ANTHRAX:

USE OF BLEACH AND WATER

If you suspect that you've been sprayed with Anthrax, it will be all over everything. The only way to help protect yourself is with the use of BLEACH and WATER. "Disinfection of contaminated articles may be accomplished using a 0.05% hypochlorite solution (1 tbps. bleach per gallon of water). Spore destruction requires steam sterilization."

INHALATION SYMPTOMS OF ANTHRAX (Pulmonary Anthrax)

FLU-LIKE SYMPTOMS or a CHEST COLD SYMPTOMS

About 1-6 days after inhaling Bacillus anthracis spores there would be a gradual onset of vague symptoms of illness such as fatigue, fever, mild discomfort in the chest and a possibly a dry cough. You may think you have the "flu" or a "chest cold." The symptoms would improve for a few hours or up to 2-3 days. Then, there would be sudden onset of difficulty in breathing, profuse sweating, cyanosis (blue colored skin), shock and death in 24-36 hours.

Anthrax symptoms have TWO PHASES. The first set of symptoms mirror non-specific flu-like symptoms.

* fever
* chills
* general discomfort, uneasiness, or ill feeling (malaise)
* headache
* nausea and vomiting
* shortness of breath/breathing problems
* cough, dry
* congestion of the nose and throat
* mild chest discomfort with a non-productive cough that will later, will turn into pneumonia
* joint stiffness
* joint pain
* Loss of Appetite

HOMEOPATHIC REMEDIES FOR INHALATIONAL ANTHRAX

FEVER; HEAT in general (K1278) (205) : Acon., Alum., Apis, Arg-n., Ars., Ars-i.
CHILL; COLDNESS in general (K1259) (213) : Ant-t., Apis, Aran., Ars., Bism., Calc-f.
HEAD PAIN; GENERAL (K132) (305) : Anthr., Calc-s., Cedr., Chin., Chin-s., Cocc.
STOMACH; NAUSEA (K504) (326) : Ant-c., Ant-t., Arg-n., Ars., Bell., Carbn-s.
STOMACH; VOMITING; General (K531) (247) : Acon., Aeth., Ant-c., Ant-t., Apis, Apom.
COUGH; DRY (K786) (288) : Acon., Alum., Ars., Ars-i., Bell., Brom.
RESPIRATION; SUFFOCATIVE (Difficult) (107) : Acon., Acon-f., Am-c., Ant-t., Apis, Ars.
NOSE; CONGESTION to nose (11) : am-c., cham., cortico., cupr., hep., lith-c.
THROAT; FULLNESS (K452) (44) : apis, arg-n., bell., cinnb., con., eucal.
CHEST; CATARRH (K824) (95) : Ant-t., Ars., Bar-c., Bar-m., Bry., Cact.
EXTREMITIES; STIFFNESS (K1191) (133) : Ars., Asaf., Bry., Caust., Chel., Cocc.

EXTREMITY PAIN; GENERAL; influenza; during (K1045) (8) : Bry., Eup-per., acon., caust., chel., euph.

MIND; DISCOMFORT (SI 401) (Discontented) (Restlessness) (44) : camph., grat., sulph., agar., ammc., ars.

STOMACH; APPETITE; diminished (K476) (133) : Alum., Pic-ac., arg-n., aur., bar-m., cact.

EXTREMITIES; ANTHRAX (K952) (6) : anthr., ars., sec., echi., lach., ther.

1. Anthracinum (anthrax nosode)
2. Arsenicum album
3. Lachesis muta
4. Secale
5. Bryonia

Then, you will experience improvement, and the symptoms seem to abate for 1-3 days, and you feel better.

The second phase will hit you hard, and usually, within 24-36 hours. This phase is one is marked by high fever, dyspnea (shortness of breath), stridor (lungs filling with fluid), cyanosis (blue-colored skin, and you are not able to get sufficient oxygen into your body due to breathing problems), and shock, and then you die.

* Breathing Problems/pneumonia
* Shock
* Swollen Lymph Glands
* Profuse sweating
* Cyanosis (skin turns blue)

HOMEOPATHIC REMEDIES FOR STAGE TWO

FEVER; HEAT in general (K1278) (205) : Acon., Alum., Apis, Arg-n., Ars., Ars-i.
CHILL; COLDNESS in general (K1259) (213) : Ant-t., Apis, Aran., Ars., Bism., Calc-f.
HEAD PAIN; GENERAL (K132) (305) : Anthr., Calc-s., Cedr., Chin., Chin-s., Cocc.
STOMACH; NAUSEA (K504) (326) : Ant-c., Ant-t., Arg-n., Ars., Bell., Carbn-s.
STOMACH; VOMITING; General (K531) (247) : Acon., Aeth., Ant-c., Ant-t., Apis, Acon-f., Am-c., Ant-t., Apis, Ars.
NOSE; CONGESTION to nose (11) : am-c., cham., cortico., cupr., hep., lith-c.
THROAT; FULLNESS (K452) (44) : apis, arg-n., bell., cinnb., con., eucal.
CHEST; CATARRH (K824) (95) : Ant-t., Ars., Bar-c., Bar-m., Bry., Cact.
EXTREMITIES; STIFFNESS (K1191) (133) : Ars., Asaf., Bry., Caust., Chel., Cocc.
EXTREMITY PAIN; GENERAL; influenza; during (K1045) (8) : Bry., Eup-per., acon., caust., chel., euph.
MIND; DISCOMFORT (SI 401) (Discontented) (Restlessness) (44) : camph., grat., sulph., agar., ammc., ars.
STOMACH; APPETITE; diminished (K476) (133) : Alum., Pic-ac., arg-n., aur., bar-m., cact.
EXTREMITIES; ANTHRAX (K952) (6) : anthr., ars., sec., echi., lach., ther.
BACK; SWELLING of; Cervical region (4) : con., iod., nux-v., phos.
GENERALITIES; SHOCKS; agg. (SII 578) (25) : acon., acet-ac., am-c., arn.,
camph., cham.
PERSPIRATION; PERSPIRATION in general (K1293) (201) : Ant-t., Calc.,
RESPIRATION; DIFFICULT; pneumonia, in (6) : ANT-T., Chel., Kali-n.,
Kreos., Lyc., Phos.
GENERALITIES; CYANOSIS (K1356, SII 151)(RESPIRATION; Asphyxia) (109) :
Camph., Carb-v., Cupr., Dig., Lach., Laur.

1. Arsenicum album
2. Phosphorus
3. Lachesis muta
5. Baptisia tinct.
6. Pyrogenium

OTHER HOMEOPATHIC ANTHRAX INFORMATION
(for cutaneous and gastrointestinal anthrax)

Humans become infected by coming into contact with spores through any or all of these paths of infection:

* skin
* mucous membranes
* respiratory tract

* Spores (the offspring of the organism can survive in soil for 50 years..or more...)

* Humans are most commonly infected by spores found on animal products such as hides, bristles, or wool

* Biological warfare attack via airplane.

ANTHRAX SKIN SYMPTOMS (Cutaneous Anthrax)

This is a doubtful route for a terrorist release of Anthrax. They will get more bang for their buck via an air assault and we breathe it in. However, here are the skin symptoms--just in case I'm wrong:

* Skin infection begins as a raised itchy bump that resembles an insect bite but within 1-2 days develops into a vesicle and then a painless ulcer, usually 1-3 cm in diameter, with a characteristic black necrotic (dying) area in the center.

* a reddish brown sore that breaks open and forms a scab. Lymph glands in the adjacent area may swell. About 20% of untreated cases of cutaneous anthrax will result in death. Deaths are rare with appropriate antimicrobial therapy.

* Usually find a typical painless lesion (ulcer) at site of infection with a black, necrotic (dying tissue) eschar (scab).

* Local swelling is prominent
* pulmonary (lungs/breathing/inhalation of it) anthrax may be life threatening.

WHAT DOES AN ANTHRAX SKIN LESION LOOK LIKE?
[I have been asked to describe what a cutaneous anthrax lesion is like. These are usually on the fingers, hands or forearms, but occasionally on the face or lateral side of the eye -- i.e. where people have cuts or insect bites &/or scratch themselves. The organism gains entry via these minor abrasions and cuts. While it can take 2-4 days to develop I have known it take 7-10 days before it appears. The area around the initial infected area is inflamed, hot, and typically has small circling vesicles or 'blisters'. What is absolutely typical is that the inflamed Lesion is painless. Later it ulcerates to be a round area, frequently the size of a quarter, say 1.3 cms diameter, and with a blackened floor to the ulcer. The affected person will have a raised temperature and feels definitely ill or groggy. The inflamed area can become extensive. Response to treatment is usually rapid. The lesion is so typical that it can be identified from the circular scar years later.

The most dangerous cutaneous lesions are oropharyngeal because of the real risk of asphyxiation and tracheotomy is usually called for in these circumstances. In spite of the sometimes terrifying swelling and inflammation (see any textbook for extreme examples) healing is usually complete with little or no permanent damage.

My colleague Benyamin Cherkasskiy in Moscow tells me that he has had only modest success, around 30%, in recovering organisms from cutaneous lesions. However, the Russians utilise an anthracin skin test for diagnosis, though I suspect it is more useful in retrodiagnoses. - Mod.MHJ]

HOMEOPATHIC REMEDIES FOR CUTANEOUS (SKIN) ANTHRAX

SKIN; ANTHRAX (2) : ip., lob.
SKIN; ERUPTIONS; vesicular (K1322) (148) : Ars., Canth., Carb-ac., Caust., Clem., Croto-t.
SKIN; SWELLING; affected part, of (K1332) (57) : Bell., Kali-c., Merc., Puls., Rhus-t., Sep.
SKIN; DISCOLORATION; blackish (K1305) (19) : Ars., Plb., Sec., apis, arg-n., carb-v.
SKIN; ITCHING (K1327) (242) : Agar., Apis, Ars., Bov., Carb-v., Carbn-s.

1. Arsenicum album
2. Lachesis muta
3. Nitric acidum
4. Secale
5. Carbo veg.

GASTROINTESTINAL ANTHRAX (eating it)

Again, it is doubtful that transmission is a low percentage (unless you buy food where the spores have landed, then you can ingest it and end up with the below symptoms):

Intestinal (EATING FOOD CONTAMINATED WITH IT) The intestinal disease form of anthrax may follow the consumption of contaminated meat and is characterized by an acute inflammation of the intestinal tract. Initial signs of nausea, loss of appetite, vomiting, fever are followed by
abdominal pain, vomiting of blood, and severe diarrhea.

* Abdominal Pain
* Inflammation of the Intestinal Tract

Intestinal anthrax results in death in 25% to 60% of cases.

HOMEOPATHIC REMEDIES FOR GASTROINTESTINAL ANTHRAX

STOMACH; APPETITE; wanting (K479) (284) : Ars., Asar., Calc., Cham., Chel., Chin.
STOMACH; VOMITING; General (K531) (247) : Acon., Aeth., Ant-c., Ant-t., Apis, Apom.
STOMACH; NAUSEA (K504) (326) : Ant-c., Ant-t., Arg-n., Ars., Bell., Carbn-s.
ABDOMEN; PAIN; general (K554) (397) : Ars., Bry., Canth., Cham., Cocc., Colch.
STOMACH; VOMITING; blood (K536) (131) : Arn., Cact., Carb-v., Chin., Crot-h., Ferr.
RECTUM; DIARRHEA (K609) (STOOL; Frequent) (285) : Agar., Aloe, Ant-c., Ant-t., Apis, Arg-n.

1. Arsenicum album
2. Ipecac
3. Phosphorus
4. China
5. Veratrum album

As of earlier today Homeopathy Overnight still had anthracinum available for sale in the US but no other relevant nosodes. Those have to come from England or elsewhere. I have had dozens and dozens of letters requesting a source for the nosodes and want to urge you all to get yours while the getting is still good.

Homeopathy Overnight www.homeopathyovernight.com
1-800-276-4223

I have been reading so much that I am half blind from it all but one of the most common things I have read is how complicated it is to deal with homeopathically. I would like to see a 10 remedy kit made available with the most relevant remedies and nosodes with easy to follow directions for prophylaxis and treatment and some kind of resource for people to find a homeopath also mentioned in the very simple to follow directions.

I know some folks here are working on specific diseases and I have decided to work on the kit itself and on writing up some easy to follow directions. When I get them written I will post them and anyone who has suggestions please contribute.

I'll do separate posts for each disease or two together to keep these posts a little shorter.

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Susan Lavery, RSHom(NA), CCH
Re: Ainsworths. They have web page and a neat ordering system as well as information. Like Susan I have found them very prompt. There is also Helios in UK. I have my remedies sent to my brother in UK who sends them on as a gift of bath salts!

I always give remedies in water in a bottle with directions to succuss before taking. If the remedy is to last a while I add brandy as a preservative. Doing it this way, remedies go much further so that a 1 gram phial of granules can be used many times. Furthermore, if the remedy is to be repeated then a slightly higher potency is given on the second succussion - a must according to the Organon.

You only need one granule per bottle, that is if you can get only one granule out at a time. Which I can't!
http://www.ainsworths.com/ is the address

And bringing you more disgusting disease sx:

SMALLPOX:

SYMPTOMS

Symptoms of smallpox include: sudden onset of fever, headache, backache (the backache associated with smallpox is about the worst backache known to man), vomiting, marked prostration and delirium, and can end in blindness from scarring in the conjunctiva. The early stage may make you very ill. Also early in the illness there may appear (in about 10%) a fleeting rash in the form of a reddening of the skin, not unlike the rash of German measles. There is nothing obvious about this rash to arouse suspicion of smallpox. The incubation period from exposure to the onset of this feverish illness is nearly always 12 days with little variation. (You want to try to catch it at this stage, if possible).

About two to three days after the onset of illness the true smallpox rash appears. The early rash will be fading. This true (focal) rash is normally diagnostic of smallpox, characterized by its evolution and distribution on the body.

It begins as discrete, pink spots (macules), which enlarge and become slightly raised papules. Each of these progresses, and by the third day a tense blister, vesicle, six mm in diameter has developed, deep in the skin. After two more days the fluid inside becomes thick and opaque. In the following days these shrink and dry up to become hard lentil-like crusts in the skin. Eventually they separate leaving a sunken scar. The hard crusts then detach, containing smallpox virus in its substance.
DIAGNOSTIC INFORMATION

The distribution of the focal rash is characteristic, affecting the head and extremities, the trunk to a lesser degree. These symptoms actually make smallpox easy to diagnose clinically, once the thought of smallpox has entered the mind...but this could take some time.

There is some correlation between the severity of illness and extent of the focal rash. Toxemia may be so severe that death may occur before the rash is fully developed. However, it is more common for death to occur between the 11th and 15th day of the rash, if, in fact, it is going to occur. In severe cases the rash may cover the entire body and the individual lesions will run into one another.

Severe disease may also be hemorrhagic, which can further complicate diagnosis. Since the person is bleeding into the skin and from bodily orifices, it may be mistaken for other hemorrhagic diseases. Another diagnostic difficulty arises from individuals who contract variola sine eruptione in which no rash follows the onset of illness. Even these individuals may very occasionally be infectious through droplets from the mouth.

Infection usually occurs through the respiratory tract and local lymph nodes. The virus then enters the blood (primary viremia). Internal organs are infected. Smallpox then reenters the blood (secondary viremia) and spreads to the skin. These events occur during the incubation period, when the patient is still well. The rash is the result of virus replication in the skin, but there may be an immune component as well.

HOMEOPATHIC TREATMENTS

Lucky for us, many great homeopaths lived through the onslaught of smallpox, and we can use the knowledge and remedy information they have left behind. Some people are concerned that smallpox used in biological warfare would be mutated, rendering any treatment method ineffective. Granted, no one can tell this for sure. However, I have spoken "unofficially" to a couple of MD’s and even a vet. All agreed that they found this doubtful. There would be no need to mutate smallpox, due to its high mortality rate, and the fact that it is unlikely that anyone is immune anymore.

Unfortunately, by the time it would probably be realized that a smallpox outbreak was occurring, the only treatment option for those already infected would be by means other than allopathic. Homeopathy can play a role in this. Hahnemann taught us that it is okay to use nosodes in the event that one finds oneself in an epidemic situation, as a preventative. That is one option. If you find yourself at "ground zero," smallpox speaking, taking either Variolinum, Malandrinum, or Vaccininum nosodes would be a great idea (do not take them all though). Failing that, you need to treat the symptoms, and that needs to be accomplished via the Law of Similars, or the Simillimum. This requires repertorizing. However, since the symptoms follow a more-or-less specific pattern, the most likely remedy candidates can be determined ahead of time. Other remedies to consider are Antimonium Tataricum, Baptisia, Bryonia, Carbolicum Acidum, Hepar Sulphuris Calcareum, Kali Bichromicum, Mercurius Sulphuricus, Rhus Toxiocodendron, and Thuja.

To recap: VARIOLINUM, MALANDRIUM and VACCININUM are NOSODES (this means
that it is made from disease material—smallpox in the case of Variolinum, Malandrinum is grease in horses, and Vaccininum is vaccine matter). It is sometimes argued that this treatment method takes the form of Isopathy, which is using the exact remedy for a specific condition, rather than a similar one. This is a debate that will continue to pop up. I believe that the current thinking follows that Isopathy is, in fact, a nosode made from the individual, strictly for their own use. These definitions are not important, however, to our mission at this time.

THE NOSODES

In discussing nosodes, it is important to reiterate that you should NOT take any of them just because you have them. Though true that they can be used as a preventative, they should be taken only if the threat of infection is real...such as would be if smallpox epidemic occurs. Vaccinia, Smallpox, and Grease of Horses are inter-related diseases, and the nosodes of each are available for the treatment or prevention of all three.

Malandrinum (Grease of Horses)

I could not find a lot of information on Malandrinum. However, homeopaths of yesteryear found it to be effective in the prevention of smallpox. A.L Marcey (H.R., xiv 530) vaccinated himself and also used Maladrinum 30C morning and night during a smallpox epidemic. The vaccination never took, even after being repeated twice, but he remained free from smallpox with the nosode. He also used Malandrinum to effectively cure smallpox in a very short period of time. (only a few days!) In other documentation, Vaccininum 6C in water, for one day, repeated after 8 days, acted as a preventative in 600 cases.

Vaccininum

Mind/Head: Crying, ill-humour, restless sleep, nervous, impatient, morbid fear of getting smallpox. Frontal headache, forehead felt as if it would split in two from root of nose to top of head. Stitches in right temple, eruption like crustea lacteal (crusty, milk-like)

Stomach: Aching in pit of stomach, with short breath

Respiratory: Short breath with aching in put of stomach, and pressure in the in region of heart.

Skin: A general eruption, similar to cowpox. Red pimples or blotches in various parts, most evident when warm. Eruption of pustules with a dark-red base and a roundish or oblong elevation, and filled with pus of a greenish yellow colour, some as large as a pea, without depression in the center, coming with a round, hard feel in the skin, very itchy. Tingling and burning in skin over whole body.

Fever: Fever, with heat, thirst, tossing about, crying, aversion to food. Chill with shaking.

Variolinum

KEYNOTES: The cardinal symptoms of smallpox are the keynote symptoms for Variolinum.

Mind/Head: Delirium with initial fever. Vertigo, loss of consciousness when attempting to rise, forehead very hot, face red and bloated, carotids
pulsating violently. Headache with, or right after a chill, all over head, particularly in forehead; severe in vertex, as if a band tightly encircled head. Intolerable pain in occiput.

Stomach: Soreness in pit of stomach and across epigastric region. Frequent vomiting of bilious and bloody matter. Vomits milk immediately after drinking it.

Respiratory: Oppressed respiration, troublesome cough, with serous and sometimes bloody sp[uta. Hawking up thick, viscid slime, smelling bad.

Skin: Exanthema (eruption) of sharp, pointed pimples, usually small, suppurating, dry, resting on a small red areola, frequently interspersed with spots of red colour, sometimes severe itching.

THE REMEDIES

Antiimonium Tataricum, Baptisia, Belladonna, Bryonia, Carbolicum Acidum, Hepar Sulphuris Calcareum, Kali Bichromicum, Mercurius Sulphuricus, Rhus Toxiocodendron and Thuja are remedies made from various sources. Certain remedies have specific keynotes in their symptoms that can be of great value in determining the correct one. I will include mental symptoms in this article, too, although in the eventuality that we need to repertorize, the physical symptoms will probably be more important.

Antimonium Tartaricum (Tartar Emetic)

KEYNOTES: rattling of mucus with little expectoration, drowsiness, debility, and sweat, chills and pains in the muscles.

Mind/Head: Vertigo alternating with drowsiness, great despondency, and fears being alone. Band-like feeling over forehead, headache as from a band compressing.

Stomach: difficulty swallowing fluids, vomiting in any position, except lying on right side, nausea, retching and vomiting, especially after food. Thirst for cold water, little and often, and desire for apples, fruits, and acids generally.

Respiratory Organs: Burning in chest, which ascends to throat. Breathing is rapid, short, and difficult; feel like they are suffocating. Pulse rapid, week, trembling.

Back: Violent pains in sacro-lumbar region. Slightest effort to move causes retching and cold, clammy sweat. Sensation of heavy weight at coccyx, dragging downward all the time.

Skin: Pustular eruption, leaving a bluish mark, smallpox.


Modalities:

WORSE: in evening, from lying down at night, from warmth, in damp weather, from all sour things and milk.

BETTER: Sitting erect, from eructation (belching), and expectoration.
Baptisia (Wild Indigo)

KEYNOTES: Septic conditions of the blood, indescribable sick feeling, great muscular soreness and putrid phenomena.

Mind/Head: Wild wandering feeling, inability to think, mentally confused, thinks s/he is broken broken, or double. Vertigo, pressure at root of nose. Skin of forehead feels too tight, seems drawn to back of head. Soreness of eyeballs.

Stomach: Can only swallow liquids, vomiting from spasm of esophagus, constant desire for water. Sinking feeling in stomach. Pain in epigastric region. All symptoms worse from beer.

Respiratory: Lungs feel compressed, breathing difficult, seeks open window. Fears going to sleep due to nightmares and sense of suffocation.


Skin: Livid spots all over body and limbs. Burning and heat in skin. Putrid ulcers with stupor, low delirium, and prostration.

Fever: Chill, with pains and soreness all over body. Heat all over, with occasional chills. Chill about 11 am. Adynamic (causing a lack of strength or function) fevers.

Modalities:

WORSE: Humid heat, fog, indoors.

Belladonna (Deadly Nightshade)

KEYNOTES: Sudden and violent onset of symptoms, loss of consciousness, delirium, rage, oversensitive in all senses, bleeding from inner parts, exanthemata (eruptive disease) of a scarlet colour.

Mind/Head: Vertigo, with falling to left side, or backward. Sensitive to least contact. Much throbbing and heat in head. Pain and fullness especially in forehead. Pain worse from light, noise, jarring, lying down, and in the afternoon. Headache worse on right side and when lying down.


Respiratory: Dtness, tickling short, dry cough, worse at night. Larynx feels sore. Cough with pain in right hip. Barking cough, whooping cough, with pain in stomach before attack, with expectoration of blood. High piping voice, moaning at every breath.


Modalities:
WORSE: touch, jar, noise, draught, after noon, lying down.
BETTER: lying semi erect.

Bryonia (Wild Hops)
KEYNOTES: GROUCHY (Bry. Is THE grouch remedy) Aggravation at 9 p.m

Stomach: Nausea and faintness when rising up. Abnormal hunger, loss of taste. Great thirst. Vomiting of bile and liquid immediately after eating. Worse, warm drinks which are vomited. Stomach sensitive to touch.

Respiratory: Dry, hacking cough from irritation in upper trachea. Cough, dry, at night; must sit up, worse after eating or drinking, with vomiting and stitches in chest.

Skin: Yellow, pale, swollen, hot and painful.


Modalities:
WORSE: Warmth, any motion, morning, eating, hot weather, exertion, touch. Can not sit up, gets faint and sick
BETTER: Lying on painful side, pressure, rest, cold things.

Carbolicum Acidum (Carbolic Acid)
KEYNOTES: Very marked acuteness of smell is a strong guiding symptom to this remedy, as are stomach symptoms: terrible pains that come and go suddenly.

Head: Doesn’t like mental work. Tight feeling, as if compressed by a rubber band. Orbital neuralgia over right eye. Headache is better by drinking green tea, and while smoking.

Stomach: No appetite. Desire for stimulants and tobacco. Constant belching, nausea and vomiting. Vomit is a dark olive green. Painful flatulence often marked in one part of the bowel.

Skin: Itching vesicles (fluid filled blister) with burning pain. Burns tend to ulcerate.

Hepar Sulphuris Calcareum (Calcium Sulphide)
KEYNOTES: When handling the involved areas, pain is felt as if from subcutaneous (beneath the skin) ulceration. Great sensitiveness of the affected parts to touch.

Mind/Head: Anguish in the evening and at night, with thoughts of suicide.
Irritable, dejected and sad. Vertigo and headache, when shaking the head or riding. Boring pain in right temple and in root of nose every morning. Scalp is sensitive and sore. Cold sweat on head.

Stomach: Longs for acids, wine, and strong-tasting food. Aversion to fat food. Frequent belching without taste or smell. Distention of stomach, compelling person to loosen clothing. Heaviness and pressure after a slight meal.

Respiratory: Dry, hoarse cough. Cough excited whenever any part of the body gets cold or uncovered, or from eating anything cold. Loose rattling cough, worse in the morning. Suffocative attacks, has to rise up and bend head backwards.

Skin: Abscess. Papules (a small solid usually conical elevation of the skin). Easy bleeding. Ulcers, with bloody discharge, smelling like old cheese. Ulcers are very sensitive to contact. Can’t bear to be uncovered, wants to be wrapped up warmly. Putrid ulcers, surrounded by little pimples. Great sensitivity to slightest touch. Smallpox.

Fever: Chilly in open air and from slightest draught, Dry heat at night. Profuse sweat; sour, sticky, offensive.

Modalities

WORSE: from dry, cold winds, cool air, slightest draft, touch, and lying on the painful side.

BETTER: in damp weather, from wrapping head up, from warmth, after eating.

Kali Bichromicum (Bichromate of Potash)

KEYNOTES: Symptoms worse in morning, pains migrate quickly.

Mind/Head: Vertigo with nausea when rising from seat. Headache over eyebrows, preceded by blurred vision. Aching and fullness in glabella (the smooth area between the eyebrows) Semilateral headache in small spots. Frontal headache usually over one eye. Bones and scalp feel sore.


Respiratory: Voice hoarse, worse in the evening. Metallic, hacking cough. Profuse, yellow expectoration, very glutinous (glue like) and sticky, coming out in a long, stringy, and tenacious mass. Pain at bifurcation (branch) of trachea on coughing; from mid-sternum to back.

Skin: Papular eruptions. Ulcer with punched-out edges, with tendency to penetrate and tenacious exudation (oozing). Pustular eruption, resembling smallpox, with burning pain. Itching with vesicular (blister-like) eruption.

Modalities

WORSE: from beer, morning, hot weather, undressing

BETTER: from heat
Mercurius Sulphuricus (Yellow Sulphate of Mercury)

KEYNOTES: Worse in afternoon, from 4-5 p.m.

Mind/Head: Low-spirited; with chilliness and yawning. Ill humour after eating. Sensation of giddiness while standing, after headache. Fulness in head with occasional stitices. Soreness and heaviness through head (after breakfast and while walking about.)

Stomach: Violent yellow vomit. Stomach is so irritated that nothing will stay down. Pain and weight in stomach, tenderness, vomiting and diarrhea.

Respiratory: Roughness and hoarseness in throat. Sensation of heat in larynx. Increased expectoration of mucus from larynx and trachea.

Skin: Induration (hardness, inflammation) of the glands.

Fever: Chilliness running up back, with yawning and depression, followed by a dull pain in the forehead, burning in the face and ears. Light fever. Chilliness, restlessness, and heaviness in upper part of abdomen, frequent yawning and diminished secretion of urine (afternoon).

Rhus Toxicodendron (Poison Ivy)

KEYNOTES: Red, shiny swellings and vesicular (blister like) erysipelas (inflammation of the skin and subcutaneous tissue). Eczematous eruptions with great burning and itching, tendency to form scales.

Mind/Head: Listless, sad, suicidal thoughts. Extreme restlessness with constant change in position. Delirium with fear of being poisoned. Great apprehension at night, can not remain in bed. Feels as if board were strapped to forehead. Vertigo when rising. Heavy head. Brain feels “loose” as if it were struck against the skull on walking or rising. Headache in occiput, painful to touch. Pain in forehead, which proceeds backward. Humid eruptions on scalp, itching greatly.


Respiratory: Tickling behind upper sternum. Dry, teasing cough from midnight until morning, during a chill, or when putting hands out of bed. Oppression of the chest, can not get breath with sticking pains.

Skin: Red, swollen, itching intense. Vesicles, herpes, urticaria (raised, swollen patches of skin), pemphigus (large blisters on skin or mucus membranes, often associated with itching and burning.) Glands swollen. Burning eruptions with tendency to scale formation.

Modalities

WORSE: during sleep, cold, wet, rainy weather, and after rain. at night, during rest, drenching, when lying on back or right side.

 BETTER: warm, dry weather, motion, walking, change of position, rubbing, warm applications, from stretching out limbs.

Thuja Occidentalis
KEYNOTES: One-sided complaints (left side) Aggravation at 3 a.m. and 3 p.m.

Mind/Head: Fixed ideas, as if a strange person was at his side, as if body and soul were separated, as if something were alive in the abdomen. Emotional sensitiveness, music causes weeping and trembling.


Respiratory: Dry hacking cough in afternoon, with pain in pit of the stomach. Stitches in chest; worse cold drinks.

Skin: Perspiration sweetish and strong. Herpetic eruptions, tearing pains in glands, glandular enlargement, eruptions only on covered parts, worse after scratching, very sensitive to touch, coldness of one side.

Fever: Chill, beginning in thighs, sweat only on uncovered parts, or all over except head, when sleeping, profuse, sour, smells like honey.

Modalities

WORSE: at night, from heat of bed, at 3 a.m. and 3 p.m. from cold damp air, after breakfast, fat, coffee, vaccination.

BETTER: left side, from drawing up a limb.

Vaccininum still available at Homeopathy Overnight

No Malandrinum or Variolinum available from them

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Susan Lavery, RSHom(NA), CCH

|  IP: Logged

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Susan Lavery
Member
Member # 44
posted October 18, 2001 02:25 PM

You asked for it. Here are some more sx. I am posting these here to condense what I found on Eileen Nauman's site. She has so much information I thought it would be easier just to have the most relevant stuff we need here and to cull through the rest.

BOTULISM AS A WEAPON OF WAR

Biological Weapon

Botulism toxin is the most potent lethal substance known to man (lethal dose 1ng/kg). Botulism toxin is made by the bacterium Clostridium botulinum.

Botulinum toxin was developed as an aerosol weapon by several countries.
No human data exist on the effects inhaling botulinum toxin, but it may resemble the foodborne syndrome.

If people have intentionally been exposed, in a bioterrorist attack, breathing in the toxin or ingesting the toxin via contaminated food or water are the most likely routes of exposure that might lead to a serious illness (foodborne botulism).

Spores of C. botulinum are found in soil worldwide. Terrorists with the technical capacity to grow cultures of the bacterium, and harvest and purify the toxin could therefore use it as a bioterrorism agent. Contaminating food with botulism toxin could cause a devastating event.

THE DISEASE/BIOLOGICAL WEAPON

About 25 cases of foodborne botulism occur each year, usually due to improperly prepared home-canned or Alaskan Native foods. Outbreaks from commercial products and foods prepared improperly in restaurants have also occurred.

Botulism is a muscle paralyzing disease caused by a nerve toxin that is made by a bacterium called Clostridium botulinum. The toxin types most commonly associated with human disease are types A, B, E.

There are three main kinds of botulism.

1. Foodborne Botulism occurs when a person ingests PRE-FORMED toxin that leads to illness within a few hours to days. Only foodborne botulism is a public health emergency, because it could indicate that a food is still available to other persons (besides the patient).

2. Infant botulism is a condition that occurs in a small number of susceptible infants each year. For unknown reasons the botulism bacteria is able to grow in their intestines. Infant botulism is not a public health emergency because the infants are not consuming food with toxin; rather they are consuming C. botulinum spores (which are everywhere in the environment), but for unknown reasons these few infants are susceptible to gut colonization.

3. Wound botulism is caused by the growth of living botulism bacteria in a wound, with ongoing secretion of toxin that causes the paralytic illness. In the United States this syndrome is seen almost exclusively in injecting drug users.

4. Distribution by terrorists either via airplane over an area and releasing it, or putting in our water or food supply. (EN)

SYMPTOMS OF BOTULISM

Symptoms of botulism include double vision, blurred vision, drooping eyelids, slurred speech, difficulty swallowing, dry mouth, muscle weakness which always descends the body: first shoulders, then upper arms, then lower arms, then thigh, calves, etc. Paralysis of breathing muscles can cause a person to stop breathing and die, unless he/she is assisted by a ventilator.

HOMEOPATHIC REMEDIES
VISION; DIPLOPIA (K277) (105) : Aur., Gels., Hyos., Nat-m., Nit-ac., agar.
VISION; BLURRED (K271)(Dim)(Foggy) (85) : Gels., Lac-c., Nat-m., acon., agar., anac.
EYE; FALLING of lids (K240) (67) : Gels., alum., bell., caust., lyc., morph.
MOUTH; DRYNESS (K403) (236) : Acon., Ars., Ars-s-f., Bar-c., Bar-m., Bell.
EXTREMITIES; WEAKNESS (K1224) (217) : Arg., Arg-n., Ars., Bry., Calc., Caust.
GENERALITIES; PARALYSIS (Weakness; paralytic) (90) : Cocc., Lach., acon., alum., arg-n., arn.

1. Botulinum
2. Gelsemium
3. Arsenicum album
4. Carbolicum acidum
5. Nux Vomica
6. Phosphorus

If you feel you have been exposed to a nerve/chemical release by terrorist where you live, here's what you must do:

1. Get to the emergency room of your local hospital as soon as humanly possible.
2. Check the below document for your symptoms. Take the homeopathic remedy that most closely parallels your symptoms.

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HOW SOON DO THE SYMPTOMS COME ON?

For foodborne botulism, symptoms begin from six hours up to two weeks after eating toxin-containing food; most commonly the delay is about 12-36 hours. Infants with botulism appear lethargic, feed poorly, are constipated, and have a weak cry and muscle tone.

CLINICAL INFORMATION

The clinical syndrome of botulism, whether foodborne, infant, wound, or intestinal colonization, is dominated by the neurologic symptoms and signs:

Incubation periods
For foodborne botulism are reported to be as short as 6 hours or as long as 10 days, (44) but generally the time between toxin ingestion and onset of symptoms ranges from 18 to 36 hours. (45) The ingestion of other bacteria or their toxins in the improperly preserved food or changes in bowel motility are likely to account for the abdominal pain, nausea and vomiting, and diarrhea that often precede or accompany the neurologic symptoms of foodborne botulism. Dryness of the mouth, inability to focus to a near point (prompting the patient to complain of "blurred vision"), and diplopia are usually the earliest neurologic complaints. If the disease is mild, no other symptoms may develop and the initial symptoms will gradually resolve. The person with mild botulism may not come to medical attention.

In more severe cases, however, these initial symptoms may be followed by dysphonia, dysarthria, dysphagia, and peripheral-muscle weakness. If illness is severe, respiratory muscles are involved, leading to ventilatory failure and death unless supportive care is provided. Recovery follows the regeneration of new neuromuscular connections. A 2- to 8-week duration of ventilatory support is common, although patients have required ventilatory support for up to 7-12 months before the return of muscular...
Death occurs in 5%-10% of cases of foodborne botulism; early deaths result from a failure to recognize the severity of disease or from secondary pulmonary (lung) or systemic infections (blood), whereas deaths after 2 weeks are usually from the complications of long-term mechanical ventilatory management. (43)

Perhaps because infants are not able to complain about the early effects of botulinum intoxication, the neurologic dysfunction associated with infant botulism often seems to develop suddenly. The major manifestations are poor feeding, diminished suckling and crying ability, neck and peripheral weakness (the infants are often admitted as "floppy babies"), and ventilatory failure. (21,24,34)

Constipation is also often seen in infants with botulism, and in some, has preceded the onset of neurologic abnormalities by many days. Loss of facial expression, extraocular muscle paralysis, dilated pupils, and depression of deep tendon reflexes have been reported more frequently with type B than with type A infant botulism. (34)

Treatment with aminoglycoside (prescription drug of choice by MD's when indicated) antimicrobial agents may promote neuromuscular weakness in infant botulism (46) and has been associated with an increased likelihood of the requirement of mechanical ventilation. (21,34) Fewer than 2% of reported cases of infant botulism result in death.

DIAGNOSIS

Botulism is probably substantially underdiagnosed. The diagnosis is not difficult when it is strongly suspected, as in the setting of a large outbreak, but since cases of botulism most often occur singularly, the diagnosis may pose a more perplexing problem. Findings from many outbreaks have suggested that early cases are commonly misdiagnosed. They may be diagnosed only retrospectively after death, when the subsequent clustering of cases of botulism-like illness finally alerts public health personnel to an outbreak of botulism.

Botulism should be suspected in any adult with a history of acute onset of gastrointestinal, autonomic (e.g., dry mouth, difficulty focusing), and cranial nerve (diplopia, dysarthria, dysphagia) dysfunction or in any infant with poor feeding, diminished sucking and crying ability, neck and peripheral muscle weakness, and/or ventilatory distress.

MEDICAL TREATMENT

The mainstays of treatment of foodborne and wound botulism are as follows:

1) administration of botulinum antitoxin in an attempt to prevent neurologic progression of a moderate, slowly progressive illness, or to shorten the duration of ventilatory failure in those with a severe, rapidly progressive illness;

2) careful monitoring of respiratory vital capacity and aggressive respiratory care for those with ventilatory insufficiency (monitoring of respiratory vital* Except for antitoxin administration instructions, other information included in antitoxin package insert is accurate.
CDC maintains the national botulism anti-toxin supply. A physician diagnosing a case of botulism and wishing to treat the patient with anti-toxin must contact the CDC through their state health department. 

This way public health officials are alerted immediately about potential cases of botulism. CDC provides clinical consultation to physicians for botulism cases 24 hours a day, ships botulism antitoxin when needed.

If symptoms occur, individuals should seek treatment. Botulism can be fatal and should be considered a medical emergency.

The paralysis and respiratory failure that occur with botulism may require a patient to be on a breathing machine (ventilator) for weeks, plus intensive medical and nursing care. The paralysis slowly improves, usually over several weeks. If diagnosed early, foodborne and wound botulism can be treated with an antitoxin from horse serum which blocks the action of toxin circulating in the blood. This can prevent patients from worsening, but recovery still may take many weeks.

**IF YOU SUSPECT BOTULISM**

State public health officials should then immediately contact CDC. If a commercial food product is a suspected vehicle for botulism, USDA or the U.S. Food and Drug Administration also should be notified. Investigation of a suspected case of botulism includes an immediate search for other possible cases and identification of suspected food exposures, as well as confirming the diagnosis. If a number of people are affected, a rapid and detailed epidemiologic investigation is launched to assure the source is identified and controlled. Diagnostic testing of both case specimens and foods should be performed as needed.

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**BRUCELLOSIS:**

**Disease Description**

Brucellosis is a nonmotile, nonsporulating, nontoxigenic, nonfermenting, aerobic, Gram-negative coccobacilli. There are six species. Humans are vulnerable to four of these. They are:

- B suis, high pathogenicity
- B melitensis, high pathogenicity
- B abortus, medium pathogenicity
- B canis, medium pathogenicity

Of the four, the first two are most likely in a biological attack. Of great concern is the ease with which a new strain can be created.

**Path of Infection**

Method of infection is ingestion of animal food products, direct contact with infected animals, and inhalation of infected aerosols. There is no known case of human-to-human transmission.

**Clinical Picture**
The clinical picture of Brucellosis is diverse and confusing. A victim may present with a localized inflammatory process, a chronic infection that just won't go away, or an acute systemic febrile illness. Onset can be between three days and several weeks. Symptoms are the same whatever the mode of transmission.

Patients often present with symptoms like muscle and joint aches, fever, fatigue, weakness, sweats. Irritability, depression, and headaches are common. There can be infections in the genito-urinary tract, or joints and bones. Pleurisy-type chest pain, a cough, and an upset stomach are sometimes present. Chest x-rays are typically normal. Occasionally, skin lesions will appear, especially if the bacteria has been introduced through a break in the skin. CNS infection usually manifests as chronic meningoencephalitis. Spondylitis affects the middle-aged and elderly, causing severe lumbar pain and tenderness. Bone scans looking for this are negative or only weakly positive.

Brucella endocarditis accounts for 80% of Brucellosis deaths. This affects people who already have damaged or artificial heart valves.

Physical exams are often normal. Blood culture is the most accurate diagnostic tool; however, the culture takes about two months. B melitensis tends to cause a more severe, systemic infection while B suis is a more localized infection. Symptoms tend to last for 3-6 months on average, but can last up to a year.

Treatment

There have been extensive studies over the past fifteen years, but the most efficacious antibiotic for Brucellosis is still disputed. Therapy with a single antibiotic has resulted in a high relapse rate. The WHO recommends the following for a minimum of six weeks:

- rifampicin - 600 to 900 mg. PO daily
- doxycycline - 200 mg. PO daily

Other equally respectable sources recommend the following for the first three weeks:

- doxycycline - 200 mg. PO daily
- streptomycin - 1 gram IM daily

Several studies suggest that the second treatment protocol results in fewer relapses especially in the case of spondylosis where more relapses are seen using the first protocol.

It is recommended that endocarditis be treated with all three antibiotics mentioned above. It is highly recommended that infected valves be replaced early in treatment.

CNS manifestation of this disease is said to respond to a combination of rifampicin and trimethoprim/sulfamethoxazole. This therapy would last for months. This would also be an appropriate pharmaceutical protocol for children.

Finally, all sources warn that these antibiotics may be ineffective in fighting organisms from a biological attack.
HOMEOPATHIC SYMPTOMS AND RUBRICS CHOSEN FROM THE DISEASE SYMPTOMS:

EXTREMITIES; PAIN; ACHING; Joints

EXTREMITIES; PAIN; ACHING (K1082)(General)

FEVER; HEAT in general

GENERALITIES; WEAKNESS, enervation (Convalescence) (Flabby feeling) (Heaviness) (Lassitude) (Lie down) (Relaxation) (Weariness) (Sluggishness)

FEVER; PERSPIRATION; heat, with

MIND; IRRITABILITY (Anger) (Contrary) (Contradict; disposition to) (Discontented) (Discouraged; irritability) (Quarrelsome) (Sensitive) (Unfriendly)

MIND; SADNESS, despondency, dejection, mental depression, gloom, melancholy (Brooding) (Delirium sad) (Despair) (Discouraged) (Dwells) (Grief) (Hypochondriasis) (Inconsolable) (Sighing) (Weeping)

HEAD PAIN; GENERAL

GENERALITIES; BONES, affections of; marrow

GENERALITIES; BONES, affections of

CHEST; INFLAMMATION; Lungs; pleura pneumonia

CHEST; PAIN; General

COUGH; CONCOMITANT

STOMACH; NAUSEA (K504) (326): Ant-c., Ant-t., Arg-n., Ars., Bell., Carb-n-s.

BLADDER; INFLAMMATION; chronic

HEAD; INFLAMMATION, of; meninges, meningitis

BACK; PAIN; general; Lumbar region (Lumbago)

BACK; TENDERNESS, feeling of

SUGGESTED HOMEOPATHIC REMEDIES TO HAVE ON HAND IF YOU ARE DIAGNOSED WITH THIS:

1. Brucella melitenis
2. Gelsemium
3. China (Cinchona Officinalis)
4. Rhus tox.
5. Merc. viv.
6. Lycopodium

POSITIVE DIAGNOSIS

1. Febrile state with profuse sweat by the least effort and at night.
2. Muscular and articular pains, specially of the lower limbs.
3. Anorexia, emaciation.
5. Emotive instability, insomnia.
7. Constipation, dry and hard stools.
8. Vesicular eruptions.
Amelioration: By heat and in the sub. Aggravation: By prolonged exercise, in hot room, by sea breeze, by humidity, during storm.

DIFFERENTIAL DIAGNOSIS

Natrum muriaticum: Emaciation with anemia, cachexia, depression, headaches, constipation, sensitiveness to cold, desire for salt, mapped tongue.

Gelsemium: General weakness with tremblings; headache with heaviness; weakness of limbs, slow pulse.

Ferrum phosphoricum: Febrile states with full, rapid and soft pulse, thirst and sweats that does not ameliorate.

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Susan Lavery, RSHom(NA), CCH

Here's more:

PLAGUE:

SYMPTOMS OF PNEUMONIC PLAGUE

The person typcially experiences fever, prostration and rapidly developing pneumonic plague (shortness of breath, chest pain, and cough), often accompanied by gastrointestinal symptoms (nausea, vomiting, abdominal pain and diarrhea).

The first signs of illness, 1 to 6 days after exposure, would be fever, shortness of breath, chest pain, headache, weakness and cough with bloody, sometimes watery sputum. In 2 to 4 days the illness would lead to septic shock and without early treatment high mortality. It is often accompanied by gastrointestinal symptoms (nausea, vomiting, abdominal pain and diarrhea).

HOMEOPATHIC REMEDIES

GENERALITIES; PLAGUE (9) : ars., calc-o-t., crot-h., ign., lach., naja
RESPIRATION; DIFFICULT (asthmatic)(impeded) (315) : Anac., Ant-t., Apis, Ars., Bry., Cact.
FEVER; HEAT in general (K1278) (205) : Acon., Alum., Apis, Arg-n., Ars., Ars-i.
CHEST; PAIN; General (K841) (241) : Am-c., Aml-n., Ant-c., Apis, Arn., Ars.
HEAD PAIN; GENERAL (K132) (305) : Anthr., Calc-s., Cedr., Chin., Chin-s., Cocc.
GENERALITIES; WEARINESS (K1421, SII 745) (Flabby feeling) (Heaviness) (Lassitude) (Relaxation) (Weakness) (218) : Alum., Benz-ac., Calc-p., Cann-s., Carbn-s., Chel.
MOUTH; SALIVA; bloody (K416) (45) : Bufo, Crot-c., Mag-c., Nit-ac., Phos., bell.
COUGH; CHRONIC (29) : all-s., ant-t., cod., dros., nit-ac., phos.
GENERALITIES; SEPTICAEMIA, blood poisoning, pyemia (K1399, SII 575) (101) : Ars., Carb-v., Crot-h., Lach., Pyrog., achy.
GENERALITIES; SHOCKS; agg. (SII 578) (25) :acon., acet-ac., am-c., arn., camph., cham.
STOMACH; NAUSEA (K504) (326) : Ant-c., Ant-t., Arg-n., Ars., Bell., Carbn-s.
STOMACH; VOMITING; General (K531) (247) : Acon., Aeth., Ant-c., Ant-t., Apis, Apom.
ABDOMEN; PAIN; general (K554) (397) : Ars., Bry., Canth., Cham., Cocc., Colch.
RECTUM; DIARRHEA (K609) (STOOL; Frequent) (285) : Agar., Aloe, Ant-c., Ant-t., Apis, Arg-n.
GENERALITIES; SWELLING; Glands (K1405, SII 622) (196) : Ars-i., Bar-c., Bar-i., Bar-m., Bell., Brom.
CHILL; COLDNESS in general (K1259) (213) : Ant-t., Apis, Aran., Ars., Bism., Calc-f.

1. Pestinum
2. Arsenicum album
3. Crotalus horridus
4. Lachesis
5. Naja
6. Phosphorus
7. Mercurius viv.
8. Nitricum acidum

DEATH RATE OF PNEUMONIC PLAGUE

The fatality rate of patients when treatment is delayed more than 24 hours after symptom onset is extremely high. This means if you THINK you have Plague, get to the emergency room of your nearest hospital and get tested. Don't feel stupid or dumb about this...this is one time you cannot afford to wait around and think about it. You have 1 day after contracting the inhalant Plague to get antibiotics....or you will more than likely, die. Don't guess. Go.

MEDICAL TREATMENT OF PLAGUE

Early treatment and prophylaxis with streptomycin or gentamicin antibiotics, or the tetracycline or fluoroquinolone classes of antimicrobials are advised.

In a community experiencing a pneumonic plague epidemic, all persons who develop a fever or new cough should promptly begin antibiotic treatment.

Persons having household, hospital, or other close contact with persons with untreated pneumonic plague should receive postexposure antibiotic treatment for 7 days. (Close contact is defined as contact with a patient
The use of disposable surgical masks is recommended to prevent the transmission of pneumonic plague to persons in close contact with cases.

**Q-FEVER:**

Q Fever is caused by Coxiella burnetti, a low virulence organism that has a high rate of infectivity. Just one organism can launch an infection that lasts for a period of a few weeks to a few years. It is resistant to many antiseptic compounds, heat, desiccation, and pressure (1). The incubation period is from 10-40 days. Person-to-person transmission is rare. An infected person can be asymptomatic, acutely ill, or exhibiting a chronic disease. Q Fever is often mistaken for influenza.

**Diagnosis**

Q Fever is usually not identifiable until two to three weeks into the illness. The ELISA antibody assay test is the most sensitive and accurate at about 80-85% early in the illness to 100% in intermediate to late phases (2).

**Clinical Features**

Evidence that exists indicates that one-third of people can go up to three years showing no symptoms. Because of this, an epidemiological study is recommended when even one case is diagnosed.

**Acute Q Fever**

Q Fever can manifest in a number of ways. Onset can be gradual or abrupt. The most predictable symptoms are at onset are:

Fever (lasting about two weeks for most people), chills with rigor, fatigue, headache, malaise, profuse sweating, weight loss, muscle pains.

**STAGE 1 HOMEOPATHIC RUBRICS CHOSEN:**

CHILL; SHAKING, shivering, rigors (Trembling and shivering) :

FEVER; HEAT in general

GENERALITIES; LASSITUDE (Weakness)(Weariness)(Sluggishness of the body)

HEAD PAIN; GENERAL

PERSPIRATION; PROFUSE(Colliquative)(Gushing)(Long-lasting)

GENERALITIES; PAIN; Muscles, of

GENERALITIES; EMACIATION

**HOMEOPATHIC REMEDIES INDICATED:**

1. Q-fever nosode
2. Silica
3. Gelsemium
4. Belladonna
5. Merc. viv.

Symptoms appearing later, or less frequently:

Cough, mild chest pain, sore throat, nausea and vomiting, diarrhea, stiff neck

STAGE 2 HOMEOPATHIC RUBRICS CHOSEN

CHILL; SHAKING, shivering, rigors (Trembling and shivering)

FEVER; HEAT in general

GENERALITIES; LASSITUDE (Weakness) (Weariness) (Sluggishness of the body)

HEAD PAIN; GENERAL (K132) (305)

PERSPIRATION; PROFUSE (K1299) (Colliquative) (Gushing) (Long-lasting)

GENERALITIES; PAIN; Muscles, of

GENERALITIES; EMACIATION (Cachexia) (Lean people)

COUGH; DRY

THROAT; PAIN; sore

STOMACH; NAUSEA

STOMACH; VOMITING; General

RECTUM; DIARRHEA (K609) (STOOL; Frequent)

BACK; STIFFNESS; Cervical region

HOMEOPATHIC REMEDIES INDICATED

1. Silica
2. Ferrum Phos.
3. Bryonia
4. Lycopodium
5. Natrum muriaticum

Approximately 25% of people will experience neurological symptoms like inability to speak coherently, double vision, and auditory and visual hallucinations. A few weeks into the disease process encephalopathic symptoms, trigeminal nerve pain, and myelopathy (degeneration of myelin sheath) may occur.

STAGE 3 HOMEOPATHIC RUBRICS CHOSEN

CHILL; SHAKING, shivering, rigors (Trembling and shivering)

FEVER; HEAT in general

GENERALITIES; LASSITUDE (Weakness) (Weariness) (Sluggishness of the body)

HEAD PAIN; GENERAL

PERSPIRATION; PROFUSE (Colliquative) (Gushing) (Long-lasting)
GENERALITIES; PAIN; Muscles, of
GENERALITIES; EMACIATION (Cachexia)(Lean people)
COUGH; DRY
THROAT; PAIN; sore
STOMACH; NAUSEA
STOMACH; VOMITING; General
RECTUM; DIARRHEA (K609)(STOOL; Frequent)
BACK; STIFFNESS; Cervical region
SPEECH & VOICE; SPEECH; confused
VISION; DIPLOPIA (double vision)
HEARING; ILLUSIONS (MIND; Delusions; hearing)
MIND; DELUSIONS; visions, has (images)(Clairvoyance)
FACE; PAIN; General; nerves, along
HEAD; INFLAMMATION, of; Brain
CHEST; PAIN; General
HOMEOPATHIC REMEDIES INDICATED:
1. Belladonna
2. Stramonium
3. Pulsatilla
4. Arsenicum album
5. Calcarea carbonica

Acute Q Fever Physical Findings Upon Examination

Most commonly found are rales. Liver function tests can reveal the clinical picture of acute hepatitis. Less often, low blood platelets or mild anemia may be detected. Chest x-rays show various abnormalities. One of the difficulties with this disease is, like brucellosis and others, there is not a clear symptom picture.

Mortality - about 1%

Chronic Q Fever

Infective endocarditis, along with chills, headache, muscle aches, weight loss, pulmonary infection, congestive heart failure, enlarged spleen, kidney inflammation, are all symptoms of chronic Q Fever. Fever is less prevalent.

Mortality - 24% despite tx if endocarditis is a feature.

Treatment
Pharmaceutical drug treatment prior to manifestation of symptoms is not recommended as it only prolongs the incubation period of Q Fever. Tetracyclines are the drugs of choice here. Erythromycin and azithromycin are also effective.

Chronic Q Fever is quite difficult to treat. Drug therapy lasts for AT LEAST two years. A combination of a tetracycline drug and rifampin or a quinolone is used.

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Susan Lavery, RSHom(NA), CCH

Bet you thought you were finished with this stuff....well almost.

TULAREMIA:

WHAT IS TULAREMIA?

Francisella tularensis is a small, gram-negative coccobacillus that survives for weeks in water, moist soil, and decaying animal carcasses. This is also called Type A Tularemia. It can be transmitted through water, food, and air. It is most virulent when inhaled.

HOW DOES IT MAKE US ILL?

The path of infection of Tularemia is through the lungs, gastrointestinal tract, skin, and mucous membranes. This bacteria multiplies within macrophages. Organs most affected are liver, kidneys, lymph nodes, spleen, and lungs and pleura.

WHAT ARE THE SYMPTOMS OF TULAREMIA?

Symptoms occur in the first day or two of exposure. They are: abrupt onset of fever, body aches - often most painful and noticeable in the lower back, chills, dry or only slightly productive cough, headache, pain and tightness in chest with or without evidence of pneumonia, dyspnea, and sometimes diarrhea, nausea, and vomiting. The symptoms are quite incapacitating and continue for a while despite antibiotic treatment. Left untreated, it can go on for months with the person becoming progressively more disabled. On the other hand, pulmonary infection can sometimes rapidly progress to severe pneumonia, respiratory failure, and death. If sepsis occurs and is not treated promptly, death is a probable outcome.

HOMEOPATHIC SYMPTOMS CHOSEN FOR TULAREMIA:

FEVER; HEAT in general (K1278) (205) : Acon., Alum., Apis, Arg-n., Ars.,
Ars-i.

EXTREMITY PAIN; ACHING (K1082) (General) (74) : Agar., Eup-per., Ip., Nux-v., Rhus-t., ant-c.

CHILL; BACK part of body (4) : Cham., Ign., Rhus-t., cocc.

FEVER; CHILLINESS, with (K1284) (Chill; with) (49) : Apis, Calc., Coff., Kali-bi., Puls., Thuj.

COUGH; DRY (K786) (288) : Acon., Alum., Ars., Ars-i., Bell., Brom.

HEAD PAIN; GENERAL (K132) (305) : Anthr., Calc-s., Cedr., Chin., Chin-s., Cocc.

CHEST; PAIN; General (K841) (241) : Am-c., Aml-n., Ant-c., Apis, Arn., Ars.

RESPIRATION; DIFFICULT (asthmatic) (impeded) (315) : Anac., Ant-t., Apis, Ars., Bry., Cact.

RECTUM; DIARRHEA (K609) (STOOL; Frequent) (285) : Agar., Aloe, Ant-c., Ant-t., Apis, Arg-n.

STOMACH; NAUSEA (K504) (326) : Ant-c., Ant-t., Arg-n., Ars., Bell., Carbn-s.

STOMACH; VOMITING; General (K531) (247) : Acon., Aeth., Ant-c., Ant-t., Apis, Apom.

CHEST; CONSTRICTION (K826) (Tension) (Tightness) (Bar) (231) : Acon., Ars., Aur., Aur-i., Bell., Brom.

HOMEOPATHIC REMEDIES
1. Francisella Tularensis. (Tularemia nosode)
2. Chamomilla
3. Cocculus
4. Rhus tox
5. Baptisia tinct.
6. Podophyllum

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NERVE AND CHEMICAL WARFARE:

The Centers for Disease Control have given the below information. I am providing homeopathic information.

If you feel you have been exposed to a nerve/chemical release by terrorist where you live, here's what you must do:

1. Get to the emergency room of your local hospital as soon as humanly possible.

2. Check the below document for your symptoms. Take the homeopathic remedy that most closely parallels your symptoms.

Nerve Agents from CDC (Centers for Disease Control) include the following:
These are the types of gas that could be dispensed on the ground or through the air. You can inhale them or come into skin contact with them.

Tabun (GA)
Sarin (GB)
Soman (GD)
VX Gas

NOTE: These ALL have the SAME symptom picture. You may not know which one you've inhaled, but it doesn't matter. What matters is your symptoms.

Excerpted from The Organisation For the Prohibition of Chemical Weapons

Nerve agents acquired their name because they affect the transmission of nerve impulses in the nervous system. All nerve agents belong chemically to the group of organo-phosphorus compounds. They are stable and easily dispersed, highly toxic and have rapid effects both when absorbed through the skin and via respiration. Nerve agents can be manufactured by means of fairly simple chemical techniques. The raw materials are inexpensive and generally readily available.

Health Effects--You can INHALE this or get SKIN CONTACT with it.

Manifestations of nerve agent exposure include rhinorrhea (thin, watery discharge from nose), chest tightness, pinpoint pupils (the pupils of your eyes contract and look like a small, black pinhead in size...they will NOT dilate when light is flashed into them...they remain small and pinpoint), shortness of breath, excessive salivation (a lot of saliva coming out of your mouth) and sweating (skin perspiration), nausea, vomiting, abdominal cramps, involuntary defecation and urination (loss of control of your bladder and bowels...you pee or poop without control), muscle twitching, confusion (this is a mental symptom and you can have changing levels of consciousness, come in and out of it, and most likely, you will behave like a drunk who has had too many glasses of alcohol), seizures, flaccid paralysis (weakness of muscles; they won't respond, they are too weak to lift) , coma, respiratory failure, and death.

Acute Exposure Symptoms: Nerve agents alter cholinergic synaptic transmission at neuroeffector junctions (muscarinic effects), at skeletal myoneural junctions and autonomic ganglia (nicotinic effects), and in the CNS. Initial symptoms depend on the dose and route of exposure (inhaling it or having skin contact with it).

Muscarinic (smooth muscles of our body) effects: include pinpoint pupils; blurred or dim vision; conjunctivitis; eye and head pain; hypersecretion by salivary (a lot of saliva coming out of our mouths), lacrimal (tears watering from our eyes), sweat (perspiration on skin), and bronchial glands (coughing up a lot of mucus); narrowing of the bronchi (like an asthma attack; we have trouble breathing); nausea, vomiting, diarrhea, and crampy abdominal pains; urinary and fecal incontinence (we lose control of our bowels); and slow heart rate (heart beats very slowly, thuds along).

HOMEOPATHIC REMEDIES

EYE; PUPILS; contracted (K262) (110) : Op., Thuj., acon., anac., apis, arn.
VISION; BLURRED (K271)(Dim)(Foggy) (85) : Gels., Lac-c., Nat-m., acon., agar., anac.
EYE; INFLAMMATION; conjunctivae (K243) (114) : Acon., All-c., Alum., Apis, Arg-n., Ars.
EYE; PAIN; General (K248) (222) : Aur., Bell., Bry., Cham., Chin., Kalm.
HEAD PAIN; GENERAL (K132) (305) : Anthr., Calc-s., Cedr., Chin., Chin-s., Cocc.
MOUTH; SALIVA; copious (4) : ant-t., ars-s-f., calc-sil., carbn-s.
EYE; LACHRYMATION; profuse (3) : all-c., lap-gr-m., jab.
PERSPIRATION; PERSPIRATION in general (K1293) (201) : Ant-t., Calc., Chin., Ferr., Hep., Ip.
EXPECTORATION; COPIOUS (K814) (160) : MERC., Acon., Ammc., Ars., Bell., Cact.
RESPIRATION; ASTHMATIC (K763)(Difficult)(COUGH; Asthmatic)(CHEST; Oppression) (280) : Ambr., Arg-n., Ars., Ars-i., Cupr., Ip.
RESPIRATION; DIFFICULT (asthmatic)(impeded) (315) : Anac., Ant-t., Apis, Ars., Bry., Cact.
STOMACH; NAUSEA (K504) (326) : Ant-c., Ant-t., Arg-n., Ars., Bell., Carbn-s.
STOMACH; VOMITING; General (K531) (247) : Acon., Aeth., Ant-c., Ant-t., Apis, Apom.
RECTUM; DIARRHEA (K609)(STOOL; Frequent) (285) : Agar., Aloe, Ant-c., Ant-t., Apis, Arg-n.
ABDOMEN; PAIN; cramping, griping (K573) (345) : Agar., Aloe, Am-m., Bell., Calc., Carb-v.
BLADDER; URINATION; involuntary (K659) (183) : Ail., Apis, Arg-n., Ars., Ars-i., Bell.
RECTUM; OPEN anus (K623)(Relaxed) (7) : phos., sec., aesc., apis, gels., op.
GENERALITIES; HYPOTENSION (SII 312) (34) : nat-m., phos., sep., thyr., acon., adlu.
1. Arsenicum album
2. Belladonna (contains Atropine)
3. Gelsemium
4. Mercurius viv
5. Digitalis
6. Phosphorus
7. Pulsatilla
Nicotinic effects: (these our are skeletal muscles...muscles attached to our bones) include skeletal muscle twitching, cramping, and weakness. Nicotinic stimulation can obscure certain muscarinic effects and produce rapid heart rate and high blood pressure.

HOMEOPATHIC REMEDIES

EXTREMITIES; TWITCHING (K1215) (Jerking) (Trembling) (130) : Bell., Chel., Cina, Hyos., Ign., Op.

EXTREMITIES; WEAKNESS (K1224) (217) : Arg., Arg-n., Ars., Bry., Calc., Caust.

EXTREMITIES; CRAMPS (K971) (80) : Bell., Coloc., Cupr., Lyc., Merc., Plat.

GENERALITIES; HYPERTENSION (SII 312) (105) : Verat., adren., grat., nat-m., sec., stront-c.

CHEST; AFFECTIONS of the; Heart (K822) (65) : Acon., Aur., Aur-m., Cact., Dig., Lach.

1. Belladonna
2. Cuprum
3. Phosphorus
4. Arsenicum album
5. Sulphur

Relatively small to moderate vapor exposure causes pinpoint pupils, rhinorrhea (thin, watery discharge from nose), bronchoconstriction (like an asthma attack; you cannot breathe or breathing feels restricted), excessive bronchial secretions (coughing up large or small quantities of phlegm/mucus from lungs), and slight to moderate dyspnea (shortness of breath).

Mild to moderate dermal exposure results in sweating and muscular fasciculations at the site of contact, nausea, vomiting, diarrhea, and weakness. The onset of these mild to moderate signs and symptoms following dermal exposure may be delayed for as long as 18 hours. Higher exposures (any route) cause loss of consciousness, seizures, muscle fasciculations, flaccid paralysis, copious secretions (from any orifice of the body....could be mucus, could be urine, could be fecal matter....loss of control over bowels), apnea (stops breathing for periods of time), and death.

Central Nervous System Nerve (CNS) agents cause behavioral and psychological changes in humans.

SYMPTOMS

CNS symptoms: effects include irritability, nervousness, fatigue, insomnia, memory loss, impaired judgment, slurred speech, and depression. High exposures may produce loss of consciousness, seizures, and apnea (stops breathing).

HOMEOPATHIC REMEDIES

MIND; IRRITABILITY (K57, SI 653) (Anger) (Contrary) (Contradict; disposition
to) (Discontented) (Discouraged; irritability) (Quarrelsome) (Sensitive) (Unfriendly) (427): Acon., Alum., Ant-c., Apis, Ars., Aur.

MIND; RESTLESSNESS, nervousness (K72, SI 835) (Activity; restless) (Anguish; driving from place to place) (Delirium; restless) (Excitement) (Fear; driving from place to place - restlessness) (Impatience) (Wander; desire to) (428): Acon., Anac., Arg-n., Ars., Ars-i., Bapt.

GENERALITIES; WEARINESS (K1421, SI 745) (Flabby feeling) (Heaviness) (Lassitude) (Lie down) (Relaxation) (Weakness) (218): Alum., Benz-ac., Calc-p., Cann-s., Carbn-s., Chel.

MIND; MEMORY; weakness, loss of (K64, SI 732, SI 733) (Concentration; difficult) (Dementia) (Dullness) (Fancies; confused) (Forgetful) (Forgotten something) (Ideas; deficient) (Mistakes) (Recognize; relatives, his, does not) (Thoughts; vanishing) (288): Ambr., Anac., Arg-n., Ars., Bar-c., Bell.

SPEECH & VOICE; SPEECH; disconnected (10): stram., bell., coca, cupr., hydr-ac., hyos.

SPEECH & VOICE; SPEECH; foolish (K81, SI 939) (MIND; Foolish behavior) (MIND; Drunkenness; talking) (17): bell., chin., lach., nux-m., stram., agar.

MIND; SADNESS, despondency, dejection, mental depression, gloom, melancholy (K75, SI 864) (Brooding) (Delirium; sad) (Despair) (Discouraged) (Dwells) (Grief) (Hypochondria sis) (Inconsolable) (Sighing) (Weeping) (485): Acon., Ars., Ars-i., Aur., Aur-m., Calc.

MIND; UNCONSCIOUSNESS, coma, stupor (K89, SI 1032) (Stupefaction) (284): Acon., Bar-c., Bell., Cann-i., Cocc., Hell.

GENERALITIES; CONVULSIONS (K1351, SI 97) (Convulsive movements) (EXTREMITIES; Convulsion) (Motion; convulsive) (MIND; Convulsions) (FEMALE; Menses; convulsions) (FEMALE; Metrorrhagia; convulsions) (MALE; Pollutions; convulsions) (291): Art-v., Atro., Bell., Bufo, Calc., Caust.


1. Belladonna (contains Atropine)
2. Hyoscyamus
3. Stramonium
4. Opium (cannot be gotten except by homeopathic MD)
5. Mercurius viv
6. Atropinum purum (this is homeopathic Atropine)
7. Phosphorus

Respiratory Inhalation (your breathing): of nerve agent vapors causes respiratory tract effects within seconds to minutes. Symptoms include excessive rhinorrhea (thin, watery discharge from nose) and bronchial secretions (coughing up or hawking up large or small amounts of mucus), chest tightness, and difficulty breathing due to constriction of bronchial muscles and mucous secretions. Respiratory failure may occur due to CNS depression.
HOMEOPATHIC REMEDIES

NOSE; DISCHARGE; thin (K332) (41): Iod., graph., hydrog., kali-s., phyt., rhus-t.

EXPECTORATION; COPIOUS (K814) (160): MERC., Acon., Ammc., Ars., Bell., Cact.

CHEST; TIGHTNESS around chest (Constriction) (1): am-p.


REMEDIES
1. Carbo vegetabilis (Carbo veg)
2. Hepar sulph
3. Iodum
4. Laurocerasus
5. Coccus cacti

Cardiovascular (Heart symptoms): Vagal stimulation may produce bradycardia (slow heart beat, slow heart rate of beating), but pulse rate may be increased due to ganglionic stimulation (if you feel your pulse, it is racing or faster than it should be (80-100 per beats is "normal"), and the effects of hypoxia (oxygen starvation...the lungs cannot bring enough oxygen into your body). Bradyarrhythmias (slow beat of heart, but it will come and go) and hypertension (high blood pressure) may occur.

HOMEOPATHIC REMEDIES

GENERALITIES; HYPOTENSION (SII 312) (34): nat-m., phos., sep., thyr., acon., adlu.


GENERALITIES; PULSE; frequent, accelerated, elevated, exalted, fast, innumerable, rapid (K1393, SII 530) (398): Acon., Apis, Arn., Ars., Ars-i., Aur.


MIND; STUPEFACTION, as if intoxicated (K84, SI 966)(Dullness)(Memory; weakness; labor, for mental)(Prostration of mind)(Senses; dullness of)(Torpor)(Unconsciousness; dream, a if in a)(Unobserving) (241): Apis, Bapt., Bell., Bry., Cocc., Hell. CHEST; ARYTHMIA (1): cyt-l.


1. Digitalis (Bradycardia)
2. Veratrum album
3. Phosphorus
4. Aconitum napellus (Bradycardia)
5. Crategus oxyacantha

Gastrointestinal Symptoms (Digestive symptoms): Abdominal pain, nausea and vomiting are common manifestations of exposure by any route but may be the first systemic effects from liquid exposure on skin. If these symptoms occur within an hour of dermal exposure (this means you came into physical contact with it and its on your skin somewhere), severe intoxication is indicated (the person will appear “drunk”; as if they drank too much alcohol). Diarrhea and fecal incontinence (loss of your bowels) may also occur.

HOMEOPATHIC REMEDIES

ABDOMEN; PAIN; general (K554) (397) : Ars., Bry., Canth., Cham., Cocc., Colch.

STOMACH; NAUSEA (K504) (326) : Ant-c., Ant-t., Arg-n., Ars., Bell., Carbs.

STOMACH; VOMITING; General (K531) (247) : Acon., Aeth., Ant-c., Ant-t., Apis, Apom.

MIND; STUPEFACTION, as if intoxicated (K84, SI 966) (Dullness) (Memory; weakness; labor, for mental) (Prostration of mind) (Senses; dullness of) (Torpor) (Unconsciousness; dream, a if in a) (Unobserving) (241) : Apis, Bapt., Bell., Bry., Cocc., Hell.

RECTUM; DIARRHEA (K609) (STOOL; Frequent) (285) : Agar., Aloe, Ant-c., Ant-t., Apis, Arg-n.

RECTUM; RELAXED anus (K632) (Open anus) (17) : Aloe, Apis, Phos., carb-v., petr., sec.

1. Phosphorus
2. Apis mel.
3. Arsenicum album
4. Veratrum album
5. Nux vomica

Skeletal Muscles Symptoms: Nerve agents stimulate skeletal muscle producing weakness and twitching leading to fatigue and flaccid paralysis. Muscle twitching/weakness are clinical identifiers that indicate possible nerve agent exposure.

HOMEOPATHIC REMEDIES

GENERALITIES; WEAKNESS, enervation (K1413, SII 693) (Convalescence) (Flabby feeling) (Heaviness) (Lassitude) (Lie down) (Relaxation) (Weariness) (Sluggishness) (657) : Am-c., Anac., Ant-t., Apis, Arg., Arn.

EXTREMITIES; WEAKNESS (K1224) (217) : Arg., Arg-n., Ars., Bry., Calc., Caust.

EXTREMITIES; TWITCHING (K1215) (Jerking) (Trembling) (130) : Bell., Chel., Cina, Hyos., Ign., Op.

EXTREMITIES; PARALYSIS (K1176) (GENERALITIES; Paralysis) (116) : Acon.,
Agar., Alum., Bufo, Caust., Cocc.

GENERALITIES; PARALYSIS (Weakness; paralytic) (90) : Cocc., Lach., acon., alum., arg-n., arn.
1. Gelsemium
2. Plumbum
3. Conium maculatum
4. Rhus tox.
5. Lachesis muta

Metabolic: Profuse sweating may occur.

Ocular (your eyes, your vision): Symptoms may occur from local effects of vapor exposure and from systemic absorption. Pinpoint pupils and spasm of the muscle of visual accommodation (i.e., ciliary muscle) leading to blurred and dim vision, aching pain in the eye, and conjunctivitis are typical effects.

HOMEOPATHIC REMEDIES

EYE; PUPILS; contracted (K262) (110) : Op., Thuj., acon., anac., apis, arn.

VISION; BLURRED (K271) (Dim) (Foggy) (85) : Gels., Lac-c., Nat-m., acon., agar., anac.

VISION; DIM (K275) (Blurred) (Foggy) (Loss of vision) (Weak) (231) : Agar., Aur., Aur-s., Bell., Calc., Cann-s.

EYE; PAIN; General (K248) (222) : Aur., Bell., Bry., Cham., Chin., Kalm.

EYE; PAIN; aching (K251) (143) : Acon., Cimic., Eup-per., Puls., Spig., agar.

EYE; INFLAMMATION; conjunctivae (K243) (114) : Acon., All-c., Alum., Apis, Arg-n., Ars.
1. Belladonna
2. Aconitum napellus
3. Pulsatilla
4. Arsenicum album
5. Rhus tox.

AFTER EXPOSURE SYMPTOMS (if you survive it): Potential Sequelae (a potential condition following and resulting from the disease): Central Nervous System effects such as fatigue, irritability, nervousness and impairment of memory may persist for as long as 6 weeks after recovery from acute effects. Although exposure to some organophosphate compounds may cause a delayed mixed sensory-motor peripheral neuropathy, there are no reports of this condition among humans exposed to nerve agents.

WHAT THE MEDICAL ESTABLISHMENT WILL USE:

Atropine and oxime may therefore be considered to complement each other and the two antidotes also have a synergetic effect, i.e., they boost each
other.

Call your doctor up and ask if they have these two items on hand (they come in a shot form) on hand in their office. If they don't, call up your closest hospital and ask if they have them. Know where you can locate them.

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Susan Lavery, RSHom(NA), CCH