

**“A STUDY ON PHOSPHORUS AS A  
CONSTITUTIONAL REMEDY IN HOMOEOPATHY”**

By

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Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore

In partial fulfilment  
of the requirements for the degree of

*Doctor of Medicine*  
*in*  
*Homoeopathic Materia Medica*

Under the guidance of

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**2011**

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**Date:**

**DR. FRANKLIN GINO.W**

## LIST OF ABBREVIATIONS

+	:	Present
0	:	Absent
<	:	Aggravation
>	:	Amelioration
↓	:	Decreased
↑	:	Increased
A/F	:	Ailments from
Agg	:	Aggravation
Amel	:	Amélioration
App	:	Appetite
Av	:	Aversion
BP	:	Blood Pressure
Cr	:	Craving
DM	:	Dominant Miasm
F	:	Female
FM	:	Fundamental Miasm
Kg	:	Kilogram
Lt	:	Left side
M	:	Male
R	:	Recipio- to take
S	:	Same
S.L	:	Saccharum lactis- sugar of milk
S.O.S	:	si, opus, sit- If necessary



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## **ABSTRACT**

**Background:** Homoeopathic treatment improves all levels of health i.e. physical, psychological, social and environmental aspects, not mere eradication of physical symptoms. Phosphorus is one of the important polychrest medicine having its deeper seats of its action. The diseases which is affecting the mankind can be cured by phosphorus when symptoms are similar.

**Objective:**

To demonstrate the therapeutic applicability of phosphorus as a constitutional remedy

To study clinical utility of phosphorus in different clinical condition.

**Methods:** The study group of 30 was selected based on purposive sampling method.

The patients who were having similar constitutional symptoms of phosphorus were taken for the study. The after scores were taken and effectiveness of Homoeopathic treatment in improving health was assessed.

**Results:** Prevalence of age group for phosphorus is between 31-35 yrs. Females Phosphorus cases were more comparing with that of the males. Out of 30 cases, all patients were treated constitutionally with phosphorus. The study reveals that Homoeopathic treatment can improve all levels of health i.e. physical and psychological, social and environmental aspects. There is no relation between gender and Quality of life. There is no relation between age and Quality of life.

**Conclusion:** Homoeopathy improves the Quality of life of patients with Constitutional application of phosphorus in both i.e. physical and psychological, level.

**Key words:** Phosphorus; Life events; psychosomatic relationship; Constitutional medicine; Quality of life.

## INTRODUCTION

Homoeopathic system has its own approach in dealing the disease condition of mankind. Of this the principle of Similia Similibus Curenter is the most important guideline in treatment with homoeopathic medicine. For attaining this similimum totality of symptoms is the most crucial thing. The word totality in other word points the constitution of the person.

As by definition constitution means -The makeup or functional habit of the individual determined by the genetic and physiologic endowment of the individual and modified in great measure by environmental factors.<sup>14</sup>

It's very vast to master our Homoeopathic Materia Medica. It is only by constant reading and study that one can get an idea of the promise it, already offers us in our fight with sickness and suffering.

Of the various medicines prescribed by the homoeopath as a constitutional remedy, phosphors, although toxic in its crude form, become a very valuable medicine for treating the sufferings of mankind through its deeper action, when used in homoeopathic mode of preparation .As this is one of the medicine which is often used in our clinical practice I have attempted to provide a few facts which could highlight the constitutional utility of phosphorus in clinical practice.

## **OBJECTIVES**

1. To demonstrate the therapeutic applicability of phosphorus as a constitutional remedy.
2. To study the clinical utility of phosphorus in different clinical condition.

## REVIEW OF LITERATURE

Name, symbol, number	phosphorus, P, 15
Element category	non-metal
Group, period, block	15, 3, p
Standard atomic weight	30.973762(2) g·mol <sup>-1</sup>

The name *Phosphorus* in Ancient Greece was the name for the planet Venus and is derived from the Greek words (φως = light, φέρω = carry), which roughly translates as light-bringer or light carrier.

Stable forms of phosphorus are created in large (greater than 3 solar masses) forms by fusing two oxygen atoms together. This requires temperatures above 1,000 megakelvins.

The discovery of phosphorus is credited to the German alchemist Hennig Brand in 1669.

Brand experimented with urine, which contains considerable quantities of dissolved phosphates from normal metabolism working in Hamburg, Brand attempted to create the fabled philosopher's stone through the distillation of some salts by evaporating urine, and in the process produced a white material that glowed in the dark and burned brilliantly. It was named *phosphorus mirabilis* ("miraculous bearer of light")<sup>10</sup>

Since that time, phosphors and phosphorescence were used loosely to describe substances that shine in the dark without burning.

Robert Boyle was the first to use phosphorus to ignite sulphur-tipped wooden splints, forerunners of our modern matches, in 1680.

In 1769 Johan Gottlieb Gahn and Carl Wilhelm Scheele showed that calcium phosphate ( $\text{Ca}_3(\text{PO}_4)_2$ ) is found in bones, and they obtained phosphorus from bone ash. Antoine Lavoisier recognized phosphorus as an element in 1777.

### **Applications**

Phosphorus, being an essential plant nutrient, finds its major use as a constituent of fertilizers for agriculture and farm production.

Phosphorus is widely used to make organophosphorus compounds. Organophosphorus compounds have many applications, including in plasticizers, flame retardants, pesticides, extraction agents, and water treatment.

Phosphorus is also an important component in steel production, in the making of phosphor bronze, and in many other related products. Phosphates are utilized in the making of special glasses that are used for sodium lamps.

Bone-ash, calcium phosphate, is used in the production of fine china.

White phosphorus, called "WP" (slang term "Willie Peter") is used in military applications as incendiary bombs, for smoke-screening as smoke pots and smoke bombs, and in tracer ammunition.<sup>36</sup>

### **Biological role**

Phosphorus is a key element in all known forms of life.

Inorganic phosphorus in the form of the phosphate  $\text{PO}_4^{3-}$  plays a major role in biological molecules such as DNA and RNA where it forms part of the structural framework of these molecules.

Living cells also use phosphate to transport cellular energy in the form of adenosine triphosphate (ATP).

Phospholipids are the main structural components of all cellular membranes. Calcium phosphate salts assist in stiffening bones.



An average adult human contains about 0.7 kg of phosphorus, about 85-90% of which is present in bones and teeth in the form of apatite, and the remainder in soft tissues and extracellular fluids (~1%).

The phosphorus content increases from about 0.5 weight% in infancy to 0.65-1.1 weight% in adults. Average phosphorus concentration in the blood is about 0.4 g/L, about 70% of that is organic and 30% inorganic phosphates

<b>Recommended Dietary Allowance (RDA) for Phosphorus</b>			
<b>Life Stage</b>	<b>Age</b>	<b>Males (mg/day)</b>	<b>Females (mg/day)</b>
Infants	0-6 months	100 (AI)	100 (AI)
Infants	7-12 months	275 (AI)	275 (AI)
Children	1-3 years	460	460
Children	4-8 years	500	500
Children	9-13 years	1,250	1,250
Adolescents	14-18 years	1,250	1,250
Adults	19 years and older	700	700
Pregnancy	18 years and younger	-	1,250
Pregnancy	19 years and older	-	700
Breast-feeding	18 years and younger	-	1,250
Breast-feeding	19 years and older	-	700

A well-fed adult in the industrialized world consumes and excretes about 1-3 g of phosphorus per day.<sup>36</sup>

### **Storage**

Keep under water in strong well closed containers in a cool place protected from light

### **Toxicological action**

Acts as a protoplasmic poison, which results in disturbance of normal metabolism - which results towards changes in various organs<sup>29</sup>

#### ***Liver changes***

Changes observed are called necrobiosis

Prevent cellular metabolism and inhibit glycogen deposition resulting in fatty degeneration and acute hepatic necrosis

#### ***Bone changes***

Phossy jaw –a type of osteomyelitis observed in chronic cases of phosphorus poisoning-here necrosis and sequestration of bone occurs

#### ***Lung-***

Reduces oxy haemoglobin in the blood. It also causes respiratory inflammation and develop pulmonary symptoms.

#### ***Kidney changes***

Acute renal failure<sup>29</sup>

### **Patho physiology**

It is the most abundant constituent of all tissues and involved in almost all metabolic process

In small doses it acts as a stimulating effect upon brain, stomach, genital organs, circulation and growth of bone it causes fever and produces necrosis of maxillary and nasal bones. In toxic doses it produces vomiting, purging, acute haemorrhages, fatty degeneration of heart arteries, stomach and liver accompanied with jaundice and a condition similar to acute yellow atrophy. The glandular epithelial and muscular protoplasm undergoes fatty degeneration. The alkinity of the blood is increased and amount of urea excreted is diminished.

### ***Gastro intestinal system***

Gastro adenitis-Swelling and shedding of the epithelial cells of mucous membrane. Mucous membrane becomes thickened ,opaque ,greyish or yellowish. White vomiting and vomited matter contains bloody mucs. Tenderness in epigastriam or right hypochondrium<sup>9</sup>

### ***Liver***

Urticaria accompanies severe jaundice<sup>9</sup>

Mild febrile disturbances

### ***Kidney***

Amount and density is diminished after poisoning in later days and urine contains a small amount of albumen. Frequently blood and fibrinous casts with jaundice, biliary pigments and acids is seen in the urine. Enlargement of kidneys and fatty deposition of the kidney occurs. Affection of the kidney is secondary to liver troubles<sup>9</sup>

### ***Circulation***

Produces the typical fatty heart and in arteries pulse varies in frequency .Pulse become extremely feeble.<sup>9</sup>

Tendency to haemorrhage of various kinds. Haemorrhage into skin and subcutaneous cellular tissue shows itself in the form of petechiae and extensive ecchymoses.<sup>9</sup>

### ***Blood***

Blood become dark. Lose its power of coagulation. Haematin crystals are found in viscera. Ecchymoses occur mainly in mediastinum and serous membrane. Blood cells will decrease in the consistency and circumference. Phosphorus acts as a dissolvent upon blood disk.<sup>9</sup>

### ***Cerebrospinal system***

Progressive paralysis of muscles .Twitching to and fro though painlessly especially muscles of extremity. Differ. Twitching can be easily excited by contact .Act specifically on nerves of sensation destroying sensibility from periphery to brain. The sensorium being in the small degree disturbed<sup>9</sup>

### ***Sexual organs females***

Pseudo menstrual discharge.<sup>9</sup>

### ***Bones***

Has a specific and wonderful action upon the lower jaw and teeth producing complete necrosis of the parts. It act as a specific formative excitant to the oestrogenic tissue and leads to a considerable increased development of the compact tissue in the long bones .It provokes ossifying periostitis and also produces suppuration in addition to ossifying process<sup>9</sup>

### ***Lungs***

On respiratory organs phosphorus acts as a pure irritant .Hepatisation of the lungs. Laryngo- tracheal bronchial irritation and pulmonary congestion will also occur<sup>9</sup>

### **Physiologic action of phosphorus**

Through the vegetative nervous system phosphorus has the thirteen special centres of action

Stomach-gastritis, gastralgia, haematemesis

Intestine – congestion, inflammation

Liver- congestion, inflammation, icterus, hypertrophy, fatty degeneration

Spleen – congestion, hypertrophy, fatty degeneration

Kidneys-inflammation, albuminuria, haemorrhage, fatty degeneration

Heart -fatty degeneration, venous stagnation

Arteries -fatty degeneration with vast haemorrhage

Blood corpuscles -destroyed hyperaemia echymosis

Cerebro spinal system- paralysis and neuralgia

Sexual on males- paralysis, impotence

Sexual on females –small doses stimulate sexual passion , large dose paralyse

Bones- periostitis caries and necrosis

Lungs- congestion inflammation and hepatisation <sup>29</sup>

### **Preparation**

2gms of phosphorus is added in to a flask containing 100ml of strong alcohol . Heat over water bath till the phosphorus melts and shake vigorously till the excess phosphorus solidifies This saturated drug solution will equal in drug strength to about one part in six hundred & sixty seven part by 667 to compensate for loss of oxidation and to retain the full strength each bottle containing the tincture be coated with the amorphous variety<sup>29</sup>

### **Potencies**

To prepare 3x potency take 2 part of tincture with one part of strong alcohol & give 10 down ward successions .

4x and higher potencies by dispensing alcohol<sup>29</sup>

### **Poem titling the character of phosphorus**

*Phosphorus a tall tree cut in its spring,  
Behold the sea at its splash and sweep,  
Sparkles at night with phosphorus light,  
Person eternally youthful –shines likewise as Venus bright,  
Tall and slender grace vivid angel like face with cupid lips,  
Lo two splendid eyes glow like pools of luminous light,  
Warm healing touch winsome smile lures as doe's magnet,  
Phosphorus indeed in born to the happy with inner source of light.*

*Mighty intellect ,sensitive ,keen zest with hope eternal,  
Inspired by a vision sixth sense supervenes,  
Nuances of intuition verge on déjà vu clairvoyance,  
Long dreamer's hands create, art and musical symphony,  
Such rich heritage holds a promise of peak ascent,  
Heaven the praised ... what ill omen then crossed high path.*

*Wilful self love easily enthused yet hardly pursues,  
Intellectual lightweight no firmness of will,  
More forth than substance earnest preference not his way,  
An actor performer turns a charm in licu of labour,  
A child eternal with no goal no centre drifts along the path of life like a straw in the  
storm.*

*Encounters with a world rough and ruthless adverse fate,  
Insecurity ,augmented zest insolvent blighted hope,  
Phosphorus insedives into dark depth of dances inferno,  
Twilight fears creep in plentiful and bizarre,  
Malaise and melancholy replete with gloomy forebodings,  
Vivacity replaced by despair desolate ennui sets in ,  
If mind loses its mirth, can body be far behind.*

*Tubercular taint, loss of vital fluids ,vitality depleted,  
Koch's lesions reke the chest with cough incessant,  
Bouts of bleeding burning spots emesis and purging,  
Liver shrinks into cirrhosis in worship of Bacchus,  
What a cruel tryst with destiny of Joie de vivre,  
A tall tree cut mercilessly in its glorious spring.<sup>30</sup>*

## CONSTITUTION

Phosphorus peoples are generally tall, slim, very lithe, very beautiful, flexible than the most<sup>1</sup> and having an attractive appearance of innocence. They are quick in their perception and of very sensitive nature<sup>2</sup>. It is also adopted in old peoples with morning diarrhoea. It can also be adopted in women's of melancholic temperament and who are having the tendency for haemorrhage<sup>12</sup>. Phosphorus peoples are born sick, feeble, anaemic, nervous who want to be magnetised<sup>17</sup>. Adapted in chlorotic girls who grow rapidly.

**Facial features** are characteristic with refined facial features<sup>4</sup>, prominent large eyes, angular in outline rather than round<sup>1</sup> and attracts by his bright intelligent face. Red heads are often phosphorus. They have pointed chin and forehead. Eyes of phosphorus is prominent large, broadened by very long eye lashes<sup>1</sup> of delicate nature.

### **Hair**

Hair is fine soft<sup>4</sup> long sticky<sup>3</sup> and is straight and silky and is frequently light brown, copper tinged or reddish although blonde and even black do occur<sup>1</sup>.

### **Mouth**

Has a wide mouth with delicately curved lips<sup>12</sup>.

### **Skin**

Thin transparent skin,<sup>13</sup> which has a complexion of porcelin<sup>4</sup>.

### **General body make up**

Often Limbs tends to be long and graceful like a dancer.<sup>1</sup> Usually of a slight build<sup>4</sup>. Prone to pectus excavatum.<sup>1</sup> Young people who grow too rapidly and inclined to stoop.<sup>2</sup> Tall slender children of sanguine temperament with narrow chest.<sup>3</sup> Women is



slender and graceful and the man spruce and dapper. <sup>4</sup> Complaints are found in emaciated and in those who are rapidly emaciating<sup>12</sup>

Persons who are vehement and irascible<sup>12</sup>

Temperament- sanguine

Diathesis –rheumatic or gouty diathesis

### **Phosphorus in its psychological plane**

#### ***Sensitivity***

Tends to experience the world like a young child .Sensitive to external impressions. Sensitiveness is equally true of pleasant and unpleasant stimuli. Phosphorus is like a sponge absorbing all impressions that are in the immediate environment and then experiencing waves of emotion , both pleasant and unpleasant which they produce. <sup>1</sup>

Sensitive to all external impression noise, odour and light<sup>3</sup> Sensitive to others wave length .<sup>4</sup>Emotional sensitivity finds a parallel on the physical plane. <sup>4</sup>He senses electrical changes in the air ,as does no other constitution type <sup>4</sup> He panics from the flashes of lightning and trembles at the site of thunder. <sup>4</sup>Sensitive to the feeling of others to win their affection .He is sensitive to all emotions –anger, fear and grief<sup>6</sup> Absorbs the sensory emotional and intellectual input from the environment. <sup>1</sup>It is more sensitive to environment and during his childhood any disharmony in home will generate anxiety <sup>1</sup>

He is sensitive to the changes in temperature so called human barometer.

#### ***Sympathy***

They are radiant, loving and spiritual .Process of identification with the intellect is partial and incomplete .Can pick up on others feelings and sometimes does this without realising it. Also becomes anxious because her loved one is in danger

hundreds of miles away. Her work very often involves service to the public. Lack of boundaries. <sup>1</sup>They need lot of sympathy and adored being stroked<sup>7</sup>

Phosphorus is sympathetic, responsive and sensitive to others wave length .When assistance her required he will drop whatever, he is doing and be the first to arrive .He is highly reactive listener entering whole heartedly in to others happiness <sup>4</sup>He is so sympathetic that they get depressed on massaging a depressed person <sup>15</sup>They are very empathic giving readily of themselves .

### ***Family life***

Child will always take hand of mother. <sup>3</sup>When she get married she is utterly devoted and surrenders his life to him <sup>1</sup> Liable to grow with political and moral opinions that are carbon copies of their parents. She is liable to fall to pieces if his affection becomes to waver. threat to his personal security or to loved one can induce him a state of free floating anxiety. <sup>1</sup>They are having the tendency to exaggerate if he loves anybody. <sup>1</sup>Phosphorus is gregarious and need people around to feel whole well and happy.<sup>4</sup> Afraid of losing their relationship.<sup>7</sup> He has all the tools of sympathy at his command and communicates his concern to perfection.<sup>4</sup> Phosphorus does not dominate aggressively.<sup>4</sup> They are unable to bear any responsibility <sup>4</sup>

Has a notorious tendency to perceive in those she loves more qualities than they posses.<sup>4</sup> Phosphorus patient's emotions freely go out towards others. <sup>5</sup>They are very loving, affectionate sympathetic and caring.<sup>6</sup> The type can be even competitive in desire to help <sup>4</sup>.They will be sharing their problems with family <sup>7</sup>

Phosphorus from early age manages to capture notice. The cry is instinctive as they gaze with open admiration at a child whose alertness grace charm <sup>4</sup>

### ***Work area***

Remains uncorrupted by corrupt world .Idealistic in the extreme but they can see the cruelty of the world far more clearly than the most and it feels alien to them. Many are very trusting, especially when they like somebody .Very vulnerable to scare mongering. She is gullible and has a relatively poor understanding of material reality. Not able to assess risks realistically and is liable to over-react to threatening impressions .Irresponsibility and avoidance of reality. It has a flighty evanescent quality which enables them to glide lightly over life's great pageant.<sup>1</sup>

Notorious for borrowing money to finance some passing enthusiasm, without paying any regard to his ability to repay the loan. Hope for the best when problems arise Careless and unselfish with money .Phosphorus will flit like a butterfly from one passing interest to another. He has very little mental discipline .If she is under attack she withdraw rather than fighting back<sup>1</sup>. When ordered to do some tiresome household work he does not argue or make a sense but just conveniently disappear. Unable to bear any responsibility. Dislikes anything requiring sustained application. Often manages to be good but not excellent .Insufficient preparation and reliance on inspiration continue in the adulthood. He is liable to be restless if he has to apply himself for a long time either physically or mentally. He gets both bored and tired easily<sup>1</sup>

He needs others appreciation and attention to bring out the best. <sup>4</sup>Unable to learn from experience and repeatedly misjudges people and situations .Flies in to passion when opposed<sup>4</sup>. Wildly optimistic about some new project one day and abandoning it next day. Easily enthused but without perseverance.<sup>4</sup> Very impressionable and will believe anything.<sup>5</sup> Leap at any opportunity, to experience

something new.<sup>1</sup>Ideas abundant. Wants to be best in everything, without really working for it.<sup>4</sup>

Phosphorus can be unreliable about keeping appointments. Although he senses his own capacities he doesn't know how to manage those.<sup>4</sup>

### ***Anxiety and fear***

Prone to anxiety when he is under pressure .Liable to fear problems, which does not exist. <sup>1</sup>Fear of impending disease. Fearful when alone .He needs someone else to protect him at times .Flitting of in imaginary terrors. Dark is particularly likely to make the person anxious. Sees faces whenever he turns his eyes .Fear of ghost and spirits and is likely to believe in them <sup>1</sup>Reacts all the more strongly to any feelings, of the dread he experiences <sup>13</sup>Child wakes at night and comes to parents bed <sup>3</sup>

Phosphorus feels the anxiety of others often anticipates what others is going to say <sup>4</sup>

Fears –alone of thunder twilight future disease death of family and friends .Easily frightened and easily reassured <sup>7</sup> Fear that some accident had happened for their beloved ones Imagines something creeping out at every corner. Anxieties in the evening, sadness at twilight .He is worried without any reason. <sup>4</sup>

Phosphorus patient is easily startled. <sup>5</sup> They have strong anxiety about health. Predisposition towards anxieties of various types but relived easily by just reassuring words .Anxiety may lead to hyperventilation and resultant imbalances in the ph of blood. Patient awakes unrefreshed and also with great anxiety. Free floating anxiety with no identifiable cause. <sup>5</sup>Every possibility is anticipated with fear. Fear of impending disease particularly of cancer. <sup>5</sup>

A panic state over the idea that death is imminent. Phosphorus just feels the need to talk to anybody about anything in order to relive the panic <sup>5</sup> A threat to his

personal security or to loved one can induce him a state of free floating anxiety.

<sup>1</sup>Phosphorus feels the anxiety of others. <sup>6</sup> Tremendous anxiety followed by panic. <sup>15</sup>

### ***Love***

Disappointment of love is one of the most important reasons of creation of problems in phosphorus. <sup>7</sup> .Main feeling of phosphorus is being unloved and uncared for <sup>6</sup>.Because of that feeling patient reacts by being affectionate, friendly and sympathetic in the hope that this love and care can be reciprocated. Phosphorus is unable to make close intimate friends and most of his relations are at superficial level.

<sup>6</sup>Though he may have lot of friends he is unable to make close intimate friends. <sup>3</sup>

Child is sensitive, precocious and open and makes friends with all age group.

<sup>3</sup>They are very loving affectionate sympathetic caring.<sup>6</sup>By his love he can melt the heart of coldest tyrant .Her love is so innocent and unconditional that only a robot or a devil could resist it.<sup>1</sup> Terribly optimistic and could far rather think well somebody than ill. Generous to those in need expects others to bail him out when he is in trouble.<sup>1</sup> Prone to falling in love with passing stranger when she is in difficulty who becomes her knight in shining armour.<sup>1</sup>Patient become so suggestible that even he hears of someone with a particular illness but easily assuaged by counter suggestion. <sup>5</sup>

### ***Emotions***

Diffusion is the theme runs through phosphorus pathology. Diffusion of the energy the awareness the emotions and the blood occurs in phosphorus patient <sup>5</sup>

Phosphorus patient's emotions freely go out towards others .Phosphorus forgets himself even to the degree, that awareness can become too diffuse and unfocussed. Truly sympathetic freely putting the interest of friends above personal concerns. Warmth and affection diffuse freely towards friends and even strangers

<sup>5</sup>They like company and hate to be alone enjoying their communication. Exchanging with others <sup>7</sup>

He is a very social animal <sup>1</sup>.When he is alone she tends to get restless and feel lonely but in company she shines. <sup>1</sup>She loves to share herself with others and to share its thought and feelings. Long term consequence of phosphorus is that he tends to borrow his identity from those around them. <sup>1</sup>Tendency to exaggerate if he loves anybody. <sup>1</sup>The presence of others grounds him and helps to strengthen the accustomed reality, against invitation. <sup>4</sup> Patient feels like dying when he is alone. <sup>5</sup>Phosphorus is gregarious and need people around to feel whole well and happy. Has dozens of friends. He is effervescent champagne like overflowing with spirits. He himself needs physical closeness. Phosphorus enjoys being kissed and hugged. He wins forgiveness by manifesting affection. <sup>4</sup>He loves peoples and life and has a sense of humour. <sup>4</sup> Child is open and impressionable <sup>5</sup>Phosphorus is warm, friendly, extrovert who enjoys friendship and company very much. <sup>5</sup>Contacts –company new contacts conversation eroticism. <sup>7</sup> Bubbling and loving type of personality. <sup>15</sup> He desire to see the best in people and his talent in making others feel positive about them self. <sup>4</sup>He is very excitable and tends to radiate joy and love unreservedly when it is happy. <sup>1</sup>

### ***Dressings and care for beauty***

Loves anything which captures his imagination <sup>4</sup>.She is attracted to shiny colourful objects. Loves to wear stylish clothes, which accentuate her lithe figure. <sup>1</sup>Individuals may be quite vain about their looks. <sup>4</sup>They dress with taste at times flamboyantly their clothes reflecting an artistic nature. <sup>4</sup>Phosphorus women may be inordinately afraid of growing old. <sup>4</sup>They like bright colourful things.

### ***Artistic and memory***

Phosphorus appears like a golden child sent from heaven to add a little magic to lacklustre world .They are gifted artistically and may become poet ,painters or dancers .They are attracted to art which is light ,wispy and gentle <sup>1</sup>Child also has the capacity of transforming work in to play .He has a performer temperament. He needs others appreciation and attention to bring out the best .A high proportion of actors and other performers in the arts have phosphorus character .They never tire of performing. Self dramatisation .His mental cast is predominately intuitive and artistic<sup>4</sup>  
Weak in disciplines, requiring subordination of inspiration or intuition<sup>4</sup>Inability to focus on studies.<sup>4</sup> Highly intelligent and refined. <sup>5</sup>Ideas abundant <sup>6</sup>. Child can be mentally resourceful <sup>4</sup>.Once he has adopted a belief he will be enthusiastic and convincing to others. <sup>5</sup>

### ***Clairvoyant***

Clairvoyance in phosphorus is generally expressed as a feeling of tremendous intimacy .<sup>6</sup> Clairvoyant state with heightened sensibility Sometimes will sense the illness or death of a relative or friend before being told of it. <sup>4</sup>

### ***Sexual life***

Has an appetite for emotional stimuli and physical thrills and is prone to strong crushes at times getting involved in romantic adventures.<sup>4</sup> A history of multiple marriages or numerous liaisons immediately suggests this remedy.<sup>4</sup> Nymphomania and satyriasis. <sup>4</sup>Excessive amativeness can be detectable in this patient. Sexual drive is only partially responsible for the marital instability of this type searching for new gratification.<sup>4</sup>Excitability even to ecstasy. <sup>1</sup>

## ***Confusion***

As a result of extraordinary openness reality is far broader and richer experience. Just likely to misinterpret emotion and wishful thinking, as intuition and to be led astray by it. Floats in the ocean of these constantly shifting currents. Her mind tends to be imprecise and impressionable and her imagination is vivid. Finds it difficult to differentiate real from illusory. She will often interpret the facts before her in the lights of her fear. Scattered thinking tends to make phosphorus to appear vague or muddled at times. <sup>1</sup>Carried away unwittingly by his active or excited imagination. <sup>4</sup>

Exaggerated idea of own importance. <sup>4</sup>Diffusion of awareness, which the patient may not be able to control readily. <sup>5</sup>Difficulty in concentration and an inability to think coherently. <sup>5</sup>Phosphorus has delusion island is on distant such a feeling creates a strong desire for company. <sup>6</sup>Woolly thinking and confusion of identity. <sup>1</sup>

Exaggeration and emotional dramatism is a common trait<sup>1</sup>It is open to so many disparate feelings and impressions.<sup>1</sup> Escapism is a cornerstone of its defence mechanism. <sup>1</sup>Tendency to become mentally and emotionally exhausted from time to time. <sup>1</sup>Phosphorus individual may appear volatile and unsettled without a grip on reality. <sup>4</sup>Abundant flow of ideas which he feels difficult to arrange. <sup>4</sup>

## ***Phosphorus in homoeopathic consultation***

She is just likely to exaggerate her symptoms, as she ignores the most serious ones. <sup>1</sup>In physician office he leans forward in the chair, even resting his arm on the desk. <sup>4</sup> He may begin by enquiring after the physicians own well being, work and family <sup>4</sup>.He is impressionable and trusting. <sup>5</sup>Phosphorus patient believes in what prescriber tells him and follows directions willingly <sup>5</sup>.Right from the first interview the person views the prescriber as friend <sup>5</sup>.They give symptom freely without holding back <sup>5</sup>They are very open and talk with ease about their inner feelings<sup>7</sup>.



### ***Irritability***

Phosphorus type needs lots of stimuli to give their effervescent imaginative natures, full expression and to avoid being irritable and apathetic. They may wilt under pressure however and can be surprisingly indifferent to family and close friends when unwell or upset. Life's setbacks absurdities and inconsistencies entertain him instead of being irritating and frustrating.<sup>4</sup> Cannot bear disharmony and often plays the role of peace maker.<sup>1</sup> He may even lose his temper but this is generally short lived and is seldom violent.<sup>1</sup> He is having addictive tendency and he is vulnerable to the addiction of gambling<sup>1</sup>

She will either strike out angrily in a desperate attempt to keep him<sup>1</sup> He is easily appealed and snaps out his anger whenever he pleases.<sup>4</sup> Headaches from excitement of emotional anger. Incensed when annoyed he falls into furious angry.<sup>4</sup> Does not bear grudges.<sup>4</sup> Child get easily angered and become vehement.<sup>3</sup>

### ***Innocence***

Innocence is as much as much in strength in phosphorus as a weakness. He is the nicest of all peoples.<sup>1</sup> Phosphorus men have same lightness and sensitivity as the women<sup>1</sup>. Transparently honest individual is often phosphorus<sup>4</sup>. More innocent phosphorus looks guiltier he usually<sup>4</sup>. He will bend over back ward to accommodate or to preserve harmonies' atmosphere<sup>4</sup>. He says exactly what he is thinking and feeling. He is very tolerant.<sup>1</sup>

### ***Behaviour with others***

Phosphorus children are seldom mean and do not bully others. Lack the emotional steadfastness to sustain those feeling under stress. He can be conveniently manipulative. Spontaneously generous with both money and profession. He is misled by surface appearances. Phosphorus peoples are open, expressive and affectionate<sup>4</sup>

Desire to be magnetised <sup>15</sup>Feels the disgrace but covers it up .Willingness to share with other <sup>4</sup> He is pleased with himself he tends not to judge others. Exaggerate the negatives qualities of those he dislikes .Has a great tendency to generalise. <sup>1</sup>

### **Pathological mental**

Nervous, weak, desire to be magnetised .Apathetic ,unwilling to talk ,answers slowly and moves sluggishly .Weary of life ,full of gloomy forebodings. Great lowness of spirits<sup>26</sup>Easily vexed <sup>26</sup>Fearfulness as if something were creeping out of every corner <sup>2</sup>Clairvoyant state <sup>26</sup>Great tendency to start .<sup>26</sup>Paralysis of insane .Dread of death when alone .Brain feels tired .Insanity with exaggerated idea of one's own importance .Restless ,fidgety ,hyposensitive indifferent.<sup>26</sup>Amative will uncover his body and exposes his genitals.<sup>13</sup>

Quickly prostrated by unpleasant impressions.<sup>13</sup>Destroys every thing.<sup>13</sup>Spits at nurse kisses who comes near her<sup>13</sup>.Weeps before menses.<sup>3</sup>Laughs at serious things.<sup>13</sup>Phosphorus patient wants to be rubbed.<sup>12</sup>Better after sleep.<sup>12</sup>Excitability even to ecasy and clairvoyance<sup>12</sup>.Apprehension during thunderstorm which brings on many complaints<sup>12</sup>.Inability to sustain a mental effort<sup>12</sup>.Delirium of low forms of fever<sup>12</sup>.Brain fag from mental over work. <sup>12</sup>Symptoms worse dark, when alone, music, excitement, playing, piano.<sup>12</sup>Anxiety at night especially when one lies on left side.<sup>15</sup>Aversion to work. <sup>20</sup>Memory quick.<sup>20</sup>Dejection thought he could die<sup>20</sup>.Erotic melancholia<sup>20</sup>.Maniacal attacks comes on during sleep .<sup>20</sup>Talks in vehement commanding tone great <sup>20</sup>Excitement ecasy active imagination and memory irascibility <sup>23</sup>.Patient is easily startled<sup>23</sup>.

Remedy in neurasthenia brainfag and other affection due to sexual excess. <sup>23</sup> Palpitation worse from every emotion. <sup>23</sup>It is markedly indifferent. <sup>30</sup>Apathy even

towards his children.<sup>30</sup> Apathy sluggishness talks slowly is indifferent or won't talk at all<sup>29</sup>.

Service in brainfag and softening of brain<sup>29</sup>

Fears, Darkness, a ghosts, Burglars, Being alone, Thunderstorm, Water, Failure in business

### **Ailments from**

Grief ,worry ,mental exertion ,strong emotions ,music, gas ,thunder storm, sexual excesses, loss of fluids, sprains ,lifting wounds, exposure to drenching rain, tobacco, washing, clothes, flowers causes fainting, Lightning <sup>13</sup>

Great susceptibility to external impression –to light ,sound ,odours , touch ,electrical changes thunderstorm .<sup>2</sup> Thunderstorm rain .<sup>3</sup> Hair cut. <sup>3</sup> Excessive use of table salt. <sup>3</sup> Ill effect of anger fear. Complaints from electrical changes in the atmosphere.<sup>3</sup>Bad effects of chronic alcoholism.<sup>24</sup>

### **Physical generals**

Thermals chilly <sup>3</sup>

Thirst thirsty <sup>3</sup>

*Locality- right sided* <sup>7</sup>

*Weather -cold sensitive to thunderstorms* <sup>7</sup>

*Time agg 9pm* <sup>7</sup>

### **Desires**

*Spices salt, fish, ice-cream, sweet, chocolate, chicken, cold drinks,* <sup>7</sup> cold ,carbonated drinks, wine ,cheese ,sweet foods , juicy refreshing things >gastric pains<sup>2</sup>Desire for raw meat in children. <sup>3</sup>

### **Aversion**

*Salt fish* <sup>7</sup>fruits tomatoes, aversion to boiled milk and oysters.<sup>15</sup>

**Upsets by**

Hot food and drinks.<sup>27</sup>

**Perspiration**

Clammy perspiration on head only and in the palms of the hands ,with discharge of much turbid urine.<sup>32</sup>

**Aggravation**

Evening before midnight ,<sup>2</sup> lying on left or painful side,<sup>2</sup> during a thunder storm weather changes either hot or cold ,cold air relives the head and face symptoms but aggravates that of chest throat and neck ,<sup>2</sup>*motion walking lying on left side , smells. wool* touch,<sup>8</sup> physical or mental exertion; warm food or drink change of weather, from getting wet in hot weather; evening ;ascending stairs,<sup>8</sup> in mornings and evenings,<sup>27</sup> lying on left side ,from mental and physical exertion<sup>27</sup>; in warm room and heat<sup>25</sup>

**Amieolaration**

From fresh air, if stroked, lying on right side in the dark ,<sup>2</sup> lying on right side, from being rubbed or mesmerized, from cold food, cold water, until it gets warm<sup>2</sup> cold; open air; washing with cold water; sleep.<sup>26</sup>

**Sleep**

Feels in the morning as if he has not slept enough. Sleep on right side sleeping on left side ,causes pain and anxiety. Late falling sleep in the evening .Lies awake thinking about the affairs of the day .*Sleep on right side agg short sleep and somnambulism.*<sup>7</sup> Great drowsiness, especially after meals. Coma vigil. Sleeplessness in old people. Short naps and frequent wakings.<sup>26</sup> Goes to sleep late and awakens weak.

## **Dreams**

Vivid dreams of fire; of haemorrhage. Lascivious dreams. <sup>26</sup>-Animals. Animal bite of fire Dreams full of restless activity and business, <sup>20</sup> of robbers, fire, business of the day, death, quarrels <sup>32</sup>

## **Physical generals**

Over sensitiveness of all the senses to external impressions to light noise odours and touch<sup>2</sup>

Burning in spots along the spine <sup>2</sup> between scapulae <sup>3</sup> Intense heat running up the back of palms of hands in chest and lungs of every organ or tissue of the body<sup>2</sup>Burning generally in the diseases of nervous system<sup>2</sup>

Haemorrhage pouring out freely and then ceasing for a time<sup>2</sup>Metrorrhagia in cancer<sup>2</sup> Haemoptysis vicarious from nose stomach anus and urethra in amenorrhoea<sup>2</sup>.Haemorrhage diathesis small wound bleed profusely from every mucous outlet <sup>2</sup>.

Restless fidgety moves continually cannot sit or stand still a movement. <sup>2</sup>

Great weakness and prostration with nervous debility and trembling of the whole body <sup>2</sup>.Weakness and weariness from loss of vital fluids<sup>2</sup>.

A weak empty all gone sensation in the chest stomach and entire abdomen<sup>2</sup>.Perspiration has the odour of sulphur<sup>2</sup>.

Ravenous hunger during fever preceding headache <sup>3</sup>

Suddenness of symptoms –prostration faints sweats shooting pain<sup>26</sup>

Sinking faint empty feeling in head, chest, stomach and whole abdominal cavity<sup>17</sup>

## **Clinical indication**

Anaemia, asthma, brain affection ,cancer, constipation, diarrhoea, dropsy, ecchymosis enteric fever, epilepsy, exostosis, eye affection, epistaxis, fatty degeneration ,flatulence, gastritis hemorrhage, headache heart affection jaundice liver affection locomotor ataxia neuralgia numbness paralysis pneumonia pregnancy rickets ulcers<sup>34</sup>

Child catches cold easily and there is marked tendency to bronchitis<sup>3</sup>Pneumonia in children involving left lower lung. <sup>3</sup>Retarded development of speech in children <sup>3</sup>Useful remedy in cholera infantum .In constipation stool is long hard like dogs difficult <sup>3</sup>Convulsions in children <sup>3</sup>.Fatty degeneration <sup>35</sup>.

## **Particulars**

### **Head**

### **Hair**

Dandruff hair falls out in clouds .Baldness of single spots. <sup>2</sup> Itching of scalp dandruff falling out of hair in large bunches<sup>26</sup>. Itching little lumps on the hairy scalp <sup>20</sup>. Hair falls out frequently <sup>20</sup>.

Centre of trouble is spinal cord and brain

Vertigo of aged after rising. Vertigo with faintness.<sup>26</sup>

Headache brought on by mental exertion<sup>12</sup>.Neuralgia parts must be kept warm <sup>26</sup>.Burning pains chronic congestion of head.Brainfag with coldness of occiput.

Sensation of coldness in head<sup>22</sup>.Skin of forehead feels so tight<sup>26</sup>.Congestive and throbbing<sup>12</sup>.Blood mounts to the head<sup>12</sup>.Head and stomach complaints are worse by heat but better by cold <sup>12</sup>. Head with feeling of fullness.<sup>20</sup> Burning headache in forehead .<sup>20</sup>Hemicranias the forehead or occiput is swollen touching the swollen part causes excruciating pain.<sup>17</sup>

Agg- noise light

Amel- cold worse by heat worse from motion better from rest worse by lying down <sup>12</sup>

## Eyes

Painful dizziness, eight mornings in succession. Watering of eyes.<sup>20</sup> Phosphorus oil is rubbed upon the forehead and dropped in to the eye the indurations of the lens or its capsule is softened or aborted. Glaucoma.<sup>18</sup> Cataract – sensation as if everything is covered with mist or veil or dust or something pulling tightly over the eyes.<sup>26</sup> Black points seems to float before the eyes. <sup>26</sup> Patient sees better by shading eyes with hands <sup>26</sup>. Fatigue of eyes and head without much use of eyes .Green halo about the candle light. Letters appear red .Oedema of lids and about eyes .Pearly white conjunctiva and large curved lashes .Partial loss of vision from abuse of tobacco .Pain in orbital muscles . Paresis of extrinsic muscles. Diplopia due to deviation of visual axis. Amourosis from sexual excess. Thrombosis of retinal arteries and degenerative changes in the retinal cells. Degenerative changes where soreness and curved lines are seen in old peoples .Retinal troubles ,with light and hallucination of vision. <sup>26</sup> Objects look red or often blue in field of vision<sup>12</sup> Eyes give out while reading better in morning.<sup>12</sup> Optic nerve atrophy<sup>22</sup>

Eye lids twitch and tremble.<sup>12</sup> Hallow surrounded by blue rings <sup>2</sup>. Lids puffy swollen and oedematous<sup>2</sup> Phosphorus blots all around the eyes.

## Ears

Re-echoing of sounds .<sup>26</sup> Dullness of hearing after typhoid. <sup>26</sup> Violent itching in the ears .Cured polyp in the ears. Inability to understand ,the articulation of human voice<sup>12</sup>. Throbbing in the ears.

## Nose

Fan-like motion of nostrils. Bleeding; Epistaxis instead of menses .Over-sensitive smell. Periostitis of nasal bones. Foul imaginary odours. Chronic catarrh, with small haemorrhages; Handkerchief is always bloody<sup>26</sup> Descending nose

cold<sup>11</sup> Polyp bleeds easily<sup>1</sup> Mouth drawn to left<sup>11</sup> Inveterate nasal catarrh .Painful dryness of nose <sup>12</sup>.Bloody streaked mucus ,worse in the morning <sup>12</sup>.Nose-discharge greenish and blood streaked.

### **Mouth**

The lower lip is cracked in the middle<sup>20</sup>.The tongue is coated like fur <sup>20</sup>.Much gathering of watery saliva <sup>20</sup>.Hawking of mucus from the faeces <sup>15</sup>.Swelling and necrosis of lower jaw. Ulcerated Gums. Swelled and easily bleeding . Tongue dry smooth or white, not thickly coated. Nursing sore mouth. <sup>26</sup>

Toothache after washing clothes .Persistent bleeding after tooth extraction. <sup>26</sup>

### **Face**

Pale, sickly complexion; blue rings under eyes.Hippocratic countenance. Tearing pain in facial bones; <sup>26</sup>circumscribed ,redness of the face<sup>20</sup>.

### **Respiratory system**

Pain acute especially in the chest <sup>2</sup>.Pain aggravated by pressure even slight in intercostals spaces and lying on left side .Exited by slight chill ;open air is intolerable of the chest as if weight is lying on it <sup>2</sup>.Cannot talk larynx is so painful is dry rough sore <sup>2</sup>.Hoarseness; worse evenings.<sup>26</sup>Larynx very painful. Clergyman's sore throat; violent tickling in larynx while speaking. Aphonia, worse evenings, with rawness. Cannot talk on account of pain in larynx. Cough from tickling in throat; worse, cold air, reading, laughing, talking, from going from warm room into cold air. <sup>26</sup>

Sweetish taste while coughing. Hard, dry, tight, racking cough. Congestion of lungs. Burning Pains, heat and oppression of chest.Tightness across chest; great weight on chest. <sup>26</sup> Sharp stitches in chest; respiration quickened, oppressed. <sup>26</sup>Cough < by presence of strangers.<sup>16</sup> Cannot talk laryz is so painful,<sup>31</sup> Attacks the lower half of the right lung <sup>25</sup> Dryness of the throat. Stuffed coryza. <sup>20</sup> Pain in throat on



coughing. Nervous coughs provoked by strong odours, entrance of a stranger; much heat in chest. Pneumonia, with oppression; worse, lying on left side.<sup>26</sup> haemoptysis<sup>2</sup> Violent dry cough<sup>33</sup> when reading aloud<sup>33</sup> Whole body trembles, with cough. Sputa rusty, blood-colour, or purulent.<sup>26</sup> Inflammation of larynx with hoarseness in the morning<sup>21</sup>

Tuberculosis in tall, rapidly-growing young people<sup>26</sup> Tubercular deposits begin in the apex of lung usually on left side. Do not give it too low or too frequently here, it may but hasten the destructive degeneration of tubercular masses. Repeated haemoptysis.<sup>26</sup> Invaluable in incipient as well as in advanced pulmonary tuberculosis.<sup>23</sup>

Every change of weather from being over heated, cold settles in the larynx. Heaviness as if great weight is lying on the chest. Stitching pain in the left side of the chest. Expectoration may be blood streaked as in pneumonia. Phosphorus is a dangerous medicine to be avoided in various kind of phthisis.<sup>12</sup> Every time the child catches cold it goes directly in their chest. Lungs engorged with blood.<sup>21</sup> Phosphorus oil is of service in worst form of croup to the throat.<sup>24</sup>

### **Aggravated**

Worse in the presence of strangers; in cold room.<sup>26</sup> cough; going from warm to cold air<sup>2</sup>

When laughing, talking, drinking, eating and lying on left side<sup>2</sup>

### **Musculoskeletal and nervous system**

#### **Back**

Burning in back; pain as if broken. Heat between the shoulder-blades.<sup>26</sup> Weak spine.

## **Extremities**

Ascending sensory and motor paralysis from ends of fingers and toes. Stitches in elbow and shoulder joints.<sup>26</sup>Burning of feet.<sup>26</sup> Weakness and trembling, from every exertion. Can scarcely hold anything with his hands.Tibia inflamed and becomes necrosed.Arms and hands become numb. Can lie only on right side. <sup>26</sup>Burning heat local up back.<sup>11</sup>Sweat early morning sticky without relief<sup>11</sup>Limbs stiff like a foundered horse especially in the morning. <sup>12</sup>Great restlessness weariness weakness in lower limbs while walking <sup>12</sup>. Paralysis with formication and tearing in limbs.<sup>12</sup>Great resless in the legs. <sup>17</sup>Paralysis following cerebral haemorrhage.<sup>22</sup>Myelitic paraplegia from excessive venery.<sup>22</sup>

All complaints of limbs are ameliorated after heat<sup>12</sup>

## **Gastro intestinal system<sup>2</sup>**

As soon as water is warm in the stomach it is thrown up.<sup>2</sup>Regurgitation of ingesta in mouthfuls.<sup>2</sup>Nausea from placing hand in warm water<sup>2</sup>.

## **Stool**

### **Constipation**

Constipation faces, slender, long ,dry ,tough and hard <sup>2</sup>.Voided with great straining and difficulty. <sup>2</sup> Alternate constipation and diarrhoea in old people.<sup>12</sup>Very fetid stools and flatus.<sup>26</sup>Long, narrow, hard, like a dog's.<sup>26</sup> Difficult to expel.<sup>26</sup>Desire for stool on lying on left side.<sup>26</sup> After soft stool severe burning in the anus and rectum<sup>20</sup>

### **Diarrhoea**

As soon as anything enters the rectum profuse poring away as from a hydrant. Watery with sago like particles. Sensations as is anus is remained open .<sup>2</sup> Painless, copious debilitating diarrhoea.<sup>26</sup>Green mucus, with grains like sago.<sup>26</sup>Involuntary;

seems as if anus remained open.<sup>26</sup> Great weakness after stool. Discharge of blood from rectum, during stool. White, hard stools. Bleeding haemorrhoids. <sup>26</sup> Involuntary during cholera time <sup>2</sup> morning diarrhoea of old people. <sup>2</sup> Patient lies as if dying stool passes involuntarily.<sup>12</sup> Diarrhoea is debilitating and is worse in the morning. <sup>31</sup> Stools bloody with small white particles like a opaque frog spawn. <sup>20</sup> . Discharge of mucus from wide open anus with tenesmus<sup>17</sup>

### **Stomach**

During pregnancy unable to drink water sight of it causes vomiting. <sup>2</sup> Must close her eyes while bathing. <sup>2</sup> Hunger soon after eating. Sour taste and sour eructations after every meal.<sup>26</sup> Belching large quantities of wind, after eating. Throws up ingesta by the mouthfuls. Vomiting; water is thrown up as soon as it gets warm in the stomach. Post-operative vomiting. Cardiac opening seems contracted, too narrow; the food scarcely swallowed, comes up again. Pain in stomach; relieved by cold food, ices. Region of stomach painful to touch, or on walking. Inflammation of stomach, with burning extending to throat and bowels. . <sup>26</sup> The meal is delayed the patient become anxious ,trembles and must go and lie down.<sup>16</sup> Chronic catarrh of the stomach and ulcer of stomach and even cancer of the stomach .<sup>19</sup> Burning in oesophagus.<sup>16</sup> Dryness in pharynx and fauces. <sup>16</sup> Thirst for cold water. <sup>26</sup> Stricture of oesophagus. <sup>18</sup> Empty hollow feeling in the stomach. Hunger ravenous .Nausea on putting hands in warm water. Ravenous hunger during headache. <sup>12</sup> May of the complaints of the phosphorus is better by eating<sup>12</sup> Thirst for cold drinks .<sup>12</sup> Violent longing in inebriates for alcohol <sup>12</sup>. Stomach complaints are ameliorated by cold drinks and aggravated by warm drinks <sup>12</sup>. Nausea of pregnancy when person is putting the hands in warm water . Awful, sinking gone feeling in the stomach .<sup>12</sup> Vomiting again been followed by great thirst.<sup>15</sup> Milk taste as if burnt<sup>15</sup> . After meal drowsiness. <sup>17</sup>

Antidote the stomach effects of chloroform. <sup>12</sup>

### **Abdomen**

Feels cold. Sharp, cutting pains. A very weak, empty, gone sensation felt in whole abdominal cavity. Liver congested. Acute hepatitis. Fatty degeneration. Jaundice. Pancreatic disease. Large, yellow spots on abdomen. <sup>26</sup> Hard large, liver with jaundice. <sup>12</sup> Tympanic which occurs in typhoid fever <sup>12</sup>. Flatulence colic rendering tearing pain though out abdomen. <sup>12</sup> Cirrhosis of the liver due to excessive liquor. <sup>31</sup> Enlarged cirrhosis liver. <sup>18</sup>

Diabetes with sugar in the urine, where there is thirst for icy cold things. <sup>12</sup>

Fatty degeneration of the liver with malignant jaundice. <sup>18</sup>

### ***Sexual complaints***

#### **Male**

Lack of power. emissions, with lascivious dreams. <sup>26</sup> Violent sexual desire driving him frantic. Erection frequent and painful day and night <sup>12</sup>. Sexual abuse with spinal disease. <sup>12</sup> Irresistible desire for coition <sup>18</sup>. Discharge of prostatic juice during stools. <sup>18</sup> Sexual debility from inordinate use of table salt <sup>21</sup>. Moisture in meatus urinarius causing a yellow stain. <sup>18</sup>

#### **Female**

Metritis, Chlorosis, Phlebitis, Slight haemorrhage from uterus between periods. Nymphomania. Uterine polyps. <sup>26</sup>

Menses too early and scanty-not profuse, but last too long. Weeps before menses. Amenorrhoea, with vicarious menstruation. <sup>26</sup>

Stitching pain in mammae. Suppuration of mamma, burning, watery, offensive discharge <sup>26</sup> Fistulous tracks after mammary abscess increased secretion of milk out of

season they have morning sickness they swell up having nausea and burning and they want to suck or chew on ice.<sup>13</sup>

Leucorrhoea profuse, smarting, corrosive, instead of menses.<sup>26</sup> Leucorrhoea is excoriating forming blisters in genitals<sup>12</sup>Violent pain in the ovaries extending down the inner side of the thighs. Frequent and profuse haemorrhages from uterus ,caused by cancerous affection.During pregnancy and lactation violent sexual desire.<sup>12</sup>

### **Skin**

Wounds bleed very much, even if small; they heal and break out again. Jaundice. Little ulcer outside of large ones. Petechias. Ecchymosis.Purpura haemorrhagica. scurvy. Fungous hematodes and excrescences. <sup>26</sup>Eruptions are dry and scaly<sup>12</sup>.Dry furfuraceous herpes .Psoriasis of the knees legs elbows and eyebrows. Very useful in cancerous ulcers that bleed and take on a fungus appearance. <sup>12</sup>Psoriasis on eyebrows burning pain in spots <sup>16</sup>. Round herpetic eruption all over the body.<sup>23</sup>Abscess of lymphatic glands when they become full of fistulae.<sup>29</sup>

### **Fever**

In all incurable case after fever has been reduced phosphorus should not be given as it will intensify the fever

## **MIND SYMPTOMS IN KENTS REPORTORY**

### ***1<sup>st</sup> Grade Symptoms***

Abstraction of mind

Answers irrelevantly

Answers refuse to

Answers slowly

Anxiety

Anxiety morning

Anxiety alone when  
Anxiety future about  
Anxiety side on left  
Anxiety storm during a thunder  
Company desire for  
Concentration difficult  
Confusion walking on  
Delirium muttering  
Dullness sluggishness difficulty of thinking and comprehending  
Dullness thinks long unable to  
Ecstasy  
Excitement  
Fear  
Fear alone of being  
Fear of death  
Dear disease of impending  
Fear happen something will  
Fear thunder storm of  
Forgetful  
Fright complaints from  
Ideas abundant clearness of mind  
Ideas deficiency of  
Indifference  
Indifference loved one to  
Indifference relation her children

Irritability

Lasciviousness lustful

Loathing general life

Memory weakness of

Prostration of mind

Senses acute

Sensitive oversensitive

Sexual excesses mental symptoms from

Shameless

Sit inclination to

Slowness

Somnambulism

Speech incoherent

Starting startled easily

Stupefaction

Talk indisposed to desire to be silent taciturn

Thinking aversion to

Timidity

Weary of life

Work aversion to mental<sup>35</sup>

***Second grade symptoms***

Absent minded

Anger

Anger with fright

Anguish

Anguish evening  
Answers difficult  
Answers reflects long  
Anxiety walking on  
Anxiety eating after  
Anxiety excitement from  
Anxiety fear with  
Anxiety fever during  
Anxiety health about  
Anxiety others for  
Anxiety periodical  
Anxiety walking on  
Anxiety warmth <  
Cheerful  
Clairvoyance  
Confusion of mind  
Confusion raising on  
Confusion walking on  
Confusion dreams as if in  
Confusion eating after  
Confusion mental exertion from  
Confusion washing the face <  
Darkness <  
Death presentiment of  
Death sensation of



Delirium

Delirium erotic

Delirium frightful

Delirium loquacious

Delirium sleep falling on

Delusions

Delusions body scattered about bed tossed about to get the pieces together

Delusions business fancies in doing

Delusions corner sees something coming out

Delusions dead person sees

Delusion faces whenever he turns his eyes or looking out from corners

Delusions images phantoms see

Delusions frightful

Delusions obscene actions which she had not been guilty accuses herself

Delusion voices hears

Dream as if in a

Excitement bed in

Excitement emotional ailments from

Exertion <from mental

Fancies exaltation of

Fancies evening

Fear evening

Fear dark

Fear death of evening

Fear death of night

Fear alone when  
Fear alone when evening in bed  
Fear evil of  
Fear ghost of  
Fear imaginary thing  
Fear insanity of  
Fear stomach arising from  
Fear water of  
Foolish behaviour  
Frightened easily  
Gestures picks at cloths  
Gestures wringing the hands  
Heedless  
Hysteria  
Idiocy  
Indolence  
Insanity erotic  
Irresolution  
Irritability coition after  
Irritability headache during  
Kill desire to  
Laughing sadness  
Laughing spasmodic  
Lewdness  
Loquacity

Mania

Mania –a-potu

Memory active

Mildness

Mirth

Mirth sadness with

Misanthropy

Moaning

Morose

Muttering

Muttering evening

Naked wants to be

Prostration trifles from

Quarrelsome

Rage fury

Restlessness night

Restlessness alone when

Restlessness anxious

Restlessness storm during

Sadness

Sadness cold from becoming cold

Sadness darkness

Sadness heat during the

Scorn

Senses dullness of

Sensitive children  
Sensitive music to  
Sensitive noise to  
Sensitive slightest  
Sensitive sensual impressions to  
Shrieking  
Speech slow  
Speech wandering  
Starting  
Suspicious  
Thoughts sexual  
Thoughts thoughtful  
Unconsciousness  
Unconsciousness conduct automatic  
Unconsciousness crowded room in a  
Unconsciousness fever during  
Unconsciousness frequent spells  
Violent  
Weeping tearful mood  
Weeping alternates with laughter  
Weeping menses before  
Work impossible<sup>35</sup>

## MIASMATIC EVALUATION OF PHOSPHORUS

### **Important psoric expressions of phosphorus**

Anxious filled with gloomy fore bodings as if about to die.

About her termination of her ill and restless at twilight .When alone about future during a thunder storm.

Restless ,with much sweat on forehead and heat of head.

While reflecting headache and dyspnoea feeling of apprehension at pit of the stomach

Hysterical alternation of laughter and weeping.

Great heaviness confusion and dullness in the head.

Brain fag from mental work and constant strain of eyes.

### ***Inner head***

In temples throbbing pain pulsation in left.

Cold crampy pain on whole left side of head.

Dull stupefying headache.

### ***Outer head***

Dandruff copious falls out in clouds ,root of hair, turns grey ,dry and hair comes out in bunches .

Itching < scatching.

### **Sight and eyes**

Amorosis and amblyopia.

Frequent deceptions of vision.

Sparks before eyes.

Eyes extremely sensitive to light .

Subacute conjunctivitis lachrymation swelling suppuration .

### **Hearing and ears**

Hearing acute.

Violent itching or tricking in the ear.

Polyps in ears .

### **Smell and nose**

Sense of smell very acute faints from smell of flowers with headache .

Painful dryness of nose .

Coryza frequent alternation of fluent and stooped coryza .

Obstruction of nose in morning .

Sneezing causes pain in throat and head .

### **Upper face**

Expression of great weakness.

Nose lips mouth and throat dry no relief from water.

Taste and tounge.

Taste bitter after taking milk ,saltish ,sour, sweetish.

### **Appetite thirst desire aversion**

Hunger ,soon after eating.

Must eat during chill .

Ravenous at night.

### **Eating and drinking**

After eating, sick and fullness of abdomen.

Belches even after a little food.

### **Stomach**

Empty feeling about 11am .

Fullness and painfulness in stomach .

Sometimes gurgling and stitching in pit of stomach .

Distension with aching in the stomach .

Sensation as if something were pressing upon stomach .

### **Abdomen**

Very sensitive abdomen painful to touch .

Rolling and rumbling in abdomen during and after eating.

### **Stool and rectum**

Emission of much flatus .

Chronic diarrhoea with soft thin stool especially in nervous subjects and delicate children .

### **Urinary organs**

Albumen and exudation cells in urine .

### **Respiration**

Very much oppressed short after coughing .

Violent pain in the upper part of the sternum .

Complaints worse on lying on left side very laboured noisy and panting .

Heaviness of chest as if a weight were lying upon it .

### **Heart pulse and circulation**

Palpitation violent on slight motion .Frequent and violent while lying on left side at night .

Anxiety in evening and morning on waking in bed .

Rush of blood to chest especially in rapidly growing youths .

Dyspnoea and nervous weakness .

## **Sycotic expression of phosphorus**

### **Mind**

no capacity for mental work absence of thought .

Disinclination to study or converse .

Slow flow of ideas .

Absence of mind .

Seemed dumb for many days .

### **Inner head**

Incipient hemiplegia

### **Outer head**

Tension in face and skin of forehead as if too tight

Unnatural accumulation of dandruff

Smell and nose

Swelling of nose red shining painful to touch with coryza of nasal bone

### **Stools and rectum**

Spasms in rectum

### **Urinary organs**

Fatty or amyloid degeneration of kidneys

Urine contains epithelial fatty and waxy casts

Renal calculi congestive and inflammatory symptoms which purulent chalky or sandy sediment

Urine is acrid ,offensive smelling ,albuminous,, bloody

### **Female sexual organs**

Pain in ovaries extending from inner side of thigh during menses ,ovaritis

Erectile tumours on external genitals



Heart pulse and circulation

Hypertrophy of left ventricle with congestion to head and face

Dilatation of right ventricle

### **Upper limb**

Swelling of axillary glands

### **Lower limb**

Swelling of tibia

Swelling of hands with stinging pain

### **Syphilitic expression of phosphorus**

#### ***Mind***

Weary of life full of gloomy forebodings

Mental depression and a most uncommon fear fullness of timidity with great sense of fatigue

Dejection thought he will die

Dementia paralytica

Brain weak exhausted silliness idiocy

### **Headache**

Headache of much year duration

Attacks once a week

Always hungry diurnal headache

### **Sight and eyes**

Blindness after lightning and stroke

### **Smell and nose**

Necrosis periosteum raised

Forms a new stratum of bone

**Lower face**

Lips parched dry with crack in middle of lower

**Appetite thirst desire and aversion**

Aversion to sweets to meat to boiled milk to salt ,fish ,to beer ,to puddings, to coffee and tea

**Cough**

Short barking cough

**Neck and back**

Stiffness in nape of neck

Weakness and paralytic feeling at junction of lumbar and sacral vertebra

**Upper limb**

Drawing tearing in joints of elbow and hand and in fingers

**Worse at** night and when lying on left side

**Tubercular expression of phosphorus****Mind**

Great weakness of head so that couldn't endure sounds of pain

Tubercular expression of phosphorus

**Head**

Great weakness of head so that she couldn't endure sound of pains

**Sight and eyes**

Eyes very sensitive to light or dazzled by bright light

Ciliary neuralgia accompanying glaucoma

Paralysis of muscles spermatorrhea, sexual abuse ,haemorrhoids

Yellow jaundiced conjunctiva in fatty liver

Gradually or rapidly increasing myopia

### **Hearing and ears**

Difficult hearing especially of human voice also after typhus with cold extremities

### **Smell and nose**

Sneezing frequent causes pain in throat

Nasal discharge profuse greenish yellow ,blood streaked ,mucus < in morning

Chronic inflammation of nasal membrane with suppressed or over sensitive smell

Bad smell from nose foul smell

Frequent blowing of blood from nose.

Epitaxis several times a day often quite profuse later attacks accompanied by profuse sweat

While straining several times a day often quite profuse later attacks accompanied by sweat while straining at stool

Epitaxis girls approaching puberty

Nasal polyp they bleed easily

### **Teeth and gum**

Rapid decay of teeth inflammation of gums and gum boils in lower jaw

Ill and irregular formation of teeth of lower of scrofulous children with mesenteric disease

Gums stand off from teeth and bleed easily inflamed ulcerated with loose teeth gum boils

Profuse obstinate haemorrhage from gum, after extraction of teeth

### **Inner mouth**

Soreness of mouth easily bleeding

Bloody erosions here and there in inner surface of cheek

Want to eat but as soon as food is offered does not want it

Wants cold food, drinks ice cream ,refreshing and spicy things

### **Scrobiculum and stomach**

Haemorrhage from stomach especially at cardiac end

Hypochondria

Jaundice with confusion of consciousness

Jaundice after pneumonia during pregnancy

Jaundice from least excitement

Chilliness and thirst from acute atrophy of liver

Chronic supervening on an acute attack

Early morning copious evacuation

Disorders livers in men ,invaded from climates ,bilious complexion, irregular bowels

### **Stool and rectum**

Diarrhoea profuse passage

Pours out in large quantity

Like a water from hydrant

Watery in the morning in warm weather

In cholera time painless and debilitating

Diarrhoea as soon anything entering the rectum after coughing

Involuntary during low fevers

Dysentery desire for stool ,immediately on turning over bed upon left side

Haemorrhage from bowels

With stool discharge of dark coagulated blood with comfortable feeling in abdomen

Polyp recti with proctitis

Haemorrhoids bleeding protrude very easily

### **Urinary organs**

Diabetes mellitus and bright s disease preceded or accompanied by disease of pancreas

Involuntary urination during typhus at night

Haematuria from debility after sexual excess

### **Female sexual organs**

Frequent and profuse metrorrhagia pouring out freely and then causing for a short time

Cancer uteri

Prolapsed with sinking feeling in the abdomen

Menses too bright red

Too frequent and too profuse with discharge of blood between periods ,profuse, too early and long lasting

Haemorrhoids from genital organs

Tardy and intermittent menses alternating with bronchial trouble

After menses great weakness, blue rings around eyes

Menorrhages blood pale or bright in nursing women

### **Respiration**

Inclination to take a deep breath

Dyspnoea with inability to exert himself extreme prostration

Stridulous inspiration in evening on falling a sleep nightly suffocative spells

asthma with fear of suffocation due to increased irritability of respiratory organs

### **Cough**

Cough with intolerable pain in larynx

Cough causing pain in abdomen is obliged to hold abdomen

Cough with tightness across the chest larynx sensitive veins of hands swollen

Haemoptysis

Vicarious spitting of blood for menses

Expectoration more in morning less in evening

### **Inner chest**

Lungs feel clogged troublesome dyspnoea

In congestion to the chest oppression anxiety agg any emotion

Cramp between the scapulae

Haemoptysis pain in chest ticking and spitting of chest

Threatened paralysis of lungs at an early stage of pneumonia in old people

Tuberculosis incipient stage

### **Heart pulse and circulation**

Fatty degeneration of right side of heart venous stagnation particularly the eyes

### **Outer chest**

Acute and frequently recurring paroxysms of neuralgia of chest wall

### **Upper limbs**

Hand and arms cold with diarrhoea

### **Lower limbs**

Frequent tearing and formication from back to legs

Paralysis after spondylitis

Use of lower extremities' suddenly and completely lost

On wishing to change the position of legs must use hands as if legs were made of wood<sup>34, 20</sup>

## **MATERIALS AND METHODS**

Phosphorus is a medicine which is commonly used as a constitutional remedy in clinical practice. It is having deeper seat of action on every part of body.

This study was conducted on the patients who attended the OPD in Fr. Muller Homoeopathic Medical College in Kankanady and Deralakatte.

### **Source of data:**

A total number of 30 cases were screened aged between 10 to 60 yrs for study. The diagnosis was made on basis of strong clinical presentation, examination finding as well as investigations, whenever required. The cases were selected for the study after fulfilling the inclusion as well as exclusion criteria. The case selection was done randomly.

- **Inclusion criteria for selection of patients**
- The samples of both sexes aged 10-60 yrs.
- Patients suffering from long standing complaints
- Cases with similar mental and physical attributes like that of Phosphorus.

### **Exclusion Criteria:**

- Patient below 10 years and above 60 years was not included for the study
- Cases with severe mental retardation.
- Patient terminally ill who require life supports
- Malignant diseases.

### **Method of Collection of Data:**

- Data was collected from patients by interviewing the patients and after clinical examination.
- All the data were recorded in standardized case record.

- Once the date was recorded, it was processed as per the guidelines adapted in the standardized case record of Father Muller Homeopathic Medical College.
- A totality of symptoms was erected in each case, after personality assessment and as per the principles of Homoeopathy.
- A remedy was selected for each after referring to Homeopathic Materia Medica and various repertories.
- Therapeutic plan was evolved individually for each case as per the SCR guidelines.
- The cases were followed up to a minimum period of 3- 6 months.
- After following up cases the inferences were drawn by analysis of the outcome.

The method used in the study was a clinical method for confirmation and the results obtained has been scientifically analyzed and evaluated. There were no controls used in the study and all the patients were treated on out-patient basis. Investigations were not done in all the cases since the clinical history and the examination findings were sufficient to arrive at a diagnosis and were fulfilling the criteria.

The remedy selection in individual cases was based on the analysis of symptomatology – such as qualified mentals, physical generals, concomitants, characteristic particulars, reportorial references and other Materia Medica sources. Various potencies ranging from 30,200,10M have been used in this study. Repetition and potency regulation, mostly in ascending potencies was used based on Homoeopathic posology. No concomitant therapy such as allopathic treatment or any other was used. Subjects, who were on other therapy already, were asked to discontinue the same. Placebo administration was done in some cases.



**Follow-ups:**

Same potencies were repeated in some cases, and in some cases potencies were raised to the next higher potencies. Each case was followed up to a minimum period of three months from the commencement of the treatment. Majority of the cases was reviewed on weekly basis initially and fortnightly on considerable improvement. Follow-up criteria were adapted for assessing the changes observed.

**Diet and Regimen:**

In majority of cases, the patients were directed to continue the same diet as earlier. No specific supplementary diet was prescribed.

*Ancillary Measures:* Patients were advised to maintain hygiene, and general management according to the disease condition presented.

**Assessment of effectiveness:**

After following up the cases, assessment of the effectiveness of treatment was done based on the following criteria:

## a) Clinical Assessment:

- Improvement of mental symptoms
- Reduction of physical symptoms
- Physical generals sleep, appetite ,bowels ...etc improved

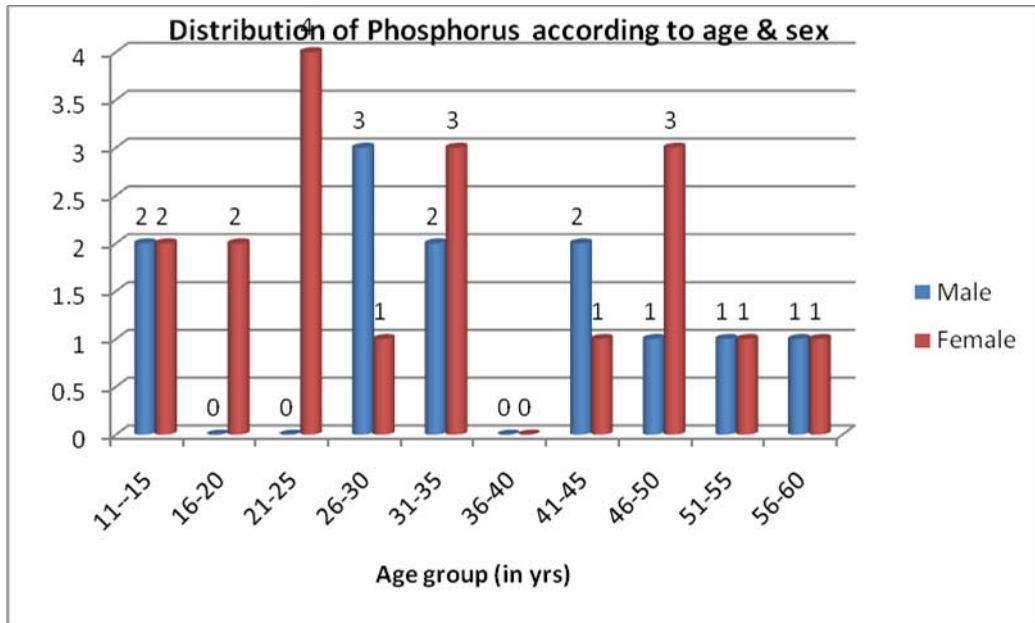
b) After completion of the study, scores were noted based on improvement of the cases. The scores were rated on a 4-point scale, ranging from 1 (cured) to 4 (not improved).

## RESULTS

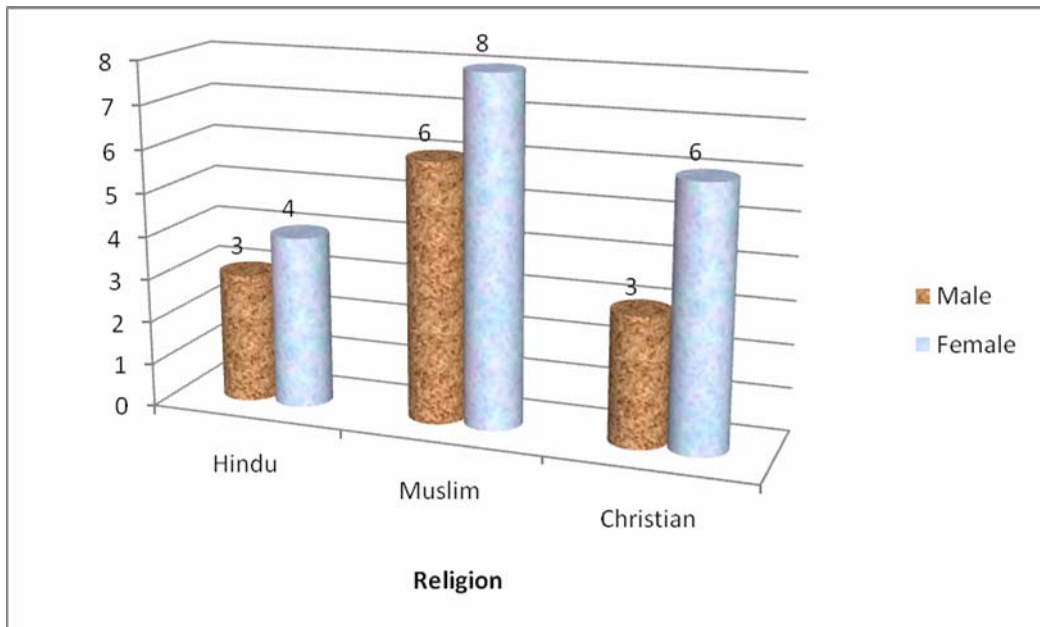
Thirty patients, who attended the Fr Muller's Homoeopathic OPD, were taken for the study. This study has been conducted during the period of October 2008 to November 2010. The statistical analysis made here is based on the data's obtained from these thirty patients.

**Table No. 1 Distribution of Phosphorus according to age & sex**

<b>Age group (in years)</b>	<b>Male</b>	<b>Female</b>	<b>Total</b>
<b>11-15</b>	2	2	3
<b>16-20</b>	0	2	2
<b>21-25</b>	0	4	4
<b>26-30</b>	3	1	4
<b>31-35</b>	2	3	5
<b>36-40</b>	0	0	0
<b>41-45</b>	2	1	3
<b>46-50</b>	1	3	4
<b>51-55</b>	1	1	2
<b>56-60</b>	1	1	2
<b>Total</b>	<b>12</b>	<b>18</b>	<b>30</b>



**Figure No.1**



**Figure No.2**

### **Age distribution**

Thirty patients belonging to the age group 11-60 years were selected, among these maximum prevalence of phosphorus constitution was noted in the age group of 31-35.

### **Sex distribution**

Out of 30 patients studied 18 were females and 12 were males. Maximum number of female patients belonged to the age group of 21-25.

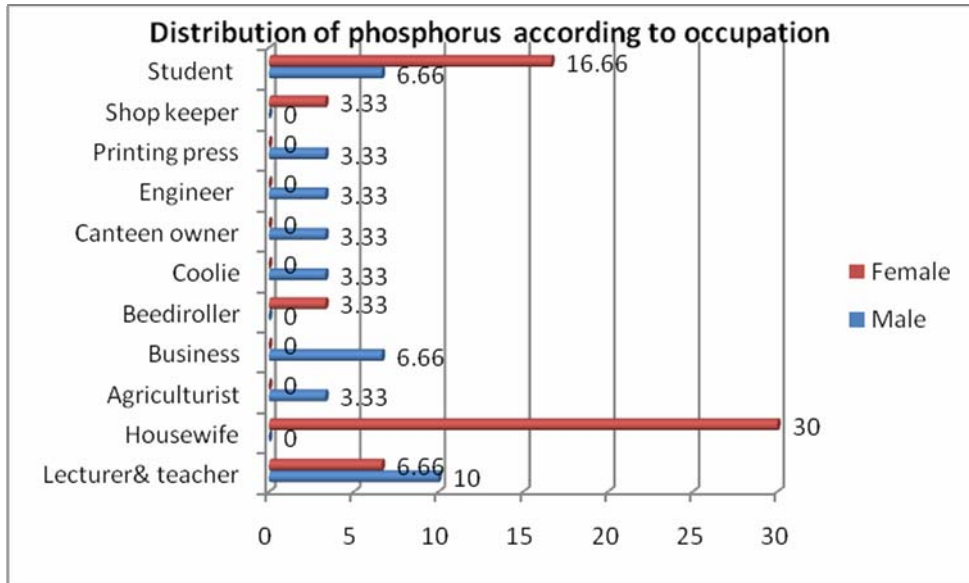
**Table: 2 Distribution of Cases according to Religion**

<b>Religion</b>	<b>Male</b>	<b>%</b>	<b>Female</b>	<b>%</b>	<b>Total</b>	<b>%</b>
Hindu	3		4		7	53.33
Muslim	6		8		14	23.34
Christian	3		6		9	23.33
<b>Total</b>	<b>12</b>		<b>18</b>		<b>30</b>	<b>100</b>

Out of 30 cases included in the clinical study of the constitutional aspect 3 males and 4 females were of Hindu religion, 6 males and 8 female were of Muslim religion, 3 males and 9 females were of Christian religion.

**Table No. 3 Distribution of phosphorus according to occupation**

<b>Occupation</b>	<b>Male</b>	<b>Percentage</b>	<b>Female</b>	<b>Percentage</b>	<b>Total</b>	<b>Percentage</b>
Lecturer& teacher	3	10	2	6.66	5	16.66
Housewife	0	0	9	30	9	30
Agriculturist	1	3.33	0	0	1	3.33
Business	2	6.66	0	0	2	6.66
Beedi roller	0	0	1	3.33	1	3.33
Coolie	1	3.33	0	0	1	3.33
Canteen owner	1	3.33	0	0	1	3.33
Engineer	1	3.33	0	0	1	3.33
Printing press	1	3.33	0	0	1	3.33
Shop keeper	0	0	1	3.33	1	3.33
Student	2	6.66	5	16.66	7	23.33
<b>Total</b>	<b>12</b>	<b>30</b>	<b>18</b>	<b>70</b>	<b>30</b>	<b>100</b>

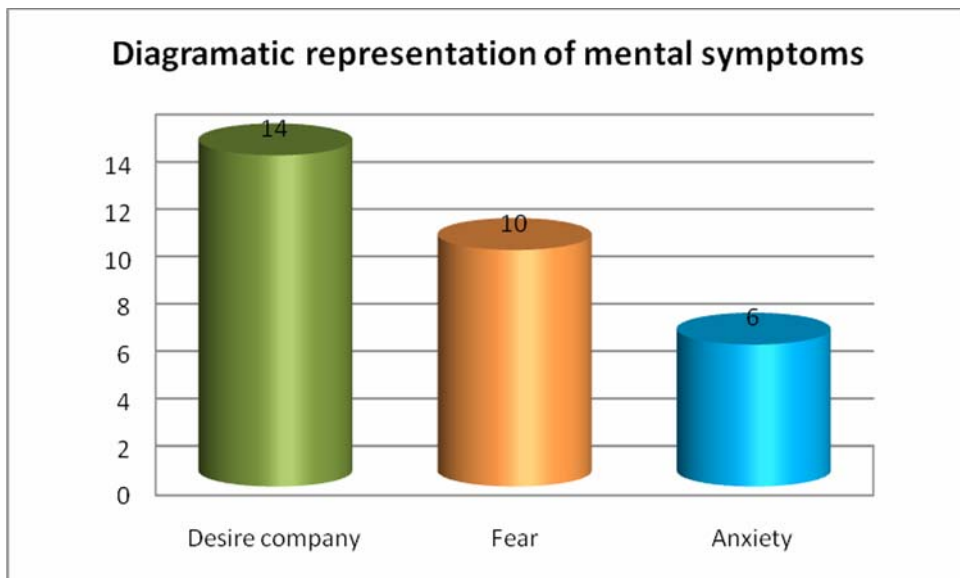


**Figure No.3**

As table no. 6 shows, most of the patients are housewives comprising of 46.7% of the total. This is followed by 6 students 3 of lecturers coolie worker, business people engineer and beedi rollers.

**Table no.4 Representation of mental symptoms**

Sl. No	Desire company	Fear	Anxiety
1	14	10	6



**Figure No.4**

As the table no shows most of the patients who where under this medicine was having the symptoms like desire for company 14 fear 10 and anxiety was observed in 6 cases

**Table. 5 Representation of predominant physical symptoms of patients in study**

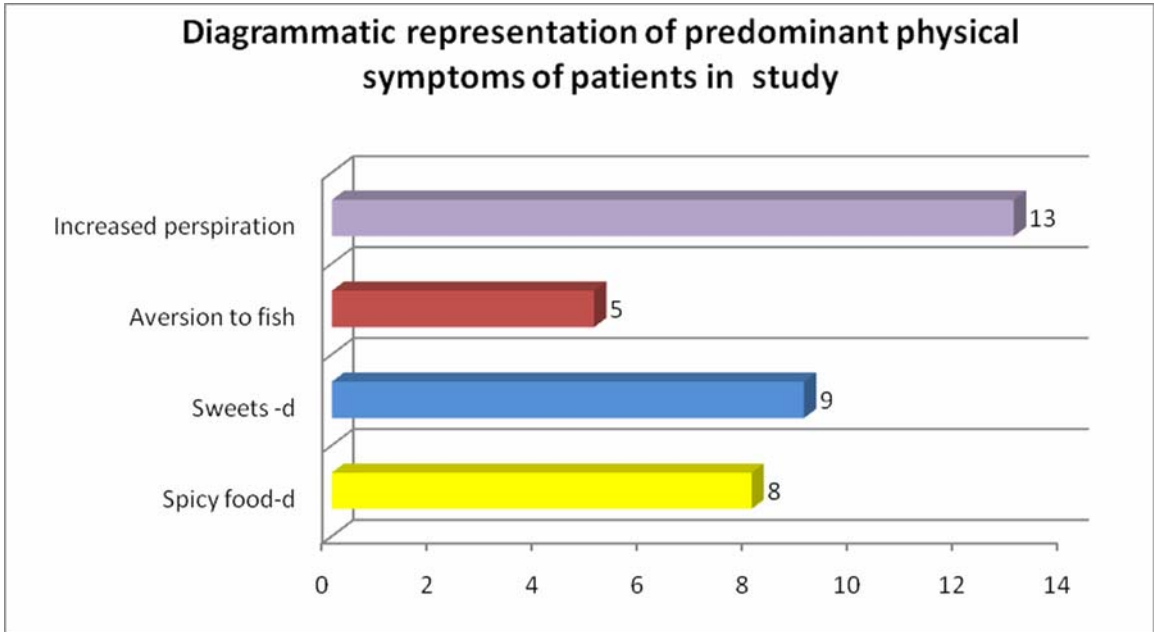
<b>1</b>	<b>Spicy food-d</b>	<b>Sweets -d</b>	<b>Aversion to fish</b>	<b>Increased perspiration</b>
	<b>8</b>	<b>9</b>	<b>5</b>	<b>13</b>

By the above table it is evident that among 30 cases 8 cases have desire for spicy food 9 cases have desire for sweets 5 cases have aversion to fish and 13 cases have increased perspiration

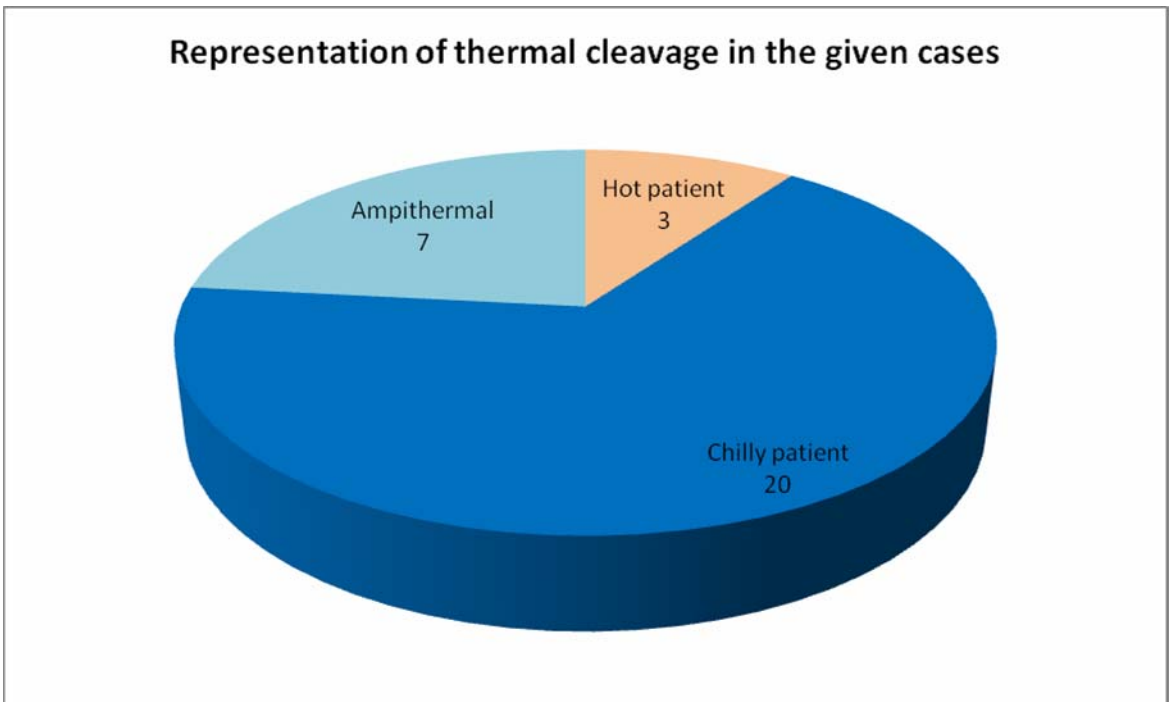
**Table. 6 Representation of thermal cleavage in the given cases**

<b>1</b>	<b>Hot patient</b>	<b>Chilly patient</b>	<b>Ampithermal</b>
	3	20	7

By the above table it is evident that among 30 cases 20 are chilly thermally 3 are hot and 7 were ambi thermal



**Figure No.5**



**Figure No.6**



**Table No. 7 Distribution of diseases in study group**

<b>Disease condition</b>	<b>Number of cases</b>	<b>Percentage</b>
Allergic rhinitis	5	16.66
Atopic asthma	3	10
NIDM	1	3.33
Mitral regurgitation	1	3.33
Pulmonary tuberculosis	1	3.33
Alopecia	2	6.66
Seborrhic dermatitis	1	3.33
Haemorrhoids	1	3.33
Urticaria	1	3.33
Acid peptic disease	1	3.33
Osteoarthritis	1	10
Rheumatoid arthritis	1	3.33
URTI	1	3.33
Gastritis	2	6.66
Lumbar spondylosis	2	3.33
Cirrhosis of liver	2	6.66
Chronic pharyngitis	1	3.33
Chronic sinusitis	1	3.33
Ulcerative colitis	1	3.33
Phobic disorder	1	3.3

Among the cases where phosphorus was given allergic rhinitis cases were around 5 3 cases where having bronchial asthma ,cervical spondylosis, alopecia and gastritis 2 in number and phobic disorder, ulcerative colitis, chronic sinusitis, cirrhosis of liver, lumbar spondylosis rheumatoid arthritis ,osteoarthritis ,URTI ,Acid peptic disease, urticaria, haemorrhoids and seborrhic dermatitis.

**Table No. 8 Distribution of case according to miasma**

<b>Miasm</b>	<b>Male</b>	<b>Percentage</b>	<b>Female</b>	<b>Percentage</b>	<b>Total</b>	<b>Percentage</b>
Psora	1	3.33	10	33.33	11	36.66
Sycosis	2	6.66	4	13.33	6	20
Syphilis	3	10	1	3.33	4	13.33
Tubercular	6	20	3	10	9	30
<b>Total</b>	<b>12</b>	<b>30</b>	<b>18</b>	<b>70</b>	<b>30</b>	<b>99.99</b>

In the above table, it is evident that among 30 cases, 11 cases have predominance of psoric miasm 6 cases have predominance of sycotic miasm 4 cases show syphilitic predominance and 9 cases show tubercular predominance.

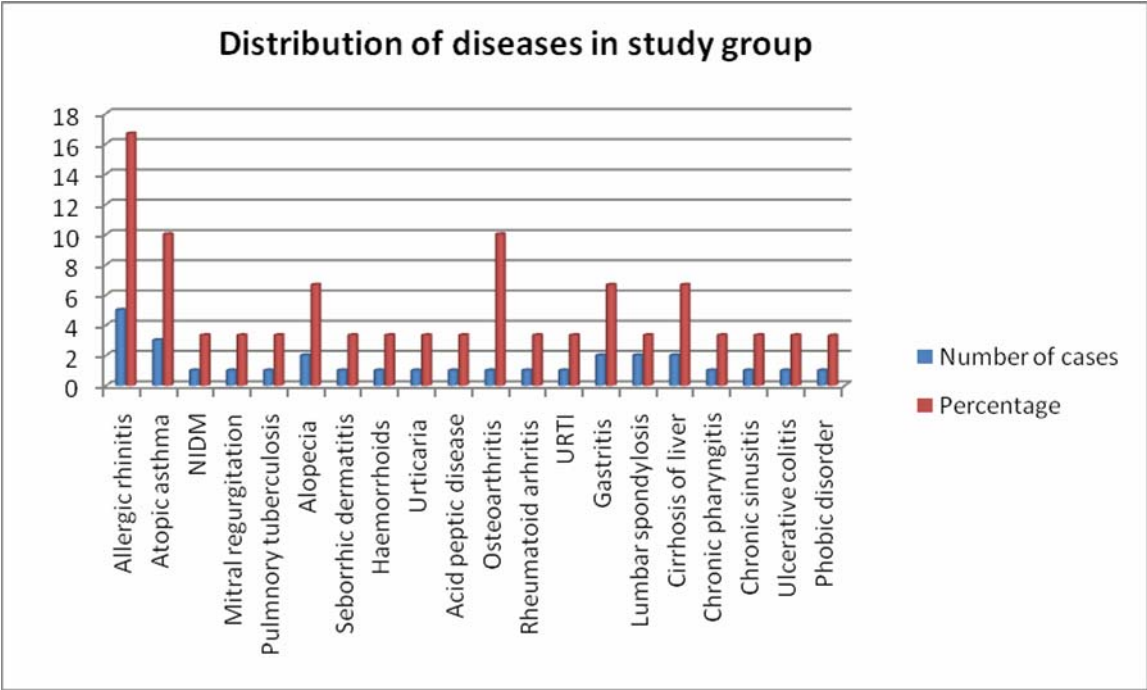


Figure No.7

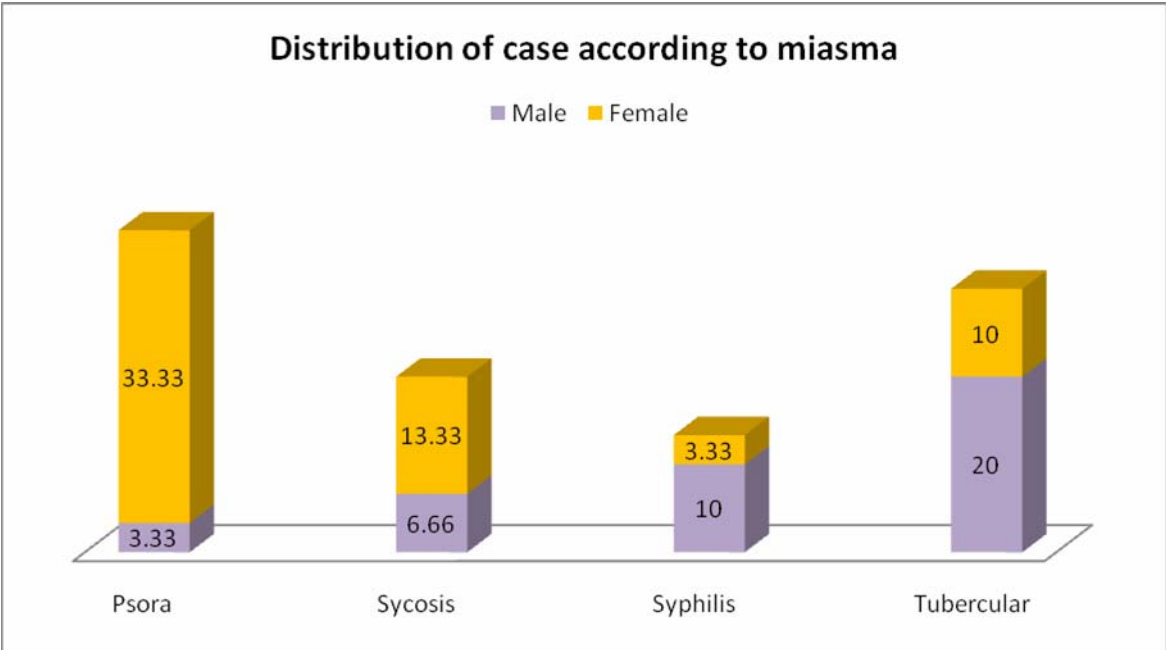


Figure No.8

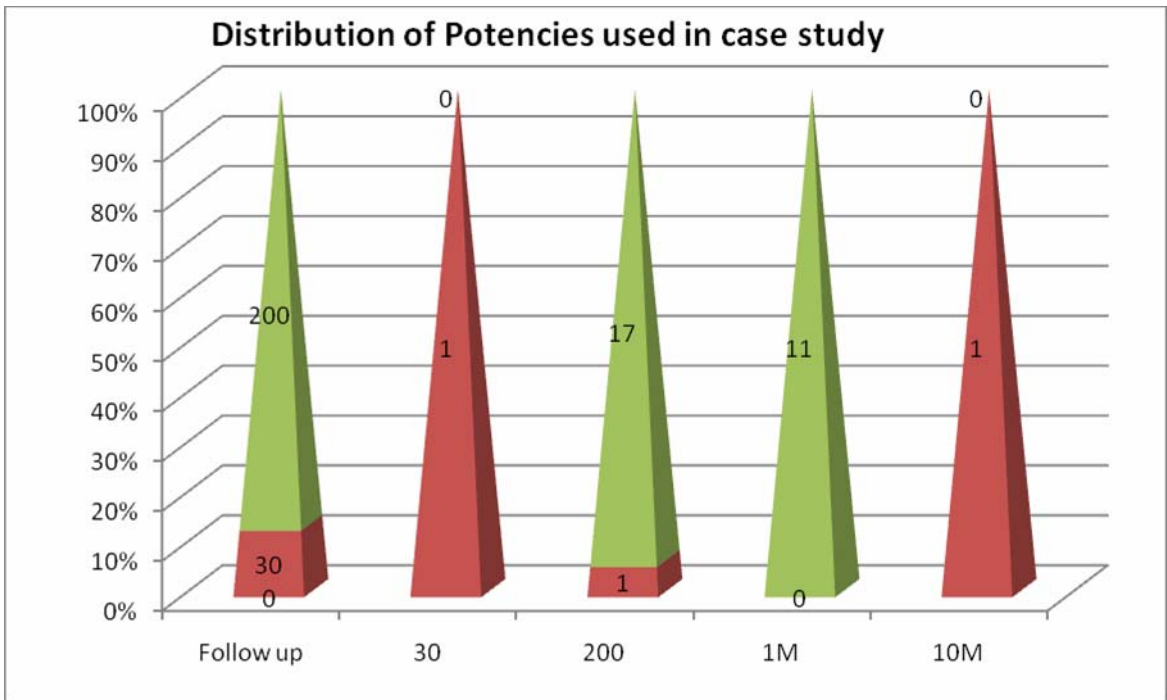
**Table No. 9 Distribution of Potencies used in case study**

<b>First prescription</b>	<b>30</b>	<b>200</b>	<b>1M</b>	<b>10M</b>
<b>Potency</b>	1	17	11	1

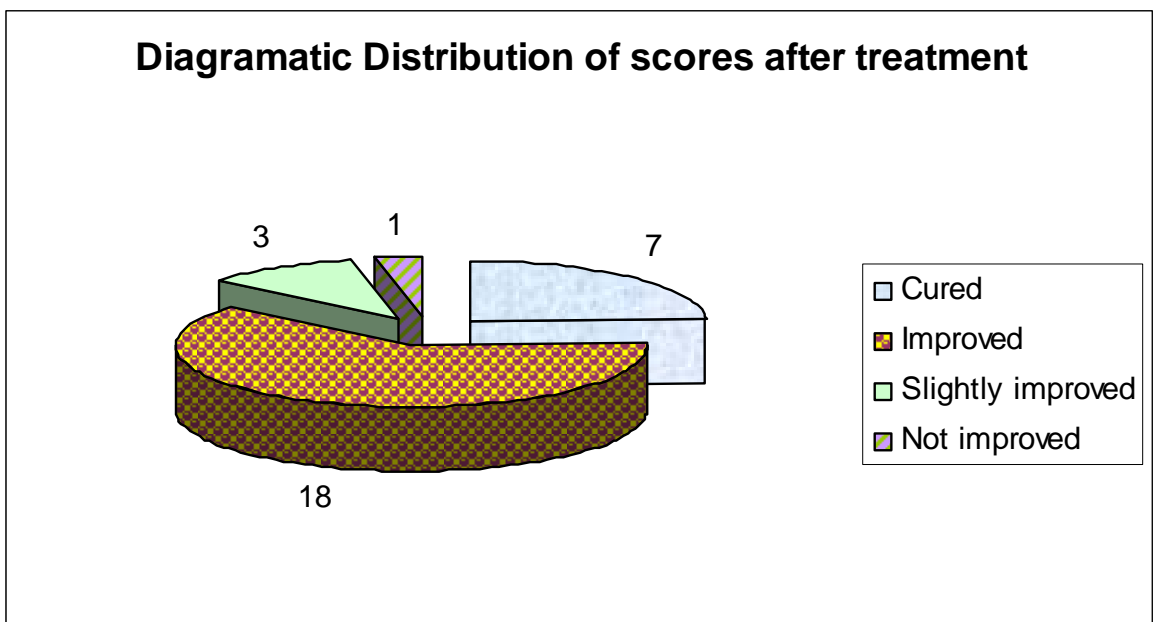
Out of 30 cases, in 17 cases 200<sup>th</sup> potency alone was used. In 11 cases had received 1M potency only 1 patient received 10M and one patient received 30<sup>th</sup> potency.

**Table: 10 Distribution of the scores after treatment**

<b>Sl. No.</b>	<b>Cured</b>	<b>Improved</b>	<b>Slightly improved</b>	<b>Not improved</b>
<b>1</b>	<b>7</b>	<b>18</b>	<b>3</b>	<b>1</b>



**Figure No.9**



**Figure No.10**

## DISCUSSION

Phosphorus is a medicine which is commonly used as a constitutional remedy in clinical practice.

This study was conducted on the patients who attended the OPD in Fr. Muller Homoeopathic Medical College in Kankanady and Derlakatte. The patients, between the ages of 10 -60 were selected for the study. Both the sexes are included & who belong to different socio-economic groups was taken as per inclusion criteria.

A total of 30 cases with similar symptoms of phosphorus were taken for the study and all are presented in SCR. Total duration of study was 6 months. But some cases which had not completed 6 months were also considered for the analysis.

Assessment of the improvement after treatment was done by according to improvement of symptoms.

Out of 30 cases majority of cases belong to the age group of 46 to 50, constituting 5 cases. As per literature phosphorus covers mainly the degenerative pathology which is common in this group with improvement in the conditions this study confirms literature data.

Majority of cases of study group were females, comprising a total of 18 (66.57%) cases, whereas males were only 12(33.3%) with improvement of the disease conditions.

Regarding the mental symptoms observed in the patients majority of the patients were having symptoms like desire for company[10] cases different fears[10] cases and anxiety[6cases].

Phosphorus is having the physical symptoms like desire for sweets[8] cases pungent things[9] cases increased perspiration in [13] cases aversion to fish [5] cases and thermally chilliness in [20] cases.

Out of 30 cases, 12 cases followed for 3-6 months, 5 cases for 7-9 months. Rest of the cases among study group was followed more than 9 months.

When miasm is considered 11 cases were psoric. Nine were in tubercular, four were in syphilitic and six were in sycotic. From this we could understand that majority of phosphorus cases present in psoric miasm.

Out of 30 cases, who received treatment with phosphorus, in 16 (53.3%) cases 200<sup>th</sup> potency in infrequent repetition alone was used. In 11(36.7%) cases ascending potency, from 200<sup>th</sup> to 1M was used. In one case each, ascending potencies from 30, 200, 10M was used. In one case 30<sup>th</sup> potency alone was used..

Regarding the final outcome of this study, out of 30 cases 7 were cured, 19 cases showed marked improvement 3 cases were slightly improved and 1 case was not improved.

For the assessment of effectiveness of phosphorus as a homoeopathic remedy disease intensity scores after treatments was taken which was found significant.

From the analysis of the above results obtained it is obvious that the phosphorus as a constitutional remedy is effective in chronic diseases.

## **LIMITATIONS**

1. Considering the nature of diseases, the improvement of the cases could not be followed for sufficient period since it is a time bound study.
2. Some good cases could not be considered in this study because of discontinuation of treatment in between the study period.
3. Sample size used in this study is small. Therefore generalization of the result and inferences of this study needs to be done cautiously.
4. Due to small sample size, same group was used as control and study group. Better analysis can be made by taking two homogenous groups.
5. Considering the time and sample size, blinding could not be followed in this study. The study would have been still better if blinding had been done.
6. No much extensive investigation procedures were used in the study.
7. The assessment scales may not be fool proof; human errors are possible. Certain variables like quality of medicine, method of dispensing the medicine, placebo effect could not be assessed well.

## **Recommendations**

1. Bigger sample with extended time of research would provide better result
2. It will be always scientific to keep control (placebo) group simultaneously to verify the effectiveness of treatment.
3. An attempt can be made to see influence of phosphorus in acute conditions also.

A study of this kind, over an extended period can be conducted to look for reversibility in tissue changes with phosphorus.

## CONCLUSION

These are the findings of this study on Osteoarthritis

1. Prevalence of phosphorus is comparatively more in Females (66.57%) than Males (33.3%)
2. Majority of the patients belonged to the age groups 45-50.
3. Among the clinical subsets studied with phosphorus allergic rhinitis ranked high (16.66%)
4. Among the mental symptoms observed fear ,anxiety and desire for company is seen in majority of the patients
5. Among the physical symptoms observed desire for sweets, pungent things ,increased perspiration and aversion to fish is seen in majority of the patients
6. Considering the thermal state in the group majority of the cases were chilly
7. Psoric dominance was noted in majority of the cases followed by tubercular.
8. For treatment with phosphorus 200 C, the medium potency was useful in 16 cases followed by ascending potency from 200C to 1M in 11 cases
9. All patients who had taken ancillary measures significant relief for their complaints.
10. Majority of the patients {25} included in this study group showed significant improvement after homoeopathic treatment.
11. The statistical scales used for the assessment of the effect of the treatment also showed significant improvement after treatment.



## **SUMMARY**

A total of 30 cases were selected for the study based on inclusion and exclusion criteria. These cases were followed regularly and at the end of the study there were certain conclusions arrived at.

In this study maximum number of cases was females and majority belongs to the age group 45 to50. Among clinical subsets in the study group, allergic rhinitis was the common type. In most of the cases the dominant miasmatic expression was psora.

Among the study group who received constitutional treatment the most frequently used potency was 200<sup>th</sup> potency (16 cases) which were given in infrequent repetition and found effective.

In this study ancillary measures were found effective along with medicinal treatment.

This result of the study conducted obviously highlights the Efficacy of phosphorus as a constitutional remedy.

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**ANNEXURE – I**  
**CASE PROFORMA**

**FR. MULLER HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL**  
**STANDARDISED CASE RECORD**

**PRELIMINARY DATA**

Name : Mrs N SCR NO: 54027/09  
 Age : 34yrs Date: 25\9\09  
 Sex : Female.  
 Religion : Hindu  
 Education : B com  
 Occupation : house wife  
 Marital status : Married  
 D/E - 25/ 09/2009

**PRESENT HISTORY**

**Chief complaints.**

LOCATION	SENSATION	MODALITY	COCOMITANT
1)Respiratory system(nose Since 15 years increased since 1yr  Head frontal region since 1 year	Sneezing 50 times, Watery discharge, Itching, Burning,  Blockage of nose.  Pain and heaviness	A/F dust exposure < cold air <sup>3</sup> <Change of weather >warm water <sup>2</sup> >vicks <Night <sup>2</sup> <Lying down <sup>2</sup> Agg night stooping	Itching of the eyes <sup>3</sup> , Lacrymation, Headache ,

## **HISTORY OF PRESENT ILLNESS**

Patient was apparently well before 15 year. Her complaints started gradually she had taken allopathic medication for her complaints since fifteen years with time being relief. Since one year complaints got intensified than before

## **PAST HISTORY**

Malaria -22yr –allopathic –relived

Typhoid -22yr –allopathic –relived

Renal calculai-32 yr –allopathic -relived

## **FAMILY HISTORY**

Father- hypertensive

Mother- she was a known hypertensive

Brother- sinusitis

Son –allergic rhinitis

## **PATIENT AS A PERSON**

**Appearance:** Stocky

Perspiration: generally increased

Skin: Clean

Hair: Dry

### **Digestion**

Appetite: good

Thirst: 3-4glasses/day, likes tepid water

Flatulence: not present

Cravings : cold food <sup>3</sup>and drinks<sup>3</sup> ,pungent thinks <sup>3</sup>.

Aversion: sweets

Intolerance- nil

**Elimination:**

Stool: one/day (Mostly)

Urine: 4-5/day, 2/Night

**Menstrual function**

Menses: regular, cycle -30 days duration -3 days colour –red

**Sexual function**

Marital- Satisfactory

**Thermal state:** Hot patient<sup>3</sup>

**THE MENTAL STATE****Emotional**

Desire company<sup>3</sup>

Express her feeling

Fear of being alone cannot stay alone<sup>3</sup>

Fear of snake<sup>3</sup>

Artistic<sup>3</sup>

**Intellectual**

Perception- Dull

Decision –take others help

**REACTION: A.F., < ,> : STATE EFFECTS**

Fright –snakes

Decision –takes others help

**Sleep:** Increased, 10pm-5.45am in night.

Lying on right side.

**Dreams:** About her daily activities, talking with family members



## **LIFE SPACE INVESTIGATION**

Patient is coming from a upper middle class family, her child hood was good. She studied up to B.Com and there is nothing to mention special about her college life. She had married at the age of 25 and her marriage life was also good. She is very lively and friendly by her nature but gets angry faster mainly with her children when they don't obey her.

She does not suppress her emotions and like to express her feeling with her family members. Has good confidence to do things. She only use to take care of the activities in the kids. She is interested in learning new things. In that way she had learned stitching, swimming, embroidery etc. The interest last for some time and then to other. She has a marked fear of snakes and desire to be in the company of many people. Until. 2 yr before she was staying in joint family and because of her husbands job, they have shifted from Tamil nadu to Mangalore.

## **GENERAL PHYSICAL EXAMINATION.**

Well oriented with time place and person

Pallor +

No signs of cyanosis, clubbing, jaundice, oedema, lymphadenopathy.

Weight: 51kg.

### **Vital signs.**

Temperature: A febrile at the time of examination.

Pulse: 75 beats/minute.

Respiratory rate: 18/minute.

BP: 120/84 mm of Hg.

## **Local examination**

### **Examination of upper respiratory tract**

Tenderness in both the frontal sinus

Hypertrophy of the turbinate

No polyps septal deviation

### **Systemic examination.**

Cardio vascular system - S<sub>1</sub> S<sub>2</sub> heard no adventitious sound heard

- No murmurs

Respiratory system - Normal vesicular breath sounds

- No added sounds

Nervous system - NAD

### **PROVISIONAL DIAGNOSIS.**

#### *Allergic rhinitis complicated with frontal sinusitis*

Ailments after exposure to dust

Sneezing with rhinorrhoea

Itching of the nose

Burning inside the nose

Associated with itching of the eyes

Watering of the eyes

Heavyness of the head

### **DIFFERENTIAL DIAGNOSIS**

#### **Vasomotor rhinitis**

Nasal obstruction

Rhinorrhoea

Sneezing

Difference-as the allergic features predominate in this patient

### GENERAL MANAGEMENT

Self protection from dust cover the mouth with mask

Steam inhalation will be helpful for free flow of the discharge

### MIASMATIC EXPRESSION

Fundamental Miasm- Sycosis

Dominant Miasm- Sycosis

### PROBLEM STRUCTURALISATION

FAMILY: GOOD.		FM:psora DM: tubercular	FAMILY: GOOD.	
SOCIETY: GOOD.			SOCIETY:GOOD. <b>Sycotic</b>	
WORK:GOOD			WORK: GOOD	
M I N D	D	Desire company <sup>3</sup> →	A/F Fright <sup>2</sup> since 2 months	
	I	Irritability(trifles from Cant ber to be alone) <sup>3</sup>	Cannot bear to be left alone	
N	S	Expressive Artistic	Childrens activities towards	
	P	Fearful <sup>3</sup> →	Learn artistic things	
D	Q		Fear of snakes, of being alone	
	D	Thermally- chilly	<b>Characteristic particular</b> Sneezing <by change of climate>warm water, vicks with itching in the eyes and headache <b>Head</b> – forehead Heavy feeling <sup>2</sup> < bending forward <sup>2</sup>	
I	Dreams-of daily events			
A	Craving: cold drinks <sup>3</sup> and pungent thinks <sup>2</sup> Aversions:sweets			
B O D Y	T			
	D	Perineal allergic rhinitis with Chronic sinusitis		
Psora	S			

**First prescription.**

Dated- 25|09|09.

**R<sub>x</sub>**

1. Phosphorus 200-1 Dose weakly once
2. No.40 pills. 4-0-4 for 1 weeks.

**Follow up criteria.**

1. Changes in emotional plane-irritability
2. Changes in the cravings
3. Changes in the perspiration
4. Frequency of the attack-sneezing and headache
5. Examination of the nose throat and sinuses
6. Appetite and thirst any alternation
- 7 .Bowel and bladder any alteration

**Follow ups.**

DATE	SYMPTOM CHANGES										PRESCRIPTION
02/10/09	1	2	3	4	5	6	7	8	9	10	<b>R<sub>x</sub></b> 1. Phosphorus 200 (1 dose in SL)  2. No.40 pills. ( 4-0-4 ) for 2 weeks
	s	s	s	>	A	>	s				
	Irritation in the throat is still persisting										

	SYMPTOM CHANGES										PRESCRIPTION
30/010/09	1	2	3	4	5	6	7	8	9	10	<b>R<sub>x</sub></b> 1. Phosphorus 200 - 1P  2. No.40 pills. ( 4-0-4 ) for 2 weeks
	G	>	>	>	>	S	S				
	Irritation in the throat is still persisting										

DATE	SYMPTOM CHANGES										PRESCRIPTION
4/11/09	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub>  1. Phosphorus 200 - 1P  2. No.40 pills. ( 4-0-4 ) For 2 weeks
	>	>	>	>	>	>	>				
	Cough with thickish yellow expectoration										

DATE	SYMPTOM CHANGES										PRESCRIPTION
27/11/09	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1. Phosphorus 200 - 1P  2. No.40 pills. ( 4-0-4 ) for 2 weeks
	>	>	>	>+	>	>	>				
	Cough with thickish yellow expectoration										

DATE	SYMPTOM CHANGES										PRESCRIPTION
11/12/09	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1. Phosphorus 200 -1P 2. no 40 pills 3-3-3 3. 3 grain tablet (1-1-1) for 2 weeks
	>	s	s	I	>	>	>				
	Continuous cough with thickish yellow expectoration										

DATE	SYMPTOM CHANGES										PRESCRIPTION
8/01/10	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1. Phosphorus 200 - 1P  2. No.40 pills. ( 4-0-4 ) for 2 weeks
	>	>	>	I	I	S	S				
	Cough had reduced										

DATE	SYMPTOM CHANGES										PRESCRIPTION
22/01/10	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1.SL – 7 dose (SOS) 2. 3 grain tablet (3-3-3) for 2 weeks
	>	>	>	>	I	>	>				
	Vertigo since 3 days, tendency to fall sidewise, tingling in forehead < night, lying down (hypochondriac – telling previous tablet causes vertigo)										

DATE	SYMPTOM CHANGES										PRESCRIPTION
12/2/10	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1.SL – 7 dose (SOS) 2.. Nat sulph 6X (1-0-1) for 2 weeks
	>+	>	>	>+	>+	>	>+				
	Complaints are better than before, cough also feels better Generals good										

DATE	SYMPTOM CHANGES										PRESCRIPTION
9/2/10	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1.Phosphorus 200 1dose 2.No 40 pills 3-0-3 for two weeks
	>+	>+	>	>+	>+	s	s				
	Complaints are better than before Occasional throat irritation										

DATE	SYMPTOM CHANGES										PRESCRIPTION
12/3/10	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1.Phosphorus 200 1dose 2.No 40 pills 3-0-3 For two weeks
	>+	>+	>	>++	>++	s	s				
	Complaints are better than before Occasional throat irritation										

DATE	SYMPTOM CHANGES										PRESCRIPTION
2/7/10	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1.Phosphorus (0) 1dose 2.No 40 pills 3-0-3 For two weeks
	>+	>+	>	>++	>++	s	s				
	Complaints are better than before Occasional throat irritation										

DATE	SYMPTOM CHANGES										PRESCRIPTION
30/7/10	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1.Phosphorus 200 1dose 2.no 40 pills 3-0-3 For two weeks
	>+	>+	>	>+	>++	s	s				
	Complaints are better than before Small cyst in left lateral side of the breast										

DATE	SYMPTOM CHANGES										PRESCRIPTION
27/8/10	1	2	3	4	5	6	7	8	9	10	R <sub>x</sub> 1.Phosphorus(0 1dose 2.no 40 pills 3-0-3 For two weeks
	>+	>+	>	>++	>++	s	s				
	Complaints are better than before Occasional throat irritation										

## ANNEXURE II

**Fr. MULLER HOMOEOPATHIC MEDICAL COLLEGE AND HOSPITAL.**

### CASE CONCEPT FORM

PATIENTS NAME: Mrs-N

Roll No:

CLINICAL DIAGNOSIS: Allergic rhinitis

SCR NO: 54027/09.

Tension headache

Date: 25\09\09

REMEDY: 1. ACUTE:

Physician: Dr Franklin Gino W.

CHRONIC: PHOSPHORUS

3. INTERCURRENT:

#### A. PROBLEM DEFINITION:

1. INTERVIEW TECHNIQUE.	2. CLINICAL RECORD.
As there was no history available, direct case taking was done. There was good rapport between the physician and patient.	Data's were recorded simultaneously in SCR. Importance were given to patient's chief complaints and generals.

#### B. CORRELATIONS:

3. SYMPTOMATIC CLASIFICATION AND EVALUATION.	4. CLINICO-PATHOLOGICAL.	5. PSYCHOLOGICAL.
Symptoms were classified according to Kent's philosophy. Qualified mentals. Physical generals. Characteristic particulars	Itching in the nose – sneezing –watery discharge from the nose – dust exposure-allergic reaction of the body – Allergic rhinitis	No corelation



**6. HAHNEMANNIAN MIASMATIC PATHOLOGY: CURRENT INTERPRETATIONS.**

**Fundamental miasm:** Can be derived from patient’s family history and past history of complaints- psoro -sycotic

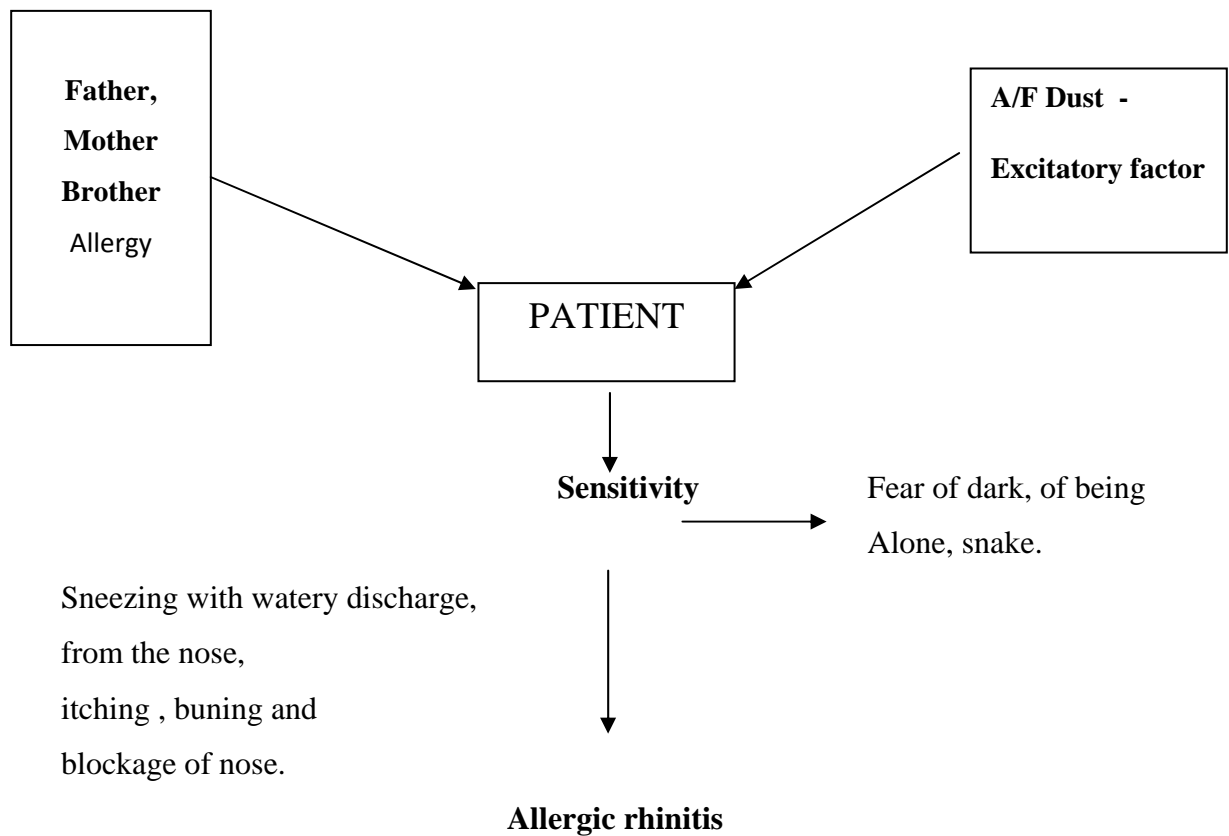
**Dominant miasm:** Derived from clinical presentation, associated complaints and mental symptoms - Sycosis.

**C. ANALYSIS AND SYNTHESIS.**

<b>7.ACUTE TOTALITIES.</b>	<b>8. CHRONIC TOTALITIES.</b>	<b>9. INTERCURRENT TOTALITIES.</b>
<p>Phosphorus was selected according to Kent’s philosophy and it covers all the three totalities.</p> <p><b>Mind:</b> company desire Express her feelings Fear of being alone Fear of snake Perception- Dull. Decision –take others help affectionate</p> <p>Dreams –day today activities</p> <p><b>Physical generals:</b> perspiration increased, craving for pungent and cold drinks, aversion to sweets chilly patient</p> <p><b>Characteristic particulars:</b> Sneezing of continuous nature agg dust exposure change of climate and&gt; warm water blockage of nose night</p>		

<p><b>10. SEQUENTIAL TOTALITIES</b></p>	<p><b>11. SPLIT TOTALITIES.</b></p>	<p><b>12. RELATED TOTALITIES.</b></p> <p>Silica comes close to Phosphorus in the general complaints but since it was not covering the patient as a whole, so it is not given</p>
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**D.PROBLEM STRUCTURALISATION**



**E. PROBLEM RESOLUTION.**

<b>15. MANAGEMENT: GENERAL ENVIRONMENT.</b>	<b>16. MANAGEMENT: GENERAL INDIVIDUAL.</b>	<b>17. MANAGEMENT: GENERAL REPLACEMENT.</b>
	Assurance to the patient. Self protection from dust Cover the mouth and nose with mask when working in dust Steam inhalation Reduce the intake of cold drinks	

**18. MANAGEMENT: MECHANICAL MEASURES AND ANCILLARY MEASURES:**

Steam inhalation

**19. MANAGEMENT: SPECIFIC HOMOEOPATHIC: PLANNING AND PROGRAMING:**

The patient presented with chronic complaints and based on the totality phosphorus was prescribed on constitutional basis.

<b>REMEDY SELECTION.</b>	<b>POTENCY SELECTION.</b>	<b>REPETITION SCHEDULE.</b>
Phosphorus  (Constitutional)	200 <sup>th</sup>  Potency only	1 Powder-once in 2  weeks.

**PLACEBO ADMINISTRATION:** Placebo was given for adequate spacing and psychological support of the patient.

**REMEDY RESPONSE:** The totality was clear; hence the constitutional remedy was administered. Gradual improvement of the disease condition.

**REMEDY REGULATION:** As per response and change in symptom – 200<sup>th</sup> potency only has been administered.

**PALLIATION:** Not needed as the underlining pathology can be reversed back.

**CURE:** Complaints were relieved significantly.

**SUPPRESSION:**

**HERINGS LAW OF CURE:**

**20. PROGNOSIS:** Good. Patient was showing good improvement.

#### **F. EDUCATION AND TRAINING:**

1. Shows the efficacy of phosphorus as a constitutional remedy
2. Efficacy of homoeopathic treatment over other modes of treatment in allergic rhinitis.

## CASE CONCEPT EXPOSITION

### 1. CLINICAL DIAGNOSIS:

#### 1. Allergic Rhinitis

Allergic rhinitis is characterised by sneezing rhino rhea obstruction of nasal passages conjunctival nasal and pharyngeal itching all occurring in a temporal relationship to allergen exposure

It is characterised by paleness and bogginess of nasal mucosa

Conjunctiva becomes congested and oedematous

Swelling of the turbinate and mucus membrane with obstruction of the sinus ostia and Eustachian tube <sup>13</sup>

This is a 34 year old patient presented with sneezing since childhood associated with burning and watery nasal discharge itching in the eyes and ears. Sneezing which is aggravate on change of climate, cold climate and dust exposure .On examination enlargement of the nasal turbinate's is seen.

#### 2. Sinusitis –chronic

It is the chronic inflammatory process affecting the mucosa of various sinus

Mucosa shows hypertrophic atrophic or papillary changes

In this case it is as a result of generalised respiratory allergy

Here, patient is having occasional headache, feels heaviness in the forehead which is aggravated by night and stooping.

### 2. REMEDY DIAGNOSIS

**Constitutional Remedy:** Phosphorus was selected as constitutional remedy which covers the totality. A constitutional treatment is needed in this type of chronic diseases where multiple sectors are involved. The dosage schedule adopted and changes have been done depending on the susceptibility and also on the basis of potency.

## **A. PROBLEM DEFINITION:**

**1. Interview technique:** Direct case taking was done as there was no written record of patient available. The interview began with chief complaints. There was active interaction, careful observation, listening, questioning, and accurate analysis of case in hand. Patient was observed as confident active. Rapport between physician and patient was good.

**2. Clinical record:** The data were simultaneously recorded in SCR with interview. The physician noted chief complaints, past history, family history, mental and physical generals were recorded. There after general physical examination, local examination and systemic examination was done and recorded.

## **B. CORRELATIONS:**

**3. Symptomatic classification and evaluation:** Symptoms were classified according to Kent's philosophy giving prime importance to generals followed by particulars. In generals, mental generals were given prior importance than physical generals.

**4. Clinicopathological:** Familiially the mother brother is having complaints of allergy So same miasmatic expression is seen in this individual which follows the symptom of allergic rhinitis

**5. Psychological:** no significant data in the history given by the patient which aggravated the complaints.

### **6. Hahnemannian miasmatic pathology:**

Fundamental miasm: psoro sycotic

Dominant Miasm : Sycosis

## C. ANALYSIS AND SYNTHESIS:

### 7. Chronic constitutional totality:

#### Mental generals

**Mind:** company desire<sup>3</sup> Express her feelings Fear of being alone<sup>3</sup> Fear of snake

Perception- Dull . Decision –take others help affectionate

Dreams –day today activities

**Physical generals:** Perspiration increased craving, for pungent<sup>3</sup>

and cold drinks,<sup>3</sup> aversion to sweets chilly patient

**Characteristic particulars:** Sneezing of continuous nature ,dust exposure ,change of climate

> warm water .Blockage of nose <night

**8. Related Totality:** silica comes close to Phosphorus but Silica is differing in its mentals.

**9. Repertorial technique:** Not adopted

## D.PROBLEM STRUCTURALISATION:

To define and explain the patient as a whole, essential evolutionary totality considered in which mental generals, physical generals, chief complaints, diagnosis, fundamental miasm and dominant miasm are included.

## E.PROBLEM RESOLUTION:

**10. General management:** Assurance to the patient..

Self protection from dust

Cover the mouth and nose with mask when working in dust

Steam inhalation

Reduce the intake of cold drinks

**11. Specific management:** As the complaints are chronic, constitutional remedy, Phosphorus 200 was selected and administered one packet.

**12. Potency selection and repletion:** 200<sup>th</sup> potency was selected as patient was presented with acute exacerbation and was prescribed 1 dose in sugar of milk once in 2 weeks.

**13. Placebo administration:** Placebo was given for the satisfaction of the patient.

**14. Remedy regulation:** Phosphorus200c, 1doses in SL, 1 powder at bed time once in 2 weeks was given. Since the remedy responded well, frequency was decreased later.

**15. Remedy response:** Gradual improvement of the symptoms.

#### **F. EDUCATION AND TRAINING:**

This case gives some idea in the treatment of the cases with reversible pathology. According to source books cases with reversible pathology should be treated with infrequent doses of higher potency of some sector remedies. But this case showed scope of similimum selected at constitutional and miasmatic level after thorough case taking.



### ANNEXURE III

**FR MULLER HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL.  
STANDARDISED PAPER IN HOMOEOPATHIC PRESCRIBING.  
MASTER ANSWER BOOK.**

**PHYSICIAN: Dr. Franklin Gino CASE REG NO. OPD/54027/09 INDEX NO.**

	<b>ACTION.</b>	<b>REASONS.</b>
<b>I. CLINICAL DIAGNOSIS.</b>	1. Allergic rhinitis with chronic frontal sinusitis	Ailments from exposure to dust. Sneezing with rhinorrhoea, Itching in the nose. Burning in the nose, Watering of the eyes Headache with heaviness, Tenderness in frontal sinus.
<b>II PERCEIVING THE TOTALITY.</b>		
1. ACUTE.	Not considered.	
(a) Fixed general totality.		
(b) Sector totality.		
2. CHRONIC.		
(a) Dominant miasm.	Sycosis	Real calulai Family history of allergic complaints and parents are hypertensive, Perspiration increased, Craving for pungent things.
(b) Acute exacerbation.	Nil.	
(c) Periodic expression.	Nil.	
(d) One sided expression.		
(e) Suppression.		
(f) Mixed miasm.	Nil.	

	<b>ACTION.</b>	<b>REASONS.</b>
(g) Sequence.	Nil.	
(h) Drug affects miasm.	Nil.	
Cause		
(i) Fundamental	Nil	
(ii) Precipitating.		
(j) Aggravations.	<change of weather night and lying down	
(k) Ameliorations.	>warm water	
(l) Generals.		
Mental.	Fear of snakes, of being alone <sup>3</sup> Desire for company <sup>3</sup> , Amiable , Express her feelings <sup>3</sup> , Hasty decision, Artistic <sup>3</sup> ,	
Physical.	Chilly patient <sup>3</sup> Craving to pungent things cold food and drinks Aversion to sweets <sup>2</sup> Dreams of daily business	

Characteristic particular	Sneezing with watery discharge from the nose, with irritation, burning and blockage of nose .< change of climate> warm water associated with itching lacrymation in the eyes and headache in frontal region <bending forward.	
<b>III. REPERTORIAL APPROACH.</b>	Not required as the totality is clear	
<b>Reading The Analysis.</b> Potential Differential Field.	Mental symptoms	mental general
References to The Homoeopathic Materia medica.	Boericke's Materia Medica Homoeopathic psychology Philip M Bailey	Referred for selection of a remedy which covers completely
<b>IV. NON REPERTORIAL APPROACH.</b> 1. Structuralisation.  2. Key Notes.		

	<b>ACTION.</b>	<b>REASONS.</b>
<b>V. PLANNING AND PROGRAMING THERAPY.</b>  1. Acute R <sub>x</sub> .  Potency.  Repetition.		
2. Chronic R <sub>x</sub> .  Potency.  Repetition.	Phosphorus 200 weakly one dose	As it is a chronic case
3. Intercurrent R <sub>x</sub> .  Potency.  Repetition.	Not given any anti miasmatic as there was no miasmatic block	
4. Placebo.	No. 40 pills were given	For satisfaction of the Patient.
<b>VI. REMEDY RESPONSE.</b>  (a) Interpretation.	Relief of complaints at sector level	Since remedy given in medium potency hence it acted at sector level
(b) Action.	The same remedy was given in higher potency	More the similitum higher the potency
5. Purpose  Reasoning  Expectations	Chronic case with prominent mental and physical generals so constitutional remedy was found which at first gave in low potency with frequent repetition as patient present with acute exacerbation of complaints. Later given higher potencies with infrequent repetition with gradual improvement.	

	As the disease is having irreversible pathology a permanent cure is not possible.so, relieving of troublesome symptoms has been expected.
<b>VII.GENERAL COMMENTS</b>	This case shows the efficacy of Constitutional remedy in diseases having reversible pathology. Reversible pathological conditions can be corrected by the constitutional treatment.

## ANNEXURE - IV

### MASTER CHART

Sl. No.	Preliminary data	Chief complaint	Mental generals	Physical generals	Diagnosis	Miasm	Auxiliary measures	Potency	Duration of treatment	A	Remarks
1	Reg no.16574 Mrs .o 25 F Christian Lecturer Kattipala	Sneezing watery discharge .agg morning Dust smoking change of weather> steam > warm drinks Since 4 yr	Enjoys nature Travelling Doesn't like crowd places likes music Financial difficulties Talks to god Gets irritation to noise	Desire pungent thinks warm drinks, Decreased thirst Irritability during menses Profuse sweating Leucorrhoea yellowish <-egg, meat Thermal -chilly	Allergic rhinitis	Tubercular	Avoidance of dust	200	Nine month	2	Improved
2	Reg no .15928 Miss .k 11 F Hindu Student Kondana	Breathlessness with cough and sneezing agg cold climate bending forward night amel bending backward and warm water Itching in skin with eczematous eruptions Since 6 month	Want to talk to others always Desire company .consolation desire Cries for silly matters Fear of going alone and darkness	Appetite decreased Thirst decreased Craving for fish milk spicy food Aversion to sweats, vegetables Thermal –chilly	Atopic bronchial asthma	Sycosis	Avoidance of allergens. Maintenance of hygiene	200	Ten month	2	Improved
3	Reg no 15551 Mrs .S 55 F Islam Beedi rolling Mudipu	Increased appetite Increased perspiration White sediment in urine Occasional dimness of the vision 4mth Pain in all the joints with stiffness agg walking afternoon and cold climate	Sympathetic Extroverted Desire company Makes friends easily. tell even her secrets to others	Increased appetite Increased perspiration Sweat on palms Craving for sweets, salt, fish Aversion egg, milk, vegetables White sediment in urine Chilly patient	Non insulin dependent mellitus	Psora	Controlling of carbohydrate containing foods	200	Three month	2	Improved
4	Reg no 15872 Mrs M A 21 F Islam Shop keeper kankanady	Sneezing with difficulty in breathing 3yrs agg dust strong smell mid night and >by bending back ward and lying. Wheezing cough of continuous nature. Headache with blurring of vision Associated with breathless since 6 yrs.	Anxious health about Optimistic desire company gets irritable soon does not bear contradiction and consolation Frightful dreams	Thirst less Perspiration less Craves bitter, sour, pungent, vegetables, tea Aversion fish Chilly patient	Bronchial asthma Migraine	Tubercular	Avoidance of allergens. Intake of nutritious food	1M	Twelve months	1	Cured

5	Reg no 15461 Mr A R 14 M Islam Student Thalpady	Pain in the chest occasionally palpitation Breathlessness since 5yrs agg playing exertion running >rest. Since 2yr	Anxious about heath trustful Jovial laziness Difficulty in concentration	Perspiration on neck Decreased appetite Craving chicken, chocolate Aversion egg, fish Delayed walking Ambithermal	Mitral regurgitation	Syphilis	Maintain proper nutritious food	200	Eleven month	2	Improved
6	Reg no 13982 Mr M 55 M Islam Cooli Thokottu	Cough with difficulty in breathing with thickish white expectoration (scanty Agg Talking ice cream lying down cold air exposure Amel hot water associated with restlessness chest pain weakness and decreased appetitesince 2 yr	Irritability during complaints Fear of dark Anxiety about heath Desire company Religious	Appearance –lean and tall Craving ice cream, cold items <–cold drinks Chilly patient	Pulmonary tuberculosis	Tubercular	Avoidance of cold food and drinks management of hygiene	200	Sixteen months	2	Improved
7	Reg no 13983 Mrs M A R 35 F Islam House wife Thokottu	Cough with breathlessness Rattling in chest coryza agg night cold drinks smoke associated with weakness Pain in the extrimities agg early morning washing and exertion >rest Since 5 yr	Like company fear about health like consolation indecisive will tell everything in the mind	Perspiration in forehead Craving chicken, spicy, rice Talking in sleep Thermal- ambi	Bronchial asthma	Sycosis	Avoidance of allergens Maintanance of hygiene	1M	Six month	1	Cured
8	Reg no 57115 Ms B 19 F Hindu Nursing Kollam	Dandruff aggravated by bathing and combing .hair fall .itching. Brittle hair Since childhood	Mildness shy anxious for silly things .indecisive. Fear and dreams that something bad will happen to relatives weakness of memory	Craving –sour food Aversion –tea bitter Thermal- hot	Alopecia totalis	Tubercular	Avoidance of shampoo Proper cleaning of hair	200	Two months	1	Cured
9	Reg no 55519 Mr S 34 M Muslim Business Mangalore	Itching eruptions of pustular nature on the head with dandruff and whitish scaling agg night winter season >oil massage and shampoo Since one and a half year	Over active likes company want to enjoy life loquacity irritability	Craving for fish Chilly patient	Seborrhic dermatitis	Tubercular	Avoidance of shamboo Regular head bathing	1M	Three months	1	Cured

10	Reg no 55441 Mr R 45 M Hindu Business Mangalore	Hoarseness of the voice with scanty expectoration .sensation of something sticking in the throat with offensiveness of mouth and constant hawking out of mucus agg early morning Throbbing in the temples Bleeding at the end of defecation agg chicken and cauliflower 3 yr	Loquacity Weakness of memory	Craving for chicken Disagree to chicken Yellowish sweat Thermal –chilly	Chronic laryngitis Haemorrhoids	Tubercular	Avoidance of chicken and spicy food Restriction of cold food and drinks	200	Ten months	1	Cured
11	Reg 55209 Mrs B F 47 F ISLAM House wife Kankanady	Itching with reddish rashes in the scalp and ear agg chicken beef prawns and fish ten year Generalised weakness of the body5yr Sneezing with watery coryza agg cold drinks associated with headache 5yr Retrosternal burning after spicy food 3mth	Talkative Cant keep any secrets Desire for company Irritability itching during Likes pet animals Doesn't bear contradiction	Perspiration –decreased Aversion –vegetarian food fish Craving –chicken meat Thermal – chilly	Urticaria Acid peptic disease	Psora	Avoidance of spicy food Avoidance of fish	30	Four month	2	Improved
12	Reg no 55210 Mrs P L P 25 F Christian FMCI Staff Mangalore	Pain in both temples after mental tension agg thinking about her complaints associated with drowsiness blurring of vision .lack of interest in works Since 3 yr	Anxiety –making mistakes Humiliation childhood Perfectionist Loss of interest in work	Perspiration on the tip of nose Craving for chicken and spicy food Thermal –hot	Tension headache	Psora	Avoidance of stressful salivation	200	Nine month	2	Improved
13	Reg no 55289 Mr RM 27 M Christian Lecturer Kerala	Sneezing with difficulty in breathing and wheezing agg changes in weather dust 5.30-7.30 am associated with irritation in the eyes Blockage of nose with watery discharge Sense of congestion in the throat morning =change of weather since 6 month	Desire company Fear of dark Fear of snake Fear of being alone	Increased thirst Craving fish fried and spicy salty food Aversion –sweets Perspiration increased in the back offensive Thermal –chilly	Allergic rhinitis	Psora	Avoidance of allergens	10M	Ten month	3	Improved



14	Reg no 52885 Mr MN 60 F Christian Teacher Bantwal	Pain in the shoulder joint agg working raising the arm associated with weakness and formication in the hands Headache agg noise early morning with vomiting and irritability Distented feeling in the abdomen after eating>passing flatus Since 2 yr	Irritability Can't tolerate contradiction Fear of ascending stairs Fear of heights Dreams -frightning	Decreased appetite Thirstless Craving for fish Aversion -sweets Prespitation increased over whole body Thermal -ambi	Osteo arthritis Common migraine	Psora	Physiother apy Avoidanc e of food itms which provoke headache	200	Sixteen month	3	Slightly improved
15	Reg no 57562 Ms AMA 13 F Islam Student Mangalore	Loss of taste since childhood Hardness of stools >eating fruts Since 6 month	Desire company Anger shouts at Attachment to friends weeping	Craving for fried things Salt green leafy vegetables Decreased perspiration Thermal -chilly	Constipation	Psora	Intake of fluid And fruits	1M	Three month	3	Slightly improved
16	Reg no 50737 Mrs M 50 F Islam House wife Jeppu	Blockage of nose with post nasal dripping agg cust change of weather Night cold things with pain and itching in ear And headache in frontal region Cough with thick whitish expectoration Agg night lying down sittin asending upstairs Whitish popular eruption since 2 year	Prefers sleeping Desires -Hearing music	Aversion fried food Desire sweets Thirst increased Distension of abdomen during menses Thermal -chilly	Sinusitis	Psora	Avoidanc e of cold exposure	200	Twelve month	3	Slightly improved
17	Reg no 56992 Mrs NS 19 F Christian Student Kottayam	Pimples in the face which is painfull agg before menses Dandruff with falling of hair agg perspiration Since 3yr	Sympathetic Affectionate Wants to be cared Broods about past Desire for company Fear of snakes dogs and lizard	Craving cold drinks meat spicy food sweets noodles Aversion vegetables Thermal -hot	Achnae vulgaris	Psora	Maintenan ce of hygiene	1M	Three month	0	No improvement

18	Reg no 12691 Mr LP 27 M Hindu Canteen owner Arekala	Diffuse hair loss with pin on touching the head Pain in both knee joint with crackling sound and stiffness agg standing climping > Warm water Since 3yr	Sympathetic Loquacious Anxiety health about Does not like to waste time Dreams of recent event	Craving for egg and vegetables Aversion to spicy food Chilly patient	Alopecia Rheumatoid arthritis	Tubercular	Adequate rest	200	Three months	2	Improved
19	Reg no 13306 Mr PP 26 M Hindu Soft ware engineer Mudipu	Throat pain with itching dryness and occasional cough agg exposure to cold Weather changes >hot water Associated with weakness and thirst Since 3yr	Generous Desires company Oversensitive to external impression Fear of death	Perspiration decreased Craving for spicy and non vegetarian food Thermal ambi	Upper respiratory tract infection	Tubercular	Salt water gargling Avoidance of cold food items	200	Nineteen months	1	Cured
20	Reg no 12324 Master- MA 11 M Islam Student kasargod	Sneezing with coryza which follows cough and breathlessness =exposure to dust Agg morning fruits icecream night Amel vicks inhalation lying down associated with watering of eyes and redness and increased thirst since 5 yr	Fear of dark animals Anger fast Wants to be magnetised Does not like travelling	Increased thirst Craving for chocolate chicken and eggs Aversion to fish Thermal –chilly	Allergic rhinitis	Tubercular	Avoidance of allergens	1M	Three months	2	Improved
21	Reg no 16183 Mrs Z H 25 F Islam House wife Bantwal	Pain in the upper extrimities of pulling nature agg exertion lying on same side taking rest associated with prominence of viens in right hand Pain in the abdomen during menses associated with weakness and irritability Distension of abdomen Shifting type of pain easy satiety agg food after >drinking water Since 4 yr	Anticipatory anxiety Get irritable faster Dreams of going with friends	Appearance –lean Craving –egg Aversion –sour food Thermal –chilly	Gastritis	Psora	Avoidance of spicy and oily food	1M	Seven months	2	Improved

22	Reg no 13392 Mr CC 47 M Christian Agriculture Sullia	Pain in the knee joint aff exertion and gastric complaints associated with vertigo and weight loss Eructation flatulence agg sitting spicy food fried items and egg associated with difficulty in breathing Pain in the hip joint agg walking initial motion since 2 yr	Fear of thunder strom Mild Affectionate Weakness of memory	Perspiration increased on forehead Sleep disturbed Thermal -chilly	Osteoarthritis	Sycosis	Advise for rest For putting knee cap	200	Six month	2	Improved
23	Reg no 12252 Mrs M R 33 F Christian House wife Payanuur	Fear of disease of death robbers of becoming blind travelling alone with sensation of full body is shivering aversion to children Since 6 month	Sensation as if full body is shivering Fear of death cancer husband infidelity robber of becoming blind travelling alone Aversion to children	Craving for eggs fish sweet Thermal –chilly	Phobic disorder	Syphilis	Psychothe rapy	1M	Three month	4	No improvem- ent
24	Reg no 16849 Mr AR 60 M Islam Teacher Mondugoli	Pricking type of pain in head agg exposure to air and fan drinking application of cold water lying down With burning micturation >sitting travelling Pain in the abdomen Bleeding after stool agg eating after During defecation Since 1yr	Jovial Fear of water Extrovert	Perspiration increased on head and body Thirst decreased Craving for rice sugar and fish Sleep disturbed Thermal –chilly	Ulcerative colitis	Syphilis	Avoidanc e of spicy food Reassuran ce	200	Seven month	1	Cured
25	Reg no 15115 Mrs EP 30 F Christian House wife Thalapady	Itching in the throat with sneezing and watery discharge from the nose agg dust after 7pm morning fog Since 2yr	Obstinate Memory weak Decision cant take himself Weeping > Consolation likes Dreams –ghost chasing	Perspiration increased on body which yellow Craving for chicken ice cream meat sweets Hot patient	Allergic rhinitis	Psora	Avoidanc e of allergens Maintenan ce of hygiene	1M	Twelve months	2	Improved

26	Reg no 13862 Mrs YG 42 F Hindu House wife Derlakatte	Recurrent attack of cold Soreness of throat Since 3yr	Desire company Will disclose her secrets Fear of thunderstorm	Perspiration increased Craving –vegetables Disagree-spices Food taste like potatoes ambithermal	Chronic pharyngitis	psora	Avoid cold food and drinks	1M	Twelve months	2	Improved
27	Reg no 17418 Mr YR 32 M Islam Printing press K.C Road	Offensive smell One sided nose block Oily scanty discharge from ears Throbbing pin in the forehead Distant vision with blurring Hardness distension flatulence of abdomen since 5 month	Delusion –pennies size is small Anger –scolds Dreams –sexual	Perspiration –profuse Craving milk meat non veg sweets Burning urination Ampi thermal	Cirrhosis of liver Ozena wit halitosis	syphilis	Avoidanc e of alcohol Proper hygienic measures	200	Three months	2	Improved
28	Reg no.7239 Mr. AK 42yrs/M Muslim Transport guide Adyar	Pulling type of pain in lumbar region radiating to left leg since 1 year Numbness, weakness and heavy feeling in the back < morning, getting up from sitting posture >lying on back	Anger violent, contradiction from, fear of needles	Craving- spices, pickles, salt Aversion- sweets Nightly pollutions Perspiration over chest Back ache with weakness Chilly patient	Lumbar spondylosis	Sycosis	Avoidanc e of over exertion Physiother apy	200	8 months	2	Improved
29	Reg no 7496 Mrs.A 48yrs/F Muslim House wife Mudipu	Pulling type of pain in lumbar area since 5 yrs <cold, morning, bending > lying on back Pain and stiffness of left knee joint ↑ since 3-4 months< bending the knee joint, first motion >continued motion	Anxious about family Desire for company Consolation amelioration	Perspiration on head Craving-fish, sweets Eructation after eating Chilly patient	OA of knee joint, Lumbar spondylosis	Sycosis	Adequate exercise physiother apy	1M	17 Months	2	Improved