

Suppressions and Palliations Explained with H A ROBERT'S Concept

Abstract: *Suppression and palliation are done unknowingly and sometimes deliberately by few physicians. In many cases the patients themselves come with the history of suppression or palliation by various means. Here the suppression and palliation have been described from its' practical point of view along with some remedies from Materia Medica and Repertory which are very effective to treat different states of suppressions as also in the bad effects of palliation*

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INTRODUCTION

'Suppress' originated from Latin word 'Supprimere' means 'press down'. 'Suppression' means 'prevent from being expressed', - Oxford's Dictionary. 'Suppression' means sudden stoppage of a secretion, excretion or normal discharges - Dorland's Medical Dictionary. 'Suppression' is defined as - sudden cessation or inhibition of a physiological phenomenon or forcible removal of a disease manifestation before the disease itself is cured. Suppression of symptoms or disease either by natural or artificial means is a very common phenomenon. Dr HAHNEMANN in his Organon of Medicine in §60 states that - "The ordinary Physician imagines that the ill effects which are produced from the antipathy employment of medicines, can be got over by giving, at each renewed aggravation, a stronger dose of the remedy, whereby an equally transient suppression is effected". After employment of suitable Homoeopathic medicine, the suppressive symptoms reappear in the patient of which he was completely unaware and did not even report to his doctor as it happened long back. Now the original and complete picture of the disease is revealed and can easily be cured with employment of suitable anti-miasmatic and or constitutional Homoeopathic remedies.

'Gallium' or 'Palliare' means 'to cloak', 'Palliation' means to make the symptoms of a disease less severe without removing the cause - Oxford Dictionary. Palliation may be defined as temporary relief of a symptom or group of symptoms of a patient before the disease itself is cured. Homoeopathy, being based on the similar principle ie 'Similia Similibus Curentur' does not recommend palliation except as an exception, eg the so called incurable cases where palliation is indispensable.

In Sec 67 and 69 Dr HAHNEMANN states that palliative treatment belongs to antipathy, but he himself recommended palliation in his Organon of Medicine in Sec 67 FN-1 as follows: "Only in the most urgent cases, when there is danger to life and imminent death, which allows no time for the action of a Homoeopathic remedy - not hours, sometimes not even quarter hours and scarcely minutes, eg in sudden accidents occurring to previously healthy individuals or asphyxia and suspended animation from lightning, from suffocation, freezing, drowning, etc- is it admissible and judicious, at all events as a preliminary measure, to stimulate the irritability and sensibility (the physical life) with a palliative, as, for instance, with gentle electrical shocks, with clysters of strong coffee, with a stimulating odour, gradual application of heat.

Now, when this stimulation is effected, the play of the vital organs again goes on in its former healthy manner, for here no disease is to be removed, but merely an obstruction and suppression of the healthy vital force. Eg various antidotes to sudden poisonings, alkalies for mineral acids, *Hep-sulph* for metallic poisons, *Coffee* and *Camphor* for *Opium* poisoning, etc. But we should not make a general rule of palliative treatment to be recommended in each and every case, because if it is repeated again and again in curable cases, the case may finally reach to incurable state and in consequence the internal vital organs may be affected. Eg bronchial asthma results from suppression of skin disease, cardiac diseases from suppression of rheumatic fever.

THEORY OF PALLIATION

1) With Homoeopathic Medicine: Palliation is inevitable even with Homoeopathic medicine when selected on basis of prima-facie symptom-totality, because the fundamental, exciting or maintaining cause has not been considered to frame the totality of symptoms. Eg if we simply prescribe *Graphites* for severe itching and discharges, it will relieve the itching and discharges. This is palliation, not cure and in due course of time the same skin eruption will reappear. There is only anti-psoric (may be anti-syphilitic, anti-sycotic) that is more similar to the whole patient. The more often we prescribe for different groups of symptoms the worse it is for cure, because it tends to rivet the constitutional state upon the patient and make him incurable. The more we select the medicine on partial totality, the more we need to change the medicine in successive prescription as there is chance to get every time a new totality of the case and the medicine act as palliative. Consequently, more often we change the remedy more the case turns to incurable state. *[Editor: So let us Homoeopaths be our own judge and use this as a parameter of evaluation of our own practice; in cases where we change the prescription often, let it guide us to do a rethink on the case].*

2) With Antipathic Medicine: The Antipathic medicines always cause palliation to the existing disease. The antipathically chosen medicine touches precisely the diseased point in the organism and covers the opposite symptoms of the disease and makes it unobservable for a short period of time by the antagonistic palliative action, eg the stupefying power of *Opium* relieves the pain for the time being. In Antipathic mode of treatment, the disease symptom consequently becomes worse after the term of the action of the palliative has expired and is worse in proportion to the magnitude of the dose of the palliative medicine, eg the larger the dose of *Opium* given to allay the pain, the intensity of the pain becomes more than the original one, when it exhausts its action. Such kind of palliative treatment often leads to damage of the vital organs and considerable irreversible pathological changes and the case becomes incurable. Experience shows that a natural disease can never be cured by medicines that possess the power of producing a set of morbid symptoms in healthy individual which is dissimilar or opposite to the disease to be cured. Thus the medicine which has a tendency to produce an artificial morbid symptom in a healthy person, which is antagonistic to the disease symptoms, will never effect cure but merely a very transient alleviation of the existing symptoms in a palliative manner, later followed by aggravation of the original ones. Henceforth, palliative treatment in long lasting diseases of a serious character is absolutely inefficacious.

3) With Heroic Medicines (Allopathic or Heteropathic): Has no definite principle of its own and the medicine prescribed has no definite pathological relation to what is actually diseased in the body. The medicine act on the healthy tissues or organs in order to draw away the disease through them. The medicine is not only palliative or suppressive but destructive, causing damage to the vital organs or healthy tissues, eg medicines which are used as pain-killer will alleviate pain for time being but will cause

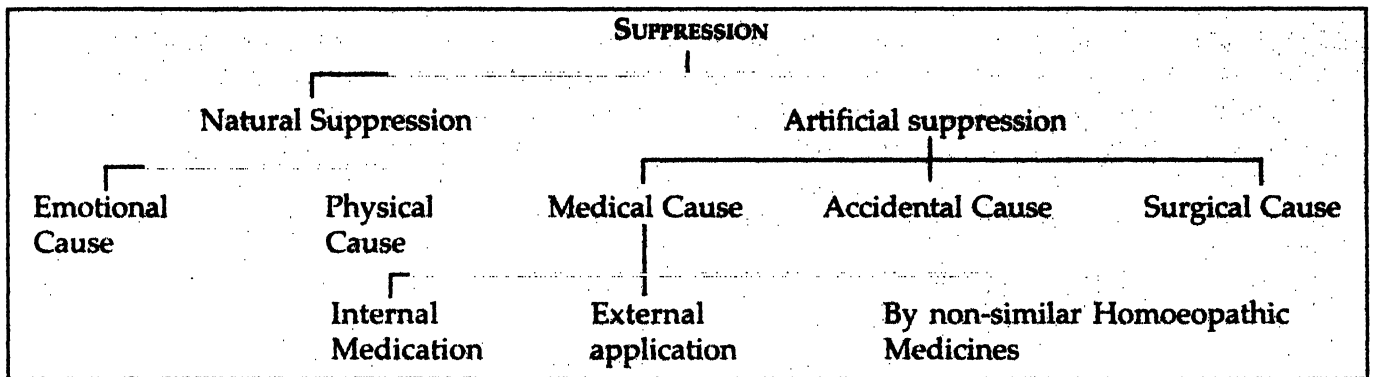
damage to certain vital organs like liver, kidney etc. When the action of the medicine is exhausted, the pain reappears in greater intensity than the original one which requires ever growing, massive dose for its remission and in consequence causes more damage to the vital organs. So, at times the patient is not cured of his original malady but rather, gets a new, drug induced disease thus moving more towards an incurable state. I am afraid of the future consequences in those innocent people who are victims of such treatment and on the other hand

I feel pity for those people who even after knowing the consequences of such treatment hand themselves over to the domain of this system of medicine.

4) With Crude Medicine (Ayurvedic): In most cases they cause suppression rather than palliation in the same manner as heroic medicine does.

TYPES OF SUPPRESSION

The type of suppression can be classified on the mode of its development.



I. NATURAL SUPPRESSION

When the normal functioning of the body is suddenly checked or inhibited by external influences.

1. **Emotional:** Fear, anger, anxiety, mental shock etc. Examples;
 - a. Cessation of menses from fear and fright.
 - b. Insanity from suppression of grief or mental shock.
2. **Physical:** Exposure to excessive heat or cold, cold bath, drinking coffee, drinking alcohol, checked perspiration, suppressed sexual desire. Examples,
 - a. Fever resulting from suppression of sweat due to sudden exposure to cold while being overheated.
 - b. Suppression of sexual desire leads to various emotional disturbances.
 - c. Suppression of lochia after childbirth from exposure to cold.
 - d. Suppression of milk in nursing women after exposure to cold.

TREATMENT OF NATURAL SUPPRESSION: Homoeopathy has enough scope to deal with such ailments resulting from natural suppression. We have a good number of remedies for this. Firstly the medicine is to be selected by covering the exciting cause along with the symptom totality of the patient. Otherwise, complete cure will not be possible and be mere palliation to the case. Secondly, if a latent miasmatic state flares up following such type of palliation, proper anti-miasmatic treatment is necessary, after the acute symptoms disappear, to complete the cure. Otherwise the tendency to be affected by the similar circumstances will persist even though the ailments may be palliated each time by a medicine covering the exciting cause only.

II. ARTIFICIAL SUPPRESSION

Where the manifestations are checked or inhibited by artificial means.

1) Medical Causes

- a. Internal medications:

- i. The manifestations of malaria which do not indicate quinine, if suppressed by the massive doses often results in recurrent neuralgia.
- ii. When acute rheumatic fever is overpowered with salicylates often leads to suppression of joint pains but affects the heart.
- iii. Epilepsy and chorea treated by sedatives often leads to emotional disturbances.

b. External application:

- i. Suppression of itching eruptions in childhood may result in Eczema in youth.
- ii. Suppression of eczema in youth may result in psoriasis in adult life.
- iii. Suppression of psoriasis in adult life may result in cancer in old age.
- iv. Suppression of skin eruption in childhood may result in bronchial asthma in adulthood.
- v. Suppression of gonorrhoeal discharges may lead to arthritis, impotence, urinary disorders etc.

c. By Homoeopathic Medicines:

Suppression of individual symptoms often results when indicated medicine act as palliative. Frequent change of medicine and improper repetition often leads to suppression of existing manifestations and the case turns into an incurable state.

2) Accidental Causes

Accidental suppression by vaccination is very common in children who take different kinds of vaccine in the same year.

3) Surgical Causes

- a. Removal of the external growth either benign or malignant may inroad the disease affecting the more vital organs.
- b. Surgical removal of haemorrhoids, varicosities, fistula, bone hypertrophies may lead to different kind of manifestations in some healthy parts of the body.

TREATMENT OF ARTIFICIAL SUPPRESSION:

If the disease is considered to be in curable stage, a medicine should be selected with all effort so that it covers, as far as possible, the symptoms totality of present suffering along with that of prior to suppression. The symptom totality prior

to the suppression is of utmost importance even if it dates back to 10-20 years. However, if the correct constitutional medicine can anyhow be selected, the suppressed state is bound to reappear. After its reappearance we have to wait patiently and no medicine should hurriedly be administered. In such case, some of the symptoms may be aggravated but the patient will enjoy a general well-being. The reappeared symptoms may persist for a long time but gradually decrease in intensity. But if these symptoms neither increase or nor decrease, the medicine is to be repeated in higher potency. If it fails then a fresh case taking should be done and an appropriate medicine to be prescribed. But each and every suppressed state may not reappear in the same manner (eg surgical removal of tumour, polyp) at the same site wherefrom it has been removed but in other place. The suppressed condition may also reappear in another form eg when insanity has developed due to suppression of tuberculosis, after giving appropriate homoeopathic medicine tuberculosis may not reappear but a less important condition like bronchitis may develop.

SCOPES OF PALLIATION IN HOMOEOPATHY

The conditions where palliation may be considered as the method of treatment are as follows:

1) Based on nature of symptoms: The cases where there is abundance of pathological symptoms as the consequence of irreversible pathological changes. The cases which present only with the common symptoms of a nosological diseased condition, but no characteristics at all.

2) Based on nature of Patients: 'Kent's 5th Observation': After prescribing the remedy to a case on the basis of symptom similarity, if there is initial improvement followed by aggravation of the symptoms, there may be many possibilities, one of which is that the patient was incurable and the remedy was somewhat suitable.

'Kent's 7th Observation': After first prescription

if there is full time amelioration of the symptoms yet no special relief to the patient, there is a possibility of latent existing organic condition in the patient that prevents improvement beyond a certain stage. Example, patient with lack of any vital organ, ie patient with one kidney etc, patient with structural fibrinous changes in certain places, patient with encysted tubercles in lungs as a consequence of old tuberculosis, which limits the function of the lungs. In such cases the patient is not going to be cured with the most suitable Homoeopathic medicines and a Homoeopathic palliative remedy will be a great help to the patients.

3) Based on nature of medicine: The diseases which are life threatening to the patient, which do not allow time for the action of Homoeopathic remedy, eg severe asphyxia, suspended animation from lightning, cases of drowning etc. The diseases with agony of death, eg Cancer (advanced stage), Leukaemia etc, the incurable diseases, eg Cancer, Leukaemia, Systemic Lupus erythematosus, AIDS etc. Diseases with irreversible structural changes in organs or tissues. Examples, extrinsic fibrotic changes in lungs as a consequence of old tuberculosis, considerable damage to liver cells as a consequence of cirrhosis, damage to kidney as a consequence of chronic nephritis or nephritic syndrome, etc

SUPPRESSIONS IN MATERIA MEDICA:

Few important examples of suppressions and its effects which are present in Materia Medica have been described.

Abrotanum: Rheumatism from suddenly-checked diarrhoea or other secretions.

Aconitum-nap: Bad effects of checked perspiration; to prevent suppression of menses.

Actae-racemosa: Menses delayed or suppressed by mental emotion, from cold, from fever.

Agaricus-mus: Epilepsy from suppressed eruptions.

Aloe-soc: Develops suppressed eruptions.

Amm-mur: Haemorrhoids especially after suppressed leucorrhoea.

Antim-crud: Aversion to cold bathing causes suppressed menses. Headache from suppressed eruptions.

Apis-mel: Diarrhoea especially if eruption be suppressed. Bad effects of acute exanthema imperfectly developed or suppressed.

Baryta-carb: Throat affections after checked foot sweat.

Belladonna: Congestion with tardy stool and suppressed urine.

Benz-ac: Catarrh of bladder, after suppressed gonorrhoea.

Bryonia-alb: Complaints from suppressed discharges, of menses, milk or eruption of acute exanthema.

Calc-carb: Diseases from suppressed sweat. Amenorrhoea and chlorosis with menses scanty or suppressed.

Carbo-veg: Ailments from quinine especially from suppressed intermittents.

Causticum: Ailments from suppressed eruptions.

Cicuta-virosa: Brain diseases from suppressed eruptions.

Collinsonia-can: After heart is relieved, old piles reappears or suppressed menses returns

Colocynth: Menses, suppressed by chagrin.

Conium-mac: Menses suppressed by putting hands in cold water.

Cup-met: Bad effects of re-percussed eruption, resulting in brain affections, spasms, convulsions, vomiting; of suppressed foot sweat.

Cyclamen-europ: Ailments from suppressed grief and terrors of conscience.

Dulcamara: Perspiration being suppressed from cold. Dropsy after suppressed sweat, suppressed eruptions.

Eupatorium-per: Cough following measles or suppressed intermittents.

Ferr-met: Dropsy from suppressed intermittents.

Glonoine: Intense congestion of brain from delayed or suppressed menses.

Graphites: Diarrhoea often caused by suppressed eruptions.

Helleborus: Dropsy from suppressed exanthemata. Suppressed urine in brain troubles

and dropsy.

Ignatia: Ill effects from suppressed mental sufferings.

Ipecac: Intermittent fever with nausea; after abuse of or suppression from quinine.

Lac-def: Menses suppressed by putting hands in cold water.

Lachesis: Fever returns annually, after suppression by quinine the previous autumn.

Medorrhinum: Pain; arthritic, rheumatic, a sequel of suppressed gonorrhoea.

Merc-sol: Nervous affections after suppressed discharges especially in psoric patients.

Millefolium: Cough; with raising of bright blood; in suppressed menses or haemorrhoids.

Menses suppressed with colic pain in abdomen.

Nat-mur: Intermittent fever, paroxysms at 10-11 am; especially after suppression by quinine.

Opium: Sudden retrocession of the acute exanthema results in paralysis of brain or convulsions.

Petroleum: Skin symptoms if suppressed causes diarrhoea.

Psorinum: Ailments from suppressed itch or other skin diseases. Cough after suppressed itch or eczema. Headache from suppressed eruption or from suppressed menses: Skin; bad effects of suppression by Sulphur and Zinc ointment.

Pyrogen: Lochia suppressed, followed by chills, fever and profuse foetid perspiration.

Sarsaparilla: Gonorrhoea checked by cold, wet weather, or Mercury, followed by rheumatism. Headache and periosteal pain generally from mercury, syphilis or suppressed gonorrhoea.

Silicea: Ailments caused by suppressed foot-sweat.

Spongia: Spermatic cord swollen, painful; testicles swollen, bruised, squeezed; after suppressed gonorrhoea or maltreated orchitis.

Sulphur: Scrofulous, psoric, chronic diseases that results from suppressed eruptions.

Thuja-oc: Suppressed gonorrhoea causing articular rheumatism, prostates, impotence.

Verat-viride: Nervous or sick-headache, congestion from suppressed menses.

Zincum: Bad effects of non-developed eruptions. Chorea from suppressed eruptions; from fright.

SUPPRESSIONS IN REPERTORY

1. Suppression of urine from suppressed gonorrhoea: **Camph, Canth**
2. One sided paralysis from suppression of eruptions: *Caust, Hep-s*
3. Convulsions from suppressed discharges: *Asaf, Cupr, Stram*
4. Convulsions from suppressed eruptions: *Agar, Bryo, Calc, Caust, Cupr, Stram, Sulph, Zinc.*
5. Convulsions from suppressed footwear, after: **Sil**
6. Convulsions from suppressed milk: *Agar*
7. Convulsions from suppressed secretions and excretions: *Stram*
8. Chorea from suppressed eruptions: **Caust, Sulph, Zinc**
9. Itching of skin after suppressed eruptions: *Ars*
10. Skin eruptions suppressed: *Ars, Ars-i, Bell, Bry, Carb-v, Caust, Cham, Cupr, Dulc, Gels, Graph, Hep-s, Ip, Kali-s, Lyco, Mez, Nat-c, Nux-m, Petro, Ph-ac, Psor, Puls, Rhus-t, Sep, Staph, Stram, Sulph, Tub, Viol-t, Zinc.*
11. Suppression of scabies with Mercury and Sulphur: *Agn, Ars, Bell, Calc, Carb-v, Caust, Chin, Dulc, Hep-s, Iod, Nit-ac, Psor, Puls, Rhus-t, Sars, Sel, Sep, Sil, Staph, Thuja, Valer.*
12. Suppression of herpetic eruptions: *Alum, Ambr, Calc, Lach, Lyc, Nat-c, Sep, Sulph*
13. Anaesthesia of skin after suppressed eruptions: *Zinc*
14. Complaints from suppressed perspiration: *Acon, Anthr, Apis, Ars, Bell, Bry, Cadm, Clac, Carb-s, Carb-v, Cham, Chin, Clem, Colch, Cupr, Dulc, Eup-per, Graph, Hep-s, Kali-c, Lyc, Merc, Nat-c, Nat-m, Nat-s, Nux-m, Nux-v, Phos, Plb, Psor, Puls, Rhus-t, sabad Sep, Sil, Starm, Sulph, Verb*
15. Puerperal fever from suppressed lochia: *Lyc, Mill, Puls, Sulph*
16. Suppression of offensive foot sweat: *Am-c,*

- Apis, Ars, **Bar-c**, *Bar-m*, Cham, Colch, *Cupr*, *Form*, Graph, Kali-c, *Lyc*, Nat-m, *Nit-ac*, *Pahos*, Puls, Rhust, *Scl*, **Sep**, *Sil*, Thuja, **Zinc**
17. Suppression of breast milk: Agar, *Agn*, **Bry**, Calc, *Carb-v*, **Caust**, Cham, *Chim*, Dulc, *Hyos*, *Iod*, Lac-d, *Lach*, Merc, **Puls**, *Rhus-t*, *Sec*, *Sil*, Sulph, *Urt-u*, Verat
 18. Suppression of breast milk after anger: Cham
 19. Suppression of menses after anger: Cham, Coloc
 20. Suppression of menses from bathing: *Aeth*, Ant-c
 21. Suppression of menses from chagrin: Acon, *Chin*, **Coloc**, Puls, *Staph*.
 22. Suppression of menses from chill: Bell, Dulc, Nux-m, Puls, *Sep*, Sulph.
 23. Suppression of menses from cold: Aral, *Bryo*, *Cimic*, *Coc-c*, *Con*, Dulc, Nux-m, Nux-v, *Podo*, Puls, *Sep*, Sulph
 24. Suppression of menses from cold bath: Acon
 25. Suppression of menses from putting hands in cold water: *Con*, *Lac-d*.
 26. Suppression of menses from dampness: Dulc, *Rhus-l*.
 27. Suppression of menses after excessive dancing: Cycl
 28. Suppression of menses in emigrants: *Plat*
 29. Suppression of menses from emotion: *Cimic*
 30. Suppression of menses from exertion: *Cycl*, Nux-m
 31. Suppression of menses from fright: Acon, *Bryo*, Calc, Coff, Gels, *Kali-c*, *Lyc*, Nux-v, *Op*
 32. Suppression of menses from grief: **Ign**
 33. Suppression of menses after being heated: *Bryo*, *Cycl*
 34. Suppression of menses from disappointment of love: Hell, Ign, Nat-m, Ph-ac.
 35. Suppression of menses from thunderstorm: Nat-c
 36. Suppression of menses from being wet: Acon, Calc, Dulc, Hell, Nux-v, Puls, *Rhus-t*, *Senec*
 37. Suppression of menses from getting feet wet: Acon, Graph, Hell, Nat-m, Nux-m, **Puls**, **Rhus-t**
 38. Suppression of lochia: Acon, Alet, Aral, **Bryo**, *Camph*, caul, Cham, *Chin*, *Cimic*, Coloc, Dulc, *Hyos*, Mill, Nux-v, *Op*, Plat, Psor, **Puls**, **Pyrog**, *Sec*, *Stram*, **Sulph**, Vert, Zinc
 39. Suppression of lochia from anger: Coloc
 40. Suppression of lochia from cold: Acon, *Bryo*, Cham, *Cimic*, Dulc, **Pyrog**, Sulph
 41. Suppression of lochia by excitement: *Cimic*
 42. Suppression of lochia from fright: Acon, Ign, *Op*
 43. Suppression of lochia after grief: Ign
 44. Suppression of lochia after vexation: Acon, Coloc
 45. Suppression of ear discharge: Alum, Asaf, **Aur**, Calc, **Carb-v**, **Caust**, Graph, *Hep-s*, **Merc**, Petr, Puls, Sulph, Zinc

CONCLUSION

Suppression and palliation (except in some emergency and surgical cases) by any means is not a method of judicious treatment rather it often leads to an incurable state of suffering. By suppression or palliation we can only remove some of the manifestations of the disease but the internal dyscrasia for that disease can not be rooted out from the organism. The cases of suppression or bad effects of palliation can only be treated successfully with judicious application of suitable Homoeopathic medicine in proper dose and repetition till the disease is in curable state. Although we have scopes for palliative treatment in some exceptional cases, but it should not be routinely practiced. The cases which truly need palliative medicine may be treated safely, but where palliation is done deliberately to all the cases the result is very detrimental for the patient. We should think twice and study the case thoroughly before we institute palliative treatment for the case. Most of the time the beginners develop the habit of giving palliative treatment due to their lack of experience. This is my request to them not to be fond of palliative treatment as it gives quick results, but know the bad consequences: that it leads to suffering from an incurable disease - the resultant of your ignorance.