

PRESCRIBE WITH CONFIDENCE - CASE STORIES

By Dr. Subrata K. Banerjea,

GOLD MEDALIST

B.H.M.S. (HONOURS IN NINE SUBJECTS OF CALCUTTA UNIVERSITY)

FELLOW : AKADEMIE HOMOOPATHISCHER DEUTSCHER ZENTRALVEREIN (GERMANY)

HOMOEOPATHIC MEDICAL ASSOCIATION OF THE UNITED KINGDOM (U.K)

DIRECTOR : BENGAL ALLEN MEDICAL INSTITUTE

PRINCIPAL : ALLEN COLLEGE OF HOMOEOPATHY, ESSEX, ENGLAND

“SAPIENS”, 382, BADDOW ROAD, GREAT BADDOW,

CHELMSFORD, ESSEX CM2 9RA, ENGLAND

Tel & Fax No. 44 (0) 1245 505859

E. Mail No. allencollege@btinternet.com

Website : www.homoeopathy-course.com

- 1) **Acidity - Phosphoric Acid** A middle aged man had flu for seven weeks and two months after this, he gradually developed apathy and acidity. After several more months he lost interest in life and the acidity was almost unbearable. His GP thought he lost the interest in life because of the acidity and then developed the apathy. Despite taking ample antacids and having an endoscopy which was negative he still had a tremendous discomfort. He was getting more and more depressed and apathetic. There is a line in Boericke's Materia Medica, “Whenever the system has been exposed to the ravages of acute disease, excesses, grief, loss of vital fluids, we obtain conditions calling for it. Pyrosis, flatulence, diarrhea, diabetes, rachitis and periosteal inflammation”. As a consequence of these aetiologies, Phosphoric acid suffers from six types of debility
- a) Mental apathy, indifference, memory weakness
 - b) Gastric acidity, pyrosis, flatulence
 - c) Sexual weakness, lack of erection
 - d) Profuse and frequent urination
 - e) Cardiac weakness, irregular pulse with palpitation
 - f) Ophthalmological, photophobia

Phosphoric acid in potency 30C followed by 200C restored the case dramatically.

I prescribe two potencies

(i) when I am prescribing on the basis of aetiology or NBWS

(ii) when I am prescribing a medicine as prophylaxis

(iii) when a patient was improving nicely with a polychrest and there was a sudden cessation of improvement, I drop two potencies and prescribe two potencies e.g., patient was improving nicely with Lycopodium and you went up to 10M potency and then there was a sudden cessation of improvement; so you drop two potencies from 10 M i.e., 10M → 1M → you give 200C and followed by 1M. Generally I will give these two potencies in the following way: One single poppy-seed sized globule of the medicine, dispensed in some sugar of milk in a sachet which is dissolved in a bottle of water, then shaken and sipped for 3 to 5 days. Then a gap of 7 days and thereafter the next potency in the same way.

- 2) **Acne - Asterias Rubens** Recurrent pimples since age thirteen years were making this young adult very miserable. I tried Pulsatilla and then Berberis Aquifolium thinking this was the correct similimum, however there was no appreciable change. The patient was plump in appearance and the pimples were more on the left side of the face. I finally prescribed Asterias 200 considering disposition to pimples at adolescence, plump, flabby appearance with a left sided preponderance. All the pimples got better within one year. I finished with Thuja as this follows Asterias well.

- 3) **Acne - Bovista** Constant and recurrent pimples for three years drove this twenty four year old woman to my consulting room. She had been to many other doctors who has given different medicines, but there was no appreciable change. The patient had a rigid complex about her dark skin and was in a habit of using lots of cosmetics. She also mentioned that she do not like any tight fitting clothes and cannot wear polo-neck jumpers and even undoes the top button of her jeans. I prescribed her Bovista 30C considering acne from use of cosmetics and unable to bear tight clothing. Bovista cleared up her skin very quickly.
- 4) **Acute Bronchitis- Bacillinum** This is a story of an eighteen years old boy who was suffering from recurrent attacks of acute bronchitis associated with suffocative cough, hot feeling and night sweats. The patient also has some wheeze which always aggravates from strong odours such as perfume and paint which is a tubercular manifestation. Bacillinum restored the case and stopped the recurrence.
- 5) **Agalactia - Asafoetida-** A young woman with her first child, had poor milk production and the baby was crying a lot which made the mother extremely anxious. Whenever the baby was sucking the breast, there was extreme soreness of the nipple. Since delivery, the woman developed lot of gas and distension with loud belching. I prescribed Asafoetida 200 and one single dose allowed the mother to successfully breast feed. The clue of the prescription was agalactia with sensitiveness, hysterical belching with loud eructation.
- 6) **Amyotrophic Lateral Sclerosis (ALS) - Cyclamen** A Professor of Economics visited my Harley Street clinic in Central London suffering from ALS. He was in a wheel chair with emaciation and spasms of muscles especially of the lower extremities. I went through the case taking as detailed by the patient. After reading 75% of the case, I was coming to the conclusion that it was a Lycopodium case. At that stage, there was a question in my case taking form/book, "What is saddest incident in your life?" He wrote in the form, "when Jasper died". Obviously I asked, "Who is Jasper?" As soon as I asked this question, he started crying loudly, which I was not expecting from a Professor in his late fifties. So I said that I am sorry to raise this question but I have to be clear. He said "Jasper is our German Shepherd dog and about four years ago he was ill. My daughter is a vet and she took the dog away from us and looked after him and made him better and brought him back to us few days before Christmas. She told us, "Mum and Dad, Jasper has a clean bill of health, look after him". On Christmas Eve, I was going through the examination papers of the University and at that time my wife told me she was going for some last minute's shopping for Christmas lunch, she informed me that Jasper was in the garden and would I please take him for a walk. After an hour or so, I suddenly remembered what my wife said and absent mindedly opened the garage door. Jasper came from the garden through to the garage and as soon as I opened the door, he saw a fox in the drive way and chased it. Unfortunately, he ran to the main road and was run over by a truck and was killed instantly.'
- I clarified that the weakness of the lower extremity was the first symptom and started six months after the above incident. Rather than me interpreting his reaction to the situation incorrectly, I clarified his response in the following way. I offered him eight different possible responses:
- a) Anger, suppressed
 - b) Grief
 - c) Bad News, tragedies
 - d) Mortification, reserved displeasure
 - e) Guilt
 - f) Duty not done
 - g) Terrors of conscience
 - h) Anger to indignation;
 - i) Anger to disappointment;

j) Love to disappointment;

He said that he felt it was duty not done, a bite of conscience, as his daughter said, "Jasper has a clean bill of health; look after him". I prescribed on duty not done, guilt, bite of conscience and gave Cyclamen 30 followed by 200 and the case has improved about 25% to 30% as you know in a Motor Neurone Disease like ALS the prognosis is restricted. The patient is still with me and I am maintaining a standstill status which I believe is a great achievement.

- 7) **Anaemia - Cyclamen** Undefined weakness with anaemia and headache which is better in warm room, worse in open air, was the complaint of a woman in her mid twenties who had been suffering for the last three years, since her mother died. She had been to other Homoeopaths who have given grief medicines, e.g., Causticum, Natrum Mur, and Phosphoric Acid. I always give a patient hearing about the chronological development of symptoms, which Kent refers to as anamnesis, which is a bridge linking the present complaint with that of the past history and the family history. The patient said, she was the only daughter of her mother. She lost her Dad when she was two years old. Mum brought her up with extreme hardship. She got married three years back and went for a honeymoon for two weeks. On the third day of the honeymoon, she received a phone call that her mother was not well. She ignored this and stayed on her honeymoon. On the fifth day she was informed that her Mum was in hospital, she made a decision to return from her honeymoon on the tenth day. On the eighth day, her mother died. I asked the patient whether it was the grief and bereavement or something else. I gave time to the patient and asked her to reflect to the situation. The patient said that she felt that she has not done her duty as her Mum was so caring for her and in her last moments, she could not be at her bed side. I interpreted this as guilt, duty not done and prescribed Cyclamen 30 followed by 200 and the patient reported cured within six months.
- 8) **Angina - Naja** This is a case of angina with palpitation in a middle aged man in his fifties. The patient also had tremendous perspiration in his palm which almost preventing him from writing. During the consultation, it was typical English weather and was raining outside. The patient revealed he has tremendous aggravation of his angina pain from rain which I excluded whether damp aggravation or not and the patient almost has a fear of rain. This gave me the clue and I prescribed Naja 30 which also covers perspiration+++ in palms. (Ref. Clarke).
- 9) **Anorexia after 'Flu - Natrum Ars** I have prescribed Natrum Ars in 30C followed by 200C potencies, as you are prescribing on the basis of aetiology, NBWS 'flu, several times to conserve the strength and appetite after 'flu and to terminate the cold.
- 10) **Anorexia - Alfalfa** This was a patient around her menopause, she developed anorexia and was also losing weight. She was missing her main meals but constantly nibbling comfort food such as chocolates. I prescribed Alfalfa 200 and the patient got better within few months.
- 11) **Anxiety Neurosis - Dysenteri Co** A middle aged man, who works in a very stressful job, he developed angina with palpitation with lot of anxiety and tension; cannot relax at all; always stressed. The wife of the patient gave me the clue that even during holidays he takes phone calls from work and as a consequence of this prolonged stress he gradually developed that undefined pain in the chest associated with palpitation. I prescribed the heart nosode for stress, Dysenteri Co, a bowel nosode, which is one of our leading medicines for anticipation, nervous tension, stress, which manifests as a cardiac malfunction including myocardial ischaemia. Dysenteri Co restored the patient to normal.
- 12) **Aphonia - Hypericum** This is a remarkable story of one of my English patients in the U.K who had developed some hoarseness and the consultant found a small benign nodule in

the vocal cord and operated accordingly. Unfortunately after the surgery, the hoarseness got worse and a laryngoscopy, revealed no abnormality. The patient was extremely upset and had no faith in Homoeopathy but was almost dragged down to my clinic by one of my previous patients, who was his nephew. I prescribed Hypericum 200 followed by 1M, considering surgery could have injured the sentient nerves and as the prescription was based on aetiology, two potencies were given. There was 50% improvement during the first follow-up after eight weeks. I finished the case with 10M followed by 50M with complete recovery.

- 13) **Arthritis - Kali lod.** This was a case of degenerative Osteo-arthritis of both knees in a woman in her sixties. She was on the waiting list of the NHS (National Health Service) in the United Kingdom for a knee replacement. She came to me for extreme soreness and swelling of both her knees and would not allow anybody to touch her knee even the touch of clothes was almost unbearable. She also revealed that the pain was coming from the shaft of the bone. I prescribed Kali Iodatium 30 considering degenerative osteo-arthritis (which is Syphilo-Sycotic and Kali lod is also a Syphilo-Sycotic medicine). Patient would not allow knee to be touched, sensitive and sore with oedema. Kali lod. also covers bone pains and contracted joints.
- 14) **Asthma - Caladium** This was a case of asthma associated with eczema. The patient habitually used allopathic cream and an inhaler constantly, therefore the modalities of the case were not clear. As soon as patient had an attack of asthma or itching skin the patient would take the inhaler or apply ointments. So it was almost a one sided case with scarcity of symptoms §173, Organon. The only remarkable thing was, itching of eczema alternated with asthma. I prescribed Caladium 200 on the basis of itching rash alternates with asthma and case has magically improved. Thereafter, I asked the patient to reduce the conventional medication gradually and subsequently modalities and sensations became clearer. I changed the plan of treatment and finished the case with Nitric Acid which is complementary of Caladium.
- 15) **Asthma - Ferrum Met** This is a story of a middle aged man suffering from asthma and his wife said that whenever her husband engages himself in a conversation, his asthma is remarkably better. Initially I took that as asthma better while speaking which I interpreted as motion and gave Kali Carb. But unfortunately there was absolutely no change. Then I suddenly remembered the line in Ferrum Met, asthma better from talking, though feels weak but looks strong and prescribed Ferrum Met 200 with a remarkable result.
- 16) **Asthma - Hypericum** Asthma of six years duration in a middle aged man who lives in Scotland, used to consult me over the telephone and video conference. His asthmatic manifestation was better by leaning his head backwards and accordingly a homoeopath from Glasgow prescribed Hepar Sulph but there was no appreciable change. One day he was doing a video conference consultation with me, sitting in his conservatory, a room with large glass windows, and I could see it was very foggy outside and the patient was really suffocating. I asked about the weather and he confirmed that in foggy weather, his asthma gets worse. I prescribed Hypericum 200, which covers asthma, aggravation foggy weather, cold and damp, better leaning the head backwards.
- 17) **Asthma - Nat Ars.** Asthma which was only relieved by urination was presented by an elderly woman and I prescribed Natrum Ars. 30 with a remarkable result.
- 18) **Asthma - Ranunculus Bulbosus** This was a case of a middle aged man suffering from asthma which is caused and aggravated in cold air and the only way he found that the asthma improves, is when when he climbs stairs in his office or home which gave me the clue to prescribe Ranunculus Bulbosus 30C which covers asthma better from ascending Ref. Boger, as well as asthma caused and aggravated in cold air.

- 19) **Asthma - Syphilinum** I have prescribed Syphilinum in 30 and 200C potencies several times for summer asthma.
- 20) **Asthma - Tarentula Hispania** This was another very interesting case of a young man in his mid thirties suffering from asthma. Initially I prescribed Bacilinum for the apparent totality without any appreciable change. In one of the follow up visits, I noted that he was waiting on my patio and smoking, as no smoking is permitted in my consulting and waiting rooms. I observed through my window that he was not suffocating. When his turn came, he entered my consulting room with severe bouts of suffocation, which surprised me. I asked him that while he was on the patio and smoking, there was no suffocation. He confirmed, during smoking he never suffers from any suffocation which immediately prompted me to prescribe Tarentula Hispania in 30C potency as Clarke mentions asthma better from smoking.
- 21) **Autism - Oxytropis Lamberti** Several times I have prescribed of Oxytropis Lamberti in 30 and 200 potencies for lack of awareness in autistic children when medicines like Baryta Carb or Baryta Iod have failed.
- 22) **Bile vomiting - Homarus** When Nux vomica has failed in biliousness Homarus can be prescribed, patients have aggravation from milk or milk products, Homarus 30C is the best potency.
- 23) **Bipolar Depression - Lyssin** It was a case of an extremely jealous and suspicious person suffering from bipolar depression with bouts of extreme and violent rage during which things are broken and destroyed, on the other hand he is extremely introverted with depression. I have noted from the case history that the nature of symptoms was intermittent and in the past history, the patient had extreme oversensitivity of hearing and smell. The patient could not be in any noisy place including the town centre. The patient almost went into spasm from smelling a flower. This made the person gradually withdraw from the exterior world and he became self-centered and selfish because he could see other people were enjoying life and the music, flowers but he could not. This carried on for six years and finally the patient entered into this state of bipolar depression. I prescribed Lyssin 200 followed by 1M to the case, to start with, considering extreme hypersensitivity relating Doctrine of Signature to that of a dog, selfish and violent rage, like the mad dog alternating with introverted depression. It took about two years and Lyssin completely restored the case.
- 24) **Brain Injury - Helleborus** A slow, sluggish boy aged twelve years, was brought to me with lack of coordination of muscles, he could not grip tightly or button his shirt and his gait was unstable. Emotionally he was slow and with a mental age of about three years behind his actual age. His previous Homoeopath had given Calcarea Carb and Baryta Carb without any noticeable change. I meticulously investigated the development of symptoms and accordingly it transpired that the patient had a fall on his head from about 8 feet onto a concrete playground when he was eight years old. The problem gradually developed six months after the fall. I prescribed Helleborus 30 followed 200, considering sensorial depression, interpreted from slow and sluggish, muscular weakness, interpreted from lack of muscular coordination and defective gait, I am delighted to report Helleborus has completely restored the patient.