

Carl H. Rust

1920 - Constitutional Diseases

"There is no branch of medicine with which I am acquainted that gives the opportunity for demonstrating the beneficial effect of medicine as thoroughly as does that branch covering the catarrhal diseases of the nose, throat and ears.

Homoeopathy's greatest laurels have been won in the treatment of constitutional diseases, and I have found that a very large per cent. of catarrhal cases come under that head.

A careful consideration, not of the disease to be treated, but of the particular individual who is afflicted with the disease, will bring results which, to me, are at times almost unbelievable.

Chronic catarrh of the nose, even ozaena; chronic otorrhoea; chronic diffuse inflammation of the ear canal; chronic pharyngitis and even enlarged tonsils and adenoids are generally the result of lowered resistance. These diseases will be found in those constitutions which are unable to completely conquer an acute disease.

These primary constitutional deficiencies may have been caused by inherited tendencies, active or latent. The diseases which weakens the child's constitution are syphilis, gonorrhoea, chronic eczema, tumors, goitre, cancer and tuberculosis. They may be active or latent in the parent and show their effect upon the child very decidedly when they appear as a family disease in either parent.

There are other conditions that produce a lowered resistance. The most important are malnutrition, intra-utero and malnutrition which is brought about during the first year of life or by a severe illness in early childhood.

This mode of treatment is by no means to be confined to children. A chronic disease at any age must receive the same investigation.

A young woman, 23 years of age, came to me with a history of sore throat since childhood. The condition was constant and had not been improved by the removal of tonsils two years previous. A study of her general condition and family history led to the use of Calc. carb. cc., in less than a month she reported entire appearance of the throat trouble and the correction of a serious menstrual difficulty. This case came to me four years ago and there has been no recurrence of the trouble.

A young lady, age 23, ear discharging for 12 years; nearly total deafness for 6 years. Puls. 30th, 200th and 1,000th were prescribed. Discharge ceased, drum healed, hearing regained, menstrual regularity restored and her shattered nervous system returned to normal.

A married woman, 27 years of age, very fleshy, sore throat continuously from fall until late spring; left tonsil so large that it crossed the median line of the throat; tonsil had been enlarged since childhood. Calc. carb. 30th and 200th were given. No more sore throat after 3 weeks of medication, and in 3 months the tonsil was 1/10 of its former size. Six months after starting the treatment she had a slight tonsillitis, recovered in 3 days, and for the past two winters has had no throat trouble of any kind.

A young lady about 25 years of age was brought to me about a year ago. For a number of years she had spells of coughing and raising quantities of mucus. Where it came from I do not know, as her physician assured me that her lungs were not affected. There might have been a pocket in some part of the bronchial tubes which discharged at regular intervals. I advised an X-ray of the chest to be taken just before a spell of coughing was due. Her immediate recovery made such an examination unnecessary. A year before coming to me her tonsils had

been removed. They were described as large and the crypts diseased. The only change this operation brought about was the raising of a teaspoonful of blood once a week.

She was given Calc. carb. cc. a powder every 3rd, 4th and 7th day. She came to me on June 16, in a month's time she had ceased to raise blood and had stopped all coughing, her appetite increased, she slept better and began to gain flesh. On August 14th, after two months of treatment, she was discharged cured.

A woman over 50 years of age had suffered with an enlarged left tonsil for a number of years. She had rheumatism about the knees and her physician told her it was caused by the condition of the left tonsil, and persuaded her to have it removed. The left tonsil was removed. Within two months the right tonsil began to take on the same conditions that had existed in the left one. It became very large and the crypts were diseased. She consulted me six years after the removal of the left tonsil. At that time a half dollar would not have covered the right tonsil, and every crypt was filled with debris. Her so-called rheumatism was as active as ever. It affected both knees and felt as though the knees snapped out of place easily. As a child she had quinsy once a year, was thin and could not play out in the snow without taking cold. From childhood she has had a bilious tendency, with light colored stools and lame back. Three months of Kali mur. 30x and Calc. fl. 6x cured the rheumatism and reduced the tonsil to the size of a 5 cent piece. I have since searched the crypts and can find nothing whatever in them.

A lad from Elyria, 9 years old, was brought to me a year ago last January, 1914. He was practically deaf mute. He had been deaf for so many years that he had forgotten how to pronounce words, and it was almost impossible to understand anything he said. His tonsils and adenoids have been removed 2 years previous but brought about no improvement in the condition. The parents had consulted a number of specialists, none of whom had given them any encouragement. His left leg was covered with eczema. He was given Sulph 30th with an inflation of the ears at intervals of 1, 2 or 3 weeks. The eczema gradually disappeared and he regained some hearing in the right ear. He was then given Calc. carb. 30th. His hearing improved until the results were perfect in the right ear. During past winter (1919-1920) he began to hear in the left ear. Last summer he heard thunder for the first time and asked his mother what it was. He is now in excellent health and is improving rapidly in his school work.

By studying the patient as a unit and not as a collection of separate parts we are enabled to cure with medicine many conditions of the nose, throat and ear that have heretofore been only temporarily relieved by our local applications of surgery."

(Carl H. Rust, M. D., Cleveland, Ohio, The Homoeopathic Recorder vol. 35 (1920), p. 390-392)