



Homeopathy and the Aging Heart

(Original from Journal of the American Institute of Homeopathy with The Homoeopathic Recorder, Vol. 55, Nos. 1-2 January-February 1962)

During the first World War I was in the Medical Corps and was sent to the Philippine Islands. Our first stop after we left San Francisco was Northern Japan, which took 22 days. I thought, “isn’t it wonderful, I do not believe that the engines on this ship have stopped once during that 22 days.” Then I thought, “How about our hearts?” I was 33 years old then and my heart had been beating steadily without rest for close to 34 years. That was just about 43 years ago and the heart is still faithfully carrying on.

We realize what a wonderful organ the heart is when we think of how it pumps away year after year and, in many people, without any trouble for many years, despite the abuse it often receives from overexertion, overeating, tobacco, and alcohol; and it even suffers at times from the abuse of some of the modern, scientific drugs that are so popular today. The heart is the engine of our body, but it must eventually begin to show wear, even as the engine of an automobile shows wear, although, being man-made, the auto engine shows wear much younger than the human heart.

As we grow older we are more and more prone to have trouble with our hearts and it seems as though we hear of more heart trouble than we did 40 or 50 years ago, due, no doubt, to the increase in the span of life. I also am satisfied that the incidence of heart disease is increased because of the powerful drugs that we being used today in the name of scientific medicine.

After having practiced homeopathic medicine for 49 years, I am firmly convinced that good homeopathic prescribing will do more to keep the heart functioning properly and do more for it when it becomes diseased than all the new scientific heart preparations that we hear about in every mail and that we read about in all the medical journals and often in other magazines that are not just for the medical profession. I believe that practically all homeopathic, even the strictest ones, will at times use digitalis and some of the diuretic preparations such as Diuril, esidrix, Naturetin, and the like, especially in severe edemas, at least for a time. It is seldom that a homeopathic physician finds necessary to keep a patient for an indefinite time on digitalis, diuretics, and other such modern preparations, as is done so much by those of the regular school.

Homeopathically, we have *Crataegus oxycanthus*, *Cactus grandiflorus*, *Digitalis* in dilution, and other remedies used in the tincture, which often makes it unnecessary to use these stronger preparations. *Crataegus* can be used in the tincture over a long period of the time without any of the dangers of digitalis. Occasionally I have used *Crataegus* in potency with good results. *Digitalis* is occasionally useful in high potency, especially in a slow heart where it is dangerous to use digitalis in regular doses. *Cactus grandiflorus* is used by many in tincture or low potency, but I have found that, when you have the real indications for this remedy, the higher potencies act better.

Some of the remedies that I have found useful frequently in organic heart conditions, especially in high potency, are; *Kalmia latifolia*, *Spigelia*, *Cactus grandiflorus*, *Latrodectus mactans*, *Naja*, *Arsenicum album*, and *Phosphorus*. These are some of the most frequently indicated homeopathic remedies in the various heart conditions, but any remedy in the homeopathic materia medica may be indicated.

I am firmly convinced that in patients with cardiovascular heart conditions, hypertension, and other heart disorders good homeopathic prescribing can prolong their lives and keep them working longer and give them more comfort than any other method of treatment. I also believe that people who have been brought up on homeopathy are less liable to develop heart trouble or at least will develop it later in life. Furthermore, the various acute infections are less liable to develop cardiac complications where they are treated homeopathically rather than with the strong preparations that are in common use today.

Physicians receive samples of new preparations almost daily from various pharmaceutical houses which make great claims for their products in the treatment of cardiac disorders. I have found that patients under my care are more comfortable and live longer, the closer I depend on homeopathic medication. I admit that I do at times try some of these preparations in desperate cases, but, as a rule, the less I use them, the better are the results. It is necessary to use our homeopathic remedies in low potencies, if we use these heart medications on the market today.

Now let me cite a few cases to illustrate.

An elderly, retired minister was under my care for about 10 years before he died a short time ago at the age of 93. When he first came to me, he gave a short history of hypertension and a very slow pulse for at least 15 years. He was happy and enjoyed life. His systolic blood pressure was always around 250, but his diastolic was only 80. His heart beat and pulse were always around 40. I told his wife that he would have been dead long before, if it had not been for his low diastolic pressure. Finally he had a slight cerebral accident and was unable to get around much for the next couple of months and then he had a severe cerebral accident. I knew that he could not live but thought that perhaps his family would feel better if it had a heart specialist in consultation. After this physician examined him and heard his history, he said he did not know how I ever kept him alive all those years. He said, "You keep on treating him the way you have been doing. If he had those new heart drugs, he would have been dead long ago." I had treated him strictly homeopathically and mainly in high potencies according to indications, and the only physiological medicine I had given him was *Crataegus* tincture part of the time.

Then there is another case that I might mention. One Thanksgiving morning before daylight I was called out to see an old lady with a severe angina attack. When I arrived she was moaning because of intense pain. I gave her several remedies without any relief of the severe left chest and arm pain. I finally told her that I could not let her suffer that way and that I would give her a hypodermic morphine. She said that she would not have a hypodermic, that she would die first. I thought then that it was up to me to find a remedy that would control this pain. I gave her *Spigelia* 10M and in 10 to 15 minutes she dropped off into a quiet sleep. She remained good for quite some time afterwards.

It is seldom that these cardiac cases are really cured even by good homeopathic prescribing, but you can often keep them comfortable and on the job for many years longer than by any other method of treatment. Two cases will illustrate this point.

Miss C.S., aged 67, has been under my care for eight years with coronary heart disease and hypertension. Her EKG showed considerable myocardial damage and advanced coronary changes, possible in the nature of scierosis. She continued to work until time for retirement about two years ago. She still has occasional angina pains but has done quite well. The main remedies that she has received are Pulsatilla, Tuberculinum, Nux moschata, Naja, Latrodectus, Spigelia, Kalmia, Phosphorus, and Arsenicum album. She is enjoying fair health and has had no treatment other than homeopathic and all in high potencies.

J.A.W., aged 76, was under my care for over 10 years with coronary heart disease. The EKG showed coronary disease with collusion and extensive myocardial damage. He was able to continue his work during that time. He belonged to a religious group in which the laymen do the preaching. He wanted to go to England and I advised him not to do any preaching over there. He was a good speaker and I knew that they would want him to preach. He died over there and I found out afterwards that he had preached everyday, until finally he broke down and died. The remedies that had kept him quite well and on the job for so many years were Latrodectus, Chininum arsenicosum, Lycopodium, and Lachesis.

One of the commonest causes of physicians having to give up their practices is heart disease. Some doctors who checked the obituary columns in various medical journals found that homeopathic physicians live on the average about 10 years longer than those of the regular school. Homeopathic physicians seldom retire, as long as they have the health to continue to practice, and I believe that they would average 10 years older on retiring than other physicians.

In conclusion, after many years in the practice of homeopathic medicine, I am firmly convinced that homeopathy has the most to offer in the care of the aging heart. In comparison to other methods, you should live longer, be able to continue your vocation longer, and enjoy more life.