

Relapse of Acute Symptoms

Home prescribers can be fantastic at treating the acute problems that occur at home with their families but can become frustrated and find it hard to understand what's going on when ailments recur. What can be happening is that when we continue to treat the acute symptoms without addressing the underlying weakness, then relapses can be common and need addressing with a deeper remedy.

For example, when a child is teething and needing constant doses of Chamomilla, treating after the acute episode with a mineral remedy such as Sulphur, Calc phos or Calc carb (depending on the picture), can restore balance at a deeper level and reduce the incidence of Chamomilla moments.

Margaret Roy describes this very well in her book *The Principles of Homoeopathic Philosophy*. She says: 'When disturbed the vital force produces a symptom picture. This may show the weakness of the constitutional remedy but more usually the vital force accelerates when disturbed. This may produce a different symptom picture, that of the acute remedy. Sometimes the picture is of the same remedy, but more often a relapse can be avoided by following after the full action of the acute remedy with the individual's constitutional remedy'.

It's important to be aware in acute prescribing that when looking at the symptoms you need to choose the acute remedy based on the symptoms of the current illness. Do not mix up the constitutional picture with the symptoms of the acute picture. For example an increased craving for milk during an acute illness leads us to consider *Rhus tox*, however if the person always likes to drink milk this is not an important symptom.

Constitutional Homoeopathy differs from acute or complex prescribing in that we go deeply into all aspects of the person and choose a remedy that covers the totality of the person. This can be quite difficult and we recommend that you consult a homoeopath to help you find the best deep acting remedy. However if you know or can work out for yourself the underlying or constitutional remedy then the time to give it is after the acute episode has past or during times when the person's vitality seems weakened but symptoms have not appeared yet.

Some well known complementary remedies:

Aconite: followed by Sulphur

Apis: followed by Nat mur

Belladonna: followed by Calc carb or Silica

Bryonia: followed by Nat mur

Chamomilla: followed by Sulphur or Calc carb

Ignatia: followed by Nat mur

Nux vomica: followed by Sepia or Sulphur

Pulsatilla: followed by Silica, Tuberc, Calc carb, Lycopodium or Kali sulph

Sepia: followed by Nat mur or Kali carb

Definition

Common Symptoms: These are symptoms that are typically experienced during the course of a disease or state, e.g. weeping after recent grief. These symptoms rank least important when prescribing because they do not shed light upon the uniqueness of the suffering individual: they are common to the disease's state.