



**MANAGEMENT OF PAIN:**

**TREATMENT MODALITIES**

One or more of the following methods may achieve relief of pain:

- Elevation of pain threshold
- Explanation
- Interruption of pain pathways
- Modification of pattern of living; immobilization
- Modification of the pathological process

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**Characteristics**

- Distribution - dermatomal if peripheral nerve; non-dermatomal if central nerve.
- Quality - superficial burning or stinging discomfort. There may also be spontaneous stabbing/lancinating pain.

An associated deep ache may relate to nerve compression (mixed compression-deafferentation pain) or be a variant manifestation of deafferentation

- Associations - light touch or blowing exacerbates pain (allodynia). Unable to bear clothing against affected area. Pinprick and temperature sensations are usually diminished, sometimes there is numbness as well.

Often receiving morphine with minimal or no effect, and exhausted because of pain-related insomnia.

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**Homoeopathy: Drugs commonly used in my practice for pain killing:**

- |                      |                  |
|----------------------|------------------|
| Alcoholus            | Cadmium oxidatum |
| Anthracinum          | Calcarea acetica |
| Antimonium chloridum | Calcarea oxalica |
| Apis mellifica       | Carbo animalis   |
| Asteria rubens       |                  |
| Bismuth oxidatum     |                  |



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Citricum acidum  
Codeinum phosphoricum  
Cundurango  
Eosinum  
Euphorbia heterodoxa  
Euphorbium officinarum  
Galium aparine  
Lupulinum  
Mercurius nitrosus  
Morphinum  
Natrum cacodylicum  
Rhamnus californica

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## LOSS OF APPETITE

Loss of appetite or poor appetite is one of the most common problems that occur with cancer and its treatment. Exactly what causes loss of appetite is unknown. It may be caused by the treatment or by the cancer itself. Emotions such as fear or depression can also cause loss of appetite.

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Sometimes it is the side-effects of the treatment such as nausea, vomiting, or changes in food's taste or smell that produces loss of appetite. For some people, loss of appetite occurs for just a day or two; for others it is an ongoing concern.

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**Homoeopathic drugs:**

Abies nigra  
Carbolicum acidum  
China officinalis  
Chininum arsenicosum  
Gentiana lutea  
Iodium  
Piscidia erythrina  
Prunus virginiana  
Strychninum phosphoricum

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The best home remedy is to boil a few small pieces of ginger in one cup of water with a few small pieces of cinnamon sticks, boil for about 5 minutes and then allow the water to cool, then empty the contents in half glass of homemade fresh apple juice. Take this in sips and repeat it throughout the day.

A mixture of pomegranate (anar) juice, rock salt and honey is a useful remedy for loss of appetite.

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A mixture of equal quantities of powdered coriander seeds (dhania), cardamoms (elaichi) and black pepper should be taken daily to increase the appetite.

Mash a banana in a bowl of curd and add a pinch of black pepper to it and take it once daily.

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Dried figs (anjeer) and raisins should be soaked overnight and then eaten the next morning and also drink up the water in which they were soaked.

One teaspoonful of limejuice mixed with an equal quantity of ginger juice and a gram of rock salt should be taken daily before meals.

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A mixture of mustard seeds, fried asafetida (hing), ginger, cumin seeds (jeera) and rock salt should be taken daily with buttermilk.

Boil in a bowl of 150 ml water a small piece of ginger and cinnamon sticks till it is reduced to half. Pour this decoction in a glass of freshly squeezed apple juice and drink in sips throughout the day.

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Drink half a cup of fresh Indian gooseberry (amla) juice mixed with one teaspoonful of honey and one teaspoonful of lemon juice early in the morning on an empty stomach. This cures loss of appetite.

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# WEIGHT LOSS

Many cancer patients lose weight during their cancer treatment. This is partly due to the effects of the cancer itself on the body. One may also lose weight due to loss of appetite thereby eating less than usual, because of the treatment or emotional worries.

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## Clinical Manifestations

Anorexia and early satiation  
Edema (hypoalbuminaemia)  
Electrolyte disturbances  
Lethargy  
Looks ill (weight loss)  
Loss of body protein and fat  
Muscle weakness  
Pallor (anaemia)

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## Homoeopathic Treatment:

Carbo animalis  
Corydalis formosa  
Formica rufa  
Hydrastis canadensis  
Mercurius nitrosus  
Plumbum metallicum  
X-ray

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The most effective and simple remedy to gain weight is to consume banana milk shake. It is a fast way to gain weight.

Have muskmelon three times a day as it helps gain weight.

Have 30 grams of raisins every day for about a month.

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Following are the ways to increase protein:

\*a. Hard or semisoft cheese can be melted on sandwiches, bread, meats or fish, vegetables, eggs, desserts, stewed fruits and pie. Grate and add to soups, sauces, vegetable dishes, mashed potatoes, rice and noodles.

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b. Mix or stuff cottage cheese in fruits and vegetables.

Add to spaghetti, noodles and in egg dishes such as omelets, scrambled eggs and soufflés. Use in gelatin desserts, pudding-type desserts, cheesecake and pancake batter.

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c. Use milk instead of water in beverages and in cooking when possible. Use it in preparing hot cereal, soups, cocoa and pudding. Add cream sauces to vegetables and other dishes.

d. Non-fat instant dry milk can be added to regular milk and milk drinks. It can also be used in sauces, cream soups, mashed potatoes, puddings and custards, and milk - based desserts.

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e. Ice-cream, yogurt and frozen yogurt can be added to milkshakes. Add to cereals, fruits, gelatin desserts and pies; blend or whip with soft or cooked fruits. Have sandwich ice-cream or frozen yogurt between cake slices or cookies. Make breakfast drinks with fruits and bananas.

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f. Add hard boiled eggs in salads and dressings, vegetables and creamed meat. Add extra egg white in scrambled eggs, French toast batter, in omelets. Make rich custard with eggs, high protein milk and sugar.

Avoid raw and undercooked eggs.

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g. Nuts can be sprinkled on fruits, cereals, ice cream, yogurt, vegetables, salads and toast as a crunchy topping; use in place of bread crumbs. Blend it with cream for a noodle, pasta, or vegetable sauce. Roll banana in chopped nuts.

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## WEIGHT GAIN

Some patients find that their weight does not change during treatment. They may also gain weight. This is particularly true in breast, prostate and ovarian cancer patients taking certain medications or who are on hormone therapy, iscador therapy or chemotherapy.

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It is important not to go on a diet right away if the patient notices weight gain. It is important to find out the exact cause of weight gain. Sometimes weight gain occurs because certain anticancer drugs cause the body to hold on to excess fluid causing oedema. A dietician needs to be consulted if the patient has to go on a salt restricted diet.

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Breast cancer patients with primary diagnosis of cancer may be different. Over half of them may actually lose weight rather than gain during treatment.

Weight gain may also be the result of increased appetite and eating extra food and calories. If this is the case and one wants to stop gaining weight, then here are some tips:

You can also mix juice of half a lime and one teaspoonful of fresh honey in a glass of lukewarm water. Have this early in the morning and repeat it every few hours.

Consuming 10 – 12 fully grown curry leaves every morning, for 3 months, is found beneficial in dealing with the problem of obesity.

Have one or two tomatoes, on an empty stomach, every morning. This has proved to be effective in reducing obesity.

In a glass of boiling water, add ginger and lemon slices. Steep for some time and strain the water. Have this decoction when warm. Not only would it treat obesity, it would also control overeating tendency.

In a cup of water, add 3 teaspoonfuls of lime juice, ¼ teaspoonful powdered black pepper and 1 teaspoonful honey. Have this concoction regularly, once a day.

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Soak a handful of jujube (bor) or Indian plum leaves overnight. Strain the water in the morning and consume on an empty stomach. It will prove beneficial in treating obesity.

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## DYSPHAGIA

### Definition

Difficulty in swallowing.

### Relevant Physiology

There are three stages of swallowing

- Buccal – passage of bolus to the back of the throat
- Pharyngeal – voluntary initiation of the swallowing reflex
- Esophageal – involuntary reflex peristalsis

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## Causes

### Cancer

- Mass lesion in mouth, pharynx or oesophagus
- Linear infiltration of pharyngo-oesophageal wall
- Damage to nerve plexus
- External compression (mediastinal mass)
- Perineural tumour spread (vagus and sympathetic chain)
- Tumour spread to base of the skull (lower cranial nerve palsies)
- Non-metastatic neuromuscular
- Dysfunction
- Hypercalcaemia
- Anxiety

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## Homoeopathic drugs in Dysphagia

Amygdalus pursica	Crotalus horridus
Arsenicum album	Curare
Baptisia tinctoria	Hyoscyamus niger
Belladonna	Kali carbonicum
Cajuputum	Lachesis
Cantharis	Mercurius cyanatus
Crotalus cascavala	Viscum album

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## STOMATITIS SORE MOUTH OR THROAT

Mouth sores, tender gums and a sore throat or esophagus often result from radiation therapy, chemotherapy, or infection. Certain foods will irritate an already tender mouth and make chewing and swallowing difficult. By carefully choosing the foods one eats and by taking good care of your mouth, teeth and gums, one can usually make eating easier.

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**Pathogenesis**

- 1) Malnutrition
  - Hypovitaminosis
  - Anaemia
  - Protein deficiency
- 2) Infection
  - Candidiasis
  - Aphthous ulcer

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- a. Try soft foods that are easy to chew and swallow, such as:
    - milkshakes
    - bananas, apples and other soft fruits
    - peach, pear and apricot nectars
    - watermelon
    - cottage cheese, yogurt
    - mashed potatoes, noodles
- (Contd. On next page)

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- macaroni and cheese
- custards, puddings and gelatin desserts
- scrambled eggs
- oatmeal or other cooked cereals
- pureed or mashed vegetables, such as peas and carrots
- pureed meats.

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Mix food with butter, margarine, thin gravy, or sauce to make it easier to swallow.

Make an infusion of fenugreek (methi) leaves and gargle with it 4 - 5 times a day. Do this for a few days.

Apples contain saliva stimulating property and hence are good for those suffering from ulcers in the mouth.

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One teaspoonful of powdered cinnamon (tuj), boiled in a glass of water with a pinch of black pepper powder and two teaspoonfuls of honey should be taken daily.

This helps to heal tiny ulcers that accompany sore mouth and throat.

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<b>Homoeopathic drugs:</b>	Mercurius cyanatus
	Monilia albicans
Agave americana	Morbillinum
Carbolicum acidum	Muriaticum acidum
Eupatorium aromaticum	Rhus glabra
Hydrastinum muriaticum	Sempervivum tectorum
3x; applied locally as powder.	Sulphuricum acidum
Kali chloricum	
Kreosotum	

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# ORAL CANDIDIASIS

Dry mouth, corticosteroids and bacterial antibiotics are common precipitating causes.

If using a topical fungal antibiotic, advice patient to remove and clean dentures before each dose. Failure to treat denture may lead to failure to control candidiasis.

At night, soak dentures in water containing nystatin (5 ml); or in diluted sodium hypochlorite solution (Milton)

Most patient responds to a 10 days course. Some need continuous treatment.

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## Homoeopathic drugs:

- Borax veneta
- Hydrastis muriaticum
- Kali chloricum
- Mercurius solubilis
- Monilia albicans
- Nitricum acidum
- Sempervivum tectorum

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# ABNORMAL TASTE

Many patients with advanced cancer, experience a change in taste sensation. This is not related to primary site, other alimentary symptoms or prognosis.

## Incidence

All cancer - 50%

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**Relevant pathophysiology**

This is largely presumptive.

- Decreased sensitivity of the taste buds
- Decreased number of taste buds
- Toxic dysfunction of the taste buds
- Nutritional deficiencies altered sensation
- Poor dental hygiene

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**Homoeopathic drugs:**

- China officinalis
- Fagopyrum
- Mercurius solubilis
- Natrium muriaticum
- Nux vomica
- Phosphorus
- Pulsatilla pratensis
- Rheum
- Senega

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# HALITOSIS

**Definition:** Unpleasant or foul smelling breath

**Homoeopathic Drugs For Halitosis:**

- |                      |                       |
|----------------------|-----------------------|
| - Arnica montana     | - Hepar sulphuricum   |
| - Arsenicum album    | - Indol               |
| - Baptisia tinctoria | - Kali permanganatum  |
| - Carbolic acid      | - Mercurius solubilis |
| - Citric acid        | - Natrium telluricum  |
| - Diphtherinum       | - Nitricum Acidum     |
|                      | - Oxalic acetosella   |
|                      | - Quercus             |

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# DRY MOUTH

Chemotherapy and radiation therapy in the head or neck area can reduce the flow of saliva and cause dryness of mouth. When this happens, food is harder to chew and swallow. Dry mouth also can change the way food tastes.

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## Causes

Cancer  
Anxiety  
Depression  
Hypercalcemia  
Replacement of salivary glands by cancer  
Erosion of the buccal mucosa

## Infection:

Candidiasis  
Parotitis

## Anticancer treatment

Local radiation  
Local radical surgery  
Stomatitis associated with granulocytopenia

## Debility

Mouth breathing  
Dehydration

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## Concurrent

Autoimmune disease  
Hyperthyroidism  
Uncontrolled diabetes

## Tricyclics

Opioids (uncommon)  
Diuretics  
Oxygen (without humidification)

## Drugs

Anticholinergics:  
Antihistamines  
Antiparkinsonians  
Antispasmodics  
Belladonna alkaloids  
Neuroleptics

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### Homoeopathic Remedies

Aconitum napellus	Nux Moschata
Apis mellifica	Pulsatilla pratensis
Bryonia alba	Radium bromatum
Duboisinum	Sepia
Lycopodium	Veratrum Viride
Mercurialis Perennis	
Morphinum	

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The suggestions below may help one deal with dry mouth:

Have a sip of water every few minutes to help swallow and talk more easily. Consider carrying a water bottle along.

Hoang Nan (Strychnos Gaultheriana) Mother tincture 50% dilution with water or Phytolacca berry Mother tincture.

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Something in the mouth, e.g. pipe stem, chewing gum

Strongly flavoured candy:

Cinnamon  
Lemon drop  
Lifesavers

Moisten mouth and lips  
Frequent mouth wash

Water by dropper

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Gauze bag containing ice placed between tongue and gums every 30 mins.

A room humidifier

A frequent thin layer of petroleum jelly applied to lips, (not a thick coating), once a day

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## DENTAL AND GUM PROBLEMS

Cancer and cancer treatment can cause tooth decay and other problems for your teeth and gums. For e.g. radiation to the mouth can affect the salivary glands, making the mouth dry and increasing the risk of cavities.

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### Homoeopathic Remedies

Kreosote  
Heckla Lava

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Change in eating habits may also add to the problem. If one eats often or eats a lot of sweets, he may need to brush his teeth more often. Brushing after each meal or snack is a good idea.

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Following are some ways for preventing dental problems:

Use a soft toothbrush for sensitive gums.

Rinse the mouth with warm water when the gums and mouth are sore.

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Lime is highly beneficial in treating inflammation of gums, pyorrhea and dental caries. Mix the juice of one whole lime in one glass of warm water with one teaspoonful of honey. Have this twice daily. This will arrest the growth of dental caries and will treat pyorrhea and inflammation of the gums.

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# HICCUP

## Definition

A pathological respiratory reflex characterised by spasm of the diaphragm, resulting in sudden inspiration, and associated with closure of the vocal cords.

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## Causes

- Gastric distension
- Diaphragmatic irritation
- Phrenic nerve irritation
- Brain tumour
- Infection

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## Homoeopathic drugs in Hiccup

- |   |  |   |                         |
|---|--|---|-------------------------|
| - | Cajuputum  | - | Hyoscyamus niger        |
| - | Carbo animalis   | - | Jatropha curcas         |
| - | Chloroforminum   | - | Magnesium phosphoricum  |
| - | Cicuta virosa  | - | Marrubium album         |
| - | Cinnamomum mother tincture, put 2 drops on a heap spoonful of sugar and suck it gently every few minutes | - | Niccolum metallicum     |
| - | Ginseng quinquefolium  | - | Paris quadrifolia       |
|   |  | - | Ratanhia peruviana      |
|   |  | - | Scutellaria laterifolia |
|   |  | - | Veratrum viride         |
|   |  | - | Zincum valerianicum     |

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# NAUSEA

Nausea, with or without vomiting, is a common side effect of surgery, chemotherapy, radiation therapy and biological therapy. The disease itself, or other conditions unrelated to cancer or treatment, may also cause nausea.

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Some people have nausea or vomiting right after treatment, others don't have it until two or three days after treatment.

Many people never experience nausea. For those who do, nausea often goes away once the treatment is completed.

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## Causes:

### Cancer

Irritation of the upper gastro intestinal tract	Chronic persistent Pain
Blood in stomach	Anxiety
Gastrointestinal obstruction	Cancer toxicity
Constipation	Hypercalcaemia
Hepatomegaly	Hyponatraemia
Raised intracranial pressure	Uraemia
Cough	

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# VOMITING

Vomiting may follow nausea and may be brought on by the treatment, food odors, gas in the stomach or bowel, or motion. In some people, certain associations or surroundings, such as the hospital, may cause vomiting.

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Very often, if nausea can be controlled, vomiting can be prevented. At times, though, one may not be able to prevent either. Relaxation exercises or meditation may help you. These usually involve deep rhythmic breathing and quiet concentration, and can be done almost anywhere.

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Take one gram of cumin seeds and one gram of green cardamom (elaichi) seeds, grind them into a powder and add about 50 ml of water to it, then squeeze half a lemon in it and give it to the patient every two hourly. This will help control vomiting.

In cases of severe vomiting and nausea, drink pomegranate juice in sips.

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# DIARRHOEA

Diarrhea may have several causes, including chemotherapy, radiation therapy to the abdomen, infection, food sensitivities and emotional upheavals.

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During diarrhea, food passes quickly through the bowel before your body has a chance to absorb enough vitamins, minerals and water. This may cause dehydration, which means your body does not have enough water to work well.

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Apple juice mixed with banana is very beneficial in treating acute and chronic diarrhoea. Cooked, baked or steamed apples are also good for diarrhoea.

Mix one teaspoonful of dried ginger powder, one teaspoonful of cumin seeds (jeera) powder and one teaspoonful of cinnamon powder. Add two teaspoonfuls of honey to this mixture and make a thick paste. Have one teaspoonful of this paste 3 times a day. This will cure diarrhoea.

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Mix some roasted and powdered cumin seeds in one cup of curd and have it thrice a day. This will cure diarrhoea.

Lemon is very good in controlling diarrhoea. Fresh juice of one lemon mixed with 200 ml of water is excellent

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Make a glassful of decoction by boiling 20 – 25 tulsi leaves (holy basil) in water, mixed with some rock salt. Drink this, it will give relief to diarrhea. Repeat this 3 – 4 times a day for further relief.

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## LACTOSE INTOLERANCE

Lactose intolerance means that your body can't digest or absorb the milk sugar called 'lactose'. Milk, other milk-based dairy products (such as cheese and ice cream) and foods to which milk has been added (such as pudding) may contain lactose.

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Dairy products are important sources of calcium, riboflavin, and vitamin D. Some lactose-intolerant people are able to tolerate certain dairy products in small amounts, and their diets may provide enough of these nutrients.

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Lactose intolerance may occur after treatment with some antibiotics, with radiation to the stomach or with any treatment that affects the digestive tract. The part of the intestines that digest lactose may not work properly during treatment. For some people, the symptoms of lactose intolerance (gas, cramps and diarrhoea) disappear a few weeks or months after the treatment ends or when the intestine heals. For others, a permanent change in eating habits may be needed.

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## ASCITES

### Definition

Excessive serous fluid in the peritoneal cavity

### Pathogenesis

- Usually associated with peritoneal metastasis –
  - Subphrenic lymphatics become blocked by tumour infiltration.
  - Fluid exuded by peritoneum, possibly as a tumour related vasoactive product.
  - Raised plasma rennin concentration, possibly the result of a reduced extracellular blood volume, causes sodium retention.

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**Clinical Features**

Inability to sit upright  
Squashed stomach syndrome  
Lower oesophageal syndrome  
Nausea and vomiting  
Leg oedema  
Dyspnoea

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**Homoeopathic drugs in Ascites:**

Adonis vernalis  
Asclepias cornuti  
Blatta americana  
Liatris spicata  
Lycopodium  
Oxydendron  
Prunus spinosa  
Quercus robur glandium spiritus  
Rauwolfia serpentina

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**CONSTIPATION**

Some anticancer drugs, such as pain medications, may cause constipation. This problem also occurs if the diet lacks enough fluid or fiber, or if the patient has been in bed for a long time.

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**Homoeopathic drugs in Constipation:**

Aesculus glabra	Lobelia inflata
Alumen	Natrum muriaticum
Aluminium metallicum	Natrum sulphuricum
Cardus marianus	Nycta
Cassia sophera	Opium
Collinsonia canadensis	Paraffinum
Glycerinum	Plumbum aceticum
Hydrastis canadensis	Plumbum metallicum
Ipecacuanha	Ptelea trifoliata
Lac defloratum	Staphisagria mother tincture

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A mixture of 5 - 6 blanched almonds, dried figs (anjeer), seedless black raisins in equal quantities when taken daily aids in treating constipation.

Contrary to the popular myth, a ripe and juicy apple eaten at bedtime every night cures constipation.

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Ripe green banana is good for constipation. Take one banana on an empty stomach first thing in the morning, this acts as a laxative and cures constipation.

Onion juice mixed with warm water is very useful for constipation.

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# FAECAL IMPACTION

## Definition

Lodging of faeces, most commonly in the rectum or descending colon, but can occur as far as the caecum.

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## Symptoms

- Complete cessation of faecal evacuation or frequent passage of small watery faeces or rectal discharge.
- Abdominal distension (occasional)
- Nausea and vomiting
- Abdominal colic (occasional)
- Spasmodic rectal pain (occasional)
- Confusion, restlessness

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## Homoeopathic drugs in fecal impaction:

Indol  
Magnesium muriaticum  
Nux vomica  
Opium  
Plumbum metallicum

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# COUGH

## Definition

A complex respiratory reflex designed to expel foreign particulate matter and excess mucus from the trachea and the main bronchi.

## Incidence

All terminal cancer—50%  
Bronchogenic cancer—80%

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## Relevant Physiology

Each cough comprises a three-phase mechanism, which produces a high velocity expiratory airflow. A shearing force is created which aids the expulsion of mucus and foreign materials.

Inspiratory phase (glottis open)

Compressive phase (glottis closed) increased intrathoracic pressure

Expiratory phase (glottis open) explosive release of trapped air.

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## Types of Cough

Wet + patient able to cough effectively (productive)

Wet + patient too weak to cough effectively (non-productive)

Dry (non-productive)

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## Treatment Possibilities

Treat concurrent causes

- postnasal drip—antihistamine
- bronchospasm - bronchodilator
- heart failure - diuretic
- infection - antibiotic
- cigarettes - stop smoking

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## Homoeopathic drugs in cough

### Too weak to cough

- Calcarea acetica
- Cannabis sativa
- Causticum
- Conium maculatum
- Drosera rotundefolia
- Kali carbonicum
- Kali sulphuricum
- Mezereum
- Senega
- Sepia
- Spongia tosta

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### Easy and Profuse expectoration

- |                         |                        |
|-------------------------|------------------------|
| - Ammoniacum gummi      | - Hepar sulphuricum    |
| - Antimonium tartaricum | - Kali bichromicum     |
| - Argentum metallicum   | - Myosotis arvensis    |
| - Balsamum peruvianum   | - Myrtus cheken        |
| - Baryta carbonicum     | - Phosphorus           |
| - Calcarea sulphuricum  | - Pulsatilla pratensis |
| - Coccus cacti          | - Senega               |
| - Eucalyptus globulus   | - Silphium lacinatedum |
| - Euphrasia officinalis | - Stannum metallicum   |

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**Dry cough**

- Ammonium bromatum
- Bromium
- Bryonia alba
- Codeinum
- Drosera rotundifolia
- Formalinum
- Hyoscyamus niger
- Ignatia amara
- Iodium
- Mentha piperita
- Phosphorusnm
- Sanguinaria canadensis

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**DEATH RATTLE**

**Definition**

A rattling noise produced by the oscillatory movements of secretions, principally in the hypopharynx, in association with the inspiratory and expiratory phases of respiration.

While not pathognomonic of imminent death, the 'death rattle' is generally seen only in-patients who are too weak to expectorate effectively.

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**Homoeopathic drugs in death rattle**

- Ammoniacum gummi
- Antimonium tartaricum
- Apis mellifica
- Carbo vegetabilis
- Cuprum metallicum
- Hippozaeninum
- Kali sulphuricum
- Pacten jacobaeus

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# DYSPNOEA

## Definition

An unpleasant awareness of difficulty in breathing

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## Relevant Physiology

- The respiratory centre in the pons and medulla controls the respiration.
- The volume of breathing is determined largely by chemical stimuli in the blood and the pattern of breathing by mechanical stimuli in the lungs, relayed in the vagus nerves.
- Respiration is also influenced by other factors.

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## Homoeopathic drugs in dyspnoea

- |                        |                             |
|------------------------|-----------------------------|
| - Aconite ferrox       | - Lobelia inflata           |
| - Ammonium carbonicum  | - Naphthalinum              |
| - Antimonium Arsenicum | - Phosphorus pentachloratus |
| - Blatta orientalis    | - Prunus spinosa            |
| - Chlorum              |                             |
| - Cuprum metallicum    |                             |
| - Grindelia robusta    |                             |
| - Ipecacuanha          |                             |

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# FREQUENCY AND URGENCY

## Definitions

Frequency: Passage of urine 7+ times during the day and 2+ at night.

Urgency: A strong and sudden desire to void.

Urge incontinence: The involuntary loss of urine associated with a strong desire to void.

Detrusor: The muscle comprising the urinary bladder.

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## Genuine stress incontinence:

The involuntary loss of urine when the intravesical pressure exceeds the maximum urethral pressure in the absence of detrusor activity. The fault always lies in the sphincter mechanism of the bladder and is associated with multiparity, post-menopause and post-hysterectomy. One or more of the following features will be present.

Descent of urethro-vesical junction outside intra-abdominal zone of pressure.

Decrease in urethral pressure due to loss of urethral wall elasticity and contractility.

Short functional length of urethra.

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## Homoeopathic drug in frequency and urgency

- |                         |                          |
|-------------------------|--------------------------|
| - Asparagus officinalis | - Eupatorium perfoliatum |
| - Barosma crenulatum    | - Mercurius corrosivus   |
| - Cannabis sativa       | - Oleum santali          |
| - Cantharis             | - Pareira brava          |
| - Chimaphila umbellata  | - Petroselinum sativum   |
| - Chloralum hydratum    | - Populus tremuloides    |
| - Clematis erecta       | - Pulex irritance        |
| - Cubeba officinalis    | - Stigmata maydis        |
| - Equisetum hyemale     | - Triticum repens        |
| - Eryngium aquaticum    | - Vespa carbo            |

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## Homoeopathic drugs in urge incontinence

- Apis mellifica
- Baryta carbonicum
- Cantharis
- Causticum
- Equisetum arvense
- Kreosotum
- Mercurius corrosivus
- Pareira brava
- Petroselinum sativum
- Pulsatilla pratensis
- Sepia
- Squilla maritima

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## SKIN CARE IN CANCER PRURITIS

### Definition

An unpleasant sensation perceived in the skin, which provokes an urge to scratch.

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### Pathophysiology

- Pruritus shares neural receptors and pathways with pain. It is the spatial and temporal pattern of neural excitation, which determines the perceived sensation.
- Pruritus is also characterized by its own precipitants, blockers, potentiators and range of intensity.
- The cutaneous mediators are poorly understood. Histamine, by a direct effect on cutaneous nerves, may mediate itch in urticaria.
- Prostaglandins of the E series, believed to be generated in many inflammatory dermatoses, are not themselves pruritogenic but can potentiate itch caused by other factors.

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### Homoeopathic drugs in pruritus

- Alumina
- Arsenicum album
- Baryta aceticum
- Bovista lycoperdon
- Caladium
- Chloralum hydratum
- Croton tiglium
- Cuprum metallicum
- Dolichos pruriens
- Fagopyrum
- Histaminum
- Juglans regia
- Mezereum
- Monilia albicans

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- Oleum animale aethereum
- Pix liquida
- Psorinum
- Rhus toxicodendron
- Rhus venenata
- Rosa damascena
- Sulphur
- Thyroidinum
- Tilia europaea
- Urtica urens

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## LYMPHOEDEMA

### Definition

An accumulation of lymph in the interstitial space of subcutaneous tissue. It results from a disturbance of the equilibrium between the transport capacity of the clearing system and the load of lymph to be cleared. In cancer, most commonly, one limb is affected and sometimes the adjacent quadrant of the trunk as well.

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### Causes

- Surgery and /or radiotherapy to the axilla or groin
- Postoperative infection
- Axillary, groin or intra-pelvic recurrence.

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### MANAGEMENT STRATEGY

- As lymphoedema cannot be cured, the aim is to achieve maximum improvement and long-term control. The earlier treatment is started the easier it is to achieve a good result.

- Treatment comprises of:

Explanation

Skin care

Exercise

Containment hosiery

Massage

There is a cardiac or venous component

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### Homoeopathic drugs in Lymphoedema

- |                          |                       |
|--------------------------|-----------------------|
| - Anthracinum            | - Gunpowder           |
| - Apis mellifica         | - Hippozaeninum       |
| - Arsenicum album        | - Latrodectus katipo  |
| - Belladonna             | - Mercurius solubilis |
| - Bothrops lanceolatus   | - Mygale lasiodora    |
| - Bufo rana              | - Myristica sebifera  |
| - Buthus australis       | - Rhus toxicodendron  |
| - Echinacea angustifolia | - Streptococcinum     |
|                          | - Tarentula hispanica |

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# FATIGUE AND DEPRESSION

All methods of treating cancer are powerful. Treatments may go on for weeks or months. It may even cause more illness or discomfort than the initial disease. Many people say that they feel exhausted, depressed and unable to concentrate.

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Fatigue during cancer treatment can be related to a number of causes: chemotherapy, radiation therapy, surgery, hypoxemia (low oxygen level in blood), anemia, not eating, inactivity, low blood counts, depression, poor sleep and side effects of medicine. Fatigue and depression can affect one's interest in food and ability to prepare healthy meals.

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## Homoeopathic drugs in weakness:

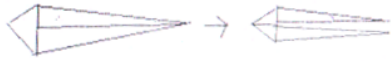
- |                       |                      |
|-----------------------|----------------------|
| - Agaricus phalloides | - Digitalis purpurea |
| - Aletris farinosa    | - Mercurius cyanatus |
| - Antimony tartaricum | - Rhus toxicodendron |
| - Arsenicum album     | - Sepia              |
| - Baptisia tinctoria  | - Stannum metallicum |
| - Camphor officinalis | - Veratrum album     |
| - Carbo animalis      | - Zincum picricum    |
| - Carbo vegetabilis   |                      |
| - Carbolic acidicum   |                      |

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### METHOD TO PREPARE BHINDI (OKRA) SOUP

Take 6 -7 raw bhindi and wash them thoroughly. Slit them length wise. Do not cut the bhindi into two halves just slit them. Then boil these whole bhindi's in 6 cups of water till the quantity is reduced to half of that. Strain this liquid and drink it plain or with salt, pepper and lime if you desire. You may throw away the boiled bhindi. Do not squeeze the bhindi's while straining.



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## WAKEFUL NIGHTS

### Causes

#### Physiological

- Wakeful stimuli:
  - Light
  - Noise
  - Urinary frequency
- Sleep during day:
  - Long siesta
  - Catnaps
  - Sedative drugs
- Normal old age

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### Homoeopathic drugs in sleeplessness:

- Aquilegia vulgaris
- Arsenicum sulphuratum flavum
- Avena sativa
- Chamomilla
- Citrus vulgaris
- Coffea cruda
- Cypridium pubescens
- Mercurius solubilis
- Opium
- Scutellaria laterifolia

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# ACUTE CONFUSIONAL STATE

## Definition

Confusion is the result of 'mental clouding'. This leads to disturbance of comprehension and poor concentration.

## Synonym

Acute organic brain syndrome

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## Clinical Features

Poor concentration  
Impairment of short-term memory  
Disorientation  
Misperception  
Paranoid delusion  
Hallucinations  
Rambling incoherent speech  
Restlessness  
Noisy/aggressive behavior

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## Homoeopathic drugs in Acute Confusional State

- |                     |                             |
|---------------------|-----------------------------|
| - Alumina           | - Phosphoricum acidum       |
| - Carbo vegetabilis | - Picricum acidum           |
| - Cocculus indicus  | - Stramonium                |
| - Coffea cruda      | - Xerophyllum asphodeloides |
| - Glonoinum         | - Zincum phosphoricum       |
| - Hyoscyamus niger  |                             |
| - Indol             |                             |
| - Lac caninum       |                             |
| - Nux Moschata      |                             |

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e. DEMENTIA

**Definition**

A syndrome of cognitive (intellectual) impairment, in which one or more of the brain's higher integrative functions are affected, namely: perception, memory, calculation, capacity for judgement and use of language.

**Synonym**

Chronic organic brain syndrome

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**Clinical Feature**

Dementia is not usually associated with an impaired level of consciousness.

Typically, dementia develops slowly but confusion develops rapidly.

Some patients with cancer appear to develop dementia rapidly – this may cause difficulty in diagnosis.

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**Homoeopathic drugs in Dementia**

- Alumina
- Anacardium orientale
- Bufo rana
- Cocculus indicus
- Glonoinum
- Helleborus niger
- Kali phosphoricum
- Nux moschata
- Opium
- Phosphoricum acidum
- Plumbum metallicum
- Zincum phosphoratum

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# SOME RUBRICS FOR REFERENCE

**STOMACH - NAUSEA - medicine; after - allopathic - chemotherapy; after**  
okou. sep. tab.

**THROAT - MYCOSIS - chemotherapy; after**  
lach.

**STOMACH - VOMITING - chemotherapy; from**  
carc. okou.

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**GENERALS - ANEMIA - chemotherapy; from**  
chin.

**GENERALS - CONVALESCENCE; ailments during - chemotherapy; after**  
ant-t. ars. cadm-s. card-m. chel. chin. ferr-p. ip. kali-p.  
lach. lith-f. lith-m. lith-met. lith-p. lith-s. med. nat-m.  
nux-v. op. rad-br. sep. thuj. uncar-tom. x-ray

**GENERALS - WEAKNESS - chemotherapy; after**  
kali-p. sep.

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**MIND - MEMORY - weakness of memory - radiation from**  
cob. rad-br.

**CHEST - CANCER - Mammae - accompanied by - pain - radiation; after**  
hippoz. streptom.

**EXTREMITIES - PAIN - rheumatic - radiation therapy; after**  
rad-br.

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