

EDITORIAL FOR MARCH 2018

ROLE OF SMALL REMEDIES IN RESPIRATORY DISEASES

There are many small remedies which were helpful to me in treating cases of pulmonary disorder, let me share some remedies with cases.

Case 1

Mr R.K. aged 35 years recently diagnosed as Nonspecific interstitial pneumonitis after being wrongly diagnosed as Asthma for 3 years, he was advised steroids which he immediately started 10 mg. daily since last 3 months, suddenly he developed gastritis with indigestion, he felt steroids are the cause of his current problems and that is the main reason why he consulted me if homoeopathy can help him to reduce steroids.

I took his history and found out that as a child he suffered from primary complex for which he was treated with tab isonex for few months, later in adolescence he suffered from recurrent tonsillitis. His mother also suffered from pulmonary tuberculosis when she was 19 years old and was treated with inj. streptomycin for some months hence there was a very strong tubercular miasm in this case.

Mentally he is very anxious and nervous person as stated by his wife, he loved eating meat

Here were my symptoms from the clipboard

Clipboard 1

1. MIND - ANXIETY
2. MIND - EXCITEMENT - nervous
3. MIND - RESTLESSNESS
4. STOMACH - INDIGESTION
5. RESPIRATION - CHRONIC OBSTRUCTIVE PULMONARY DISORDER
6. RESPIRATION - DIFFICULT - exertion - after - agg.
7. RESPIRATION - DIFFICULT - exertion - agg. - slight exertion
8. RESPIRATION - DIFFICULT - motion - agg.
9. RESPIRATION - DIFFICULT - walking - agg.
10. COUGH - DRY
11. GENERALS - EMACIATION
12. GENERALS - EXERTION; physical - agg.
13. CHEST - INTERSTITIAL LUNG DISEASE

Based on above symptoms I selected Tuberculinum Marmoreck 200c 5 cup method, 1 tsf once a day for 2 weeks. After two weeks he had substantial relief in his breathlessness, indigestion and overall increase in his energy levels. During homoeopathic treatment he was asked to take 5mg steroids every alternate days.

Here I can say 2 important things, one prescription of Marmoreck was based more on miasmatic indication and also some symptoms covered, Whenever I treat respiratory disease like emphysema or sarcoidosis or interstitial lung disease I prefer to use Marmoreck instead of bovinum, Tuberculinum as a nosode has a marked affinity on chest and lungs but bacillinum, Tuberculinum aviarie and Marmoreck are having the best action on the disorder explained above.

Clinical Indications of Marmoreck

Generalities

According to the first observation of Dr. L. Vannier, Marmoreck may be used in two categories of diseases.

1. Fever without precise aetiology.
2. Repeated coryza.
3. Dental troubles.
4. The constipated.
5. Cardiac neurosis.

As regards the real Tubercular patients, the prescription of the nosode is indicated in tubercular patients having deficient reticulo-endothelial reactions, in fibro-caseous forms, in tuberculosis of bones, tubercular peritonitis and renal tuberculosis.

General symptomatology

Emaciation.

Febrile condition.

Stubborn constipation.

The subject is lean, pale, nervous, anxious, restless, hypersensitive.

Mind

Irritability; insomnia.

Neuritis and toothache; neuralgias of upper extremities, of thorax, erratic pains.

Pain at the apex of the lungs.

Axillary pains which change places.

Intercostal pains, variable seats.

Asthenia.

Digestive system

Dry lips, deep-red colour in the middle of the lips, crusts in the corners.

Respiratory system

Diffused thoracic pains; revealed by percussion of the thorax.

Pain in the apex of the lungs.

Axillary pains with adenopathy of sub-maxillary glands.

Loco-motor-system

Muscular cramps; arthralgic pains.

Suppurating osteitis with fistula.

Pains of the limbs, erratic, acute, sudden, with muscular pains, sub-febrile state coming after a walk of fatigue.

Skin

Miliary eruptions, some red points, more or less pruriginous.

Dryness of the skin.

Granite like look of the skin.

Circulatory system

Arterial hypertension.

Modalities

Aggravation: Before menses, by cerebral overwork, by walk, by prolonged exercise.

Amelioration: By rest.