

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

Part 3.3

Materia Medica Studies

All of the following remedies are associated with acute states. They are often of value in childhood illness but also have applications in adult medicine.

After you have studied the *materia medica* of each material you will be able to compare and contrast them in terms of their indications and symptomatology.

Try to visualise each remedy with reference to your own clinical experience of acute childhood illness.

Aconitum napellus (Monkshood)



Watch a short presentation by Dr Russell Malcolm
https://youtu.be/jE_FVKv_jpw

Childhood Keynotes:

Triggers:

- Sudden onset from exposure to cold, especially cold dry winds
- Reactions to fright and acute fear

Aconitum is frequently indicated in childhood upper respiratory infections.

It is characterised by the following features:

- Hard dry painful cough, with chest tightness
- Dry skin
- Full hard pulse
- Larynx sensitive to external touch and inspired air
- Acute croup, short dry cough with some inspiratory stridor after exposure to dry cold winds
- At night is restless, frightened and anxious – fear of death
- Onset sudden and symptoms worse at night

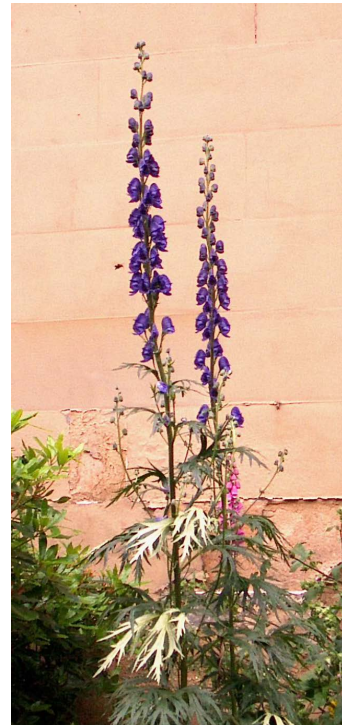
Tight, fright, fear at night is a useful aide-memoire.

Dental Indications

- Great fear, shock, fright, rigid with fear, tremor, hyperventilation, gasping for breath, anxiety with suffocation, tachycardia and palpitations.
- Extreme fear in the dental chair.
- Dry mouth and throat, red flushed appearance, tingling and numbness.
- Intense thirst.
- Noise unbearable (will ask for radio to be turned off).
- Better, open air
- Worse, warm surgery.

Dentally:

- Numbness and tingling in tip of tongue, everything except water tastes bitter. Dry mouth. Toothache from cold, hypersensitivity to cold. Pains in jaw, neuralgia especially left side.
- Aconite rivals *Chamomilla*, and *Coffea* as a pain reliever.
- Should be prescribed in high potency and repeated frequently.



Case Studies

Case 1

Female 10 years – Croup

Sudden onset of croup. Minimal benefit steam inhalations. Frightened, restless. Seen after 4 hours.

Treatment

Rx ACONITE 30 – every 15 minutes - 6 doses, then hourly - 2 doses

Outcome

Cough became moist within 2 hours, panic and fear immediately receded.

Case 2

Boy of 18 months - Croup

Developed croup at midnight. Panicking, complaining of difficulty of breathing.

Treatment

Rx ACONITE 30 - 1 teaspoonful dissolved in water.

Outcome

Calmed down, breathing easier, asleep in 10 minutes.

Woke 3 or 4 times during night, given another teaspoonful of Aconite and went back to sleep again.

Case 3

Girl of 7 years – Acute laryngitis

She developed acute laryngitis with hoarseness after playing outside in the cold.

She had a high fever, was drenched in sweat and desired to be covered. She also had a dry, painful, barking cough and had a thirst for ice-cold drinks, but vomited after drinking milk. She had an anxious expression on her face and her cheeks were hot and red. She was anxious, nervous, restless, and very sensitive to noise.

Treatment

Rx ACONITE 30c – every hour for 4 hours then 4 hourly until improvement sets in.

Outcome

She made a rapid recovery and returned to her normal self within two days.

Belladonna (Deadly nightshade)



Watch a short presentation by Dr Anton van Rhijn
<https://youtu.be/1KjZfm-fFCA>



Childhood Keynotes

Key concept: Suddenness

- Rapid onset of fever, headache (throbbing) and perhaps delirium.
- Typical high swinging fevers associated with childhood viral illness.
- In *Belladonna* states, the patient is red, hot and dry (atropine effects)
- Pupils may be dilated giving the eyes an appearance of sparkling brilliance.
- The face is flushed, the conjunctiva may be infected.
- The skin is dry and hot.
- Pleuritic pain at present will probably be on the right side, headaches are typically right-sided
- Lips are parched and dry.
- High output states with pulsation often seen in the carotid arteries.

Case study

Miss S M, 5 years

Recurrent follicular tonsillitis with high fevers

Chronically large tonsils and adenoids

On waiting-list for tonsillectomy and adenoidectomy.

Infections typically every 4-5 weeks.



Fevers are high and sudden, with great heat in the skin, and irritability. No perspiration. Paradoxically thirstless. Sometimes delirious

On examination: (between acutes)

- Strawberry tongue, 'calcareal teeth'
- Enlarged tonsils
- Slight facial flush with perioral pallor
- Bright eyes with large pupils



Treatment:

Mother instructed to give *Belladonna* 30c every half hour during acute febrile illnesses.

Outcome

During the subsequent acute episode, her mother reported that her fever resolved more quickly and completely with *Belladonna*, than if she had been treated with Paracetamol elixir. There had been no further tonsillar infections when reviewed at 3 months and 6 months.



A further video presentation on this remedy by Dr Todd Rowe is available at:

<https://youtu.be/PSIMBBtL7RA>

See also *Belladonna* by david Lilley, published on the website of the british Homeopathic Association.



<https://www.britishhomeopathic.org/charity/how-we-can-help/articles/homeopathic-medicines/b/belladonna-the-mystic-dimension/>

Colocynthis (Bitter apple)

Fam. Curcurbitaceae



Watch this short presentation by Dr Anton van Rhijn
<https://youtu.be/USFzYOKRxCU>



Biochemical constituents: *Curcurbitacins, Citrullol*, unknown alkaloid

Effects: Cathartic, irritant, drastic purgative, cytotoxic (*Curcurbitacin E*), spasm of smooth and striated muscle

Key Points:

Paroxysmal pains > hard pressure

Anger

Cramps and neuralgic pains

Neuralgic pains followed by numbness

Main uses:

In children: Infant colic

In adults: Irritable bowel syndrome

Dysmenorrhoea

Case Studies

1. Baby boy, 3 months

Parents are finding him impossible after his 6pm feed. He screams uncontrollably between 6pm and midnight - (<night) drawing up his legs in pain. Diagnosis three month colic.

Treatment

Rx COLOCYNTH 30c/3 powders to be given at four hourly intervals on one day and Colocynth 6x tablets, one to be taken daily

Outcome

No more colic



Dr Russell Malcolm describes a prescribing scenario for *Colocynthis*

<https://youtu.be/zsFwEQTufyY>

2. Baby girl, 3 months

'Evening colic' every night for four weeks, with drawing up of knees, pain and hurt cry (cf angry cry of Chamomilla). Attacks last 2-3 hours, gripe water etc of no help.

Treatment

Rx COLOCYNTH 30/3

Rx COLOCYNTH 30 every 2 hours in acute attacks

Outcome

Immediately better. Required 3 x PRN doses, got progressively better till no symptoms by the 12th day. Has not recurred.

3. Girl 5, years

Was brought to consultation because she complained of abdominal cramps and colicky pains, over a period of 2 weeks. These came on after eating and she had to bend forward, pressing her hands into her abdomen to relieve the pain. Also complained of loose, watery stools. The girl became angry during the pain attacks and very irritable when interfered with.

Treatment

Rx COLOCYNTH 30c - ½ hour before meals, for 3 days

Outcome

Relieved completely from her complaint.

4. Girl, 8 years old, colic and diarrhoea

This girl presented with watery diarrhoea, and severe gripping colic pains, worse after eating.

O/E Quite restless, pacing without relief and could only get some relief by bending double, or pressing something warm on her abdomen. Cold hands and feet, with a hot body.

Treatment

Rx COLOCYNTH 30c given hourly until improvement

Outcome

Much more settled after 3 hours. Recurrence of slight diarrhoea after evening meal (less cramps and pain) which settled after one further. No more complaints next morning.

Chamomilla (Matricaria chamomilla)



Watch a short presentation by Dr Anton van Rhijn
<https://youtu.be/iJY7PPRGzWA>

Keynotes:

- Irritability
- Restlessness
- Colic
- Teething infants
- Oversensitive
- Oversensibility of all organs of special sense
- Pains unendurable
- Cross, paroxysms of inconsolable anger
- Child inconsolable, screaming, quieted when carried around
- Flushing of one side of the face



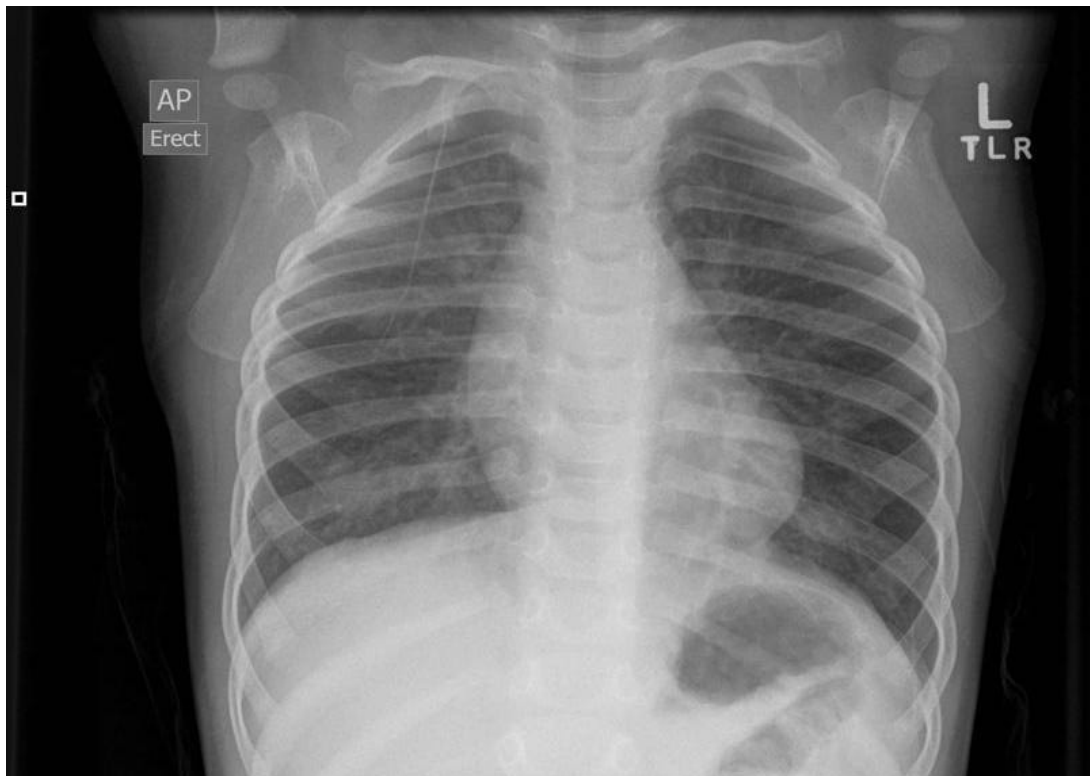
Ipecacuanha



Watch this short presentation by Dr Russell Malcolm
<https://youtu.be/aVuh2HS2WAY>

Keynotes:

- Infant respiratory infection (incl. RSV)
- Bronchiolitis
- Nasopharyngeal catarrh & gagging
- Lower respiratory secretion & vesiculation
- Paroxysmal cough
- Coughing paroxysms culminate in vomiting
- Stringy, frothy mucus (and milk feeds vomited)
- Moist mouth
- Indrawing (suggests *Spongia tosta*)
- Fevers may not be remarkable



Further Relevant Reading:



<https://www.karger.com/Article/FullText/>

A Homeopathic Combination Preparation in the Treatment of Feverish Upper Respiratory Tract Infections: An International Randomized Controlled Trial

Thinnesse-Mallwitz M.a · Maydannik V.b · Keller T.c · Klement P.

Keywords: Upper respiratory tract infections Common cold Fever Randomized controlled clinical trial Homeopathy Forsch Komplementmed 2015;22:163-170 <https://doi.org/10.1159/000430762>

Stramonium (Thorn apple)



Watch a presentation and illustrative case study:

https://youtu.be/nWfsi7hCD_4

Originally a native of America. Annual plant growing upwards of two feet high. Large toothed leaves. A very long tubular calyx and large white 5 lobed corolla.

The fruit is green and covered with spines, as large as a walnut. *Stramonium* has atropine-like effects and it should be compared with *Belladonna*. The *Stramonium* state is usually associated with features of toxicity and so a working medical diagnosis is essential.



Datura stramonium

Main features:

- Night terrors
- Convulsions
- Unilateral paralysis, contralateral spasm
- Cerebral irritation
- Child awakes terrified, doesn't recognise people or surroundings, screams with fright
- Wild with excitement
- Delirium and hallucination
- Clammy with cold sweat
- Cannot bear to be left alone, clings
- Eyes staring wide open
- Face, hot red and plethoric
- Violent fever
- Painless infective conditions.
- Thirst
- Oliguria
- Rigors
- Systemic effects of severe burns and scalds

Indications:

- Night terrors
- Toxaemia after severe burns
- Infective acutes in children with cerebral palsy
- Abscesses
- Viral meningitis after exclusion of bacterial aetiology, under expert medical supervision
- Acute delirium in partly treated streptococcal syndromes
- Acute psychosis especially schizophrenia, under expert medical supervision
- Hospital treatment of childhood poisonings which are associated with fever, delirium, oliguria and twitching or convulsions

These two charts summarise the similarities and differences between three of the acute remedies you have just studied in terms of their general and fever symptoms.

Occurrences Highest occurrences Types: Full	A C O N	B E L L A M	S T R A M
WinCARA Compare			
(Time) NIGHT. DRY BURNING HEAT	3	3	
ALTERNATING CHILL (Time) NIGHT	3		
ALTERNATING WITH CHILLS (Time) NIGHT	3		
BURNING HEAT ALTERNATING WITH CHILLINESS		3	3
BURNING HEAT FURIOUS DELIRIUM WITH		3	3
BURNING HEAT WITH WITHOUT BODY TURNING HOT		3	
CATARRHAL	3		
CHILL ABSENT (Time) AFTERNOON		3	
CONTINUED FEVER CEREBRAL			3
CONTINUED FEVER EXANTHEMIC		3	
CONTINUED FEVER TYPHUS TYPHOID			3
DRY HEAT (Time) NIGHT	3	3	
DRY HEAT (Time) NIGHT DELIRIUM WITH		3	
EXTERNAL HEAT	3	3	3
HEAT IN GENERAL	3	3	3
INTENSE HEAT CONVULSIONS WITH		3	3
INTENSE HEAT DELIRIUM WITH		3	3
INTERNAL HEAT	3	3	
REMITTENT (Time) AFTERNOON		3	
REMITTENT INFANTILE	3	3	
SIDE ONE CHEEK RED HOT THE OTHER PALE COLD	3		

Following each rubric there is a list of remedies in alphabetical order. These remedies are in different degrees:

plain type = 1st degree = only observed by few provers, not enough clinical confirmation

italics = 2nd degree = observed by few provers but clinical confirmation

bold type = 3rd degree = experienced by virtually every prover, clinical confirmation

CAPITAL AND BOLD TYPE (modern repertories) = 4th degree = experienced by every prover, extensive clinical confirmation

Fig 1 The fever symptoms of *Aconitum*, *Belladonna* and *Stramonium* compared (Top grade symptoms only)

Book Combined Chapter General Mods X Uniqueness X Large rubrics Occurrences Highest occurrences Types: Full	A C O N	B E L L A M	S T R A M
WinCARA Compare			
AGGRAVATION BRIGHT OBJECTS		3	3
AGGRAVATION DARK			3
AGGRAVATION DENTITION		3	
AGGRAVATION EVENING	3	3	
AGGRAVATION FRIGHT	3		
AGGRAVATION INSPIRATION	3		
AGGRAVATION JAR		3	
AGGRAVATION LYING DOWN		3	
AGGRAVATION MENSES DURING		3	
AGGRAVATION MOTION		3	
AGGRAVATION MUSIC	3		
AGGRAVATION OVERHEATING	3	3	
AGGRAVATION RIGHT SIDE		3	
AGGRAVATION SOLITUDE			3
AGGRAVATION SUN		3	

Fig 2 The general modalities of *Aconitum*, *Belladonna* and *Stramonium*.