



Linseed Meal Poultice As An External Application

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EXTERNAL APPLICATION:-

Topical applications have been used by physicians for a very long time from ancient times to the present, based on the belief that if the external manifestations are removed, the disease is cured. But Dr. Hahnemann said that the outward manifestation is the outward reflection of the inner deranged vital force. There is no external/local disease in homeopathy. The nature of the external symptoms indicates the nature of the internal disease. Removal of the external impairment by external application does not mean curing the disease.

But for accidents, injuries, lacerations, burns, etc., we need external application, such as local cleaning and dressing.

In the 5th edition of the Organon of Medicine in Aphorism 196-203, Dr. Hahnemann strictly against external application, but in the 6th edition of Organon of Medicine, he changed his opinion because the way of advocating a medicine to a person is not only orally, but he said that if a healing medicine is given internally, the same medicine can be used externally as an ointment/lubrication/cerate etc. For example: Thuja for warts and corns.

In the 6th edition he favored external application, as seen in aphorism 284-285.

He writes that the external application of the drug can be used by rubbing the back, arms and limbs. However, avoid areas that are painful/cramping/rash.

List of external application:-

Glycerol, Ointment, Liniment, Opodeldos, Latex, Cerates, Poultry, Fomentation, Gypsum, Oil, Injections (rectal, urethral, vaginal), Surgical dressing.

INTRODUCING THE POULTICE

POUCHES (CATAPLASMS) are soft, semi-solid external applications that either stimulate the surface of the body or relieve an inflammatory site by applying medicinal substances in the presence of heat and moisture. It helps in withdrawing the infectious material from the affected area due to its hygroscopic and absorbent properties of the ingredients. They are applied to support the maturation of ulcers and abscesses, to relieve pain in various parts and acute inflammatory diseases of the chest.

DEFINITION OF POULTICE

A poultice is a soft, moist mass spread between layers of muslin, linen, gauze, or towels and applied while warm to the area to create moist local heat or against irritation.

TYPES OF PACKAGING

Depending on the base used, different types of facings are prepared as follows:

- A. Linseed poultices
- b. Bread wraps
- C. Charcoal tiles
- d. Carrot dressings

METHOD OF PREPARING LINSEED MEAL POULTICE

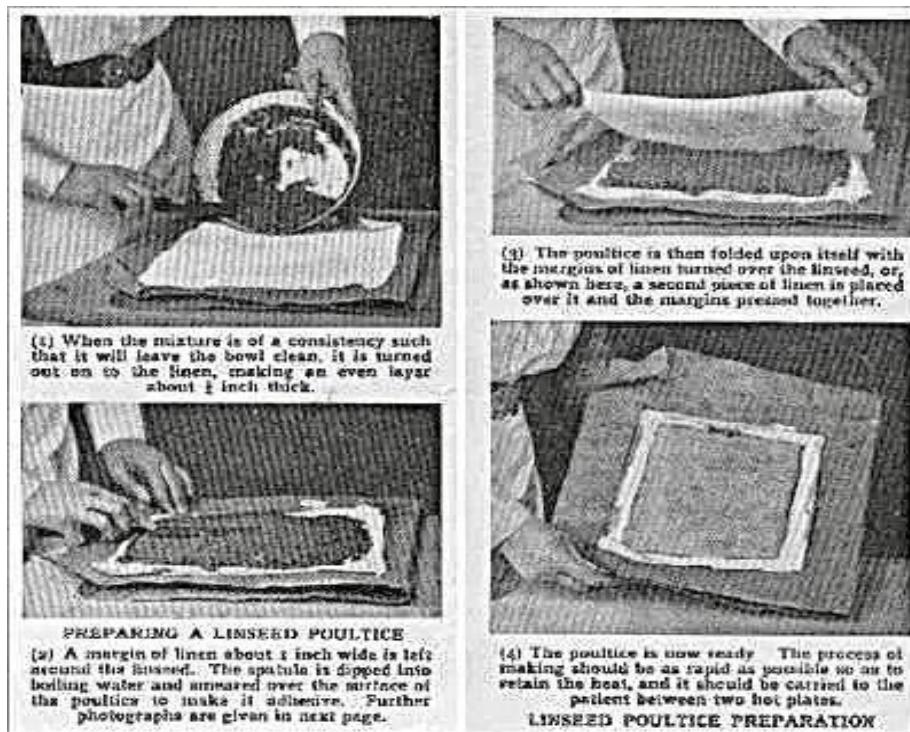
Poultices are usually made of hot water and flax meal or linseed or other cohesive material that maintains close contact with the skin while remaining hot and moist for a relatively long time.

Device-

1. Linseeds (ground or crushed) – the amount varies according to the size of the wrap, we recommend starting with a full cup or 250g
2. Mother tincture
3. A Board
4. A Bowl
5. A Kettle
6. Boiling water - half a liter
7. Spatula
8. Linen cloth

METHOD-

- Boiling water is poured into the heated bowl.
- The food is sprinkled quickly with one hand, stirring constantly with a stainless steel spatula, until a smooth paste is formed.
- Then quickly spread the paste with a little paste on muslin, linen or gauze.
- Add a few drops of mother tincture to the remaining paste and rub it on a cloth.
- Cover the outer part with several folds of flannel and apply to the affected part.



DURATION

The poultice may be changed every 3-4-hours or whenever it dries out.

USES

- Poultices are very Popular substitute for heating compress and have similar effect
- Poultice mitigate pain by relaxing tension & promoting perspiration
- The effect of the poultice is differing with the different types of substances used in it.
- They are chiefly useful in inflammatory conditions like pneumonia, pleurisy, bronchitis, pericarditis, acute rheumatism, etc.
- Help to relieve infection, pain, itching. Used to treat boils & abscess.

- Relieve inflammation or rash.

Pneumonia-

- For pneumonia & all deep-seated inflammations, poultices must be replaced as soon as they become cool.
- Do not disturb the old poultice till the fresh one is ready to replace it.
- After the removal of poultice, the part should be rapidly dried with a hot towel and then covered with a sheet of hot cotton wool.

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