

Homoeopathic Medicines for Army Personnel

Introduction:

The most prestigious profession for every country is those of army personnel who are always there on the country borders to protect their country and the civilians from outer attacks. Being there for us, they have to survive with many conditions which affect them physically. As a Doctor, we must be there to help them in sufferings and make our army force efficient.

Diseases with the indications of homoeopathic medicines:

1. Frost Bite:

Our most of the army is posted in the area of lowest temperatures where there are snowfalls. It frequently affects them with the diseases of cold temperatures like frost bite, trench foot and hypothermia. Frostbite is a severe medical condition that can potentially severely hamper military operations. It can result in long-term disability and even death in more extreme cases. Long-lasting sequelae after injury are very common, and under-reporting is likely.

a) *SecaleCornutum:*

- In spite of coldness, has burning among its characteristic sensations.
- Though cold to touch, cannot bear to be covered.
- Numbness; tingling as if ants crawling all over > from rubbing.
- Distressing cramps in calves and soles, especially at night.
- Blackness of outer parts; crawling on skin as if insects.
- Limbs become pale, cold and shriveled, or cold and lead colored, losing all sensibility < Heat, warmth from covering, by touch, walking, > cold air, getting cold, uncovering, rubbing, lying double.

2. Athlete's Foot:

Due to cold season and tight shoes, they often get a condition called Athlete's foot or teniapedis which is a kind of fungal infection which develops due to favourable environment of moisture.

a) *Sanicula Aqua:*

- Burning of soles.
- Foul foot sweat.
- Feet cold and clammy.
- Sweat on soles as though he had stepped in cold water. Feet as if in cold water.
- Cold clammy sweat of extremities.
- Parts sore to touch.
- The foot sweat occurs between toes, making them sore with foul odor.
- Cramp in feet in bed at night, they are so cold.
- Eczema exuding sticky fluid on toes.
- < cold weather, from light pressure.
- > open air, warmth

3. Tinnitus:

There are many times during fights between two armies when there is much noise of bullets and bombs which can cause a condition like tinnitus. Tinnitus is ringing or buzzing sound in one or both the ears without any external source of sound.

a) *NatriumSalicylicum:*

- Giddiness, noises in ear < rising from lying
- Constant noises in ears, deafness; direct and perosseous.
- Tinnitusaurium with deafness.
- Tinnitus of low tone.

4. Burns:

In case of bombing and ballistic injuries, soldiers frequently survive burns that requires urgent treatment.

a) *Cantharis Vesicatoria:*

- Blisters from burns.
- Sore and burning pain in every part of the body, internally and externally with great weakness.
- Burns and scalds with rawness and smarting followed by undue inflammation.

➤ Burns relieved by cold application.

- Pains are burning and sharp.
- Burning in soles of feet at night.
- < touch, drinking cold water.
- > rubbing

b) *Cauticum:*

- In after effects of burns and scalds.
- Old injuries re open.
- Must move constantly but motion doesn't relieve.
- Can't cover too warmly but warmth doesn't >
- Burning, rawness and soreness are very characteristic.
- Burns that recover slowly.
- Pains of burns.
- < dry, cold winds, cold air, motion.
- > damp, wet weather, heat of bed.

5. Fracture:

Many a times, soldiers get injuries including fractures during battlefield. Homoeopathic medicines are efficient in reducing the duration of healing of fracture.

a) *Symphytumofficinale*

- Used in non-union of fractures.
- Irritable bone at point of fracture.
- Pricking pain and soreness of periosteum.
- Used in traumatic injuries of bones and periosteum.
- Injuries to bones, ligaments, joints, tendons and periosteum.
- Favors production of callous.
- Periosteal pain after wound have healed.
- Mechanical injuries.
- Pricking, sticking and jaggings pains.
- < touch, injuries.

b) *CalcareaPhosphorica*

- Non-union of bones.
- Promotes callous formation.
- Bones become soft, thin and brittle.
- Ossification of bone in non-union fracture.
- Bone forms sutures or symphyses.
- < any change of weather.
- Weak bones break easily.
- Broken bone slow to heal.
- Pain along sutures or at symphyses.
- < change of weather, loss of fluid, motion, cold weather.
- > summer, dry atmosphere, warm, lying down, rest.

6. Sprain:

This can be resulted from mountain climbing or during practice sessions and battlefield. Homoeopathic medicines along with general management can help relieving sprain.

a) *Magnesia phosphorica*

- Cramping of muscle with radiating pains.
- Neuralgic pain > warmth.
- Darting pain.
- Pain rapidly changing place.
- Dread of cold air.
- Desire to take deep breaths.
- Aching in small of back.
- Pains lightning like i.e. coming and going.
- < motion
- < warmth, pressure.
- > light touch.

7. Mountain sickness:

It is natural to have mountain sickness when there is low atmospheric pressures in case of posting to the high altitudes.

a) *Coca*

- Want of breath, shortness of breath.
- Violent palpitation from overexertion and heart strain.
- Sudden attack of cramp in chest, became cold is unable to continue ascent.
- Violent and audible palpitations with flushing.
- Rapid pulse with violent sweating.
- When walking, takes involuntary quick steps.

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- Headache of high altitude.
- Fainting fit from climbing mountains.
- < high altitude, ascending
- > wine, quick motion in open air.
- b) *Arsenicum album*
- Cannot rest in any place; changing places continuously.
- Thinks it's useless to take medicine.
- Great thirst for cold water; drinks often but little at a time.
- Restlessness.
- Vomiting of blood, bile, green mucous.
- Terrible fear and dyspnea with gastralgia; also faintness, icy coldness, great exhaustion.
- The stomach is so irritable that the least food or drink causes distress or vomiting, or stool or both together.
- Frequent and excessive nausea, sometimes rising even to the throat, with inclination to vomit, necessity for lying down, sleep.
- Vomiting immediately after eating or drinking.
- < cold food or drink
- > warmth in general, lying with head high.

Gun powder as a War remedy:

- Dr John Henry Clarke has introduced with this medicine which can be much useful in cases of Ballistic injuries where there is blood poisoning caused due to it.
- Black gun powder is a mixture and not a chemical compound and is known as boil remedy which is used in blood disorders especially boils in army.


Conclusion:

Homoeopathy is much useful in various disease conditions from which army personnel suffer either due to their site of posting or in battlefield. They must have a kit of the above said medicines which can relieve their complaints or there should be a homoeopathic physician with his tools to combat with their sufferings.

References:

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