As a rule there is a history of patient is being very well nourished, often they are quite fat and now they are repeatedly loosing weight. There is always a feeling on their part that they are seriously ill. They develop an acute anxious nervous kind of restlessness and very often complain of feeling that something serious is about to happen to them. With this marked restlessness they find it quite impossible to sit down to anything or do any serious work or

make attempt to concentrate. Nat-ars patients are always chilly and very sensitive to cold and particularly cold weather or change of weather particularly a change to wet in spite of their aggravation from cold they say that mentally they feel clearer and more alert in the open air and in the stuffy room they become more muddled and find concentration more difficult.

In contrast to the general nervous restlessness they complain of extreme lassitude of a sensation of severe weakness and a very marked aggravation from any exertion either mental or physical. This sense of tiredness exaggerated by any exertion is slightly helped by a food or a meal. Food eating always ameliorates the tired feeling. All Natrum patients complain of good deal of flatulence. General abdominal flatulence in the all sufferings particularly in acute gastric pain, the pain may be general sinking uncomfortable feeling or a feeling of weight in the epigastrium, it comes immediately after the food, < any cold food or cold drink, < any fatty food, < any fruits, < milk, < pork, < smoking or consuming tobacco and < alcoholic drink. They crave for cold drinks, they are extremely thirsty but cold food or cold drink immediately produces nausea and stomach pains. With the tendency to malignancy they have usually some degree of enlargement of the liver which is commonly very tender and the patients are liable to alternating attacks of diarrhea and constipation. Nat-ars patients are more liable to get ulceration on the posterior wall of the stomach and frequently a severe aching pain going right through the back midway between the scapulas. With digestive complain they commonly suffer from severe degree of urinary frequency accompanied by difficulty in passing urine.

Now in **Natrum pyruvicum** you get typical headaches especially near the forehead area and above the eyes. The eyes are itchy especially the right eye; there is excessive pricking sensation in the eyes distinctly in the nose followed by sneezing with of very clear discharge from the nose. The face is swollen especially around the eyes and under the eyes in the early morning hours. The person is extremely flatulent with passing lot of loud and odorless flatus. The body is covered with lot of allergic rashes and eczema. The person is extremely active and with lot of energy he is restless. He loves eggs and salt. It is one of the useful remedies in gangrenous condition in diabetic patients and I have used this remedy and repeatedly confirm this indication.