

A STUDY OF PHILOSOPHICAL BACKGROUND AND NEW DRUG PICTURE OF NUX VOMICA THROUGH CASE STUDY.

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ABSTRACT

Introduction: This Article has been written in order to present the complete And New Picture of Nux Vomica with the practical touch. The Article contains philosophical background regarding Nux vomica; such as facts related to Nux vomica, Efficacy of Nux vomica in menstruating women? Why Hahnemann himself free from Psora? Meaning of sedentary life style? Etc.

Nux vomica is the first remedy to be taught in Homeopathy, but still the practical picture always remains hidden. To study any remedy in its practical approach is of greatest importance.

Background and Justification- The Article contains exclusive discussion upon the drug picture Nux Vomica. The Nux Vomica is a polychrest remedy. It is the remedy which is routinely prescribed in this modern era. This is an era of science and technology where people indulge in sedentary life styles. In this Article, I have mentioned a case of Nux Vomica seen And Philosophical Background of the Remedy. The new picture of remedy is emerged. There are different shades of Nux Vomica, which you can also find during your clinical practice.

The primitive people were healthier than that of today's species of human being. Now each and every human being is itself a new individual with new drug picture which is masked in several layers. These layers have to be removed so as to know the real nature of man. Whatever at present we see is the compensatory form of any individual.

No true picture is found, even in a new-born child. Whatever we see is the inherited and acquired picture of an individual. So I have made attempt to know more of only one drug picture that is Nux Vomica. As I have seen the true cases of Nux Vomica. I have mentioned one of the true cases of Nux Vomica for your study also.

Aim and Objectives: My aim and objective to study this topic is entirely different. I would like to show the efficacy of Nux Vomica, independent of the diseases; Thus treating the patient as a whole, on the fundamental principles of Homoeopathy.

- 1) My aim is not only to go for the theoretical study, as in reference to the Materia Medica books. But to put the remedy in practical approach.
- 2) I would like to show the real work of research over the Nux Vomica with the presentation of true representative cases.
- 3) My object is to increase the field of vision of students that is to say of Homeopathic physicians. To look over the remedial action in the smallest possible dose, as that explained by Dr. Samuel Hahnemann.
- 4) This is the modern age of science. The various new methods of treatment is introduce into market. But the Homoeopathy will always remain the definitive science and art, to which no other science can match. Where physiology ends philosophy starts, where allopathy fails Homoeopathy starts. The evergreen healing science.

- 5) My objective is to make the remedy simple to study in practical value. I have explained How to use the keynotes of remedy and how to study remedy in between lines.
- 6) My object is to state, what remedy is prepared of? And what are the active principles of the drug? The main sphere of the action of the drug on the organs is given.

Materials and Methods- All available literature in the form of books especially 6th edition of Organon of medicine and the chronic diseases, their peculiar nature and Homeopathic cure, scientific data from various databases such as Pub Med, Google Scholar, Medline and Science Direct were used for the Studying Case, Directed towards Treatment of Such Patients with Homoeopathic Remedies.

It is frequently the first remedy, indicated after much dosing, establishing a sort of equilibrium of forces and counteracting chronic effects.

The typical Nux Vomica patient is rather thin spare, active, quick nervous and irritable. Patient lives a sedentary life style, mental strains with care and anxieties. The indoor life and mental strain seeks stimulants, such as tobacco chewing, alcohol intake, etc. this is the remedy to reduce the excitement took place as a result of cares, worries and hurries.

Patient indulges in late night studies, over study, loss of sleep, night watching which leads to non-refreshing sleep in the morning and thus all the complaints arise from this. Mostly the stomach problems, respiratory complaints, central nervous system symptoms are found.

The temperament of the patient is irritable. The patient is inharmonious and always seems to be out of tune. This is one of the great liver remedy. It calms the hypersensitive nervous system. Nux Vomica patients are easily chilled, they avoid open air. The medicine is pre-eminently male remedy than that of female.

Patient goes into habit of taking pills or mineral water, and he soon gets into the habit of taking these things every day and thus more complications arises due to that.

Patient is very irritable and sensitive to the all impressions. Cannot bear noises, odours, light etc.; does not want to be touched. Time passes too slowly. Even the least ailment affects her/him greatly. Sullen fault finding is there.

The Nux Vomica person in the non-pathological state makes an excellent, hardworking, efficient employee and their talent leads them towards such occupations as supervisors, managers, businessmen, accountants, salesman etc.

To keep himself up to the pressure of work, he surrenders to the stimulants such as coffee, cigarettes, narcotics, alcohol and even sex.

The overindulgence in sex leads to the state of exhaustion, this exhaustion is so prominent that impotence develops. Then loss of erection before intromission develops which is same as that of sulphur remedy.

Nux Vomica is one of the great remedy for brain fag. The entire nervous system is at threat. The nervous system is so hypersensitive that the least jar produces irritability, the least sound produces irritability to body nerves. This is the remedy which is Antacids, Antispasmodic and tranquilizer.

There is a tendency to jaundice, cirrhosis of liver, gastritis, haemorrhoids, epilepsy, stomach ulcers, oesophageal varices, convulsions, fainting etc.

The seeds of Nux Vomica are intensely bitter due to the presence of strychnia and Brucia which exists in the seeds together with certain peculiar acids. In the cases of poisonings with Nux the most marked feature is the spasms and convulsions which cause death by arresting the respiratory movements.

Spasm is the first key note of Nux and another is exaggerated sensitiveness. The three key notes of Nux Vomica are chilliness, spasms, and over sensitiveness. During the spasms, evident relief was obtained by forcible extension of the body.

There is a tendency to fainting, because of over sensitiveness. It occurs from strong odours, in warm room. Nux has proved curative in epilepsy, when the fit occurred during stools.

The symptoms of Nux Vomica are < by mental exertion, < morning, < tea, < coffee, < cold damp weather exposure, < when sleep is disturbed. The symptoms of Nux Vomica are > after undisturbed sleep.

Spasms are the chief note of Nux Vomica in the respiratory sphere, where it produces variety of asthmatic attacks. There is a dry fatiguing persistent cough that causes headache as if head would split. But it must not be supposed that Nux cannot cure cases which are not purely spasmodic.

Most pronounced action of Nux Vomica is upon spasm of muscle fibres, both involuntary and voluntary characterized by excessive hyperesthesia of general nervous system (CNS). These spasms are tetanic and seem to arise from action of poison on motor tract of spinal cord. Nux Vomica has mostly functional disturbances and not structural changes. It is superficial acting remedy and not deep acting remedy. But any remedy can become constitutional remedy of patient from our Materia Medica, whether it is short acting or deep acting.

Spasms with tetanic rigidity of nearly all muscles with interruptions of few minutes during which muscles were relaxed.

Sensation of muscles of limbs, back scapula's etc. as if something in them were drawn back and are more spasmodic than painful. Sometimes there is excessive painfulness along with spasmodic affections.

Weakness in morning after rising is greater than in evening on going to bed. There is a faintness in morning after rising; Faintness during menstruation along with spasmodic affection in abdomen. There is a weakness and chilliness on rising in morning.

The remedy is useful in effects of mental strain at night; especially when it results in a condition of irritability of nervous system. Generally there is fiery and excitable temperament.

Nux Vomica is generally indicated in constipation, where constipation results from inharmonious action of the peristaltic muscles of bowels, while that of sulphur is from dryness, irritability and relaxation of the rectum particularly caused by injections of water.

When all the medicines disagree, Nux Vomica will often cure the morbid sensitiveness and other troubles associated with it.

The best time to give Nux Vomica is in the evening at bedtime that is well away from the time of its chief aggravation.

According to James Tyler Kent, when patient comes from the old school and bad prescribing, having bad stimulants and tonics to brace him up, wine and stimulants of all sorts, it is impossible to get reliable symptoms to get the patient settled down, until we give Nux as an antidote.

It is useful in those who are over drugged by tea, coffee and wine. Old coffee drinkers become sensitive, oversensitive to noise, their symptoms are flitting; they do not give their symptoms well. Such patients will do well for a few days on Nux, some of their symptoms will drop out and they will settle down. It is a routine remedy in men trying to sober up; even in delirium tremens. Old debauchers, broken down with stimulants, sexual excesses and the worry and fret of business; they work for an hour and then get out to drink and this goes on until, they must give up, go home and go to bed.

It is given as a routine remedy for loss of appetite. It will increase the appetite.

Patient has troublesome asthma. Useful in persons who says they have asthma from every disordered stomach. They may go free for year after Nux is given, and then they eat something that disagrees, and they sit up all night with asthma.

Headache from sweating; in wine drinkers, in those staying out at night, from night watching, the greatest relief in headache is from perfect quiet. It is closely related to sulphur and often antidotes the over action of sulphur. It rarely goes to the bottom and antidotes to the constitutional action of sulphur, but it will remove its exaggerated action, its superficial action.

Materials and Methods- All available literature in the form of books especially 6th edition of Organon of medicine and The chronic diseases, their peculiar nature and Homeopathic cure. ,scientific

data from various databases such as Pub Med, Google Scholar, Medline and Science Direct were used for the Studying Case, Directed towards Treatment of Such Patients with Homoeopathic Remedies.

Conclusion: The seeds of the strychnia Nux Vomica are poisonous, more or less to all animated nature. On the vertebrate animals, its effects are very uniform. However stated that a much larger quantity is required to kill herbivorous than carnivorous animals. It produces tetanic convulsions, increased sensibility to external impressions, asphyxia and death.

To large doses wine, coffee, camphor and opium antidotes to strychnia.

Vinegar and coffee increased the poisonous effects of Nux Vomica bark.

The difference in the character of Ignatia-Emotional Element being uppermost and Nux Vomica as a spinal remedy proves the wisdom of Hahnemann's simple method of studying medicine.

This is the remedy for ill effects of alcohol, drugs, spices, stimulants, and sexual excesses.

The tetanus of Nux Vomica differs from traumatic or idiopathic tetanus in that spasms of the former are less continuous, do not invariably begin with the muscles of jaw, but preferably in lower limbs and are not accompanied by rise of temperature.

Alcoholic drinks aggravate. Nux Vomica has the typical hangover symptoms. When all medicines disagree, Nux Vomica will often cure the morbid sensitiveness and other troubles associated with it.

Nausea and vomiting after eating, patient suffers every morning with constant nausea. There is an enlargement of liver from alcoholic excess. Left sided paralysis. Patient exhibits violent suicidal impulses. Sensation as if head was immensely larger than his body.

Every pain during labour produces desire to defecate or to urinate. There is much pain in the small of back which is made worse by turning in bed.

Backache, must sit up to turn over in bed. Patient must be covered in every stage of fever, chill, heat or sweat.

One of the best remedies with which to commence treatment in cases those are drugged by hot and string medicines. It desensitizes their effects.

Lower potencies are said to be useful in mental derangements of drunkards. Patient suffers from Amaurosis due to excessive use of tobacco (chewing). There is vomiting during pregnancy; Hyperemesis gravidarum.

It has been found that this medicine administered some hours before bed time acts more gently as compared to when given at other times of the day; but there are exceptions to this rule in cases of urgent necessity.

Its administration in the morning on an empty is attended with the most in convenience in very sensitive person, because it shows the most frequent and severe symptoms immediately after waking in the morning.

I would like to state about this remedy is that, every single symptom of this remedy can be used for the prescription. Any individual symptom of this remedy is very strong in itself. For ex- Oversensitive to allopathic remedies, watering of nose, fanning does not tolerate, loss of taste due to tobacco chewing, urticaria with gastric derangement, Constipation with intake of laxatives, mouth ulcers by eating spicy food stuff etc.

Inclusion Criteria- There are different reasons for the selection of this topic-

- 1) Since ancient times, Nux Vomica is the remedy, which is frequently indicated and retained itself valuable in this modern era too, the evergreen remedy.
- 2) It is the polychrest remedy, which suits to different ages, different constitutions, sexes and different races with its full strength, when selected upon totality of symptoms.
- 3) It is the remedy which is capable of antidoting the bad effects of all allopathic medicines and thus producing equilibrium in vital force of an individual. The remedy protects spoiled allopathic cases.

- 4) This is the era of stress and strain, which gives rise to sedentary life style that includes poor hygienic conditions, bad eating habits, lack of exercises etc.
- 5) The remedy found boon in cases of drug abuse, such as narcotics, alcohol, tobacco chewing, tobacco smoking etc. It helps to decrease the hypersensitivity produced by narcotics. This is the remedy for sexual excesses.
- 6) This remedy has wide range of clinical action. The treatment in Homoeopathy is independent of diseases. The man is considered first. Thus it is acute, chronic and constitutional remedy.
- 7) My purpose is to introduce the new picture of the Nux Vomica into Materia Medica, and that is why I have mentioned 18 cases of Nux Vomica treated by me.
- 8) The remedy never fails when selected upon totality of symptoms. The remedy found always beneficial before beginning the treatment of chronic diseases and finishing acute ones.
- 9) I would like to elaborate the drug picture of Nux Vomica. So that it would become simple to study and thus for the physicians, it would become easy to prescribe the remedy.

This is one of the great limitations in Homoeopathy that we have to take full case before prescription of any Homeopathic remedy after matching the totality of symptoms. So as to make the picture easy to study and prescription fast in your clinical practice, thus I am submitting this short description of the remedy.

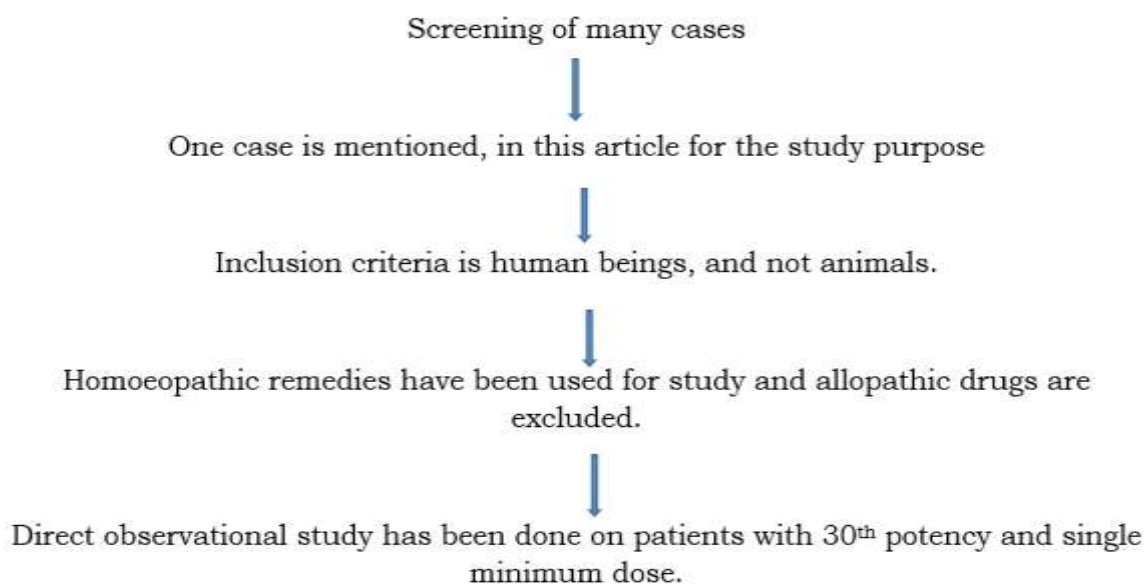
Exclusion Criteria- The observational case study has been done, with study approach of different disease conditions accepting Nux Vomica remedy only and other studies have been excluded with different mode of treatment. Only homoeopathic approach has been clarified.

Study Selection: A Single Case Has Been studied, and has been worked out with homoeopathic intervention to see if recovery takes place; it is up to which extent in percentage and for how many days. Analysis of the dose of the remedy to be repeated again with proper follow up of patient is evaluated.

Data Items: Data is collected from single patient by taking out the totality of symptoms and signs, with investigatory reports. Hereby analysis and evaluation has been done, Proper Homeopathic remedy with proper potency has been selected following the guidelines of Homoeopathic Pharmacy.

Result Study Selection and Characteristics-

Screening of many cases



Case Study-

This is a case of 59 year old man, who is vegetable seller. He knows me as a Homeopathic physician. He is having acute emergency complaint. His totality of symptom is very different. He came to me with his wife for consultation.

Consultation started-

Chief complaint-

1) Patient is suffering from spasms of calf muscles. There is drawing type of pain in calf muscles. Spasmodic affection of calf muscles get aggravated while walking, when stretching the leg, lifting leg and while getting down from motor vehicle.

2) There is a spasmodic swelling of neck region while drinking water and putting tongue out which is painful in nature.

3) There is a spasmodic affection of arms, spasmodic painful contraction of muscles of hand on lifting the hand up, or stretching the arm. There is a painful spasmodic lump on forearm on tightening the fist.

4) The condition is very painful for patient and he has undergone allopathic treatment. He received calcium injections and tablets from allopath. But they did not relieve the patient.

5) The complaint started from 4-5 months and started in winter season and cold weather aggravates it.

Past History-

1) Excessive alcohol intake 10 years back. Habit of tobacco chewing; took treatment for abandoning alcohol.

2) Hard working personality.

Personal history-

Diet-Vegetarian only.

I have not gone much into the details of personal history. As I know patient personally and his family; they are followers of swami Samarth baba. So they are vegetarians.

R_x-

1) Nux Vomica 30 stat. 1 dose.

2) Sac.Lac for seven days.

On the basis of past history and present totality of symptoms the remedy selected is NUX VOMICA.

Follow up-

Nux Vomica 30, 200, 1m, and 10m is given, but did not get the desired result. The relief of symptoms takes for some days and again relapse occur. So I tried to study the case again. The case is diagnosed as of TETANIC RIGIDITY. As Nux Vomica contains copper in it, it has the power of cramp causing provicilities.

So after prescribing Nux Vomica up to the 10m; I tried to change the remedy. Due to spasmodic affection, the new remedy selected is CUPRUM METALLICUM 30 STAT, 1 DOSE ONLY. The patient cured totally.

Bibliography-

My source books of inspiration were-

1) 6th edition of Organon of Medicine by Dr. Samuel Hahnemann.

2) THE CHRONIC DISEASES their peculiar nature and their Homeopathic cure by Dr. Samuel Hahnemann.