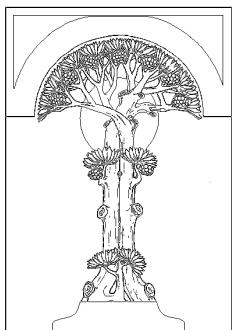


Centre for Integrative Medical Training  
In Association with London Integrated Medical Health Education



# Intermediate Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

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## Unit 26

Materia Medica Studies and Therapeutic Pointers for Week 6

## Welcome to the therapeutic notes for Unit 26.

This is the final section in the gastroenterology overview for this course. You will encounter some of the remedies that we have covered so far in future case studies in your virtual clinics.

Before we progress to study other therapeutic topics, it is worth checking the Faculty's Guidelines for Candidates (MFHom) to see what level of detail each of the GI remedies should be learned / revised to.

For many of them you are expected to know only one or two keynotes and headline indications.

### **Diarrhoea**

Acute cases of diarrhoea can usually managed well with homeopathy and appropriate isotonic fluids and, when used consistently, these measures usually bring quick relief. Unresolving diarrhoea in young children, however, should be investigated as a matter of urgency.

Recurrent diarrhoea, especially when related to inflammatory bowel disease can often be treated constitutionally. However, in such cases, the strategic use of the bowel nosodes of Bach & Paterson often plays a crucial role in maintaining an improvement in the medicum to long term. The bowel nosodes are taught as a separate topic and this section will restrict itself to brief keynotes for some of the commonly indicated lower GI remedies described in the homeopathic Materia Medica.

Similar to the treatment of nausea and vomiting, presented in the previous unit, remedies for uncomplicated Diarrhoea and Constipation can routinely be given after each stool, with the view of reducing treatment as symptoms resolve. A 30c potency is usually sufficient.

#### Some Rubrics Related to Diarrhoea

RECTUM, diarrhoea

RECTUM, constipation alternating with diarrhoea

RECTUM, urging

STOOL, with all the subrubrics, here you will find the colour and consistency of stools

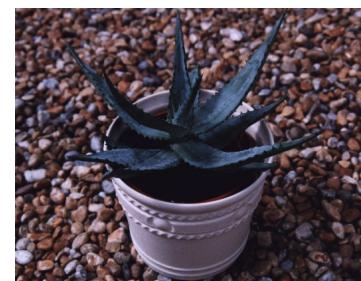
ABDOMEN, pain, diarrhoea

GENERAL, weakness from diarrhoea

## Some Important Remedies

### *Aloe socotrina*

Acute enteritis. Spastic colon.  
Inflammatory bowel disease.  
Acute diarrhoea produced with much flatus and sputtering.  
Much gurgling and rumbling in the abdomen before stool.  
Chronic cases of diarrhea alternating with constipation.  
Involuntary stool, especially when passing flatus.  
Diarrhoea generally worse in the morning and may drive the patient out of bed in the morning.



#### Worse:

5 to 6 AM. Overheating. Standing.  
Foods: Beer. Oysters. Unripe fruit. Acids.

#### Better:

Lying on the abdomen.  
Stool: Mushy stool sometimes mixed with flatus, mucus and jelly-like lumps of mucus.

Cuprum and its salts have been used during Cholera outbreaks since the time of Hahnemann

### *Cuprum arsenicosum*

Profuse diarrhoea with extreme exhaustion.  
Watery, slimy stools.  
Cutting abdominal pain with rumbling.  
Rapid loss of fluids.  
Cramps and convulsions.  
Coldness, exhausted and restless.



### ***Phosphorus***

Gastroenteritis. Inflammatory bowel disease.  
Even very slight dietary indiscretions cause diarrhoea.



Worse:  
5 AM. Lying left side. Pregnancy. During chills.  
Foods: Spices. Warm food. Generally painless but exhausting diarrhoea.

Better:  
Sleep. Cold drinks or food. Ice cream. Coffee.  
Uncomfortable open sensation, as if the rectum is loose.  
Stool: Bright red blood. Rice water stool, "like a fire hydrant." Watery with lumps of white mucus.

### ***Podophyllum peltatum***

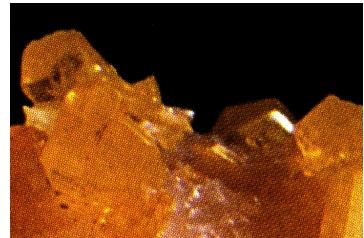
Enteritis. Inflammatory bowel disease.  
Watery, profuse, explosive diarrhoea with much flatus and sputtering but.  
Soils the entire toilet bowl with the noisy stool.



Worse:  
Morning, especially 4 to 5 AM. Forenoon. Evening. Heat or hot weather.  
After drinking or eating. Bathing. Motion. Foods: Cabbage. Cider.  
Buttermilk. Fruit. Oysters.  
May have painless stool but generally marked cramps which cause the patient to double up, relieved by the stool.  
Uneasy sensation where the patient cannot tell if he is about to vomit or have diarrhoea.  
Faintness, weakness, empty sensation after stool.  
Rectal prolapse from diarrhoea.  
Stool: Watery. Rice water. Frothy. Pasty. Yellow. Offensive.

### ***Sulphur***

Colitis. Gastroenteritis. Irritable bowel syndrome.  
Proctitis. Urgent stool every morning, wakes patient at 5 or 6 AM.  
Offensive stool.  
Stool is painful; burning or soreness of anus on passing stool.



Worse:  
Morning. Suppressed eruptions. Standing.  
Foods: Beer. Acids. Sweets. Milk. Almost always accompanied by itching or burning at the rectum.  
Stool: Like rotten eggs. Bloody. Frothy. Mucus.

### ***Veratrum album***

An important remedy used in epidemic enterocolitis outbreaks.

Found by Hahnemann to be of value in Cholera.

Also a constitutional remedy in its own right.

#### Indicating symptoms

Gastroenteritis.

Odourless, profuse, rice water stools often simultaneously with forceful vomiting.

Worse:

Autumn. During painful menses. Motion. During chills.

Foods: Cucumber. Fruit.

Coldness of forehead and abdomen during diarrhoea.

Stool: Acrid. Black or bloody.



## Constipation

Chronic constipation can arise from a variety of causes including; diet, sedentary lifestyle, persisting effects of abdominal surgery, persistent drug use (or abuse) or a deeper pathology. Different remedies may be required depending on which of these factors are predominant. A good constitutional remedy will often aid in changing lifestyle and improving constipation related to that. Congestive pelvic states, particularly those associated with portal stasis will also be associated with haemorrhoids and remedies appropriate to the aetiology will ameliorate symptoms of both diverticular disease and haemorrhoidal congestion.

### Some Rubrics Related to Constipation

RECTUM - CONSTIPATION

STOOL - MUCOUS - alternating with constipation

RECTUM - URGING - absent

RECTUM - RECEDES, stool

RECTUM - PAIN - tenesmus - constipation, during

RECTUM - DIARRHEA - alternating with - constipation

ABDOMEN - FULLNESS, sensation of - constipation

ABDOMEN - PAIN - cutting - constipation, with

ABDOMEN - PAIN - cramping, griping - constipation, during

ABDOMEN - PAIN - constipation

### Remedies

There nearly four hundred remedies listed for constipation in the repertory. Try reading the following section in several short visits, mainly to develop awareness of the existence of these remedies. (In practice you will probably use them on the basis of a keynote repertorisation, rather than on what you have managed to memorise about them).

It is also worth studying the **rectal symptoms** of the following remedies in your materia medica:

Alumina

Calcarea carbonica

Graphites

Nux vomica

Opium

Sepia

Silicea

Some characterful remedies associated with constipation:

***Aesculus hippocastanum*** (horse chestnut)

Venous congestion and stasis.

Plethoric people (caused by lifestyle or illness)

Veins flabby, engorged. Circulatory stasis, often with regional coldness.

Better for exercise but hard to motivate (especially if motion is painful)

Splinter-like pain, as if the rectum were full of sticks.

Worse during pregnancy.



***Asafoetida*** (the dried oleoresin exuded from the rhizome or tap root of several species of Ferula)

Rapidly altering moods. Hypochondriacal.

Stress in these patients disorganises, or reverses, gut peristalsis.

Persistent constipation with cramping pain and distended abdomen.

Fullness with foul smelling eructations.

After eating very exhausted with fullness.



***Bryonia alba*** (white bryony)

Irritable mood, does not like to be disturbed.

Dryness of mucous membranes.

Worse legumes.

Dry, hard, large stools.



***Collinsonia canadensis*** (stoneroot)

Portal pelvic congestion.

Ailments from excitement.

Constipation alternating with diarrhoea.

Digestive trouble alternating with heart problems.

Hard dry stools.

Worse pregnancy.

Intense anal itch.

Stitching, sharp pains.



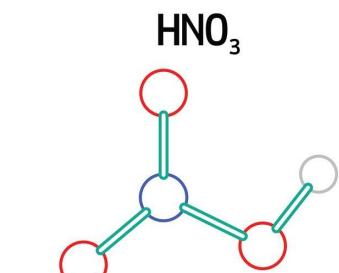
### ***Magnesia muriatica***

Weepy, anxious mood, can be restless and irritable.  
Stools gray-white with plenty of mucous.  
Sheep dung crumbling stools.  
Abdomen bloated with congested liver.  
Often not able to tolerate milk.  
Desire sweets.



### ***Nitric acid***

Anxiety about health, everything bothers them.  
Painful constipation with ineffectual urging.  
Fissures, fistulas.  
Stitching pains often lasting for hours after stool.



### ***Plumbum metallicum***

Slowing down of functions, sclerosis.  
Paresis leading to paralysis.  
Weakness of muscles.  
Drawing pains.  
Constipation with spasm and urging; spasmodic constriction.  
Black lumpy stools.



### ***Thuja occidentalis***

Desire, aversion and aggravation after eating onions.  
Sensation of something alive in the abdomen.  
Constipation with receding stool.  
Fissures, condylomata.



### ***Zincum metallicum***

Overstimulation of the nervous system leading to exhaustion.  
Cramping pain, colic.  
Constipation after drinking wine.



## Haemorrhoids

Haemorrhoids are pathognomonic of venous stasis in the portal vein and haemorrhoidal plexus. Engorgement may arise for a number of reasons, and differentiating between the main causes will help you identify the most appropriate remedy. Similar to constipation, life-style plays an important role and dietary measures should be addressed during the treatment.

Homeopathic treatment aims to prevent further weakening of the rectal veins as well as positively influencing the underlying causes for engorgement. If haemorrhoids react with short term engorgement or bleeding when a patient is receiving constitutional treatment, it is important not to interfere with it. Suppressing these phenomena acutely can have similar effects on a remedy response to suppressing discharges and skin eruptions.

Topical preparations such as Aesculus, Paeonia or Calendula ointment can be helpful to treat phlebitis, inflammation or pruritus.

### Some Rubrics

RECTUM – HEMORRHOIDS with subrubs

RECTUM - DIARRHEA - alternating with - hemorrhoids

RECTUM - CONSTIPATION - hemorrhoids; with

RECTUM - CONSTIPATION - flatulence; with - hemorrhoids; and

RECTUM - PROLAPSUS - hemorrhoids, with

RECTUM - PAIN - hemorrhoids, from

RECTUM - ITCHING - hemorrhoids, from

### Some Remedies

Some important remedies for haemorrhoids have already been mentioned on the section in constipation. Have another look at Sepia, Aesculus hippocastanum and Collinsonia in particular.

#### *Aloe socotrana*

Generally worse heat.

Congested haemorrhoids protruding like grapes; purple, large and painful.

Sensation of heat in the rectum.

Annoying, tormenting, insecure feeling in the rectum.

Involuntary or unnoticed stool on passing flatus.

Intolerant, deep itching, sticks finger in rectum.

Itching and burning.

Sensation of plug, full sensation; paralysed feeling.

Constipation alt. with frequent stools.

Worse from beer, sitting, menses.

Better cold applications.

***Hamamelis mollis*** (Witch hazel)

Laxness of all veins, passive haemorrhages.

Large blue haemorrhoids that can bleed profusely.



***Muriatic acid***

Intense weakness.

Involuntary stool.

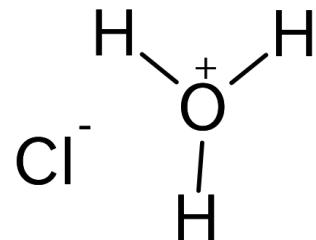
Itching and prolapsus while urinating or passing flatus.

Unnoticed stools.

Hemorrhoids, very sensitive to touch (Paeon, Rat).

Protruding like bunch of grapes.

Better heat.



***Paeonia*** (Paeony)

Ulcer, abscess, fistula, fissures.

Haemorrhoids: Congested, thrombosed, become ulcerated.

Tremendous suffering: Long-lasting, intolerable pain.

Worse during and after stool, wiping.

Better spreading buttocks apart with hands

Very sensitive to touch.

Burning in the anus with internal chilliness.

Itching in anus.

Oozing of moisture.



***Rathania*** (Krameria triandra)

Haemorrhoids protrude with stool.

Fissures of anus with constriction.

Long lasting pains after stool.

Aches, as if splinters of glass sticking. Knife-like stitches.

Burning pains before and after stool > cold applications.

Other pains > warm applications.

Excoriation and oozing of rectum



***Ruta graveolens*** (Common Rue)

Constipation alternating with mucus, frothy stools.

Haemorrhoids or rectal prolapse, after delivery.

Worse stooping, bowel movement.

