

M. Bhattacharya

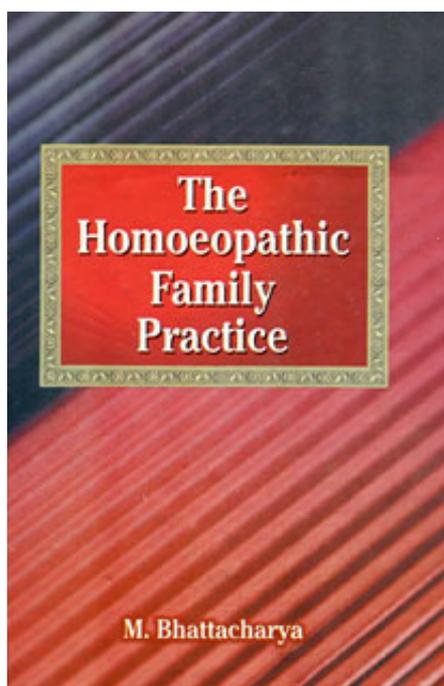
The Homoeopathic Family Practice

Extrait du livre

[The Homoeopathic Family Practice](#)

de [M. Bhattacharya](#)

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movement of his bowels, eat plain, easily digestible food and bathe daily.

HEMICRANIA **(Migraine, Sick-Headache)**

It is a kind of aching of one half of the head, usually seen in those required to do much mental labour or having urinary diseases or faulty liver with irregular action of the bowels, rheumatism or depraved blood.

Treatment—*In affection of the right:*—Prunus Spinoso 3-6, Sanguinaria 3-200, Platina 6, Puls. 6, Silicea 30. *In those of left side :* Spigelia 3-30, Thuja 6-200. *Where there is much pain from the beginning :* Gels. Ix—3, Iris Ix—30, Chionanthus 0-2x, Sanguinaria 6.

Other medicines recommended are : Duboisin 6x, Verat, Viride 3x, Ipecac. 30, Strychnine 30, Atropine 3x-30, Hyoscyamus, Hydro-brom. 6x (trit.), Cannabis Indica 0-3x.

INSOMNIA **(Sleeplessness)**

This is secondary to mental or bodily worries, to surfeit or fasting, to constipation or cold extremities; to drinking of coffee or tea, etc.

Treatment

Coffea 6-12—In mental excitement.

Ignatia 3-30—In mental agony.

Chamomilla 12—In teething children.

Nux Vomica 6-30—Insomnia till past midnight (about 2—3 A.M. passing on to sleep); insomnia due to constipation, surfeit, worms, indigestion or overstudy.

Puls. 6-30—Insomnia in the middle of the night.

Cina 2x-200—Due to worms.

Aurum 6 or Acid Nitric 6—Insomnia of syphilitis.

China 6-30—Protracted sleeplessness; sleeplessness from crowding of ideas; sleeplessness due to loss of vital fluids, bleeding, retching and vomiting, etc. or due to excessive tea-drinking.

Lachesis 6-30—Sleepy, but cannot sleep. Restless sleep, with many dreams and frequent waking. Persistent sleeplessness in the evening with talkativeness. Awakens at night and cannot sleep again.

Passiflora Incarnata 6 (dose m. 1-30)—Restless and sleepless : sleeplessness due to anxiety, overwork or fatigue; insomnia of infants and the aged; it soothes the nervous system and induces sound sleep.

Ferrum Phos. 30—Insomnia due to rush of blood to head. This should be taken for a long time.

Sulphur 30—Insomnia between 2—5 A.M.

Other Medicines recommended .; Aconite, Opium, Cypripedium, Kali bromatum, Kali lod., Camphor.

Warm up the extremities, with the head and neck and wrap up in a hot blanket; or take a warm bath

immediately before retiring and use a low pillow and a hard bed. Take your night meal 3 hours before sleep and avoid tea, coffee or alcohol.

SLEEPING SICKNESS

It is an African disease caused by infection with a germ communicated by the bite of the Tse-tse fly (*Glossina palpalis*). There are enlargement of lymphatic glands, later on, there occurs impaired muscular power and endurance, mental torpor and the patient falls asleep at work or meals; the gait is shuffling and the patient may stagger or fall; the body wastes; tremors, twitching and convulsions occur. Death from exhaustion, sometimes follows about 2 years after the onset of lethargy.

Treatment

Chloral Hydrate 2x (*trit.*) 4 grs., in water, every 3 or 5 hours. If after 2 or 3 weeks improvement occurs, give 3x instead and stop it as soon as marked improvement occurs. If it fails, try Opium, Nux Moschata, Apis, Arsenic, Helleborus, Lachesis, Naja, Kali Brom., Moschus, Sulphur.

NIGHTMARE

This is a sensation of something very heavy pressing on the chest—felt by people in the midst of their sleep.

It occurs in some persons habitually, but is commonly found in those who lie on their back and suffer from indigestion. The patient screams out and is bathed in perspiration or trembles from fear.

Treatment

Kali Brom. 1x or *Paeonia* 2x—To be taken before retiring to bed. *Nux* 6—If due to indigestion. *Ferrum Phos.* 6x—If due to rush of blood to head.

Avoid heavy or late night-meals and do not sleep on the back.

HYSTERIA

Correctly speaking this is a functional disorder of the nervous system. It has also a *special affinity to uterus and ovaries*. Formerly the general impression was and still is that Hysteria is due to or closely associated with the disorders of these female organs, but pathologically it is not *at all correct*. It is not exclusively a women's disease; men may suffer as well, but it *mainly occurs in females* particularly at the age of puberty or early adult life. Hysteria is found very seldom in males. Emotional persons are its easy prey. Sudden emotion, excitement, annoyance, anxiety, grief, working in closed compound, want of pure air are the exciting causes. Heredity plays an important part. Some of the commonest symptoms are : apparent loss of consciousness, feeling of a ball passing from abdomen to the chest up to the brain; convulsive fits; headache; vomiting; distention of

abdomen; suppression of urine; blocking of the passage for swallowing food; pain in the liver or abdomen; loss of power of speech or of eye-sight etc.

Treatment

1. At the commencement of an attack—let her inhale *Camphor* or *Moschus 0*, or give *Moschus 9*.

2. Patient is melancholic, restless, suffers from regular but excessive menses, or has suppressed menses:—*Platina 6* or *30*. These patients who are very communicative and arrogant, get benefit from *Platina*.

3. Ball rises from abdomen to neck; inability to swallow; convulsive fits; heat at the crown of head; eyes watery, melancholy alternates with gay mood; patient is not communicative—*Ignatia 6* or *30*.

4. Menses suppressed or painful—*Puls. 6 Sabina 6, Cocculus 6*.

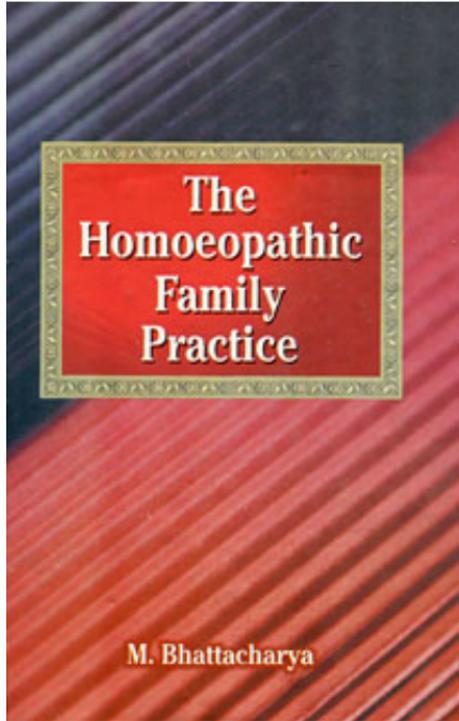
5. Ball rises from stomach to throat; breathing is difficult, abdomen distended :—*Asafoetida 6*.

6. Uterine disorders with mental restlessness and irritability; misanthropy; pain below left breast or in left side of chest :—*Cimicifuga 6*.

1. Delirium during 'fit' and complaints are prominent after 'fits' pass off; hysterical flatulency, over-excitable, changeable disposition and ideas :— *Valeriana 3*.

8. Pain in throat or abdomen; excessive urination; husky voice; melancholia :—*Causticum 6*.

9. Try—*Belladonna 6, Nux Vomica 30, Nux Moschata 2x, Hyoscyamus 6, Aurum Met. 6, Tarantula 6, Zincum Phos. 3*.



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