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Appendix 13 (new)

SOME REMEDIES FOR THE ELDERLY and STROKE INDICATIONS

Although these remedies are known to help, in practice patients may not be able to take them as prescribed because of memory loss, physical difficulties, etc.

Be peaceful about the limitations of what you can achieve.

LOSS OF MEMORY

Very important as it affects an elderly patient's ability to care for him/herself safely.

BAR. CARB	Forget the present, remember the past; absence of intellect; childish
ANAC	Forget the names of friends; the right word escapes them; cannot fix attention; hypochondria; always better after eating
GLONOINE	Forgets the street he lives in or a place he knows well
NAT MUR	Forgets a story half way through telling it then cries with frustration
CANN	Failure in reading or writing – cannot hold his attention; forgets what he is about to write
LACH	
CAMPH	

DEMENTIA

Accumulated from various repertories:

ALUM, BAR.C, CON
Agn, Am-c, Anac, Arg-n, Aur, Aur-I, Bapt, Crot-h, Hyos, Lach, Lyc, Ov, Phos
Aeth, Ant-c, Arg, Arg-m, Ars, Aza, Bar-acet, Bell, Bry, Calp-p, Cann-I, Carc, Coca, Fl-ac, Gingko, Glyc, Ign, Iod, Lil-t, Nat-I, Nat-m, Nux-v, Op, Orch, Plb, Puls, Sec, Sep, Sulph, Thiosin, Zinc

ASTHMATIC TENDENCIES

Which appear for the first time in late middle age. Produce tightness in the chest.

ADONIS V	Can be combined with Crataegus for heart strain which causes troubled breathing with irregular, weak heart
CRATAEGUS	
DIGITALIS	Asthma symptoms with slow pulse
STROPH	With associated dropsical problems. Also cardiac and renal problems
APOCYNUM	
SENEGA	Humid asthma with bronchitis especially if > copious expectoration

ANT TART
 CARB V
 GRINDELIA Tenacious expectoration. Good for supporting other remedies
 GNAPHALIUM
 BAR CARB Senile asthma; difficult breathing from pulmonary
 paralysis/arteriosclerosis
 BAR MUR
 QUEBRACHO Cardiac asthma. a.k.a. Aspido Quebracho

Also consider ARS A and NAT SULPH

Alternate ANT T and BAR C if patient is really ill

Consider SULPH (6 or 30) once a month to keep the patient going: in clogged up cases which need cleansing, re-vitalising

CATARACTS

Suitable for any age. Eye surgery is now so successful that homeopathic treatment is only required for patients with a terror/refusal of surgery.
 LEDUM and/or CALENDULA 6/30 p.r.n very helpful to heal horizontal scar after insertion of new lens.

CINERARIA Ø drops (diluted++) may dissolve cataract
 CALC FL No.1 remedy. Also good for varicose veins, prolapse, haemorrhoids, general lack of tone, hardening, floppiness. Caution: Do not give for too long - may prove it. 6x-12x best.
 CALC C Hard cataracts, especially early stages
 PHOS Cloudy film in eyes; vision > in dim light; glaucoma
 CANN S Corneal opacity with painful pressure from front to back of eye
 SECALE With fine peripheral filaments or untidy filaments. Eyes sunken
 Blue margins
 NAT MUR Irregular peripheral filaments
 MAG C Large irregular filaments at base. See > in bright daylight

URINARY ORGANS

GELS Loss of control with feeling of fullness. Not > when urinating
 EQUIS
 CAUST Frequency at night
 KALI PHOS Frequent call at any time. Urgent but only passes small amount
 PULS Enuresis; wants to urinate on lying down; leakage when coughing, walking or passing flatus
 BENZ AC Smells : like horses urine (Nit Ac)
 TEREBINTH : violets
 URAN NIT : fish brine (Thuj. Med)
 VERBASC.

HAEMATURIA (Blood in urine)

TRILLIUM	With arterial blood
IPEC	
MILLEF	
HAM	With venous blood
PULS	
THLASPI	Cystitis
BERB	
SOLIDAGO	
UVA URSI	
SENEC	

BLADDER POLYPS

THUJA
PHOS
TEUCR

PROSTATE

PULS	Acute inflammation with tenesmus. If v. distressed give PULS high
FERR P	and support with FERR P low
SELENIUM	Chronic prostate
SAB SERR	3x or similar ongoing for hypertrophy, inflammation, urine slowed
CALC FL	Hypertrophy of medium severity
EQUIS	

CIRCULATORY PROBLEMS

CRATAEGUS	Wonderful general heart tonic – low potency or herbal tincture. Irritable heart. Trembling palpitations. Hypertension. Can make your own Hawthorn Honey - thick and black.
APIS	With ankle swelling from poor circulation
MAG P	Leg cramp
CONVALL	Dropsy (= pitting oedema) from heart malfunction
CRAT	
STROPH	
TABAC	Vertigo
FERR P	
CROT T	Pruritus
DOLICH	Itching without eruption
SECALE	Senile gangrene
ACON	Arterial hypertension
VISC ALB	
RAUWOLF	
BAR C	Damaged arteries from disease, smoking etc

BAR MUR
 ABIES N Like THUJ. Dyspepsia with functional heart symptoms: missed beats, palpitations. No disease but pressured heart from digestive problems. Low spirits; unable to think; usually < eating. CRAT may also help

ABROT Some rheumatic/arthritis complaints. Look starved and emaciated below and full-figured in upper body. Skin hangs loose

STRAM Cursing and swearing in old men with prostate problems

ANAC

STROKE

Pre-stroke syndrome : signs and symptoms

Exaggerated laughter

Complain of vertigo, head congestion

Inclination to or sensation of falling forward

Flushes of heat from head to feet

Flushes of darkness before eyes

Rx: ARN 200 or VERAT VIRIDE 30 – 200 straight away

To confirm a suspected stroke

Although only a hospital test can confirm a stroke for sure, the Face-Arms-Speech-Time (F.A.S.T.) test will help you to recognize the symptoms of a stroke or TIA.

Recognizing strokes F.A.S.T:

Face: Has their face drooped or look fallen on one side? Can they smile?

Arms: Can the person raise both arms?

Speech: Can the person speak clearly and understand what other people are saying?

Time: Time to call 999 if the person has failed any of these tests .

If present during a Stroke

Talk to patient and reassure. Rx: ARN 200 or higher a.s.a.p

After 15 minutes ask patient to wriggle toes and fingers

Visit next day and support with:

Alternate ARN 6x -for bruising, shock

with KALI MUR 3x - to disperse thrombus

t.d.s. for a month then reduce dose over next 2 months

If heart damage is suspected support with CRAT tincture in water 3-4 times daily