Case-I

Advocate Habib of Mandibagh of Nagpur, came for treatment on October 5th,1949. Twelve months before he had suffered from wet pleurisy. Several Allopathic, Ayurvedic and Unani medicines were tried without relief. At present there is slight pain, but there is cough, fever 99.5 deg.F. pulse rate 122. Treatment began with Nat. mur. 30x and Kali mur. 30x. The potency of the medicines were gradually raised. Fever cough, pain and pulse rate gradually subsided. On October 31st , 1949, highest fever was 97.4: there was no cough , pulse rate 84; pain in the ribs still continued. On December 13th, 1949, he was free from fever and pain, and pulse rate was 72. However, he continued to have pain in the ribs again for some days more. But since February28th , 1950 he became completely free of pain in the ribs and several previous symptoms including headache and malaria fever rising to 103 made their appearance. These were also cured by Nat. Mur. 10m and Kali mur. 10m, and since then he is enjoying sound health.

Diet: The diet that was prescribed: lye (fried paddy and *moong* pulsewater) as much as required in the beginning and subsequently when he got high malaria fever. As he improved rice was substituted. He was allowed to take vegetables that I regard as wholesome in patients suffering from diseases that require Nat. mur. Milk, sugar. Anything that was pungent or bitter was prohibited. He was to drink water at blood temperature, i.e. 97 deg.F. The vegetables that are regarded as wholesome in such patients are lady finger, ridge-gourd, snake-gourd, white-gourd, “Chulai”,*etc.

Conclusion

Quinine administered for malaria predisposes at times to an attack of pleurisy. Wrong treatment of Pleurisy gave rise to fever which was cured by Nat. mur. and Kali mur. *A leafy vegetable.