

# THERAPEUTIC SCOPE IN ALCOHOLISM

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**Abstract :** Substance use disorders are a major public health problem facing many countries. The most common substance of abuse/dependence in patients presenting for treatment is alcohol. Alcoholism is a broad term for problems with alcohol, and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages, usually to the detriment of the drinker's health, personal relationships, and social standing. It is medically considered a disease, specifically an addictive illness. This article provides an outline of alcoholism and homoeopathic approach towards such cases.

**Key words :** Alcoholism, Homoeopathic management, Repertory, Organon of Medicine, Case.

## Introduction

References of consumption of alcohol have been found in different mythological literatures all over the world and there is a close relation between religious practices and alcoholism. But still alcoholism was not encouraged by the society in general. Climate and temperature has got influence on habit of alcohol consumption like beer drinking by the German. With the advancement of civilization, mixing of culture and breakage of barrier from country to country has encouraged alcohol drinking even in those climates where it is not suitable. As a result its consumption within family once forbidden now has become very common as we see father and son is having alcohol on the same table. Along with these, as claimed, stress factors of modern civilization has greatly promoted alcohol intake. This added factor of stress has made an impetuous on the alcohol syndrome and a complexity of the symptoms is being noticed. Government for getting revenues is encouraging establishment of new alcohol shops.

Homoeopathic literature on the symptoms of alcoholism though dated back to 100 years; still the references obtained contain information which is applicable for the present complexity of symptoms.

Alcoholism in modern civilization has led to sexual crimes, family separation, health hazards, even hereditary transmission. Moreover persons intending to give up alcohol habit face many withdrawal effects. Management of all these need in depth study regarding alcoholism. So this topic has been chosen to tackle the problem efficiently.

## Definition

Alcoholism is a primary illness or disorder characterized by some loss of control over drinking, with habituation or addiction to the drug alcohol, causing interference in any major life function, e.g. loss of control, family, job, spiritual, friends and legal.

In popular and therapeutic parlance, the term may also be used to refer to ingrained drinking habits that cause health or social problems.

## Terminology

Historically the name dipsomania was coined by German physician Dr. C.W. Hufeland in 1819 before it was superseded by "alcoholism". The term alcoholism is widely used, and was first coined in 1849 by Magnus Huss, but in medicine the term was replaced by the concepts of alcohol abuse" and "alcohol dependence" in the 1980s DSM III. (The term alcohol dependence is sometimes used as a synonym for alcoholism, sometimes in a narrower sense.) Similarly in 1979 an expert World Health Organization committee disfavoured the use of "alcoholism" as a diagnostic entity, preferring the category of "alcohol dependence syndrome". In the 19th and early 20th centuries, alcohol dependence was called dipsomania before the term "alcoholism" replaced it.

## Pathophysiology

Alcohol's primary effect is the increase in stimulation of the GABA<sub>A</sub> receptor, promoting central nervous system depression. With repeated heavy consumption of alcohol, these receptors are desensitized and reduced in number, resulting in tolerance and physical dependence. The amount of alcohol that can be biologically processed and its effects differ between sexes. Equal dosages of alcohol consumed by men and women generally result in women having higher blood alcohol concentrations (BACs). This can be attributed to many reasons, the main being that women have less body water than men do. A given amount of alcohol, therefore becomes more highly concentrated in a woman's body. A given amount of alcohol causes greater intoxication for women due to different hormone release compared to men.

## Psychology of alcoholism :

It was formerly believed that alcoholism was due to some inherited weakness, and also prevalent was the concept of alcoholism as moral inadequacy, constituting a religious or ethical rather than a medical or psychological problem. It is now, however, generally accepted that alcoholism is a surface manifestation of a basic personality disturbance. In some instances it is a form of escape for the person unable to cope with the stress of reality. There are also apparently some

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individuals who find that even a small quantity of alcohol will destroy control over their drinking; once having started, they are unable to stop.

Possible explanations for this type of alcoholism include:

- (1) Constitutional or physiological factors, which may be of genetic origin;
- (2) Body conditioning or tissue changes resulting from a long continued use of alcohol which create a situation akin to addiction;
- (3) Psychological factors in which the impact of taking the first drink breaks down the volitional resistance to further drinking

Characteristics of alcoholism :

#### 1. *Craving*

Craving doesn't mean wanting something. It means needing. Typically the alcoholic obsesses about alcohol from morning till night. Hardly is one drink started when they start to think about the next.

#### 2. *Loss of control*

The alcoholic is unable to have one drink or two, or three and stop. The dependent drinker also loses control of their life. As the drinking gets worse so does the alcoholic's ability to do even the most basic things.

#### 3. *Physical dependence:*

The drinker, his body, has to have alcohol. If he doesn't then physical withdrawal symptoms can begin to surface within 12-24 hours of the last drink. These symptoms are known as Delirium Tremens and can kill you.

#### 4. *Tolerance:*

As alcoholism progresses the drinker will need more and more alcohol to get the same 'buzz' as before.

Effects of alcohol:

#### Long term effects on different organs and systems:-

##### A. Effects on cardiovascular system :-

*Peripheral arterial disease:* Moderate alcohol consumption appears to decrease the risk of PAD in apparently healthy men.

*Intermittent claudication:* A study found that moderate consumption of alcohol had a protective effect against intermittent claudication.

*Heart attack and stroke:* Drinking in moderation has been found to help those who have suffered a heart attack survive it.

##### B. Effect on nervous system:

Chronic heavy alcohol consumption impairs brain development which causes brain shrinkage, dementia, physical dependence, increases neuro-psychiatric & cognitive disorders & causes distortion of the brain chemistry. Alcohol abuse is associated with widespread

and significant brain lesions.

##### C. Cognition & dementia:

Excessive alcohol intake is associated with impaired prospective memory. This impaired cognitive ability leads to increased failure to carry out an intended task at a later date, for example, forgetting to lock the door or to post a letter on time. Wernicke-Korsakoff Syndrome- a manifestation of thiamine deficiency usually is a secondary effect of alcohol abuse.

##### D. Sleep:

Chronic use of alcohol used to induce sleep can lead to insomnia.

##### E. Mental health effects:

High rates of major depressive disorders occur in heavy drinkers & those who abuse alcohol. Alcoholics have a very high suicidal rate.

Alcohol dependence relates directly to cravings & irritability. Alcohol use is a significant predisposing factor towards anti-social behavior in children.

##### F. Effects on digestive system:

The impact of alcohol on weight gain is contentious. Some studies find no effect; others find decreased or increased effect on weight gain.

##### G. Liver :

Alcoholic liver disease is a major public health problem. Chronic alcohol abuse can cause fatty liver, cirrhosis and alcoholic hepatitis.

##### H. Pancreatitis :

Alcohol misuse is a leading cause of both acute pancreatitis and chronic pancreatitis.

##### I. Effect on immune system:

The risks of developing lip, tongue, throat, esophagus and liver cancer increases proportionally with the amount of alcohol consumed.

##### J. Other systems

*Alcoholic Lung disease :* Alcoholics have a higher risk of developing acute respiratory distress syndrome (ARDS).

*Kidney stones:* Drinking alcohol is associated with a lower risk of developing kidney stones.

*Hormonal Imbalance:* Excessive alcohol intake can result in hyperoestrogenisation. In men, high levels of estrogen can lead to testicular failure and the development of feminine traits including development of male breasts, called gynaecomastia. In women, increased levels of estrogen due to excessive alcohol intake have been related to an increased risk of breast cancer.

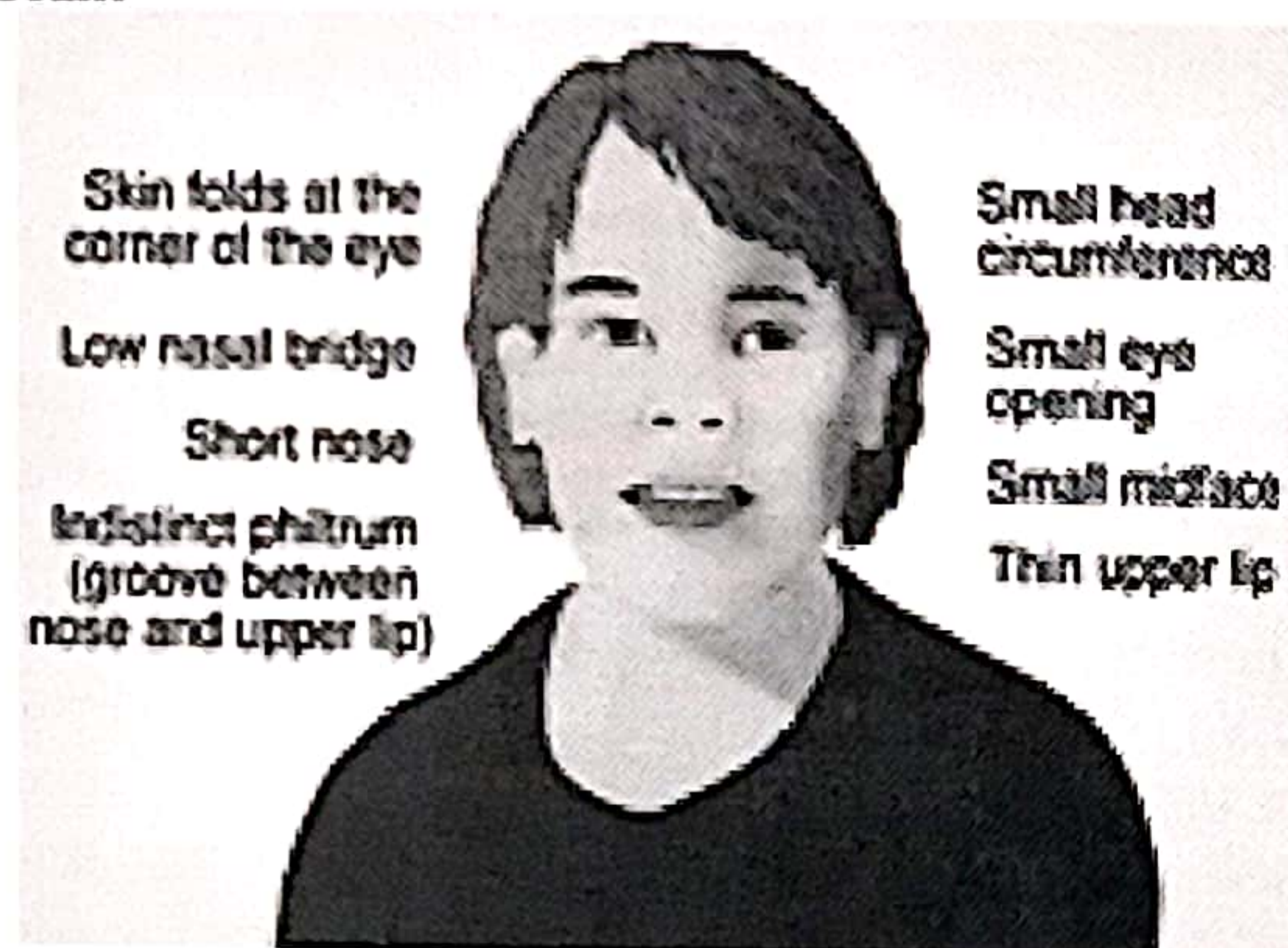
*Sexual dysfunction:* Long term excessive intake of alcohol can lead to damage to the central nervous system and the peripheral nervous system resulting in loss of sexual desire and impotence in men.

**Diabetes mellitus:** Moderate drinkers may have a lower risk of diabetes than non-drinkers. On the other hand, binge drinking and high alcohol consumption may increase the risk of type 2 diabetes in women.

**Rheumatoid arthritis:** Regular consumption of alcohol is associated with an increased risk of gouty arthritis and a decreased risk of rheumatoid arthritis.

**Effects on pregnancy and fetus:** Drinking during pregnancy can lead to a range of physical, learning, and behavioral effects in the developing brain, the most serious of which is a collection of symptoms known as fetal alcohol syndrome (FAS). Children with FAS may have distinct facial features (see illustration). FAS infants also are markedly smaller than average. Their brains may have less volume (i.e., microencephaly). And they may have fewer numbers of brain cells (i.e., neurons) or fewer neurons that are able to function correctly, leading to long-term problems in learning and behaviour.

Burton, in his *Anatomy of Melancholy*, also states "If a drunken man gets a child it will never likely have a good brain"



Picture of foetal alcohol syndrome (Courtesy-Wikipedia)

A characteristic pattern of mild facial anomalies, including small eye opening (i.e. short palpebral fissure), a thin upper lip or flattened ridges between the base of the nose and the upper lip (i.e. a flattened philtrum) associated with FAS.

#### Short term effects of alcohol:

After excessive drinking, unconsciousness can occur and extreme levels of consumption can lead to alcohol poisoning and death (a concentration in the blood stream of 0.40% will kill half of those affected).

#### Effects of dosage:

*Paracelsus a great ancient physician sometimes called the father of toxicology wrote- "All things are poison and nothing is without poison, only the dose permits something not to be poisonous".*

Thus different concentrations of alcohol in the human body have different effects on the subject. The lists of the common

effects of alcohol on the body depending on the blood alcohol concentration (BAC) as below-

Euphoria: (BAC=0.03 to 0.12%)

Stupor: (BAC=0.25 to 0.40%)

Lethargy: (BAC=0.09 to 0.25%)

Coma: (BAC=0.35 to 0.80%)

Confusion: (BAC=0.18 to 0.30%)

#### **Sign and symptoms of alcohol withdrawal:**

Alcohol withdrawal sign and symptom may vary from mild (hangover) to severe (delirium tremens). Anxiety, mild to extreme restlessness, impaired appetite to marked anorexia, usually elevated systolic pressure, marked confusion and disorientation, nausea and vomiting, visual and auditory hallucination, restless sleep or insomnia, marked hyperhidrosis.

#### **Management:**

Treatment aims at ending the physical dependence, then making lifestyle changes that help the individual avoid relapse. In some case medication, hospitalization or rehabilitation centers are needed. Homeopathy too has its role to help addicts in taking them out of this mire of addiction. In emergencies and acute phases various homoeopathic remedies can be used on acute symptom totality. Homeopathy also offers constitutional treatment to remove the craving, boost general health, vitality, self-control and confidence. But all agree that a sincere and deep desire to change must be present and the support of an individual or a community of individuals who have gone through with kicking the habit themselves is extremely important.

After stopping drinking it is important to eat a healthy, varied diet and to make up deficiencies of Vitamins A, B, C, D, K, folic acid, bioflavonoid, iron, manganese, potassium, and Cysteine (an amino acid found in dairy products, whole grains, nuts and seeds).

Treatment advice given by Jean- Pierre Gallavardin in his book *Psychism and Homoeopathy* as:-

Up to the present time the homoeopathic doctors have proved themselves equally unable to cure drunkenness and inebriety; and this, because, expecting rare cases the homoeopathic doctors, do not know how to use the arms of their *Materia Medica* and have not followed these two advices of Dr. Hahnemann, who says:

1. For the choice of remedies, one must take into consideration the moral and intellectual symptoms presented by the patients.
2. In chronic diseases, the medicine selected should be given once and should be left to act that unique dose for weeks and months.

Having followed these two advices of Dr. Hahnemann, I have been able cure the drunkards of their vice in half of the

cases when the vice is not hereditary and this by giving the medicines to the drunkards without their knowledge, in their food or in their drinks, the medicine selected for each of them.

There are two kind of drunkenness which are very different as regards treatment.

1. Acquired drunkenness and which is easier to cure by the help of some remedies well indicated to each individual case.
2. Hereditary drunkenness from parents who have procreated in the state of intoxication or who have this vice.

To cure, rather to prevent the development of hereditary drunkenness, it is necessary, before it is manifested, to treat the young man, or even the child from two to three months or more, by giving him successfully the remedies mentioned below in their following order:

1. Sulphur; 2. Nux Vomica; 3. Arsenicum; 4. Vivus; 5. Opium; 6. Lachesis; 7. Pulsatilla; 8. Petroleum; 9. Conium; 10. Causticum; 11. Mag carb; 12. Staphysagria; 13. Calc Carb.

These are the principal remedies which used in high dilutions (200 and above) a single dose, every 2,3,4,6,7 weeks in a young man from the age of 13 to 14 may ameliorate partially or completely the disposition to intoxicate oneself and even check the manifestations of different symptoms during drunkenness. The remedies will be left to act for 40-60 days.

#### Evidence in support of homoeopathic treatment :

The treatment and cure of alcoholism and related illness on an outpatient basis with Homoeopathy as narrated by Jack Cooper, Journal of the American Institute of Homoeopathy, June 1982 Vol.75-

In my original treatment of alcoholism, I had thought I was only too familiar with the physical and gross mental disturbance of the disease. Beer produced thirst and protuberant abdomen; wine gave a red blue color to the face and lethargic attitude, vodka produced death like coma; scotch or whisky gave wide based gait.....

After reading of Gallavardin's research I found that I was operating blind in my alcoholic treatment because I saw the patient after they become sobor. Dr. Gallavardin's finding indicated that the behavior of a person under the influence of alcohol was the important keynote to diagnosis and correct remedy prescription.

#### Conclusion :

But when compiling the data on the rate of cure our program revealed a substantial 50% cure rate and this rate were more successful than the standard allopathic success rate, which is 1 out of 300. Comparable program for younger alcoholics like teen challenge have a success rate of 90% of those who stay.

Finally it seems important to say that along with being economical and successful homoeopathic treatment of alcoholism can go a long way towards decreasing crimes caused by alcoholics.

#### Therapeutic hints on alcoholism:

Confirmed drunkards are no doubt hard cases to manage. *The following remedies may be more useful where they are supported by accessory symptoms as per aphorisms 94 and 95 and footnotes to aphorisms 128 and 235 and the remedy administered and repeated as per the instructions given By Master Hahnemann in the last Organon and highlighted by Dr. Pierre Schmidt).*

#### Angelica:

In fifteen drop doses of the tincture, three times a day, has caused disgust for liquor.

#### Nux vomica:

- Nux is the great anti-alcoholic remedy.

- It is a remedy to be given while the patient is still under the influence of liquor or any of the stages of alcoholism.

- Easily made drunk by small quantity of alcoholic drink.

- Longing for red wine, white wine, beer, rum.

- Neurotic men, & women addicted to drunkenness during & after pregnancy.

- Using tobacco, inclined to gamble, spending their entire wealth little by little

*Agaricus* will sometimes control the characteristic tremor when *Nux* fails

#### Lachesis :

- ill-natured people, hard to get along with.

- inclined to violent crimes, vindictive, jealous, envious.

- inclined to kill others, but not to kill themselves, except to get themselves run over by a vehicle.

- talking ceaselessly before or during drunkenness.

- Tobacco users.

- sometimes spending too freely, sometime close-fisted.

#### Ranunculus bulbosus :

- One of our most effective agents for the removal of bad effects from the abuse of alcoholic beverages.

- It is very useful in acute stage of delirium tremens. It has the calming effect.

#### Sulphur:

- Persons who work & go to sleep slowly with a prolonged but not restful sleep.

- Slow-going people, getting drunk in secret

- Having neither the sentiment of duty nor strength of will to accomplish duty.

- Desire for wine & whiskey.

- More intelligent while they are drunk.

Sulphuric acid:

-Vomiting in the morning, acidity, burning of esophagus and stomach, sour and foul eructation.

-It has been successfully in subduing the craving for alcohol by taking for two or four weeks, daily three times, from ten to fifteen drops of acid, which is a mixture of one part of sulphuric acid with three parts of alcohol.

Here are some of the diverse symptoms of drunkenness with their indicated medicines :

- \* Convulsive form of drunkenness, with violent contortions of the limbs, of the body, of the head : Nux vom., Bellad.
- \* Jealousy : Nux vom., Lach., Puls., Staph.
- \* Fury for striking : Nux vom., Hepar, Verat. Alb.
- \* Fury for destroying everything : Verat., Bellad.,
- \* Fury for killing others : Bellad., Hepar., Hyosc.
- \* Inclination to commit suicide : Ars. (by poisoning, stabbing, hanging), Nux vom. (by stabbing, firearms or drowning), Bellad. (poisoning, hanging).
- \* Great gaudy : Opium, Coffea
- \* More intelligent : Sulphur, Calc. carb.
- \* Stupid : Opium, Stramonium
- \* Sleepy : Opium, Bellad.
- \* Impossibility to go to sleep : Nux vom., Coffea
- \* Speaking ceaselessly : Lach., Caust., Hepar, Petrol., Mag. Carb.
- \* Shouting : Stram., Ignat., Caust.
- \* Complaining, dissatisfied before during & after drunkenness : Nux vom., Caust., Lach.
- \* Great genital excitement : Nux vom., Phos., specially Caust.

Some repertorial rubrics:-Kent's repertory**1. Chapter- Mind**

Confusion, night- beer, from: Bell, calc, coloc

Confusion- spirituous liquors, from: Nux vomica

Dipsomania- drinking on the sly: Sulphur

Menses before: Selenium\*

Dullness, waking on - wine after: Acon, all-c, mill, zinc.

Excitement - beer after: Coc-c\*

Excitement- wine, as from: Kali-i, lyc, moschus, naja.

Mania-A-Potu- Agar, Lach, Nat-m, Nux-m, Nux-v, Op,  
Stry, arn, bell, cann-I, coff, hyos, kali-br,  
phos, ran-b,

Insanity, madness – drunkards, in: Nux vomica

Stupefaction, wine after Cor-r\*

**2. Chapter -Vertigo**

Vertigo- alcoholic liquors: Coloc, Nat-m, Nux-v, caust,

Vertigo- wine after : Alum, con, nat-c, nux-v, zinc.

amel: Arg-n, coca, gels, phos.

**3. Chapter- Head**

Heaviness- afternoon beer after: chel\*

Pain- spirituous liquors, from: Agar, Lach, Nux-v, Ran-b,

**4. Chapter- Eye**

Pain-wine, after a glass: zinc\*

**5. Chapter- vision**

Dim, cold drunkards in: Nux-v\*

**6. Chapter-Stomach**

Desires alcoholic drinks- beer,

Evening: zinc (single med)

Brandy

Disordered, beer after: Aloe, ferr, kali-bi, sulph

Eructation, wine after: lyc \*

Heaviness, beer after: acon, kali-bi

Hiccough, drunkards in: ran-b\*

Nausea, drunkards in: kali-bi, ars, asar, sul-ac

Pain, night. beer, after: carb-s, nux-v

Pain, on swallowing wine after: bry\*

Retching drunkards, in: ars, nux, opium

Vomiting wine agg: ant-c\*

amel: kalmia\*

Wine, unable to bear any: ars.\*

**7. Chapter- Abdomen**

Distension beer, after: nat-m\*

**8. Chapter- Rectum**

Diarrhoea, alcoholic drinks after: Nux-v

Diarrhea, drunkards, in old: Lach

**9. Chapter-Respiration**

Difficult, beer after: Cocc\*

**10. Chapter- Cough**

Drunkards, of: Ars, coc-c.

Spirits, drinking: Spong

Wine amel: sulphur\*

**11. Chapter- Extremities**

Trembling, drunkards in: Ars, bar-c, nux-v.

**12. Chapter- Sleep**

Sleeplessness wine, after abuse of: Nux-v

Sleepiness wine, after; Ail, carb-s.

**13. Chapter –Generalities**

Alcoholic stimulants: Ars, Asar, Bar-c, Lach, Op, Ran-b,  
Sel, Sulph, Sul- ac.

Brandy : Nux-v, Op, Sulph

Synthesis repertory**1. Chapter- Mind**

## Ailments from- alcoholisms

Confusion of mind- alcoholic drinks after Beer from  
Delirium tremens (alcoholism;  
insanity- drunkard; libertinism;  
unconsciousness- delirium  
tremens)

*Knerr repertory*

1. CHAPTER- Mind  
Delirium Tremens
  - afternoon or after sleep, in: LACH \*
  - angry
  - delusions: STRAM \*
  - preceded by epileptic fits
  - face red and distended
  - held had to be
  - mild attacks
  - pneumonia in
  - talkative mani
  - trembling of body
  - voices heard continually

## 2. Chapter- Vision

- Sight,  
- amblyopia in drunkards: CHINA, Ter

*Murphy's repertory*

1. Chapter- Clinical  
Debauchery, ailments from  
Cough  
Diarrhea  
Indigestion  
Coma, alcoholics  
Congestive heart disease- alcoholics in  
Convulsions alcoholic in drinks after  
Edema alcoholism from  
Pneumonia, alcoholics  
Stroke apoplexy, alcoholics in
2. Chapter- Toxicity  
Alcohol, abuse  
Alcoholic constitution, followed by sub rubrics  
Alcoholism, dipsomania  
with sub rubrics like hereditary craving  
Withdrawal to help from

*Phoenix repertory*

1. Chapter- Mind,  
Ailments from Alcoholism  
Dipsomania  
Alcoholism (Ailments from delirium tremens)  
Generalities,  
Alcohol, alcoholic drinks with cross reference of different  
types of alcohol like beer, whisky, brandy, wine)  
Subrubrics abstaining after
  - Alcoholism, in acute
  - Intoxicated easily (beer)
  - Amel
  - Aversion
  - Desires

*Gentry repertory*

1. Chapter- Mind,  
Alcoholic, stupid from excess in drinks- Veratrum alb  
Trembling delirium tremens- Crotalus

*Jost Kunjli*

- Dipsomania, hereditary- lachesis (Galavardin)  
Confusion wine after- petroleum (Hahnemann)  
Mania a potu- calcaerea (Kent material medica)

(\*Single medicine was mentioned.)

**Miasmatic analysis**

If we see from miasmatic point of view, the long term affects of alcoholism has sycotic and mostly syphilitic miasm in its favour; as it causes the destructive changes in our body.

And in case of short term effects, the symptoms cover mostly the psoric miasm as the changes are almost all in the functional level.

*Symptoms of alcoholism in favour of psoric miasm:*

1. Mentally alert & quick but easily get fatigued
2. Fatigue causes desire to lie down
3. Apprehensive
4. Over-sensitive patients, sensitive to noise, light & odours
5. Depressed
6. Cannot stand still, must walk or lean against something if he is on his feet.
7. Flushes of heat specially over his face.
8. Bloating sensation in abdomen.

Sycotic symptoms:

1. Suspicious, cross, irritable, deceitful, jealous, cruel & vindictive
2. Slow recovery of all complaints.
3. One that meets with sudden death
4. Diseases associated with excessive proliferation & infiltration of tissue.

Syphilitic symptoms:-

1. Dull, stupid, slow in comprehension & forgetful
2. Stubborn, sulky, morose, melancholic
3. Fixed ideas
4. Usually suspicious
5. Silent type of patient, goes out & commits suicide
6. Diseases with ulceration & destruction of tissues
7. Complaints <at night, restless & anxious
8. Bone pains, deformities & gangrenous conditions

So at the end we can conclude that alcoholism or alcohol abuse is multi miasmatic but predominantly syphilitic miasm in its background.

Case

Regd. No- 81842      Date-21 June 2013      Unit .no-11  
Name- R. k      Age- 23 years      Address- Saltlake

Present complain

1. Acidity, flatulence and heartburn with pain in epigastrium since 5 years  
< 4.00-9.00p.m, fast food, sour  
>passing flatus
2. Wanted to get rid of the drinking habit because it was causing trouble to his daily life.

H/O Present Complaints

1. Duration- 5 years more from 5-6 months
2. Probable cause- taking alcohol for longer duration started at the age of 14 years due to some family problem
3. Mode of onset- gradual
4. Treatment taken-allopathy with temporary relief

P/H

Worm infestation and measles-childhood

Pneumonia-12 years of age      Jaundice-13 years of age

F/H

Nothing significant

Personal history

Occupation- engineering student

Diet- irregular

Addiction- taking alcohol almost every evening, with 10-12 cigarettes/ day

Socioeconomic condition- poor

Marital status- unmarried

Generalities

Thermal reaction-hot

Appetite- less, easy satiety

Desire-sweets+, warm food, sour, alcohol

Aversion-boiled food

Intolerance- sweet causes nausea

Thirst- profuse at night, drinks little at a time

Tongue- elevated papillae

Stool- offensive hard sometimes with mucus and blood

Urine-offensive

Perspiration- scanty, but offensive only on head and back

Salivation- while sleeping

Sleep- sleepless at night and sleepy afternoon after lunch

Dreams- of eating

Mind

Very intelligent, becomes more active after taking alcohol

Prefers company

Sentimental

Philosophical

General Appearance

Appearance- week

Built- thin, tall

Facies- anxious with furrows on fore head

Clubbing- absent

Jaundice- yellowish tint is present on both upper bulbar conjunctiva

Points in favour of prescription

- > Very intelligent, becomes more active after taking alcohol
- > Appetite- less, easy satiety
- > Desire-sweets+, warm food, sour, alcohol
- > Stool- offensive hard sometimes with mucus and blood
- > Facies- anxious with furrows on fore head
- > Past history of Jaundice and Pneumonia.
- > Acidity, flatulence and heartburn with pain in epigastrium since 5 years  
< 4.00-9.00p.m, fast food, sour  
>passing flatus

## Prescription

21<sup>st</sup> June 2013

## Rx

1. Lycopodium 200/ 1 dose

In sac lac

ODX 1 day

2. P.L. 30/ 1 Month

Patient was on placebo for 3 months

Follow-up on 21<sup>st</sup> Oct 2013

- Patient was slight better
- Acidity, pain epigastrium reduced
- Desire for alcohol same as before causes pain abdomen and nausea
- Appetite increased
- Stool- satisfactory
- Urine-offensive
- Burning of palm and soles

## Rx

1. Sulphur 200/1 dose

In sac lac

OD x 1 day

2. P.L. 200/1month

Follow-up on 10<sup>th</sup> December 2013

- Better as a whole
- Disgust for alcohol, craving much reduced
- Smoking habit reduced to 1-2 cig /day from 10- 12 cig/ day

- Yellowness of the conjunctiva reduced

## Conclusion :

We have ample references in our literature. Application of theory into practice from the case as I have mentioned helps us to a conclusion that Homoeopathy can do a lot with these complexity of alcohol syndrome along with psychotherapy and management of diet and regimen in the prevention of development of alcoholism and thus protecting the society from its menace.

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