

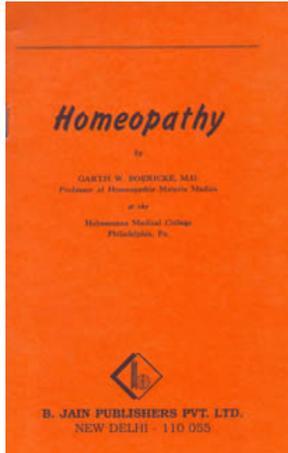
Garth Wilkinson Boericke Homeopathy

Leseprobe

[Homeopathy](#)

von [Garth Wilkinson Boericke](#)

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CHAPTER I

Background and Special Features of Homeopathy

The object of this pamphlet is to bring to the attention of the intelligent layman homeopathic methods which he can use himself without harmful effects for many of the common complaints and minor illnesses of everyday life.

During the last two decades the public, through daily medical columns in the newspapers, weekly periodicals and books written by physicians for the laity, has become medically minded and talk glibly of "allergies," "sinus," "hormones," "wonder drugs" and the latest surgical techniques and medical advances.

This public interest is natural but has led in many instances to the assumption that "What is new is necessarily the best," which frequently results in disappointment to the patient and disillusionment on the part of the physician.

Older methods of treatment, particularly by drugs, is not "news" and such methods, therefore, are seldom mentioned. It is a fact that 90% of the preparations prescribed by physicians today were unknown 10 years ago. While admitting the great value of these newer preparations (penicillin, sulpha drugs and some synthetics) yet there have been many conditions which cannot be treated specifically by them and which are often of everyday occurrence, as for instance, the virus diseases, colds, influenza, the sinus infections, dyspepsia, neuralgia, functional nervous diseases, and many children's diseases, to mention but a few.

HOMEOPATHY IMMEDIATELY BROADENS THE SCOPE OF WHAT A LAYMAN CAN DO FOR HIMSELF. HE IS NOT CONFINED TO PROPRIETARY PREPARATIONS ADVERTISED IN THE NEWSPAPERS AND "PLUGGED" BY THE RADIO. HE DOES NOT PRESCRIBE FOR A DISEASE WHICH HE MAY NOT HAVE. HIS DIAGNOSIS IS SYMPTOMATIC AND THE INDICATIONS GIVEN FOR THE VARIOUS MEDICINES ARE COUCHED IN NON-MEDICAL LANGUAGE.

Self treatment, at best, is a poor substitute for intelligent professional handling but nowadays this is not always available, particularly in the rural areas. The high cost of medical care is a detriment universally recognized. Our main justification, however, for the use of medicines in the home is that only in this way can a large group enjoy the advantages of homeopathic treatment.

What Is Homeopathy?

Homeopathy is a method of using certain drugs for certain symptoms. The diagnosis may or may not be known. The layman is obviously incapable of making his own diagnosis but he certainly knows how he feels in various parts of the body and can express this in non-medical language.

2. Any lump or enlarged gland, anywhere, breast, armpit, groin " neck.
3. Continuous loss of weight. Follow suggestions under 1.
4. Excessive pallor, sallowness or any growths on skin.
5. Backache, if severe or continued in either sex.

For dosage and time of administration, see page 6

CHAPTER III

Acute Head Colds-"Coryza"

Much research has been done on this troublesome ailment in an effort to find the cause, without much success. A virus, (a very small infectious agent) is probably responsible but it is very resistant to the newer drugs.

Preventative measures: Some people are prone to catch catarrhal colds easily, a slight draft, a chill or exposure from becoming overheated are causal factors which are important contributing factors. One's body resistance is all important and every effort should be made to increase it by common sense measures.

Following are some of the points to consider:

1. Are working conditions proper? Too much air-conditioning? Dampness and drafts about? Overheating?
2. Is there any chronic infection of the throat? Infected tonsils? Poor nasal breathing? Infected or poor teeth?
3. In winter especially, a good vitamin A-D preparation should be taken regularly.
4. Above all, regularity of habits is the most important single factor. Regularity of eating, elimination, sleep, and of proper clothing (women are the worst offenders here) as can be readily understood.
5. Regarding "cold shots" or virus vaccine. Statistically, the results are not impressive but certain individuals do benefit. It might be advisable to have your physician give them to you if your colds are very frequent.
6. Avoid local treatment by rubs, inhalers, sprays, nosedrops, etc. The benefit derived therefrom is temporary and they inactivate the delicate cleansing function of the nasal lining. Make up your mind to endure for a few days and be cured rather than to stop the discharge temporarily and prolong the whole affair. The internal homeopathic remedies are usually quite effective and the most important ones are indicated by symptoms as follows:

First Stage of Colds:

Aconite: At the *very first* sensation of burning, tingling, or sneezing in the nose. This drug may abort the condition completely if taken every 20 minutes for 4 or 5 hours. It is not effective once the discharge **has** become profuse.

Aggravation around 4 or 5 in the morning. Cough is violent and the child holds his chest. The pain is apt to be on the lower left side. Loose cough with expectoration. Continue for several weeks.

Ipecac: Give for the same symptoms as mentioned for bronchitis. Ipecac is aggravated from warmth and particularly in the open air.

Aralia racemosa: This is a typical homeopathic remedy for this condition according to experience. Aside from the asthmatic picture, two symptoms are important, aggravation around midnight and from sleep.

Chamomilla: Here we find asthmatic attacks which appear to follow anger or frustration. The patient is always irritable, has periodic flushes and paleness. One cheek is flushed and the other one pale. Breathes with the head bent backward and craves cold air.

For dosage and time of administration, see page 6

CHAPTER IV

Homeopathy and the Sick Child

Children respond well to homeopathy. They are in the active stage of life, rapidly growing and building. They are sensitive to substances including medicine that normally exercise less power later on. They are subject to diseases that seldom attack adults and any particular ailment does not always run the same course as it does in adults.

In the young age group, they cannot clearly tell you their feelings or complaints, yet for the same reason they do not exaggerate or mislead.

Colds and Coryza

For many years mothers have successfully handled these frequent though simple diseases with remedies kept on hand in the household. Children are very susceptible to head colds. Moreover, their close contact with other youngsters in play or in the classroom exposes them to the source of infection.

The following homeopathic remedies have been used by mothers for many years in the household to handle these frequently occurring ailments.

Aconite: To be given as soon as the cold starts. The doctor does not always see the child in the Aconite stage. If given early enough, it is often sufficient to curb the distress. The principal indications of aconite are: sudden onset from exposure to cold and to cold dry winds, sneezing, fluent discharge from the nose, restlessness and anxiety. The distress becomes aggravated at night.

Natrum muriaticum 30x: Indicated when the discharge from the nose is free-flowing, watery, resembling the white of an egg. The cold usually starts **with much** sneezing. The symptoms are relieved in the open air, become

Muscle and Joint Pains

Much misunderstanding exists among the laity regarding diseases of the skeletal system and its supporting structure (ligaments and muscle).

One is apt to jump to the conclusion that arthritis exists if there is pain, swelling, stiffness attacking one's extremities and back. This is a rightly dreaded disease, crippling but non-fatal, but one which takes most of the joy out of life and its chronic progressive nature has a bleak outlook.

Fortunately, less than half of the cases coming to clinics for arthritics actually have arthritis. Most cases are known to the medical profession to be "fibrositis" or "myofibrosis," meaning inflammation of the soft tissues around the joints. Such cases can definitely be helped by medicine, especially homeopathic medicine.

The points which favor a diagnosis of fibrositis rather than arthritis are: (1) Negative x-ray findings of the joints involved. The person who has fibrositis is miserable in the morning on first becoming active but soon "limbers up" on exercise. This disease attacks especially the fingers, wrists, shoulders, knees and small of the back. If the muscles of the neck are involved, very severe headaches occur which are incorrectly regarded as due to migraine, eye strain, autointoxication, etc.

True arthritis is a joint and bone disease. There are two main varieties: One attacks the small joints, fingers, wrists, shoulder, ankles and feet. The other attacks the weightbearing joints, the lumbar spine and back, hips and knees.

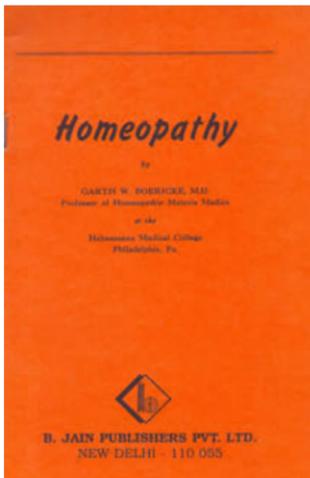
Painful knolls are characteristic of the first type, and enlarged and bony prominences about the knees and hips are seen in the second type.

There is little that can be done for the second type (hypertrophic arthritis) save relief of pain by heat treatment and the usual pain-killing drugs.

In the first type (atrophic or rheumatoid arthritis) we can do more but the treatment should be in professional hands for the drugs used may cause harm (like gold salts and cortisone). Even true arthritis however, can be benefited at times by homeopathic therapy, about to be mentioned. This form of treatment, even if it should help, has the advantage that it can do no harm and hence is safe for laymen to use.

The indications for the various homeopathic remedies listed below are on a symptomatic basis. Select the drug which seems to picture your case most closely. Use it for a month or two and change medicines if your symptoms change. You may expect fairly prompt response in fibrositis, partial help in the small joints (atrophic type) and rather less in the larger joint cases, which have been chronic for years.

Rhus tox. 6x: The chief symptoms of this drug is pain in the beginning motion with relief after a period of "warming up." It is effective for back ailments where ligaments and muscles are involved. Rhus pain is worse from cold and damp. His chief complaint is stiffness as



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