MANAGEMENT OF COMPLICATIONS THAT ARISE WHILE TREATING A CANCER PATIENT WITH CHEMOTHERAPY OR RADIATION OR SURGERY

DR. FAROKH MASTER

CANCER PAIN

2/3 of patients experience pain
Multiple, concurrent pains are common
- 1/5 have only one pain
- 4/5 have 2 or more pains
- 1/3 have 4 or more pains

• Pain in cancer may be related to:
  - Cancer
  - Cancer treatment
  - Concurrent disorder
  - Dementia

TOP TEN PAINS IN PATIENTS WITH CANCER.
Pain may occur for a number of reasons:
- A cancer may press on the tissues around it or on a nerve.
- Infection can set up a painful reaction.
- Damage to the tissues following surgery may be painful too.
- Pain may also come from secondary tumours, called metastasis. This is often a cause of bone pain.
- Sometimes, pain can occur in places well away from the original tumour. This is because nerves may carry pain to totally different parts of the body. So pain caused by a tumour in the chest may be felt in the shoulder or arm. Such pain, which arises in this way, is called referred pain.
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

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 or 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.

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

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

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.
Homoeopathic drugs:

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

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.

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

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.

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.
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.

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)

Homoeopathic Treatment:

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

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.

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.
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.

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.

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.
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.

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.

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.
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.

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.

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
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

Homoeopathic drugs in Dysphagia

Amygdalus pursica
Arsenicum album
Baptisia tinctoria
Belladonna
Cajuputum
Cantharis
Crotalus cascava

Crotalus horridus
Curare
Hyoscyamus niger
Kali carbonicum
Lachesis
Mercurius cyanatus
Viscum album

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.
Pathogenesis

1) Malnutrition
   Hypovitaminosis
   Anaemia
   Protein deficiency

2) Infection
   Candidiasis
   Aphthous ulcer

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)

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.
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.

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.

**Homoeopathic drugs:**

- Agave americana
- Carbolicum acidum
- Eupatorium aromaticum
- Hydrastinum muriaticum
  3x; applied locally as powder.
- Kali chloricum
- Kreosotum
- Mercurius cyanatus
- Monilia albicans
- Morbillinum
- Muriaticum acidum
- Rhus glabra
- Sempervium tectorum
- Sulphuricum acidum
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.

Homoeopathic drugs:

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

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%
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

Homoeopathic drugs:

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

HALITOSIS

**Definition:** Unpleasant or foul smelling breath

**Homoeopathic Drugs For Halitosis:**
- Arnica montana
- Arsenicum album
- Baptisia tinctoria
- Carbolic acid
- Citric acid
- Diphtherinum
- Hepar sulphuricum
- Indol
- Kali permanganatum
- Mercurius solubilis
- Natrium telluricum
- Nitricum Acidum
- Oxalic acetasella
- Quercus
**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.

### Causes
- **Cancer**
- **Anxiety**
- **Depression**
- **Hypercalcemia**
- Replacement of salivary glands by cancer
- Erosion of the buccal mucosa
- **Debility**
- **Mouth breathing**
- **Dehydration**

### Infection:
- **Candidiasis**
- **Parotitis**

### Anticancer treatment:
- **Local radiation**
- **Local radical surgery**
- **Stomatitis associated with granulocytopenia**

### Concurrent
- **Autoimmune disease**
- **Hyperthyroidism**
- **Uncontrolled diabetes**

### Drugs
- **Anticholinergics:**
  - Antihistamines
  - Antiparkinsonians
  - Antispasmodics
  - Belladonna alkaloids
  - Neuroleptics

- **Tricyclics**
- **Opiods (uncommon)**
- **Diuretics**
- **Oxygen (without humidification)**
Homoeopathic Remedies

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

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 bery Mother tincture.

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
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

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.

Homoeopathic Remedies

Kreosote
Heckla Lava
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.

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.

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.
The sense of taste or smell may change during the illness or treatment. Foods, especially meat or other high-protein foods, can begin to have a bitter or metallic taste. Many foods will have less taste.

Chemotherapy, radiation therapy, or the cancer itself may cause these problems.

Dental problems also can change the way the food tastes.
For most people, changes in taste and smell disappear when their treatment is over.

Soak some tamarind in water for a few hours and have this infusion twice a day. This makes a refreshing drink and cures tastelessness of the mouth, especially in people suffering from cancer.

Prepare an infusion of mint leaves and cardamom (elaichi) seeds and have it along with the leaves and the seeds. Do this 3 times a day. This will help treat tastelessness of the mouth.
HICCUP

Definition

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

Causes

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

Homoeopathic drugs in Hiccup

- Cajuputum
- Carbo animalis
- Chloroforminum
- Cicuta virosa
- Cinnamomum mother tincture, put 2 drops on a heap spoonful of sugar and suck it gently every few minutes
- Ginseng quinquefolium

- Hyoscyamus niger
- Jatropha curcas
- Magnesium phosphoricum
- Marrubium album
- Niccolum metallicum
- Paris quadrifolia
- Ratanhia peruviana
- Scutellaria laterifolia
- Veratrum viride
- Zincum valerianicum
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.

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.

Causes:

Cancer
- Irritation of the upper gastrointestinal tract
- Blood in stomach
- Gastrointestinal obstruction
- Constipation
- Hepatomegaly
- Raised intracranial pressure
- Cough

Chronic persistent Pain
- Anxiety
- Cancer toxicity
- Hypercalcaemia
- Hyponatraemia
- Uraemia
Homoeopathic drugs in Nausea and Vomiting:

- Angophora lanceolata
- Antimonium tartaricum
- Apomorphinum hydrochlorinum
- Arsenicum album
- Cadmium metallicum
- Cadmium sulphuricum
- Carbo vegetabilis
- Cornus circinata
- Crotalus horridus
- Digitalis purpurea
- Eriodictyon californicum
- Iris versicolor
- Kali bichromicum
- Kali carbonicum
- Kreosotum
- Lobelia inflata
- Morphinum
- Okoubaka aubrevillei
- Ricinus communis
- Tabacum

Take powdered black pepper in small doses every few hours to reduce nausea.

Putting one or two cloves in the mouth and chewing them slowly will curb nausea.

Cut a small piece of ginger and boil it in some water and the ginger tea thus prepared should be taken in small sips and it will definitely reduce the nauseous sensation. Ginger-ale can be taken instead of ginger tea.

Mix equal quantities of fresh ginger juice, lemon juice, mint (pudina) juice and honey and take it 3 – 4 times a day in very small quantities. This will cure nausea.
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.

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.

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.
DIARRHOEA

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

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.

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.
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.

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.

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.
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.

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.

ASCITES

Definition
Excessive serous fluid in the peritoneal cavity

Pathogenesis
Usually associated with peritoneal metastasis –
- Subphrenics 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.
Clinical Features

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

Homoeopathic drugs in Ascites:

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

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.
Homoeopathic drugs in Constipation:

Aesculus glabra  Lobelia inflata  Natrum muriaticum  Nyctea  Opium  Paraffinum  Plumbum aceticum  Plumbum metallicum  Ptelea trifoliata  Staphisagria mother tincture

Alumen  Aluminium metallicum  Cardus marianus  Cassia sophera  Collinsonia canadensis  Glycerinum  Hydrastis canadensis  Ipecacuanha  Lac defloratum

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.

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.
FAECAL IMPACTION

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

**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

**Homoeopathic drugs in fecal impaction:**
- Indol
- Magnesium muriaticum
- Nux vomica
- Opium
- Plumbum metallicum
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%

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.

Types of Cough
- Wet + patient able to cough effectively (productive)
- Wet + patient too weak to cough effectively (non-productive)
- Dry (non-productive)
Treatment Possibilities

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

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

Easy and Profuse expectoration
- Ammoniacum gummi
- Antimonium tartaricum
- Argentum metallicum
- Balsamum peruvianum
- Baryta carbonicum
- Calcarea sulphuricum
- Coccus cacti
- Eucalyptus globulus
- Euphrasia officinalis
- Hepar sulphuricum
- Kali bichromicum
- Myosotis arvensis
- Myrtus cheken
- Phosphorus
- Pulsatilla pratensis
- Senega
- Silphium lacinatum
- Stannum metallicum
Dry cough
- Ammonium bromatum
- Bromium
- Bryonia alba
- Codeinum
- Drosera rotundifolia
- Formalinum
- Hyoscyamus niger
- Ignatia amara
- Iodium
- Mentha piperita
- Phosphorus
- Sanguinaria canadensis

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.

Homoeopathic drugs in death rattle
Ammoniacum gummi
Antimonium tartaricum
Apis mellifica
Carbo vegetabilis
Cuprum metallicum
Hippozaeninum
Kali sulphuricum
Pacten jacobaeus
DYSPNOEIA

Definition
An unpleasant awareness of difficulty in breathing

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.

Homoeopathic drugs in dyspnoea
- Aconite ferrox
- Ammonium carbonicum
- Antimonium Arsenicum
- Blatta orientalis
- Chlorum
- Cuprum metallicum
- Grindelia robusta
- Ipecacuanha
- Lobelia inflata
- Naphthalinum
- Phosphorus pentachloratus
- Prunus spinosa
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.

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 in 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.

Homoeopathic drug in frequency and urgency

- Asparagus officinalis
- Barosma crenulatum
- Cannabis sativa
- Cantharis
- Chimaphila umbellata
- Chloralum hydratum
- Clematis erecta
- Cubea officinalis
- Equisetum hyemale
- Eryngium aquaticum
- Eupatorium perfoliatum
- Mercurius corrosivus
- Oleum santali
- Pareira brava
- Petroselinum sativum
- Populus tremuloides
- Pulex irritance
- Stigmata maydis
- Triticum repens
- Vespa crarbo
Skin care in cancer
Pruritis

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

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.
Homoeopathic drugs in pruritus

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

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

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

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

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.

Homoeopathic drugs in weakness:
- Agaricus phalloides
- Aletris farinosa
- Antimony tartaricum
- Arsenicum album
- Baptisia tinctoria
- Camphor officinalis
- Carbo animalis
- Carbo vegetabilis
- Carbolic acidicum
- Digitalis purpurea
- Mercurius cyanatus
- Rhus toxicodendron
- Sepia
- Stannum metallicum
- Veratrum album
- Zincum picricum
WAKEFUL NIGHTS

Causes

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

Homoeopathic drugs in sleeplessness:
- Aquilegia vulgaris
- Arsenicum sulphuratum flavum
- Avena sativa
- Chamomilla
- Citrus vulgaris
- Coffea cruda
- Cypripedium pubescens
- Mercurius solubilis
- Opium
- Scutellaria laterifolia
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

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

Homoeopathic drugs in Acute Confusional State
- Alumina
- Carbo vegetabilis
- Cocculus indicus
- Coffea cruda
- Glonoinum
- Hyoscyamus niger
- Indol
- Lac caninum
- Nux Moschata
- Phosphoricum acidum
- Picricum acidum
- Stramonium
- Xerophyllum asphodeloides
- Zincum phosphoricum
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

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.

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
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.

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.

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.
SKIN – ULCERS – necrosis – radiation therapy; from cadm-i.

GENERALS – CONVALESCENCE; ailments during – radiation therapy; after cadm-s.


GENERALS – WEAKNESS – radiation therapy; from carc. rad–br.

GENERALS – ULCERS – radiation therapy; from kali–bi. rad–br.
THE END