

# Diet and Regimen in Homoeopathy

**ABSTRACT:** Importance of diet and regimen during treatment plus maintenance of health is known since 500 BC. The Great Greek physician and Father of Medicine Hippocrates went far ahead to say, "Let your food be your medicine and let your medicine be your food."

Egyptian physicians also held that food, if subjected to insufficient or faulty digestion, could be transformed into morbid entities. Arab Physicians, although recognized that foods and drugs constitute the pillars of therapy, differed in the importance they accorded to each.



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The importance of diet was, stressed by Avicenna who expressed it in several verses of his Canticum: "To preserve health, medicine acts in two ways. To maintain the temperament, give a similar diet. To alter the nature of the body, give its contrary (verses 791-798)".

Dr Hahnemann also emphasized about diet and regimen but contrary to belief gave different places to diet and medicine for treatment. According to him remedy is a must for cure but diet and regimen add pace and surety. In chronic disease he states that "A strict homoeopathic diet and mode of living does not cure a chronic patient as our opponents pretend in order to diminish the merit of homoeopathy, but the main cause is the medical treatment. This may be seen in the case of many patients who trusting these false allegations have for years observed the most strict homoeopathic diet without being able to diminish their chronic disease. This rather increases in spite of diet, as all disease of a chronic miasmatic nature are wont to do.

But in the disease due to transient dispositions caused due to faulty diets or habits one must correct them in order to attain health. In § 77 he gives an example of disease due to deficiencies or excess.

But in cases of pure miasmatic disease Dr

Hahnemann says in § 256, "But should we find, during the employment of the other medicines in chronic (psoric) diseases, that the best selected homoeopathic (antipsoric) medicine in the suitable (minutest) dose does not effect an improvement, this is a sure sign that, the cause that keeps up the disease still persist and that there is some circumstance in the mode of life of the patient or in the situation in which he is placed, that must be removed in order that a permanent cure may ensue".

Proper hygiene and dietary measures must be taken, before administration of remedial drugs, which are used as specific stimuli to rouse the vital force to react against the morbid agent and overcome their noxious influences. In the chronic disease we have to be more careful in dietic and hygienic matters as they may easily upset the patient in a surreptitious manner as rightly explained in § 259-36 in 6<sup>th</sup> edition of Organon.

In § 260, Hahnemann quotes, hence the careful investigation into such obstacles is so much more necessary in case of patients affected by chronic disease, as they are disease causing error in the diet and regimen, which often passed unnoticed. Further he states, the most appropriate regimen during the employment of medicine in chronic disease is removal of obstacles to recovery and in sup-

plying them necessarily the reverse. Innocent moral and intellectual recreations, active exercise in open air, almost all kind of weather, daily walks, slight manual labour, suitable nutrition, unmedicinal food and drinks etc.

In the note to this paragraph Hahnemann gives a list of things to be "avoided as far as possible or be removed". "As far as possible;" because it is difficult to remove such things in its entirety in most cases in today's life.

**1. "Coffee; fine Chinese and other herb teas"**

Coffee can be a great obstacle to cure. Coffee was one of the greatest aggravators of Psora and the chronic miasms. Also it is known for its action as an universal antidote.

**2. "Beer prepared with medicinal vegetable substances is unsuitable for the patient's state; so-called fine liquors made with medicinal spices; all kinds of punch; spiced chocolate; highly spiced dishes and sauces; spiced cakes and ice."**

The chronic miasms cause many false cravings that make a person desire things that are worst for them. In this way, the miasms feed themselves rather than the person. Moderate spicing usually is fine unless the individual is idiosyncratic to them.

**3. "Odorous waters and perfumes of many kinds; strong-scented flowers in the apartment; tooth powders, essences and perfumed sachets compounded of drugs".**

Strong perfumes and oils sometimes act as antidoting agent. As the case stabilizes and health improves, one can remove the restrictions one by one. Then if something happens the homoeopath knows exactly what caused it. As a person gets healthier these things often don't matter as much as when they are ill.

**4. "Crude medicinal vegetables for soups; dishes of herbs, roots and stalks of plants possessing medicinal qualities; asparagus with long green tips, hops and all vegetables possessing medicinal properties, celery, onions; old cheese and meats that are in a state of decomposition, or that possess medicinal properties (as the flesh and fat of pork, ducks and geese or veal that is too young and sour viands), ought just as cer-**

**tainly to be kept from patients".**

In present day diets are more refined, this can be good or bad for health. Raw onions and garlic are more of a problem than those that are cooked in food. Heavy meats and fats are very hard on psorics and sycotics. Such things should be kept at a minimum.

**6. "They should avoid all excesses in food and in the use of sugar and salt"**

They potentate the chronic miasms and speeds the development of degenerative diseases. A healthy balanced diet is essential to health.

**7. "Also, they should avoid spirituous drinks, undiluted with water"**

Drug abuse also include substances like cocaine, opiates, speed and marijuana. If drugs and alcohol are maintaining causes which keep up the disease, the individual will not get well until they are reduced or stopped.

**8. "Heated rooms, woollen clothing next to the skin, a sedentary life in close apartments, or the frequent indulgence in mere passive exercise (such as riding, driving or swinging), taking a long siesta in a recumbent posture in bed, sitting up long at night, reading while lying down."**

Living in unventilated rooms which are over heated is unhealthy as is living in an unhealthy building. Those who wish to heal must avoid unhealthy surroundings, sedentary habits, sleeping too much in the day and staying up all night. Fresh air, sunlight and exercise are very important.

**9. "Prolonged suckling"**

Too many babies and too much suckling is very hard on women. This is very stressful and speeds the aging process. We see this much in third world where young mothers have too many children too quickly.

**10. "Sexual energy either brings one health or destroys one's life."**

The venereal miasms pervert the sexual instinct and try to produce states that maintain themselves and spread themselves. Moderation in all things is the best advice when it comes to sexual matters. Dr Hahnemann emphasized that stimulation or suppression of sexual energy is not healthy. Too



much masturbation is also not good.

**11. "Subjects of anger, grief or vexation, a passion for play, over-exertion of mind or body, especially after meals."**

Emotional stress is the greatest aggravator of the chronic miasms and degenerative diseases. If a person's emotional life is in turmoil, it is hard for even the best remedies to act. For the best results the client should be working on their own emotional and spiritual well being as the treatment goes on.

**12. "Dwelling in marshy districts, damp rooms, penurious living, etc."**

Some people live in areas where negative telluric influences maintain disease. Others live in substandard housing. In crowded cities, human beings are exposed to over population and stressful environments. Fresh air, sunlight and pure water are very important which are rare in some cities and towns. More light, air, plants, color, music makes life in our modern world less stressful. If such conditions can not be changed for the better, homoeopathic remedies may do little over all good in the long run.

Dr Hahnemann sums up this long list by saying: **"All these things must be as \*far as possible avoided or removed\*, in order that the cure may not be obstructed or rendered impossible. Some of my disciples seem needlessly to increase the difficulties of the patient's diet by forbidding the use of many more, tolerably indifferent things, which is not to be commended."**

A well chosen homoeopathic remedy has the power to work through most common food and drink very well. They work through perfume, toothpaste, teas, coffee, spirits, drugs, and medicines if they are not in excess in many cases. It is those cases in which such things are causing or maintaining the disease state and those things which the person is idiosyncratic to the individuals. These are the agents that the homoeopath must seek out in the person's life. These few things are what need to be changed so that the remedy will take affect. Once the remedies re-tune the vital force toward the harmonious state of health, the

false cravings of the mind and miasms will lessen and the person will desire those things which are healthy for them.

Dr Hahnemann came to the conclusion that the constitution becomes used to many things over a period of time. If they are not maintaining the disease, nor antidoting the remedies, there is no reason to remove them all at once.

**DIET AND REGIMEN IN CHRONIC DISEASE:** The most appropriate regimen during employment of medicine in chronic disease consists in the removal of obstacle to recovery and supplying, where necessary, the reverse, innocent moral and intellectual recreation, active exercise in the open air in almost all kinds of weather, daily walks, slight mental labor, suitable nutritious unmedicinal food and drink.

**DIET IN ACUTE DISEASES:** The instinctive desire of the body with regard to food and drinks should be satisfied by the physician and patient's attendants. These bodily instincts crave chiefly for things that would give palliative relief. Even if satisfaction of desire seems to interfere with the cure of disease, it is more than made by the refreshment that follows such satisfaction and by the superior curative efficacy of the drug, homoeopathically chosen for the case, temperature of the room and heat or coldness of the bed and covering must also be adjusted according to the patient's wish and comfort and all over exertion of mind and exciting emotions are to be strictly avoided.

The object of the physician in subjecting a patient to a certain regimen is, not to cure his disease, but merely to dispose his system to receive the salutary influence of an appropriate remedy.

Before prescribing for a patient any mode of living, the physician should, therefore reflect what circumstances may favour the use of intended medicaments and what circumstances may obstruct their effects.

The patient's regimen must be considered in two distinct relations;

1<sup>st</sup>, the things which the physician should advise; and 2<sup>nd</sup>, those which he ought to prohibit.

In order to direct his choice and enable him to en-

ter these in two corresponding lists, he must, as a general rule, recommend only that as are nutritive and not medicinal - those which promote the most natural distribution of the vital power. He must prohibit that which would throw it into disorder.

Thus the physician will be enabled to prescribe a good system of regimen for his patients; and it is under their guidance that we shall now consider

this portion of our art.

These are the real basis of regimen; and it is the physician's duty to induce the patient to make the nearest possible approach to the exact observation. We know that man cannot achieve absolute perfection. But as we do know the real object to be sought, it is our duty to approach it as nearly as our best efforts and exertions will enable us.

**NAME:** "THE HANDBOOK OF HOMOEOPATHIC MOTHER TINCTURES"

**AUTHOR:** Dr KAMAL KANSAL

**PAGES:** 194 **PRICE:** Rs 100/-

**FIRST EDITION:** 2<sup>nd</sup> Aug 07

**PUBLISHER:** Mayur Jain, Indian Books and Periodicals Publishers  
Block 5/62, Dev Nagar, Pyare Lal Road, Karol Bagh, New Delhi-110005  
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Book Code: IB 0518

The use of Mother Tincture has increased considerably in the recent years both externally as well as internally by the Practicing Homeopathic Physicians. Externally as liniment, lotion or ointment and internally consumed with water. This is what the author has tried to explain through this book.

The book is well presented both "Externally" as well as "Internally" ie its Cover page and the material inside.

The book is divided into four different parts:

- a) **MOTHER TINCTURE FOR INTERNAL USE:** This is the Materia Medica part of the book. Each Mother Tincture is described in a very unique manner; eg *Ruta-graveolens*: Rutaceae  
Botanical Name, Common Name, Description, Part Used, Clinical, Indication, Dose.  
This is accompanied with a beautiful picture of the plant or mineral or the animal from which it is derived. Some cases are described which have given good results.
- b) **MOTHER TINCTURE FOR EXTERNAL USE:** used in the form of lotion, liniment or ointment eg: *Arnica Q*, *Apis Q*, *Urt-urens Q* etc. This also includes

drugs like *Ferr-phos 3X*, *Kali-mur 3X*.

c) **CLINICAL REPERTORY:** It starts with Abortion along with its various sub rubrics and ends with yawning.

d) **THERAPEUTIC INDEX:** It starts with threatened abortion and ends with yawning. This is more of the repetition of clinical repertory with additional Mother Tincture.

#### ADVANTAGES

1. The pictorial depiction in the book which refers to the plants, animal and mineral gives the feeling as of being a live thing.
2. Language used is simple and lucid which can be easily grasped.
3. The book is handy since it is feather weight.
4. The cases given though few are worth explanatory.

#### DRAWBACKS

1. Most of the plants have no pictorial representation.
2. There are many grammatical mistakes.
3. More cases would have been appreciated.
4. The Clinical Repertory and Therapeutic Index seems to be the repetition of the work.

Apart from this, it can prove to be a good book to read and to be kept in college and clinic libraries.

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