

Medical Treatment Recuperation: Convalescence with Homoeopathy

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ABSTRACT

Homoeopathic medicine selected on the base of individualisation helps not only to cure of the diseases but in recovery phase of the infectious diseases and ailment from surgery, loss of body fluid.

KEYWORDS: Recovery time-Convalescence, indicated Homoeopathic medicine

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INTRODUCTION

What is convalescence?

The word convalescence means '**time spent recovering from illness or medical treatment Recuperation, recovery**'. Convalescence is the gradual recovery of health and strength after illness or injury. Patient recover from previous health condition which may be an infectious disease or illness, acute or chronic both still there may be having feeling of wellbeing but they may be carrier or in the phase of recovery. That would be, "recovery" which can be considered a synonymous term. This also sometimes includes patient care after a major surgery, injury, blood loss etc. under which they are required to visit the doctor for regular check-ups.

When we are using word recovering, it is not necessarily about the actual symptoms of the illness itself but more the weakness, lethargy, loss of a full appetite or perhaps inability to regain a proper sleep pattern or simply the feeling of '**not being quite right**', after the illness has gone.

The best example of it would be recently we come out from the pandemic- covid 19. As we know after covid there are so many symptom, fear, anxiety are there in people, where we noted the role of homoeopathic medicine were excellent.





Thankfully this recovery is relatively straight forward using Homeopathic remedies and even quicker if other essential components to good health are introduced.

What are these components – commonly, – rest, fresh air, yoga, meditation, gentle exercise, good nourishing foods and plenty of sleep.

And, taking the time to do all these things BEFORE returning to work or school or taking part in sport or any other strenuous activities that will drain us of our already depleted energy.

This is the part that many of us and particularly women find so difficult to do or not do.

There is list of homoeopathic remedies which we can use as per need as the indication of the remedy or specific remedy use after treatment of specific diagnosis and its remaining compliant of symptom.

Alfalfa, Avena Sativa, Apocynum Can, Curare, Eucalyptus, kreosotum, Lecithin, Psorinum, Phosphoric acid, Sulphur, Tuberculum, Vanadium, Etc.

INDICATION OF HOMOEOPATHIC REMEDY FOR CONVALAESCENCE:

ALFALFA:

- Alfalfa favorably influences nutrition, evidenced in "toning up" the appetite and digestion resulting in greatly improved mental and physical vigor, with gain in weight.
- Disorders characterized by malnutrition are mainly within its therapeutic range, for example, neurasthenia, splanchnic blues, nervousness, insomnia, nervous indigestion, etc.
- Acts as a fat producer, corrects tissue waste.

AVENA SATIVA:

- Nervous exhaustion, sexual debility, and the morphine habit call for this remedy.
- Best tonic for debility after exhausting diseases.
- *Alcoholism*

APOCYNUM CAN:

- For weakness after fever like typhoid.
- This is one of our most efficient remedies, in *dropsies*, ascites, anasarca and hydrothorax, and urinary troubles, especially suppression and strangury.
- This is a great medicine for the low forms of disease, such as typhoid and scarlet fever and is useful lingering sickness.
- In the digestive complaints of Bright's disease, with the nausea, vomiting, drowsiness, difficult breathing, it will be found of frequent service.
- The dropsy is characterized by great thirst and gastric irritability.
- Arrhythmia.
- *Mitral and tricuspid regurgitation.*
- *Acute alcoholism.*

CALCAREA CARBONICA

- This great Hahnemannian anti-psoric is a constitutional remedy *par excellence*.
- Its chief action is centered in the vegetative sphere, impaired nutrition being the keynote of its action, the glands, skin, and bones, being instrumental in the changes wrought.
- Raised blood coagulability
- Easy relapses, interrupted convalescence. Persons of scrofulous type, who take cold easily, with increased mucous secretions, children who grow fat, are large-bellied, with large head, pale skin, chalky look, the so-called leuco-phlegmatic temperament; affections caused by working in water. Great sensitiveness to cold; partial sweats.

CURARE:

- Weakness with shaky lower extremities during convalescence.
- The patient is surprised on his weakness.
- Muscular paralysis without impairing sensation and consciousness.
- Paralysis of respiratory muscles.
- *Reflex action diminished.*
- Debility of the aged and from loss of fluids. Catalepsy.

- Nervous debility.
- Trismus.
- Glycosuria with motor paralysis. Curare decreases the output of adrenaline.
- Vomiting of bile in cirrhosis of liver. Diabetes mellitus, 4th dilution

EUCALYPTUS:

- It has been familiarised to everybody during the influenza epidemic as a prophylactic and disinfectant.
- The fever may be of relapsing of intermittent type.
- It has also proved useful in convalescence from intermittent.

KREOSOTUM:

- It is suited to lean persons, old women (post climacteric diseases): over growth poorly developed children: arasmus.
- Fasting agg., dare not remain fasting
- Disgust of food during convalescence.

LECITHINUM:

- It has a favorable influence on the nutritive condition and blood, weakness and insomnia during convalescence. (1X TO 3X).
- Lecithin has a favorable influence upon the nutritive condition and especially upon the blood hence its use in anemia and convalescence, neurasthenia and insomnia.
- Increasing the number of red corpuscles and amount of hemoglobin.
- Excellent galactagog, renders milk more nourishing and increases quantity.
- Causes an immediate decrease in the excretion of the phosphates.
- Mental exhaustion and impotency.
- Tuberculosis, causing marked improvement in nutrition and general improvement.
- Tired, weak, short breath, loss of flesh; symptoms of general break-down.

NUX MOSCHATA:

- It is suited to person who readily perspire.
- Tendency to fainting.
- This is allied to the drowsiness, sudden loss of memory, and vanishing of ideas.
- Person who easily faint away from slight of blood from standing and who easily faintness and fainting during or associate with evacuation.

- Dryness of mouth, saliva seems like cotton.

PHOSPHORIC ACID:

- Weakness and debility common to all acids is very mark in this acid; with free secretion, profuse perspiration, loss of fluid, sweating etc., except diarrhea.
- Mental debility apper first then physical.
- Slowness of mind, and special sense.
- Sensitive to light, sound and odours, which takes away her breath.
- Useful to those young people who grow rapidly and who are over taxed mentally and physically: when the system is ravaged from acute disease; venereal excesses; grief; loss of vital fluid.
- Relieves the pain of cancer.
- Formation of abscesses after fever.
- Convalescence after fever.

PSORINUM:

- It is useful for weakness during convalescence.
- Independent of any organic disease, especially the weakness remaining after acute disease.
- *Lack of reaction*, i.e., phagocytes defective.
- Often gives immunity from cold-catchin

SULPHUR:

- For immediate effect to finish the after effects of the cured illness.
- Often great use in beginning the treatment of chronic cases and in finishing acute ones.

TUBERCULINUM:

- Convalescence from measles, suddenly loses flesh, gains high temperature with drenching sweat and prostration.

VANADIUM:

- it removes weakness and improve the condition of blood after wasting disease by increasing the amount of hemoglobin combining its oxygen with toxins and destroying their power of producing disease. Its use increase and stimulate phagocytes which have the ability to ingest and destroy bacteria, protozoa, cell debits, dust, particle, etc. and found in lymph node.
- Its action is that of an oxygen carrier and a catalyzer, hence its use in wasting diseases.
- Increases amount of hemoglobin, also combines its oxygen with toxins and destroys their virulence.
- Also increases and stimulates phagocytes.

➤ A remedy in degenerative conditions of the liver and arteries.

➤ **REPERTORIAL APPROCH FOR CONVALESCNCE:**

CONVALESCENCE, ailments, during or since ail., *alet.*, **ALF.**, am-c., apoc., aur., aven., bac., **BELL-P.**, cadam-m., cadam-s., **CALC.**, cal-p., caps., carb-v., **CARS.**, *cast.*, **CHIN.**, *chin-ar.*, coca., cocc., cupr., *cur.*, cypr., echi., *ferr.*, ferr-acet., foll., form-ac., **GELS.**, graph., guare., hydr., kali-c., kali-chl., kali-m., kali-p., lach., laur., lob., lyc., mang., med., nat-p., okou., op., paull-p., ph. ac., phos., pneu., psor., *scut.*, **SIL.**, sul-ac., sul-i., sulfonam., syph., tarx., **TUB.**, tub-a., vario., zinc.

Childbirth, after-*arn.*, **BELL-P.**, calen., *caul.*, chin., *graph.*, *puls.*, **SEP.**

Diphtheria, after-*alet.*, *cocain.*, cocc., fl-ac., *helon.*, *lac-c.*

Fever, ailment from-ars-i., carb-v., *carc.*, *chin.*, cocc., *gels.*, *hell.*, hydr., kali-p., lyc., nux-v., *psor.*, sulp., tarax.

heart, cramps and nervousness, with- meph.

infection, disease after-**CARC.**, *cast.*, chin., foll., form-ac., **GELS.**, ph-ac., *psor.*, *puls.*, sulph., *thuj.*, vario.

influenza, after-abrot., *bac.*, bry., cadam., cadam-s., *carc.*, **GELS.**, cypr., okou., *ph-ac.*, psor., *scut.*, sulfonam., tub., tub-a.

interrupted-calc.

long, sickness, after-*scut.*

meningitis, after-calc., *hell.*, sil.

mononucleosis, aft*rcarc.*, *gels.*

pneumonia, after-ars., *bry.*, calc., carb-v., sulph.

never well since pneumonia-*kali-c.*, morg., pneu.

rheumatism, after tonsillitis-echi., guai., lach., phyt.

typhoid, ailments from-echin., bap*t.*, carb-v., pyrog., sulph.

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