



Whole View,

Homeopathic ophthalmologist shares secrets of healthy eyes

by EDWARD C. KONDRON, MD, MD(H), CCH, DHT

WALTER, AN ELDERLY MAN WHO WAS GOING BLIND FROM GLAUCOMA, CAME TO SEE ME as a last resort. Conventional medicine had nothing to offer him. With his visual fields becoming more and more constricted, he was desperate for help.

After examining Walter's eyes, I spoke with him at length about his health history and other mind and body symptoms, in a classic homeopathic consultation. I learned that he'd had difficulty sleeping for more than 60 years, ever since he'd served in the army in World War II. Upon further questioning, Walter confided that he had witnessed his best friend vaporize in a missile explosion. Ever since this extremely traumatic event so many years ago, he had not been able to sleep well at night, among other post-traumatic stress symptoms.

I gave Walter several dosages of *Aconite* 10M over a two-week period. In that time, his visual fields began to expand, and his sleep also started to improve. An excellent remedy for the ill effects of fright, *Aconite* helped Walter to resolve this old trauma. *Aconite* is also a remedy with a strong affinity for the eye, and over the next several months, his visual fields improved to a near normal level. Fortunately for Walter, the right homeopathic medication had a profound effect, allowing him to remain healthy and self-sufficient.

A homeopathic ophthalmologist?

People with serious eye problems, like Walter, come to see me almost every day, and it's gratifying to be able to offer them hope and real help with homeopathic treatment. Even so, many people are quite surprised to meet an ophthalmologist who practices homeopathy. They shouldn't be, however, because the marriage of homeopathy and ophthalmology dates back to the mid-1800s. New York Ophthalmic Hospital was under homeopathic management from 1867 to 1931, and in 1931, more than

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respond to *Staphysagria*.



Whole You

31,000 patients were treated at this hospital! The American Homeopathic Ophthalmology and Otology Society, founded in 1877, still existed as late as 1941. Two specialty homeopathic journals were also published during this era (*Homeopathic Eye, Ear and Throat Journal* and *Journal of Ophthalmology, Otology and Laryngology*) as well as many books on the subject (see page 14 for more historical notes).

Sensitive, delicate eyes

The eye is one of our most delicate tissues. The cornea alone contains more pain sensory nerve fibers than any other part of the body. Anyone who gets a slight scratch on their cornea or a small foreign body in their eye will quickly agree. Even the toughest person will wince with pain and be unable to open their eye.

During my days as an ophthalmic surgeon, I observed this extreme sensitivity during routine exams and ocular surgeries. I needed to use great care to prevent severe reactions of the eye. The best surgeons do as little as possible to the tissue of the eye. A longer than necessary incision, excessive movement of the eye, or prolonged operative time can result in

marked inflammation and delayed healing. Less is always better.

The eye is sensitive to the subtlest vibration in our environment—light. It contains over 100 million rods and cones, each one acting as a receptor to pick up tiny light variations. The rods function well in low light; the cones function well in brighter light and detect variations in color.

The eye also functions as an emotional barometer. Visual images are first focused on the rods and cones of the retina. From there, neurophysiological stimulation travels to the optic nerve. Then these images are conducted to the occipital lobe of the brain where images are perceived. This stimuli has interaction with the thalamus, which is like the brain's switchboard. Connecting visual stimuli to the inner worlds of the cerebral cortex gives us an emotional response to our sight. Common phrases to support this connection include: “a shocking sight,” “can't bare to look,” “pleasing to the eyes,” and “focus your attention.”

Six remedies for sensitive eyes

Over the years, I've found the following six remedies to be extremely useful for acute conditions affecting the eye. Interestingly,

they are all members of the plant kingdom, which corresponds to the theory that “sensitivity” is a key feature in the symptom profile of patients who benefit from homeopathic remedies made from plant sources. For acute eye problems, I prescribe either 30c or 200c potency, depending on the severity of the problem (30c twice a day or 200c once a day, until symptoms improve).

Belladonna: sudden onset

Belladonna is a well-known acute remedy, and a first-line homeopathic treatment in any sudden inflammatory reaction. I have often used it in cases of pinkeye (epidemic keratoconjunctivitis). The patient may have classic *Belladonna* symptoms such as rapid onset of redness with marked swelling, extreme photophobia, and irritability. *Belladonna* can reduce these symptoms quickly and resolve the infection faster than any antibiotic. Other symptoms that may indicate *Belladonna* in any acute eye problem are glistening appearance of the eye, dilated pupils, and a wild expression in the eye.

Another acute problem that I have successfully treated with *Belladonna* is central retinal vein occlusion, which occurs when arteriosclerotic thickening or spasms of the arteries cause a sudden blockage of blood flow in the veins. (In the eye, the small veins and arteries share a common sheath at the point where they cross each other.) Ophthalmologists call this problem, “blood and thunder retina,” which describes the rapid and substantial accumulation of blood inside the eye. The

result for the patient is sudden vision loss, along with marked inflammation and redness in the retina. Of course, the sudden onset with marked redness and swelling are classic indications for *Belladonna*. *Belladonna* can stop the retinal hemorrhage, help absorb blood in the eye, and improve the vision. In traditional ophthalmology, the only treatment is laser surgery, which stops bleeding but destroys healthy retinal tissue and often reduces the vision further.

Aconite: "Arnica of the eye"

Aconite, another commonly used acute remedy for the eye, is often called the "Arnica of the eye" because of its all-purpose use for eye trauma (whereas *Arnica* is an all-purpose general trauma remedy). *Aconite* often helps conjunctivitis develop after exposure to cold, dry wind.

Aconite is the number one remedy to consider for photophobia from sunlight. I have found that solar keratitis responds very well to *Aconite*, too. In this condition, the cornea becomes inflamed after expo-

sure to sunlight reflected from snow, sand, or water.

Aconite is also a very valuable remedy for treating pain experienced after laser surgery (for example, laser surgery to treat nearsightedness). The laser used for these surgeries is an ultraviolet laser, which has part of the spectrum of sunlight.

Staphysagria: not just for styes

Patients needing *Staphysagria* often develop a sty—an infection of the gland at the base of the eyelash. A sty can also be viewed as a beautiful representation of the classic *Staphysagria* nature. A sty is an enclosed purulent pocket hidden by normal-looking skin. Likewise, a person needing *Staphysagria* will often have a sweet exterior, but they hold their anger and indignation inside, which eventually leads to pathology. A sty takes a very long time to develop and finally release its toxins; a person needing *Staphysagria* typically holds onto anger and indignation for long periods of time. I use this remedy as my

first line of treatment for styes, especially if the patient has a history of indignation.

I have also observed deep eye pathologies such as glaucoma and macular degeneration respond to *Staphysagria*. Recently, a patient came to me with loss of vision in her left eye from inflammation of the optic nerve (optic neuritis). Upon taking her case, I learned that the problem developed after she had an argument with her daughter because the daughter's boyfriend did not want my patient to see her granddaughter. This event caused her great psychological stress and indignation. She'd also had some dental work around this time. Interestingly, the *Staphysagria* symptom profile includes "ailments from indignation" and "ailments from dental work/surgery": my patient had suffered a doubly whammy. I treated her with *Staphysagria* 200c, and her vision returned to near normal after several weeks. She was able to deal with the anger towards her daughter. Normally, if the vision returns after a

Digging into History

Homeopathic Ophthalmology

During my four-year training at the Hahnemann College of Homeopathy in San Francisco, I had the pleasure of visiting the University of California at San Francisco Medical School Library, which has one of the most extensive collections of homeopathic books and journals in the world. There, I carefully went through the ophthalmic journals from 1891 to 1905.

I noticed that at a meeting of the Homeopathic Medical Society of the State of Pennsylvania in 1884, the division of Ophthalmology, Otology, and Laryngology gave presentations on treating glaucoma, granular lids, eye injuries, dacryocystitis (infected tear duct), and more.

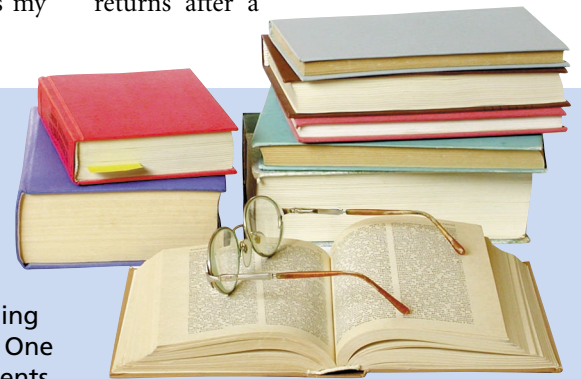
I learned that the American Homeopathic Ophthalmology and Otology Society contributed to the reproving of *Belladonna* and published this extensive proving in 1906.

I found nearly 15 books dedicated to the homeopathic treatment of eye problems, including A.B. Norton's *Ophthalmic Diseases and Therapeutics* (1872) and J. Moffat's *Homeopathic Therapeutics in Ophthalmology* (1916).

In one article, I discovered that homeopaths were treating cataracts. A.B. Norton, MD, published an article titled "The Homeopathic Treatment of Incipient Senile Cataract, with Tabulated Results of One Hundred Cases" in the *North American Journal of Homeopathy* (1891). This was a

retrospective study examining 295 patients. One hundred patients were under treatment for more than three months. All patients were seen on a regular basis. Overall results were an improvement in vision in 13% of the cases, no change in 42%, slight decrease in 19%, and significant decrease in 19%. These results are very impressive considering that cataracts have a natural progression, and one would expect that most patients would worsen over time.

Causticum was the most common remedy used (64/100 cases), and its key indications were: feeling of sand in the eye, sensation of pressure, heaviness of the eyelids, burning and itching, desire to keep eyes closed, photophobia, and flashes of light. The second most commonly used remedy was *Calcarea phosphorica* (15/100 cases), and its symptoms included: headaches especially on the right side, pain around the right eye, tired feeling around the right eye, and stiff and weak feeling in the eyes. The third most common remedy and the one most commonly prescribed for women was *Sepia* (9/100 cases). Indications included: eyes feeling weak, worse towards evening, and better in middle of the day.





5 Tips for Healthy Eyes

1 Relax your eyes. I believe that many eye problems are associated with stress and strain. Slow deep breathing will help put your body and eyes into a relaxed state. Dr. William Bates, an ophthalmologist practicing around the turn of the last century, believed that all eye disease was caused by stress in the eyes. He developed a technique called palming. Close your eyes and place the palms of your hands over your eyes. The healing energy from your hands coupled with relaxed, closed eyes is a nice combination. Do this exercise 15 to 20 minutes twice a day, especially during strenuous visual activity. Avoid straining your eyes.

2 Protect eyes from ultraviolet light. Studies have shown that UV light can lead to cataracts and macular degeneration. The darkness of sunglasses has nothing to do with its protective ability! A clear lens can have 100% UVA and UVB blocking, which will protect the eye. A dark lens with no UVA or UVB can actually harm your eye, allowing your pupil to dilate and letting in more harmful UV light!

3 Colorful foods give you colorful vision. Shift your diet from processed, fried, and cooked foods to healthy organic, living foods. I suggest the 70/30 diet; 70% of the food you eat should be fresh fruits and vegetables, especially sprouted foods.

4 Check your zinc levels. Zinc is an essential mineral for most enzymatic reactions in the body. Studies have shown that deficiencies can cause visual and hearing loss. A simple test (zinc tally taste test) will measure your levels.

5 Stay hydrated. Water is the best way to detoxify our bodies. Drink half of your body weight in ounces of water. That is, if you weigh 140 pounds, you should drink 70 ounces of water per day. Juice, coffee, tea, etc. do not count toward this goal.

bout of optic neuritis, it will occur slowly over three to six months. The remarkable and rapid improvement of her vision (as well as her mental state) can be attributed to the action of *Staphysagria*.

Pulsatilla: infections and more

Pulsatilla is another remedy commonly used in eye infections, especially bacterial infections that produce a yellow-green discharge. In addition, *Pulsatilla* can assist many other pathologies of the eye. Remember an important characteristic modality of this remedy—worse warmth and better cold.

Several years ago, I treated a woman suffering from retinal hemorrhage with marked loss of vision. She wept when telling me her symptoms and had very strong fixed religious ideas—both strong indications for *Pulsatilla*. She had a marked preference for cool air and a craving for creamy comfort foods. *Pulsatilla* 200c quickly resolved the hemorrhage and improved her emotional stability as well. Her vision also improved, something that would likely not have occurred without homeopathic treatment.

Hypericum: soothes pain

Hypericum, a well-known remedy for treating injuries to nerve-rich tissues, is a favorite of mine for corneal injuries. Compared to other parts of the body, the superficial cornea has the highest concentration of pain nerve fibers, and anyone who has experienced a small scratch to the cornea will agree. Consider *Hypericum* for any corneal injury such as a scratch to the eye, wearing contact lenses too long, or surgical procedures that injure the cornea.

Euphrasia: heals eye irritations

Euphrasia officinalis, made from the plant commonly known as eyebright, is my number one remedy for external irritation

Aconite is also a very valuable remedy for treating pain experienced after laser surgery—for example, laser surgery to treat nearsightedness.

of the eye; symptoms include redness, irritation, and feeling like sand is in the eye. Allergic reactions, dry eyes, and infections can respond well to *Euphrasia*. The key indicator for *Euphrasia* is an acrid eye discharge. (In contrast, the remedy *Allium cepa* is used for non-acrid eye discharges that occur simultaneously with acrid nasal discharges.) I often suggest that patients drink herbal eyebright tea and use the tea as an eye compress. Unfortunately, the herbal tincture is becoming more difficult to obtain in the US although some sources still exist. Because *Euphrasia* is a semi-parasitic plant, the USDA has banned the importation of *Euphrasia* seeds for fear the plant will take over other plants.

A real eye opener

While many ophthalmologists struggle to treat certain acute eye conditions or have only limited tools to aid them, I am glad to be able to gently treat delicate eye tissues with homeopathy. Homeopathy expands my scope of treatment in conditions that otherwise might linger or never resolve.

Remember, of course, that your eyes and vision are critical to your good health and well-being, so always seek advice and examinations from an eye-care professional. But if your eye-care professional has little to offer you, or when your problem is a simple, acute one—broaden your vision and open your eyes to homeopathy! You'll be glad you did.



ABOUT THE AUTHOR

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Expand Your View

You Can Improve Macular Degeneration

by EDWARD C. KONDROT, MD, MD(H), CCH, DHT

MANY HOMEOPATHS ARE RELUCTANT TO TREAT AGE-RELATED MACULAR degeneration for several reasons. First, they may not understand it and its effect on the visual system. Second, they may think that treatment is best left to eye specialists. Lastly, many believe that the condition is incurable.



with dark skin since they have less pigment in the retina, especially if they have blue, gray, or green eyes. Nearsighted (myopic) people have a greater likelihood of developing ARMD as do those who have spent a lot of time outdoors exposed to ultraviolet radiation from sunlight.

The macula is an oval yellow spot (about 1.5 mm) near the center of the retina. It contains the largest concentration of cone cells in the eye and is responsible for central vision. It is also specialized for high acuity vision. With macular degeneration, there is progressive destruction of the macula.

What are the symptoms?

When a person has ARMD, their central vision gets fainter and fainter. The first thing most people notice is a lessening of their sight as they look at things straight ahead, for example, at print, faces, or clocks. Images may appear dim, blurred, or as actual “holes” or black spots. In many cases, extreme light sensitivity and poor night vision precede ARMD. Light-to-dark adaptation—for example, the ability to find a seat in a movie theatre—may be very slow. People with ARMD gradually rely more on their peripheral vision as they lose central vision. Although ARMD rarely leads to total blindness, most people with ARMD lose their ability to drive and are eventually declared legally blind.

Types of ARMD

ARMD is classified as either wet or dry. The dry type affects 90% of ARMD-sufferers and results from a buildup of cellular waste, called drusen, in the back of the inner eyeball. This appears as small wart-like growths and loss of pigment on the retina.

Since it's true that conventional medicine has no effective treatment for the vast majority of sufferers, why not try homeopathy? Age-related macular degeneration offers homeopaths a unique treatment opportunity. Let me give you a little background on the subject and then share some of my successful experiences using homeopathy for people with this condition.

The older you get...

Macular degeneration affects 13 million Americans. Most are over age 65, but certain hereditary conditions may cause it to develop in younger individuals. Persons over age 75 have a 30% chance of developing age-related macular degeneration (ARMD), but it rarely affects anyone younger than 55. Caucasians tend to develop it more frequently than persons

Self-Help for Macular Degeneration

Remedy these common conditions!

Three key areas need to be addressed in order to help prevent and reverse macular degeneration.

- **Dehydration.** Most elderly patients are dehydrated. They drastically reduce their water intake because of prostate problems or weak bladders. Yet, water helps detoxify the body. Extremely rapid metabolism occurs in the rods and cones of the retina. Poor circulation and dehydration lead to a build up of waste products—precursors to ARMD.
- **Lack of proper nutrients, especially zinc.** The American diet is lacking in many nutrients. I have observed that 80% of my patients are deficient in zinc, even if they take this supplement. Patients should also take Lutein and the basic antioxidants: Vitamins A, C, and E.
- **Poor digestion and absorption.** Many elderly people take the right vitamins, but they are not properly absorbed. For this reason, I recommend supplemental digestive enzymes, probiotics, and betaine to aid digestion and absorption.



The wet or vascular type of ARMD occurs when new blood vessels that form under the retina bleed, leak, and cause scar tissue or detachment of the retina. A small percentage of wet ARMD cases can be treated successfully with the argon laser.

Another type of wet macular degeneration occurs in diabetics. Some patients have both dry and wet ARMD.

Homeopathic solutions for ARMD

As a homeopathic ophthalmologist, I don't look at a person's eye disease or vision problem alone. I focus (no pun intended) on the whole person. First, I investigate the eye complaint in great detail not only looking at the symptoms, but also at modalities, concomitants, etc. I also conduct a detailed eye examination, in order to understand the physical signs that may point to a particular remedy. For example, a yellow exudate in the retina might point to *Pulsatilla*, or a hemorrhage might lead me to consider one of the homeopathic remedies made from snake venom (which are often indicated in hemorrhagic conditions). Of course, as an ophthalmologist, I have the unique ability to examine the retina and use this information for prescribing; but other homeopaths can ask the patient to bring in retinal photos of the ARMD. I also look at causative factors and the patient's mental and emotional make-up. My goal is to select a remedy that covers the totality of the symptoms.

Back on the dance floor

"I love to ballroom dance," lamented a 78-year-old patient of mine. "I even reached the silver level in ballroom dancing, but now with my poor vision and dizzy spells, I can no longer compete."

Sylvia, a real estate broker, felt depressed, hopeless, and withdrawn about her situation. Since her last eye exam, when she was told she had macular degeneration and cataracts, she had noticed that her vision was worsening and reading was getting difficult.

She also lived in fear of occasional spells of vertigo, which would come on suddenly causing her to fall down like a rock. The room would seem to spin from left to right and she'd be debilitated and "quivering like an old lady." She'd be so weak that her arms and legs would shake. Twice, it happened at 7 a.m. on waking from bed, and she could only pull herself up with great effort.

She fears these dizzy spells will return when she is under stress. "If I'm having a stressful conversation, I feel that my balance will leave me," Sylvia added. "It's as if the bottom is dropping out of my stomach, and I become light-headed." And the ringing in her ears, associated with the vertigo, was annoying.

Sylvia said that she was not in a relationship and that her sexual drive had never been very high. But "there is a lot of sexuality in dancing," she noted. "I especially like all the provocative aspects of Latin dancing."

After a thorough eye exam, I diagnosed macular degeneration (myopic degeneration with atrophic changes in her retina), advanced cataracts in both eyes, and poor vision: 20/300 in the right eye and 20/700 in the left eye.* None of this was good news for an active woman.

In Sylvia's case, homeopathy provided an avenue for addressing a complex set of symptoms. To narrow down my remedy choices, I repertorized the following symptoms:

- Mind, dancing, desire for
- Vertigo, accompanied by staggering
- Vertigo, sudden
- Eye, cataract
- Ear, noises in, ringing
- Female genitalia/sex, sexual desire, diminished

repertorization chart prepared with MacRepertory software

| Total Rubrics | Sep. | Caus. | Sulph. | Con. | Sil. | Lyc. | Phos. | Calc. | Agar. | Camph. | Ign. | Stram. | Bell. | Mag-c. | Acon. | Carb-an. | Nat-m. | Ph-ac. |
|-----------------------------|------|-------|--------|------|------|------|-------|-------|-------|--------|------|--------|-------|--------|-------|----------|--------|--------|
| DANCING; desire for (35) | 1 | | 1 | 1 | | | | | | 2 | 1 | 2 | 2 | | | | 1 | 1 |
| STAGGERING, with (74) | 2 | 1 | 1 | 2 | 1 | 1 | 3 | 2 | 1 | 2 | 1 | 2 | | | | 1 | 2 | 1 |
| VERTIGO; SUDDEN (33) | 1 | | 1 | | | | | | | 1 | 1 | 1 | 1 | | | | | |
| CATARACT, opacity ... (101) | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 1 | | 1 | 1 | 1 | 3 | 1 | 2 | 1 | 1 |
| NOISES in; ringing (263) | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 3 | 2 | 3 | 1 | 2 | 2 |
| SEXUAL; desire; ... (65) | 2 | 3 | 1 | 1 | 1 | 2 | 1 | | | 1 | 2 | | 1 | 2 | | 1 | 2 | 2 |

The remedy *Sepia* was a strong contender. Also in support of this prescription was A.B. Norton's use of *Sepia* as the number one remedy to consider for women with advanced cataracts (see sidebar on page 14 for more information). In addition, women needing *Sepia* can feel much better from exercise, and often love to dance.

I prescribed *Sepia* LM1 to be taken as needed. Sylvia took the remedy for six months. At her follow-up appointment eight months later, she reported that she

could read a menu—something she hadn't been able to do for quite some time! She had experienced a 70% improvement in her vision. Street signs were becoming clearer, and colors appeared more vivid. An eye exam showed that the vision in both eyes had improved from 20/300 in the right and 20/700 in the left to 20/200 in both eyes. The dizziness and ringing in her ears were gone.

"I'm feeling stronger and more confident when walking," Sylvia reported. And she was looking forward to stepping out on the dance floor again.

A woman on guard

Elizabeth, a 76-year-old owner of a health-care agency, walked into my office with a look of suffering on her face. "I'm worried," she began. "What is going to happen to me?" She was very anxious to get her vision back. She'd seen many specialists and had been through more than 10 laser treatments for a vascular form of macular degeneration. A recent hypertensive crisis when her blood pressure spiked to 220/146 hadn't helped matters.

Elizabeth described herself as a skeptical person. In order to make an informed decision about her treatment options, she wanted a lot of information.

During her childhood, her home was robbed. The thief came up through a trap door. After the event, she and her sister would take turns staying up at night, and she still had fears from that traumatic event.

"I frequently have a fear that someone is in the room when I'm home," Elizabeth said. "I sleep with the lights on all night long, facing the door on my left side, and I have a small, loaded gun ready. I'm on my guard. I suppose I could solve this problem if I had a dog. Then the dog would be on guard instead of me."

She would sleep for a couple of hours and then wake between 2 and 3 a.m. Her fears were worse when she was alone. When her husband was in the hospital, she stayed up all night.

She read books about simple, small town life—"a quiet place where the

neighbors are visiting each other"—in order to escape. She liked the feel of soft clothes and desired creature comforts.

My eye exam revealed that she had cataracts and ARMD in both eyes, central scarring from laser treatment in the right eye, and retinal pigmentary changes and large drusen in the left eye. She had 20/400 vision in the right eye and 20/40 in the left eye. In addition, she had hypertension and anxiety.

To help me analyze Elizabeth's case, I selected the following repertory rubrics:

- Mind, fear of being alone
- Mind, anxiety about her/his own health
- Mind, anxiety at night
- Face, expressions, suffering
- Generals, tumors

repertorization chart prepared with MacRepertory software

| Total Rubrics | Calc-ar. | Kali-ar. | Kali-c. | Kali-p. | Ars. | Kali-br. | Phos. | Puls. | Nit-ac. | Arg-n. | Sil. | Stram. | Carb-u. | Caust. | Nat-m. | Calc. | Ars-s-f. | Bar-c. | Kali-sil. |
|----------------------------|----------|----------|---------|---------|------|----------|-------|-------|---------|--------|------|--------|---------|--------|--------|-------|----------|--------|-----------|
| FEAR; alone, of being (80) | | | | | | | | | | | | | | | | | | | |
| ANXIETY; health, ...(88) | | | | | | | | | | | | | | | | | | | |
| ANXIETY; night; agg. (132) | | | | | | | | | | | | | | | | | | | |
| EXPRESSION; ...(66) | | | | | | | | | | | | | | | | | | | |
| TUMORS, benign (171) | | | | | | | | | | | | | | | | | | | |

Macular Degeneration:

Remedies to Consider

find the constitutional homeopathic approach by a trained homeopath best for addressing ARMD, as demonstrated in the cases above. In addition, however, it's worth considering some of the following remedies that have been used by modern-day homeopaths.

Tissue salts. I have found the following tissue salt remedies helpful in the treatment of ARMD:

- *Calcarea fluorica* 8X, a tissue strengthener
- *Calcarea phosporica* 6X, a cell builder
- *Kali phosphorica* 6X, a nerve nutrient
- *Natrum muriaticum* 6X, a fluid distributor, which helps with dryness or excessive moisture in any part of the body and can be helpful in cases of wet macular degeneration.

Carboneum sulphuratum. Colorado homeopath Andrew Lange, ND, has reported success in treating early stages of ARMD with *Carboneum sulphuratum*. He suggests that his patients take a 30c potency every day. Lange reports that he has seen positive pigmentary changes and resolution of drusen in many people with macular degeneration treated with this remedy.

Secale. Dr. Johann A. Müller, a German homeopath, reports good success with *Secale* in the treatment of ARMD. *Secale* is used in low potency when the patients have some general signs that indicate the remedy *Secale*. Patients needing *Secale* may complain that their whole body is pervaded by a sense of great heat or burning. The patient feels worse from heat and better from cold. Circulatory problems and hemorrhagic tendencies are other characteristics that point to using this remedy in ARMD.

Sanicula, Vanadium. Dr. A.U. Ramakrishnan of India has used *Sanicula* in cases of ARMD with the symptom of wavy vision. He has also used *Vanadium* 200c every month for the treatment of ARMD. *Vanadium* is a remedy for degenerative conditions of the arteries and retinal hemorrhage.

Retina sarcodes. French homeopath Max Tetau has reported on the effects of using sarcodes in potencies of 5c, 7c, and 9c. A sarcode is a homeopathic remedy prepared from healthy tissue. By using the sarcode that corresponds to the tissue experiencing problems, one may experience benefit. A 5c sarcode is said to stimulate activity; a 7c normalizes tissue activity; and a 9c is said to suppress tissue activity. *Retina* 5c has been used with some success in stimulating the activity of the failing macula.

The remedy *Calcarea carbonica* presented strongly. A person needing this remedy often has issues about security in the home and enjoys the simple pleasures of life. I also needed to consider *Arsenicum album* because it's a remedy that often helps people who have a lot of fears, especially about their health and of robbers. Both remedies can also be indicated for patients with cardiovascular complaints. I selected the remedy *Calcarea arsenicosa* because it covered both the *Calcarea* and *Arsenicum* aspects of my patient.

I started Elizabeth on an LM1 potency of *Calcarea arsenicosa*. She took LM potencies for six months. I usually see my patients every three months, but Elizabeth did not return to see me for a year. She reported that she had initially waited two months before starting the remedy because she was afraid it might make her feel worse. But once she started taking the remedy, she began feeling better. Her energy improved, so she felt more industrious at her business. She felt happier and could more easily relax. Her fear of being robbed had disappeared, and she didn't feel as fearful at night. To top it off, her vision had improved by two lines on the eye chart, with her right eye's acuity increasing from 20/400 to 20/70!

Letters run together

Two years before 78-year-old Amelia came to see me, she had started to develop cloudy vision in her left eye. Her vision was now very dim and letters ran together while reading.

As her story unfolded, Amelia told me: "The biggest disappointment of my life is the rift between my daughter and me. She has cut me off from her and her family." Amelia's daughter would not speak to Amelia or reply to her letters. She would hang up the phone when Amelia called. "She has told lies about me and my husband. She calls me a slob," said Amelia.

"How could she be so hurtful?" Amelia wondered. She wanted to cry but couldn't. "My daughter doesn't appreciate anything I do," she added. "I wanted to tell my

daughter to go to hell, but I haven't because I don't want to make the problem worse."

Amelia also explained that she got angry very quickly: "I blow up. I shout. I used to throw things, but I stopped that years ago. Sometimes a silly little thing will irritate me. Like the other day at the restaurant, the waiter served the main course while I was still eating my salad. My dinner ended up being cold, and I got really angry."

Amelia's eye exam revealed that she had retinal pigment atrophy especially in the left eye (ARMD) with vision of 20/1400. Her right eye had 20/20 vision. She also had hypertension.

I considered the following main symptoms to help me find a remedy for Amelia:

- Mind, intolerant of contradiction
- Mind, anger at trifles
- Mind, violent anger
- Vision, letters run together
- Chest, palpitation of the heart during anger

repertorization chart prepared with MacRepertory software

| Total Rubrics | Staph. | Stram. | Phos. | Cann-s. | Cham. | Tub. | Poll. | Chel. | Thyr. | Nat-m. | Ferr. | Hecla. | Lyc. | Bry. | Sep. | Sil. | Uerat. | Rur. | Cere-s. |
|-------------------------------|--------|--------|-------|---------|-------|------|-------|-------|-------|--------|-------|--------|------|------|------|------|--------|------|---------|
| CONTRADICTION; ... (85) | 11 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| ANGER, irascibility; ... (88) | 5 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| ANGER, irascibility; ... (92) | 5 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| RUN together; letters (52) | 5 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| PALPITATION heart; ... (6) | 5 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

I prescribed *Staphysagria* LM1 because she had a history of throwing things when angry, had violent, angry outbursts, and felt very indignant about the situation with her daughter. It is also a remedy with a special affinity for the eye.

Seven months after starting the *Staphysagria*, Amelia came to see me. Her peripheral vision was better in her left eye, and she'd noticed overall improvement in her right eye. Colors appeared much brighter; a dress she had thought was gray, now looked lavender. The vision in Amelia's left eye had improved by three lines on the eye chart—from 20/1400 to 20/800. The right eye remained the same at 20/20.

Add to that, she wasn't getting angry as easily or as often. Amelia had called her daughter and asked if they could meet. The meeting went well, and they realized they'd wasted three years by not talking to

one another. Amelia was pleased with the outcome of treatment.

Homeopathy can help

Homeopaths should not view macular degeneration as an incurable disease that will not respond to homeopathic treatment. I hope that all homeopaths will welcome the opportunity to help people who are suffering from the effects of ARMD. Do not tell them what so many eye doctors have told them: "Nothing can be done." Yes, homeopathy can help. Start looking for the simillimum that will improve their vision and their life.

*Footnote: Visual acuity is expressed as a fraction. The top number refers to the distance you stand from the eye chart, which is usually 20 feet. The bottom number indicates the distance at which a person with normal eyesight could read the same line you correctly read. For example, 20/20 is considered normal. 20/40 indicates that the line you correctly read at 20 feet can be read by a person with normal vision from 40 feet away.

Please see Dr. Edward Kondrot's bio on page 15.