

Centre for Integrative Medical Training  
In Association with the Centre for Integrative Care &  
The Academic Department, Royal London Hospital for Integrated Medicine



# Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

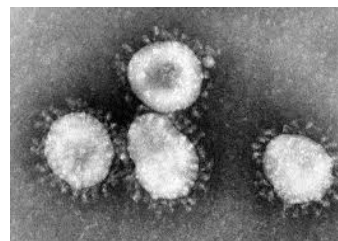
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Part 4.10

## Clinical Pointers for Respiratory Infection

Summarised by Dr Neil Beattie and Dr Malcolm Guild

from their experience in General Practice

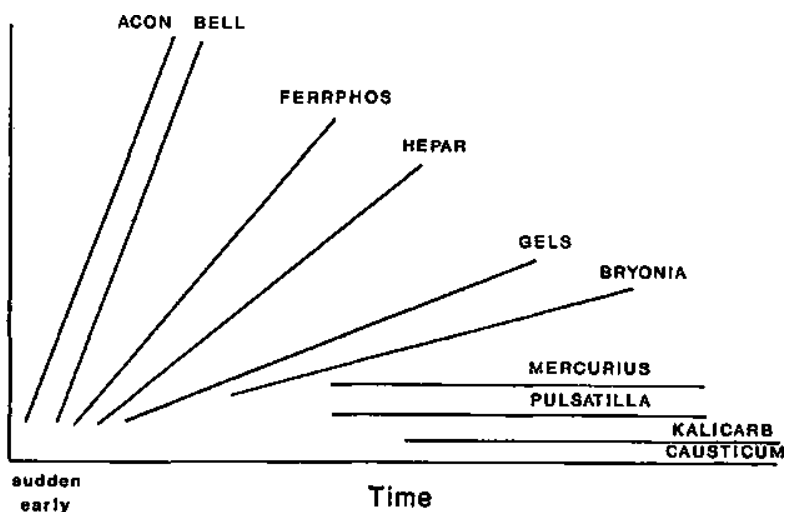


Clinical diagnosis is always essential.

Do we need to use an antibiotic now, or later?

Homeopathic remedy selection is dependent on:-

1. Cause (wet, wind etc) and speed of onset.
2. Appearances  
How does he/she look?  
Own observations, mother's.  
How does he/she behave?  
Red, pale, sweaty, restless, drowsy, frightened irritable.
3. Cough: type, modalities and nature of sputum.
4. Pain: characteristics, modalities.
5. Thirst, type, absence.
6. Other symptoms: headache,
7. Consider the speed of onset, duration and the stage at which the patient presents.



### Activity



With reference to the graph above - and in the light of what you already know about *Belladonna*, *Aconite*, *Hepar sulph*, *Mercurius* and *Pulsatilla* - look at the acuteness, speed of onset, illness duration and symptomatology of the following two remedies of value in viral infections.

1. *Ferrum phosphoricum*
2. *Gelsemium sempervirens*

### ***Ferrum phosphoricum*** (Iron phosphate)

For the early stages of infective / inflammatory conditions (most often respiratory)



#### **Presenting with:**

Fever,  
Substernal soreness,  
Painful cough,  
Epistaxis - typically fresh blood-streaking in the coryza,  
Alternating flush and pallor,  
Pupils not dilated,  
Pulse full (but not bounding like *Belladonna*),  
Not so thirsty as *Phosphorus* or as anxious as *Aconite*,  
or as burning as *Belladonna*.



Watch a short presentation on *Ferrum phosphoricum* by Dr Todd Rowe.

<https://www.youtube.com/watch?v=c93xVSNxokc>

The second of these two viral remedies, *Gelsemium*, you have met before (in your study of anxiety remedies).

In the materia medica summary overleaf, we have extracted those symptoms that may be accentuated during acute viral infections.

**NOTE** A well known keynote which is sometimes described for 'Gels flus' is the experience of lying with an awful headache (usually occipital) and a disinclination to get up to pass urine (because it hurts more to move and walk to the wc).

However, once they have passed water the headache eases off and they are generally more comfortable for a while.

## *Gelsemium sempervirens*

Influenza  
of slow onset  
with poorly developed fever  
trembling weakness, dullness, heaviness and chills



### **Mind**

Feeling of weakness,  
of not being able to cope with daily life, responsibilities, work.  
Desire to be quiet, to be left alone.  
Avoids people and distress of life. Feels almost paralysed.  
Mental weakness. Dullness. Forgetful.

### **Generalities**

agg. Damp weather  
agg. Summer  
amel. Urination

Trembling from weakness  
Flushes of heat alternating with chills,  
Complaints since or during influenza.

### **Vertigo**

Spreading from occiput (like *Silica*)  
With disturbances of vision

### **Head**

Occipital pain extending upwards (like *Silica*).  
Headache amel. urinating or lying with the head high.  
Dull, heavy head with heaviness of eyelids. Can hardly lift head.  
Headache with muscular soreness of neck and shoulders.

### **Nose**

Acute coryza, agg. left side, with dull headache.

### **Back**

Chilliness up and down the back  
Pain and stiffness cervical region extending to head.  
Pain under left scapula.

### **Extremities**

TREMBLING AND WEAKNESS.  
Heavy feeling, especially lower limbs.

### **Sleep**

Sleeplessness from exhaustion, anticipation, excitement.  
Drowsiness.



Watch a presentation on the Flu indications for Gelsemium  
by Dr Lisa Samet <https://youtu.be/utmELvki-2g>

## Repertorising Acutes

All homeopaths wish to respond quickly and accurately and provide family, friends and patients with a gentle, yet effective, treatment for their acute ailments.

In this course we concentrate on the most commonly indicated remedies and the ones that are most amenable to rapid selection without repertorising.

In your supplemental materials for this unit you will find a summary of the prescribing patterns for respiratory infections that were revealed during an audit of acute homeopathic prescribing at the Bristol Homeopathic Hospital.

Acute infections are also amenable to repertorisation and, historically, prescribers have favoured the use of Boenninghausen's *Therapeutic Pocket Book* (TPB) as the repertory of choice for acutes, even though it is rather difficult to use in book form within the time frames we have become accustomed to in modern practice.

Three of the reasons that Boenninghausen's TPB is still well regarded for acute prescribing are:

**1. Symptom modalities are accurately weighted for the remedies in the TPB** and, as you will have gathered by now, modalities are very important in the assessment of acute illnesses. This is because, physiologically, the host organism is very reactive and displays a heightened sensitivity to their immediate environment.

**2. The scope of the materia medica in Boenninghausen is limited to under 150 remedies.** This leaves less scope for 'red herrings' to appear in the analysis and keeps the search results nicely focussed on remedies with the longest heritage of use and with the highest level of clinical confirmation.

**3. The chapters on fever, chill and remedy duration of action, are clearly based on direct clinical experience and careful observation.**

Most users of Boenninghausen's Therapeutic pocket book today use it in conjunction with *Polarity Analysis*. This innovative analysis method was pioneered by the Swiss homeopath Dr Heiner Frei. It requires a computerised version of the TPB with a customised function to apply what is known as a *polarity score* to the finished search. We will describe this further, in Month 5 of your course.

- ⊕ I. Mind and Soul
- ⊕ II. Parts of the body and organs
- ⊕ III. Sensations and Results
- ⊕ IV. Sleep and Dreams
- ⊕ V. Fever
  - ⊕ 1. Fever symptoms
  - ⊕ 2. Chill
  - ⊕ 3. Coldness and sensation of coldness
  - ⊕ 4. Shivering
  - ⊕ 5. Heat
  - ⊕ 6. Sweat
  - ⊕ 7. Compound Fevers
- ⊕ VI. Modalities
  - ⊕ 1. Aggravation time
  - ⊕ 2. Aggravation according situations and circumstances
  - ⊕ 3. Amelioration according situations and circumstances
- ⊕ Remedies
  - ⊕ Related Remedies
  - ⊕ About the duration of effect from the medicines

Layout of the TPB



## Activity



If you have a copy of *Synthesis* (Treasure Edition), or Kent's *Repertory*, turn to GENERALITIES and find the rubrics that list remedies according to their speed of onset and resolution.



Use the following keywords to find the rubrics:

complaints  
begin / start / onset  
resolution / resolve

suddenly / sudden  
rapidly / rapid  
gradually / gradual / slow / slowly



List the remedies for infection that you have encountered in Units 15 /16 under the following categories:

Remedies associated with sudden onset:

Remedies associated with gradual / insidious onset:

Remedies associated with rapid resolution:

Remedies associated with gradual resolution: