HOMEOPATHY IN EPIDEMICS AND WARTIME
The homeopathic approach to anthrax, smallpox and stress
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The events of September 11, 2001 have reminded us how quickly lives can be changed forever. At this time we must all look inward and clearly focus on well-being and health for ourselves, our family, our friends and the world. We have all been very concerned about recent events and take the additional threat of biological and germ warfare quite seriously.

The need for this article indicates how much our world has changed. The possibilities of treatments for people who are affected by today’s events and the danger of these diseases can be addressed with homeopathy. It is our hope that our minds and hearts can remain open and that homeopathy can once again stimulate health and well-being in all of us and in our world.

The following article addresses a current concern of potential agents used in biological and germ warfare. We will cover the most currently discussed agents: anthrax and smallpox. Most importantly, we will discuss the homeopathic treatments which can be used along with conventional medical (allopathic) protocols in accordance with the Center for Disease Control (CDC). We will also address the remedies for acute symptoms of stress, trauma and injury. Always consult your physician and complementary healthcare providers for your specific needs. The purpose of this article is to educate you further and share information in the hope that you can live your life in a state of ease rather than dis-ease.

What is Homeopathy?
Homeopathy is a natural form of medicine that treats acute and chronic conditions for children and adults. It helps stimulate the body's own healing forces by using a small non-toxic dose of a substance that is similar to the disease. Samuel Hahnemann, the 18th century German physician and father of homeopathy, is credited with organizing it into a modern scientific and medical system. Hahnemann was very well aware of epidemics in his time. In his book, The Organon of Medicine, his philosophy clearly instructs homeopaths in regards to action in cases of epidemics.

The rapid spread of the homeopathic medicine throughout Europe and America was due mostly to its success in the treatment of cholera epidemics. The use of homeopathic remedies have produced impressive and documented results throughout the world during the epidemics of cholera, typhoid, smallpox, influenza and the plague.

Homeopathic remedies come in different potencies or strengths. Some homeopathic remedies or homeopathic medicines are available over the counter while others must be obtained with the prescription of a medical doctor. Homeopathic medicine is safe and effective, and does not cause the side effects of standard medicine. It is useful for children and adults.
Occasionally a remedy given to a person as a prophylactic (preventive) can produce symptoms. These symptoms mimic the symptoms of the disease. These are called “proving symptoms” or premonitory symptoms. They are different from actually having the disease. When these symptoms occur the person is having a similar response to someone who has received a vaccination. In homeopathy the person’s own vital force is stimulated to fight the disease, creating an immunity. Should this occur, refrain from taking subsequent doses and call your homeopath.

As a form of holistic medicine, a visit to a homeopath requires precise individualization of a person's case. This means that if five patients came to a homeopathic practitioner with a diagnosis of eczema they may each be treated with a different remedy (homeopathic medicine). This is because each person's total symptom picture varies greatly.

Homeopathic treatment during epidemics requires a different approach. Acute diseases of epidemic proportions are characterized by the rapid spread of illness among many people in a community. Over the past 3 centuries, homeopathy has treated people successfully during epidemics by identifying a uniform expression of the epidemic disease. This consistent group of symptoms helped dictate the choice of remedies during an epidemic.

**Anthrax**

**What is anthrax?**
Anthrax is an infectious disease caused by the bacterium Bacillus anthracis. It mostly occurs in wild and domestic animals such as cattle, sheep, goats, camels, and antelopes. Anthrax can also occur in humans, usually upon exposure to an infected animal.

There are 3 forms of the disease Anthrax: cutaneous (skin), inhalation (lungs), and ingestion (gastrointestinal). Anthrax can form a spore, which can become airborne and cause infection to humans. The spores live in the soil for many years. Humans can become infected with anthrax by coming in contact with infected animals via an open skin wound, by inhaling anthrax spores or eating undercooked meat from infected animals. It is rare to find infected animals in the United States.

**What are the symptoms of anthrax?**
The symptoms of Anthrax vary depending on how the disease was contracted, but symptoms usually occur within 7 days.

Cutaneous/Skin: 95% of anthrax infections occur when the bacterium enters a cut or abrasion on the skin. This includes handling contaminated wool, hides, leather or hair products (especially goat hair) of infected animals. Skin infection begins as a raised itchy bump that resembles an insect bite but within 1–2 days progresses into a painless ulcer, with a characteristic black area in the center. Nearby lymph glands may swell. According to the Center for Disease Control (CDC) deaths are rare if the patient receives appropriate medications.

Inhalation/Lungs: After an incubation period of 1–7 days, an exposed individual develops flu-like symptoms (which can include fatigue, muscle and body aches, fever and cough) which can last 2–3 days. The
exposed person improves and begins to feel better. After several days, new symptoms appear as severe breathing problems with bloody frothy mucous, chest pain, sweating and shock. Inhalation anthrax is usually fatal.

Ingestion/Gastrointestinal: The intestinal disease form of anthrax may follow after eating contaminated meat. An acute inflammation of the gastrointestinal tract is followed by symptoms of nausea, loss of appetite, vomiting, fever. Subsequently abdominal pain, vomiting of blood, and severe diarrhea occur.

Direct person-to-person spread of anthrax is not known to occur.

**What is the anthrax vaccine?**
An anthrax vaccine has been licensed for use in humans. The vaccine is reported to be 93% effective in protecting against anthrax. The Department of Defense (DoD) has begun mandatory vaccination of all active duty military personnel who might be involved in a conflict.

**What is the standard medical treatment?**
The FDA has declared that the antibiotic Cipro is the treatment of choice for anthrax. For medication to be effective, treatment should be initiated early. If left untreated, anthrax (inhalation/lung) is fatal. The FDA has approved this treatment largely on the study using monkeys, who suffer anthrax similar to humans.

**What is the homeopathic treatment for Anthrax?**
While there are several remedies that are indicated for the symptoms of anthrax, the following protocols have been successfully used on both humans and animals. *Anthracinum* is the first remedy to consider. The use of this remedy can be prophylactic (preventive) as well as for treatment. All homeopathic remedies can be used in conjunction with standard medical protocols.

Prophylaxis (preventive) for all ages:
For outbreaks **not** in the general vicinity of one’s community:

*Anthracinum* 30C - 3 pellets/tablets once a week for 3 weeks.

For outbreaks within the general vicinity of one’s community:

*Anthracinum* 30C - 3 pellets/tablets once a day for 1 week.

For outbreaks in one’s neighborhood/workplace:

*Anthracinum* 200C - 3 pellets/tablets once a day for a week.

When using homeopathic remedies for prophylaxis, if proving symptoms appear wait until the symptoms are gone before continuing the protocol.

Another homeopathic prophylactic treatment, where there has been no exposure, has been reported to be:

*Anthracinum* 30C - 3 pellets/tablets once a week for 3 weeks. Wait one week to see if proving symptoms appear. If symptoms appear wait until they are gone. Continue the treatment with *Anthracinum* 200C - 3 pellets/tablets once a week for 3 weeks. Once again, wait one week to see if proving symptoms appear. If symptoms appear wait until they are gone. Finish the treatment with *Anthracinum* 1M - 3 pellets/tablets one time.
If a person develops any symptoms matching the description of anthrax, medical evaluation and assistance should be sought immediately. In addition to hospitalization, it is important that the person be treated with homeopathy by a professional homeopath.

Other remedies that to be considered for treatment are:

- Arsenicum Album 30C, 200C
- Carbo Vegetabilis 30C, 200C
- Phosphorus 30C, 200C
- Pyrogenium 30C, 200C
- Tarentula Hispanica 30C, 200C

**Smallpox**

What is smallpox?
While once believed to be completely eradicated, smallpox is a viral disease that is unique to humans. In order for the disease to propagate, it must be passed on from one person to another, to another and so on. The infection is spread by inhalation of air droplets or aerosols.

What are the symptoms of smallpox?
The incubation period is from 12 to 14 days from time of exposure until symptoms develop. After the incubation period, the person has a fever, severe aching and weakness. Severe abdominal pain and delirium sometimes occur. Two to three days later a papular rash (pimples) develops over the face. It then spreads to the extremities and turns into a vesicular rash (clear fluid filled blisters) and then turns to a pustular rash (yellowish pus filled) that are deeply imbedded in the skin. Eventually scabs form leaving deep pitting scars. The disease can lead to death.

Chicken pox is very similar looking and can be mistaken in the first 2 to 3 days of the rash. However, chicken pox lesions generally develop in crops over several days and are much more superficial. The rash of smallpox may not be as dense over the trunk of the body.

What is the smallpox vaccine?
The Center for Disease Control states that routine vaccinations are only recommended for laboratory staff who may be exposed to the virus. The CDC states that the vaccination poses risks and complications. There is not a lot of vaccine stock as the facilities that made it were dismantled after 1980 when smallpox was considered eradicated.

What are the standard allopathic treatments for smallpox?
Currently there are no proven antiviral agents effective for the treatment of smallpox.

What are the homeopathic treatments for smallpox?
The remedies Malandrinum and Variolinum have been used extensively for prevention and treatment of smallpox with success. The following homeopathic treatment should be taken under the supervision of a professional homeopath. All homeopathic remedies can be used in conjunction with standard medical protocols.

Malandrinu:

Malandrinum can be used for people who have been vaccinated against smallpox. According to Dr. Choudhuri, who lived in a
country where smallpox was not uncommon, "Malandrinum is a great prophylactic against smallpox. In addition, it has been prescribed in very severe types of small-pox and I find that in nine cases out of ten it invariably cuts the disease short."

Variolinum:
Variolinum can be used for people who have not been vaccinated against smallpox. George W. Winterburn, M.D., wrote "The value of Variolinum in the treatment of smallpox, it seems to me, cannot be overestimated."

Homeopathic Prophylaxis (prevention) for all ages:
For outbreaks not in the general vicinity of one's community:  
Malandrinum or Variolinum 30C- 3 pellets/tablets once a week for 3 weeks.

For outbreaks within the general vicinity of one's community:  
Malandrinum or Variolinum 30C- 3 pellets/tablets once a day for a week.

For outbreaks including close contact with people who have smallpox:  
Malandrinum or Variolinum 200C-3 pellets/tablets once a day for a week or until symptoms change.

Homeopathic treatment of Smallpox: (patient must be under a physician's care)  
Malandrinum or Variolinum 200C- 3 pellets/tablets once a day for a week in addition to conventional treatment prescribed by a physician.

If a person develops any symptoms matching the description of smallpox, medical evaluation and assistance should be sought immediately. In addition to the allopathic treatment, it is important that the person be treated with homeopathy.

Stress and Trauma

What remedies are commonly used remedies for stress and anxiety?  
Aconite  
Ignatia  
Kali Phos

What remedies are commonly used remedies for bruises, injuries and trauma?  
Arnica  
Calendula  
Aconite

What remedies are commonly used remedies for fear, terror and panic?  
Aconite  
Rescue Remedy

Homeopathic Remedies and Their Indications

Anthrax:  
 Anthracinum is the first remedy to be considered for the homeopathic prevention and treatment of anthrax.
Injuries, blows and bruises:
*Arnica montana (Arnica)* is the first medicine to use for any injury.
Indications: Often a person states, "I'm okay, I'm fine", but is truly injured and in shock. Bruises, swelling, muscle soreness, sprains and strains, falls and blows, overexertion from lifting, sports, or work.

Terror, fear and panic:
*Aconitum napellus (Aconite)* is useful for the feeling of anxiety and panic from an accident, a fright or a shocking event.
Indications: Nervousness, agitation, fast heartbeat, sudden onset of symptoms.

Poisoning:
*Arsenicum Album (Arsenicum)* is useful for the core feeling of "insecurity" or fear of loosing something.
Indications: Burning pains in all parts of the body, food poisoning symptoms including diarrhea and vomiting, mental and physical restlessness, a fear of being alone. Complaints of shortness of breath, choking and anxious attacks of suffocation. Commonly used for asthma and bronchitis, Arsenicum is also chosen to be used as an adjunct in the treatment of inhalation anthrax.

Skin and Wounds:
*Calendula officinalis (Calendula)*, is the first remedy to think of for skin wounds. It works as an antiseptic, astringent and soothes the pain. Calendula is prepared as a cream, ointment, gel or in tincture form.
Indications: Lacerations, bruises, wounds, sores, fissures, burns, scratches and rashes. Please note that Calendula preparations with alcohol should be avoided on irritations like diaper rash.

Grief and Hysteria:
*Ignatia amara (Ignatia)* is the main remedy for loss, sorrow and grief.
Indication: Nervous headaches, a sensation of a lump in the throat, numbness and intermittent sighing, uncontrollable weeping.

Nervousness:
*Kali Phosphoricum (Kali phos)* is the remedy for feelings of nervousness, stress and exhaustion after hearing about bad news or world catastrophes.
Indications: Oversensitivity, inability to sleep, doesn’t feel inclined to work or finish chores. This remedy is useful when feeling as if one’s "nerves are at end".

Rescue Remedy is a tincture that can be used in water for any type of shock or terror.

Smallpox:
*Variolinum and Malandrinum* have been used in protecting against, modifying and aiding in the treatment of smallpox. A prescription from a medical doctor is necessary for these remedies.

The purpose of this article is to provide education. It is not meant as a prescription for treatment or prevention of any disease. If you suspect any of these diseases, get immediate medical treatment. It is
imperative that you consult your health care provider for help in making decisions for your care and treatment. You should also seek homeopathic treatment. All homeopathic remedies can and should be used in conjunction with standard medical protocols.

Today we are globally oriented and now have the opportunity to be more aware of all of our options. The basic philosophy and practice of homeopathy remains the same, even in war and epidemics.

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