

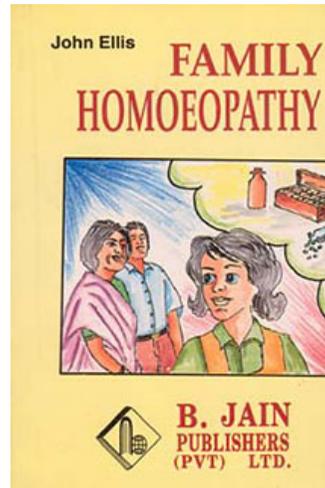
# John Ellis Family Homoeopathy

Leseprobe

[Family Homoeopathy](#)

von [John Ellis](#)

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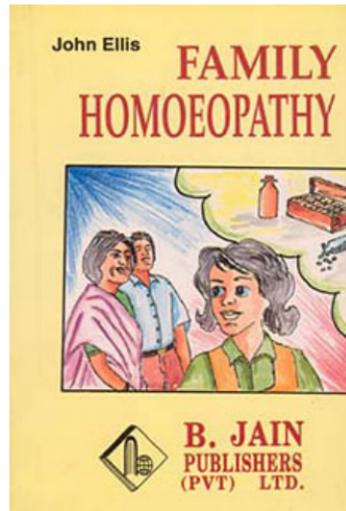
### SPINAL IRRITATION.

This is often mistaken for inflammation of the spine, but it is a non-inflammatory affection, and may be distinguished by the absence of fever, by extreme tenderness on slight pressure, and the want of pain under other circumstances, the ability to move without causing much suffering, and the shifting character of the complaint. Females are much more subject to this affection than males, and children are rarely affected. There is simply a nervous sensibility of the ligaments and muscular attachments of the spine. Whatever impairs the general health of an individual, be it indoor confinement, want of general exercise, excesses, profuse discharges, or chronic disease, favors the development of this affection. Sewing, knitting, painting, or sitting a long time in one position, or any occupation which fatigues one set of muscles and part of the spine, to the neglect of the rest, may cause this affection. The irritation of the spine extends to the nerves which pass over between the vertebrae, and we have a great variety of symptoms in the direction of the nerves which pass from the diseased portion of the spine; among which are neuralgic or rheumatic pains, in different parts of the body, or the parts supplied by such nerves; also burning, itching, tingling, prickling, and numbness; palpitation of the heart, faintness, nausea, vomiting, spasms of the stomach, colic, and bearing down pains. The disease, if it is not the cause of hysteria, is often connected with it, and both not unfrequently depend upon irritation, or ulceration or the uterus, as a predisposing cause.

*Treatment* - As this is generally a disease of debility, we have first to put away the immediate cause of the affection and then by adopting vigorous measures to

improve the general health over come the predisposition to it. The patient must give up sewing, knitting, writing, or any occupation which has caused this trouble; also avoid sitting, except in a strictly erect position, so that the weight of the head and shoulders may be sustained by the bones of the spine, and not by the ligaments and muscles. Travelling, horseback-riding, walking in the open air, contentment of mind, or, as far as the strength will admit, active useful employment, which shall invigorate the general system, is indispensable. The patient had better spent most of her time in reclining or lying down, so as to relax the spine when she is not taking active exercise.

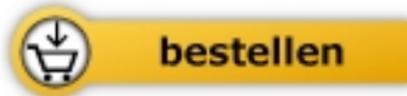
If the patient is already confined to the bed, or nearly so, and not able to sit up, ride or take exercise, she must be exercised in the horizontal position, until she gains strength, and the tenderness of the spine is relieved so that she can take active exercise. Let an attendant bent and extend her fingers-repeatedly, then her wrists, then her shoulders, in every possible direction; then take hold of the hand and turn the hand, or rotate it inward and outward several times; then serve the other arm in the same way, allowing the patient to rest an hour if she becomes fatigued; then bend and extend the toes, then the feet, then the leg, and afterward the thigh; then rotate the toes around in a circle, turn the feet from side to side; separate the feet eighteen or twenty inches, and turn the toes of the two feet together until they touch, then turn them out as far as possible, so as to rotate the whole leg; repeat this several times. Then place one hand on each side of the body, and a few inches below the arms, and vibrate it from side to side; afterward turn the head in every possible direction so as to exercise the muscles of the neck, and finally, gently percuss, or strike with the



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