

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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## Therapeutic Pointers: *Sore Throat*

Part 4.8

## *Phytolacca decandra* (Poke Root)



Pharyngitis, tonsillitis, lymphangitis, mastitis, periostitis  
Inflammatory foci with systemic illness  
Inflammation of exocrine glands and/or lymphatic glands and ducts  
Hard painful swellings with bluish-red appearance  
Toxaemia with arthralgia, meningism, aching myalgia, spasms, rigors and stiffness

### *Mentals*

Confusion  
Weepiness  
Frightened  
Compulsion to move, although movement aggravates all the general pains and soreness

### *Generals*

High fever with chilliness and prostration

### *Modalities*

< damp cold weather  
< motion  
< hot drinks and local heat  
< at night  
> resting  
> open air in dry weather  
> cold drinks

### *Clinical Indications*

Mastitis: the breast is hard and and very sensitive, with hard nodes and enlarged axillary glands  
Mammary abscess  
Parotitis with trismus  
Quinsy  
Tonsillitis  
Pharyngitis with dark-red or bluish throat.  
Sensation of a lump in the throat, which also feels hot constricted and rough.  
Shooting pains into the ears on swallowing.  
Greyish exudate or thick yellowish mucus.  
Throbbing, especially right side.  
Stiff neck, perhaps with meningism.

SAQ 4.8

Without looking at the text, how many of the keynotes of *Phytolacca* can you remember?

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Mind

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General, environmental and constitutional features

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Local

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Frequent pathological indications

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Now read *Phytolacca* in your *materia medica*:

Page 765 Vermeulen

Page 802 (Vol 3) Clarke

Page 514 Boericke (2nd British ed)

Page 730 Neatby and Stronham

Page 467 Phatak

Page 309 Jouanny

Page 233 Boyd

## *Ailanthus glandosa*



Used almost as a specific in the treatment of glandular fever. Prescribe this remedy in 30c potency (often on soft tablets or as an oral liquid potency) to be taken 3-4 times daily in the subacute phase of glandular fever and repeated until there is clear evidence of recovery.

***Glandular fever nosode*** can be used for residual symptoms, usually as three doses of 30c over 6 or 12 hours.

Occasionally chronic fatigue states are treatable with *Ailanthus glandosa*. In the cases that require this remedy there is (1) a confirmed past infection with glandular fever, together with (2) an unusual reaction to physical exercise, which is typically associated with a sensation of swelling or discomfort in the cervical glands during or after exertion.

In chronic cases, three doses over one day at 30c (or above) suffices to begin the process of improvement in those cases suffering from a persisting 'Ailanthus State'. Most fatigue states, even those following Glandular Fever infections, however, require more involved prescribing.

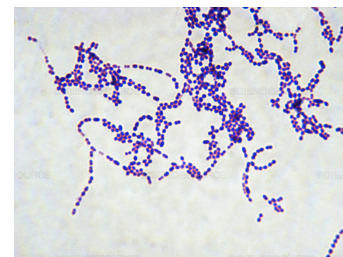
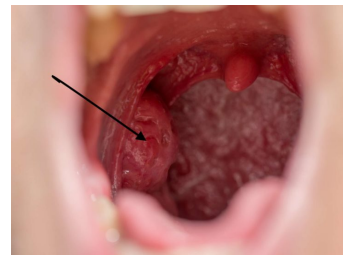
## Sore Throat

### Acute or rapid onset

*Mercurius Solubilis* Throat bluish-red, sore, burning and smarting. Tongue swollen and yellow coated, indented by teeth. Fetid odour. Great thirst, but mouth moist. Often right side. Stitches into ear on swallowing. < at night. (Also see *Merc sol.* description in today's Materia Medica Studies section.)



*Phytolacca* Throat dark or bluish red. Pain at root of tongue. Swollen tonsils. Throat feels rough, narrow, hot. Shooting pains into ear on swallowing. Cannot swallow anything hot. Throat feels very hot. Quinsy; tonsils and fauces swollen with burning pain. Cannot swallow even water. Neck muscles stiff. Mumps. Mainly right sided. < at night > for warmth. (Also see *Phytolacca* description in today's Materia Medica Studies section.)



Also consider *Aconitum* or *Belladonna* depending on the rapidity of onset, appearance and main trigger factor.

### Gradual onset

*Baryta carb* Frequent sore throats, slow in developing. Stitching and smarting pain. Suppurating tonsils from every cold. Can swallow only liquids. Sub maxillary glands and neck glands are always enlarged. < when thinking of symptoms.

*Hepar sulphuris* Follows on cold. Sensation of splinter in throat. Sensitive to touch. Tendency to pus formation. Patient feels very irritable and sensitive to cold draughts. (Also see *Hepar sulph* in Unit 15a.)