

**MORE
ABOUT
HOMŒOPATHY**

T. K. MUKUNDAN

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MORE ABOUT HOMOEOPATHY

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MUKU
(MOR)

By
T. K. MUKUNDAN



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MUKU
(MOR)

DEDICATION

*Affectionately dedicated to my wife,
Radha Mukundan (Molly) for
all that she is to my family and me,*



*"Talk health. The dreary never ending,
Tale of mortal maladies is more than stale ;
You cannot charm or interest or please,
By harping on that minor chord, disease ;
Say you are well or all is well with you,
And God shall hear your words and make them true."*

Ella Wheeler Cox

PREFACE

In writing this small book, it has been my aim to give the average educated person an idea of what *Homoeopathy* is.

Mention "*Homoeopathy*" and you see persons smile as though pitying the poor creature who is taking to Homoeopathy to cure his illness! Such is the attitude of many. Many an allopath has a sneering contempt for Homoeopathy and brushes it aside as something funny! All this because they do not find either the time or patience to go through the various books which can give them an idea of what Homoeopathy is.

This book will give such readers an idea of what this subject is, its scientific nature and the great scope for expansion and utility especially in a country like India which lives in its villages, where medical help of any kind is not available.

Myself being troubled with acidity of the stomach for many years and all the allopathic medicines given by my family (with a tradition of three generations of allopaths) were only palliative but not curative. It was by sheer chance that when a Homoeopath came as my neighbour, I took an interest in it and becoming conversant with its principles I worked out my constitutional medicine—*Pulsatella*—which in a high dose gave me complete relief! That these tiny sugar pills could effect such a cure was amazing for all!

Having felt the pleasure of living without medicines, I thought of making the many sufferers acquainted with this *Simple, Sure, Safe and Cheap* kind of treatment and experience for themselves the efficacy of *Homoeopathy*, and so this effort.

Humanity owes a great debt of gratitude to Dr. Hahnemann the discoverer of this system and to his band of devoted

provers and also to the other eminent doctors who have added greatly to the success and prestige of Homoeopathy.

May God bless them all.

God's Gift
Calicut-XI,
Kerala.

T. K. Mukundan

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THINK THESE OVER

Doctors pour drugs of which they know little, to cure diseases of which they know less, into human beings of whom they know nothing. —*Voltaire*

“For the sick the least is the best”. —*Hippocrates*

“To study medicine without books is to sail in an unchartered sea whilst to study medicine only from books is not to go to sea at all”. —*Sir William Osler*

“For every ailment under the Sun,
There is a remedy or there is none ;
If there be one, try to find it,
If there be none, never mind it”. —*Author (Unknown)*

“As a lamp is choked by the superabundance of oil and a fire extinguished by excess of fuel, so is that natural health of the body is destroyed by intemperate habit”. —*Burton*

On the Art of Healing

Make a careful diagnosis, discover the true cause of the disease, think out the proper remedy and apply it effectively.

Right treatment consists of four elements : the patient, the doctor, the remedy and the attendant.

The man who stops just a little before he feels has had enough retains the joy of eating, on the other hand the big eater invites disease. Much pain is saved if one learns to eat only what has been found to suit one's health and to say “NO” *ie.* exercises self-restraint in respect of quantity. The ignorant man who eats beyond “the measure of his fire *ie.* beyond the power of his digestion, must be prepared for all sorts of ailments”. —*Tiru Kural (A Tamil Book)*

I have no faith in allopathy, homoeopathy or any other “pathy”, but only in “sympathy”, a patient told the great physician Dr. B.C. Roy.

LIFE-HISTORY OF DR HAHNEMANN

(1755-1843)

To Dr. Samuel Christian Hahnemann goes all the credit for discovering the principles of Homoeopathy and publishing them.

He was born in a poor family on the 10th of April, 1755 at Messein in Saxony—Germany. Burnet says “Hahnemann’s father often shut him up alone in a room and gave him a theme to think about”. This made him even as a boy to develop the habit of thinking. The result of such thinking he had to report to his father. This habit also made him to conclude anything only on facts and never on mere theory or speculation.

When he was young, to add to the family income, he assisted his father in porcelain painting work. This kept him busy through out the day. At night he studied languages, *e.g.*, Arabic, English, German, Greek, Hebrew, Italian, Latin, Spanish and Syriac.

Ameki’s history of Hahnemann says that he displayed wonderful energy in securing his primary training, as his father was a man of limited means. By his own indefeatable industry, though poor, he went well through his early education. At an early age being master of so many languages enabled him to work as an able translator. He got admission in the Leipzig University for medicine in 1775 and then in the University of Vienna in 1777, finally graduating from the University of Erlangen, receiving the Doctorate of Medicine in his 24th year. The subject of his thesis was “A Consideration of the Etiology and Therapeutics of Spasmodic Affections”.

He then began to practice, but doubts assailed him about the rationale of the system of medical treatment, which he observed was speculative. He returned to Leipzig in 1789 after quitting practice and compiled from many books in many languages facts relating to the action of drugs. During this compilation, he was struck by the similarity of the drug action and the symptoms they were noted to cure. "Disease effects are removed by the applications of drugs having corresponding medicinal effects".

Though he had an M.D. in allopathic system of medicine, he worked and obtained his doctorate in chemistry in 1784. He was thus an eminent physician, a first class chemist, mineralogist, botanist, a good samaritan and an alround scientific man. He published seventy original works on chemistry and medicine and also translated twenty-four authors into French, Latin and German.

While translating Cullen's *Materia Medica* in 1790 into German, Hahnemann found that he did not agree with Cullen's view, that the action of the Pruvian bark in chills and fevers was attributed to "a strengthening power that it exerts over the stomach". Hahnemann refused to accept such an explanation.

Wishing to experiment upon himself and family, they took for several days four drachams of the infusion of Cinchona bark twice a day. The result was amazing, for in a few days all of them developed symptoms indentical to those for which Cinchona was prescribed as a cure. Hahnemann noted Cullen's explanation of the action of Cinchona bark was a mere speculation and was so done because he had to say something !

Hahnemann discovered by this experiment (which can be called the very foundation of Homoeopathy) that a drug produced in an otherwise healthy body, symptoms *i.e.* a disordered state of health, identical with what that drug was intended or prescribed to cure.

A great believer in God and His grace, Hanemann always believed that the Almighty God did not leave His creatures to

suffer from the pangs and ravages of diseases without some easily available natural means of help. He proved on himself ninety-nine drugs and wrote ten volumes on such "provings".

With these experiences he developed his most famous law—the key to Homoeopathy "*Similia Similibus Curentur*" in Latin and which in English is "*Similar is Cured by Similar* or "*Likes are Cured by Likes*". This great principle was formulated by Hahnemann in 1796, which he published in Hufelard's Journal—the leading medical periodical of the day.

Perfecting this original system, he put it into practice with great confidence. This innovation no doubt was ridiculed by the allopathic medical practitioners of the day, who not only did not give it any recognition but began ridiculing it. He was considered as a rebel by the other practitioners for his revolutionary theories, especially by the apothecaries who hounded him out of Leipzig. The medical profession relentlessly attacked him and he fought back bitterly and ceaselessly too. Since he was made unpopular in Leipzig, he left it for Cothen and from there to Paris. Here he was very happy and he had a very lucrative practice.

His scientific mind was neither satisfied nor convinced about the effectiveness of the then medical treatment. He was convinced that drugs were prescribed without a correct knowledge of their actions and possible reactions, and that allopathy was a system of treatment which only dealt with diseases and not with symptoms. Allopathic treatments of diseases are only by drugs known to induce action of a kind opposite to that of the disease, while the basic idea of Homoeopathy is treatment by drugs which produce symptoms similar to a particular disease,—the disease itself.

Dr. Hahnemann's Law of Cures is *Likes are Cured by Likes* (*Similia Similibus Curentur*). This vitalistic doctrine of Homoeopathy lies in the fact that diseases or medicines derange the human organism only by virtue of the power that such exercises on the *Life Principle*. When susceptible life's equilibrium

is disturbed and its direction becomes an image of its normal to the extent that it takes the identity of that which disturbs it. This plan of action and reaction is what is described as Vital or Dynamic. Potentiation of a drug virtually releases the curative principle, contained in the medicine and acts as a specific stimulus to life to react and resist. It is the resisting power thus exercised by life which restores the equilibrium to normal again. This may come in one moment or take a longer time. When it is stabilised, cure is achieved and it is permanent.

“Doctors pour drugs of which they know little, to cure diseases of which they know less into human beings of whom they know nothing” so said Voltair. This was probably what Hahnemann was obsessed with, when he found that the drug which cures malaria also produces in healthy persons the symptoms of malaria ; his scientific thinking setting him on a path different from that followed by other medical men.

On disclosing his law of *Similia Similibus Curentur* to some of his doctor friends and who on experimenting with drugs on healthy persons, noted with great surprise, that any drug which reduced the symptoms of an ailment in a sick person also produced identical symptoms in an otherwise healthy person.

Such an experiment with a drug was termed “*Proving*”.

Many persons volunteered for such “proving” under oath. Each and every symptom of such persons from mental to organic ones, and their actions and reactions were all recorded. Having found after such provings, sufficient proof, Hahnemann boldly declared that there exists a similarity between drugs and diseases, which was named the “*Law of Similars*”, which meant “*Likes are cured by Likes*”. i.e. *Similia Similibus Curentur*, which can be expressed as “*Let Likes be cured by Likes*”.

Hahnemann later made another significant discovery. His experiments made him conclude that drugs in very much smaller

doses than those usually given were quite effective in their curative powers, *ie.* diminution of the action of the drug was not proportional to the diminution of the quantity. Medicines could be so diluted that neither physician nor chemist could discover any trace of the original matter in such solutions and yet they possessed great healing powers.

This led to the discovery of *Dynamism*, which established Hahnemann's name and fame unshakably.

Hahnemann published one hundred and sixteen large works and one hundred and twenty pamphlets.

Though his life was a continuous struggle against many odds, his courage and conviction saw him through all these. His "literary war with his pen against the then existing unscientific system of medicine had a good effect of bringing about a change of thinking in the medical world. He believed in experimentation and was thus ahead of today's scientific world. He believed even in those days, that the insane could be cured and was against the use of strong drugs. Though troubled and persecuted many times, he approached all his problems with a serene and calm mind and thus found solutions. Though a person of great accomplishments, Hahnemann never wanted any honour and so he wrote: "In my life-time I desire no recognition, for the beneficent truth, which I have unselfishly propagated".

This wonderful genius which had not only discovered the Law of Similars and the Law of Dynamisation in medicine and thus proved scientifically that there are principles and laws which govern the practice of medicine. Fully convinced he advanced his theory of Dynamisation or Potentisation.

After testing these two principles for twenty years he published, "The Organon of The Art of Healing" in 1810, thereby reducing medicine to an orderly system which was an exposition of the therapeutic principles and methods that pertain to the art of healing. If, as many assert that healing is an art and not

a matter of empiricism, there must be a therapeutic principle underlying it. Such a principle must provide a therapeutic method, that is intelligent, reasonable, practical and efficient. The principle underlying the method must be correct *ie.* capable of being demonstrated. When the principle is proved as correct by demonstrations, observations and experiments, it must be stated in a concise and understandable formula. "Once a demonstrated fact is projected into a formula, it becomes a law, which stands for all time as a help to mankind. "Without a law medicine was sunk in vague uncertain empiricism, despite the claim to be scientific. When law is employed to the end of restoring the sick to health, healing becomes an art, which is the best way of doing a thing."

These principles Hahnemann published in his first edition of *Organon or Rational Medicine* in 1810. Sales of this was slow, but on it becoming popular the demand increased so much that even in Hahnemann's life-time four more editions were published. Each edition contained some more original matter, being the result of his later day practice and observations, which were the effects of various substances used as medicines upon healthy persons. These observations led Hahnemann to conclude "that all persons are not affected by a particular medicine in an equal degree". Another was "unknown medicines even in the mildest dose will produce symptoms if tested on sensitive persons."

These findings apart from adding new material to the 1st edition of *Organon* and subsequent editions never contradicted the essential principles already described. Such findings made Hahnemann speak of idiosyncrasies, which is a prime factor in homoeopathic treatment. He discovered that peculiar constitutions, which though otherwise healthy, possess a disposition to be brought into a more or less morbid state by certain things, which seem to produce no impression or changes in many other individuals, *ie.* some are more susceptible than others.

In 1830, when Dr. Hahnemann was seventy-five, his wife Henrietta Kuchler died. In 1835 when he was eighty, he led himself to the altar a French lady Madame Melanie. She was a great admirer of Hahnemann when he was a private medical practitioner at Cothen. She was wealthy and accomplished. With great nobility of character, keeping just the equivalent of only Rs. 30,000 for themselves to live, the balance of Hahnemann's fortune a lakh (Rs. 1,00,000) and his two palatial mansions, both grandly furnished she saw were made over to the children of Hahnemann by his first wife.

Hahnemann founded a chair of Homoeopathy in Leipzig University and became its first occupant. The author of 116 large books and 120 pamphlets and one who had given an altogether new philosophy to mankind for alleviating the diseases, that every human body is prone to, and whose achievements excelled the contributions of the great Greek men of medicine, Hippocrates, Galen or Paracellus passed away peacefully in his 88th year on the second of July, 1843.

He was buried at Montmarte cemetery. In 1899 *i.e.* fifty six years latter, his remains were transferred to Pre-la-chase cemetery in Paris. His cenotaph is made of fine pink coloured Italian marble and has Dr. Hahnemann's statue on a pedestal with the inscription *Non Inultitis* meaning "*I have not lived in vain*".

In his honour a bronze statue was erected at Leipzig in 1851 A.D.

Hahnemann did not believe in strong drugs and drugging. Though for his unorthodox views on medicine he was despised and even persecuted, he approached all problems with a calm and peaceful mind, suffering everything, even leaving his native place, all to save his own creation, the science of healing, from extinction. He never sought anything and had written "In my life time, I desire no recognition, for the beneficent truth which I have so unselfishly propagated".

Hahnemann's wish as he expressed was "Let me go down to posterity as the image of my inner self which can easily be

discerned in my writings. My vanity goes no further than this, and I have not lived in vain—*Non Inultitis Vixi*.

Hahnemann was averse to empty speculations and hypothesis based only on authority, but believed in demonstrable and verifiable experiments, to judge the truth of laws, rules and methods used for the development of medical science. Year after year he conducted experiments and observed more minutely the results on his patients, to have an up-to-date idea of his experiments and observations. He was bold enough to change his views on the basis of his latest experiments and to publish his ideas from time to time to guide his disciples properly.

He published five editions of *Organon*, which contained his views, observations and general principles on the basis of his numerous experiments. Each addition was an advance on the previous editions with regard to his latest ideas. In the fifth edition published in 1833, he advocated the use of Centesimal scale of potencies, in which the ratio of the remedy to the diluent was 1 : 100. In his sixth edition written in the last year of his life (1755-1843) he advised a new scale of potencies, known as the 50 Millesimal scale of potencies.

His greatest and last achievement was the discovery of "*Dynamism*". This has distinguished him from all other men of medicine. This he established and this living truth will last for ever.

The sixth edition of *Organon* was revised in 1842—a year before his death but the manuscript was misplaced. Later it was recovered and translated into English and published in 1921 being posthumously edited by Dr. Boerick of America. This invaluable manuscript was in danger of being lost for ever twice. The first was in 1870-1871 during the siege of Paris during the Franco-Prussian war. The second was when the army overran Westphalia during the first World War (1814-1918).

In the history of medicine Hahnemann remains an epochal figure. Hippocrates (460-377 B.C.) of Greece, the "Observer"

introduced the art of clinical observation as the necessary basis for pathogenic diagnosis, was the first, Galen (130-200 A.D.) of Rome the "Disseminator" spread with powerful authority the teachings of Hippocrates over the medical world was the second, Paracelsus of Germany (1483-1541 A.D.) the "Assailer", introduced chemical as well as physical analysis into the practice of medicine was the third important figure in ancient medicine. Hahneman (1755-1843) the "Experimenter", discovered the symptomatic source of both pathologic and therapeutic diagnosis and thereby made the practice of medicine scientific".

From introduction to the translation of the 6th edition of Organon by Dr. Boericke—By James Krauss, M.D. (Boston), September 30th, 1921.

It was Hahnemann who for the first time in history who said "Remove the effects and you remove the disease" the cause of the effects *Cessat effectus cessat causa*. He was practical in all that he said and did and never accepted any speculation.

Similia Similibus Curentur (like is cured by like) was the first accepted principle. but latter on this was modified by Hahnemann after considerable research and he used the less positive subjective *Curanter i.e., Similia Similibus Curanter*, signifying "Like should be cured by like".

After a long series of experiments he wrote :-

1. Organon of Rational Knowledge of Healing.
2. Materia Medica.
3. Chronic Diseases.

These three are the foundation books on Homoeopathy.

Some researchers are of the opinion that system was borrowed from certain old writers and Hahneman also imperfectly admits to this.

A latter product of Hahnemann's thinking is the peculiar feature of Homoeopathy, *ie.*, the theory of dose. Though it is not an integral part of the system it is a corollary and not a principle. Many practitioners use the low potency while some employ the high and others the highest potency of hundred thousand millions.

Hahnemann discovered "that diminution of the action of the drug was not proportional to the quantity".

There are two schools of Homoeopathy, *ie.*, the Purists and the Rationalists. The former regard the Organon as their Bible and employ the single dose, single medicine and the highest possible potency. They believe in the spiritual dynamism acquired by the process of trituration as certain or indubitable. The followers of the other school, *i.e.*, the Rationalists go in for the low potency and believe in the universality of the Law of Cure, but also admit that it cannot be always applied due to an imperfect Materia Medica and lack of a very thorough knowledge on the part of the physician. They believe also in reducing pain by the free use of adjuvants at present known, *e.g.*, massage, balneology *ie.* the scientific study of bathing and of the mineral springs, etc.

The reduction in the quantity of medicine given had a great effect on the common people and revealed the fact that nature's method is very often sufficient and needs only a gentle and occasional assistance of medicine to cure many diseases especially fevers that have a definite and regular course.

Hahneman must be given all the credit, as he was the first to break decidedly with the Old School of medical practice, in which, forgetful of the teaching's of Hippocrates, nature was either overlooked or rudely opposed by wrong and ungentle methods—a very courageous step indeed. The result of his system of healing compared favourably with those of orthodox contemporary practice. He has done much to give prominence

to the therapeutical side of medicine and stimulate the study of the physiological action of drugs.

He also gave attention to various powerful drugs, e.g., *Aconite*, *Nux vomica*, *Belladonna*, etc., and the advantage of giving them in simpler forms than before.

His life was a long history of victorious achievements, though earlier he had to struggle against many troubles and tribulations which he faced with the courage of his convictions.

LIFE-HISTORY OF BOENNINGHAUSEN

(1785-1864)

Baron Clemens Maria Franz Von Boenninghausen was born in 1785 in his father's family estate in Netherlands.

After graduating from the Dutch University at Groningen as a Doctor of civil and criminal law, he held responsible positions in the court of Louis Napoleon, King of Holland till 1810. Since the king abdicated he retired. In 1812 he wedded and went to an estate in West Prussia and interested himself in agriculture and allied sciences. He was particularly attracted by Botany and formed the first Agricultural Society in the Western areas of Germany. In 1816 he was the President of the Provincial court of justice for Westphalia, in Prussia. Later on he became the sole judicial president in the land evaluation court in two provinces in Prussia because of his technical knowledge of agriculture and land values and much travelling in those areas. Later he became one of the General Commissioners.

During his frequent journeys he took a deep interest in the study of flora. This brought him into contact with the botanists and was made the Director of Botanical Gardens at Munster, and he has to his credit many Botanical writings. He was honoured for his works and deep interest in Botany by naming two genus of plants after him.

Though previously quite healthy, he contracted prulent tuberculosis in 1827 and all hopes of recovery, were give up. He even wrote a farewell letter to Dr. A. Weihe M.D., a close Botanical friend and the first honorary physician of Rhineland

and Westphalia, who on learning of the symptoms of his friend, sent some Pulsatella. He recovered gradually and was soon cured.

This incident made Bonninghausen a firm believer in Homoeopathy and he did his best to create an interest among the physicians in Homoeopathy. He was also one of the founders of the Medical Society at Hunster but the members did not take much interest in Homoeopathy. He read all available books on Homoeopathy and two senior physicians became interested in Homoeopathy.

Boenninghausen read all available books on Homoeopathy and two senior physicians became interested in this, through Boenninghausen's cure and of certain stubborn cases and they finally become converts to Homoeopathy. Gradually his skill and fame as a clever Homoeopathic physician spread to France, Holland and America where many doctors took up Homoeopathy.

On the 11th July, 1843 King Friedrich William IV presented him with a document for practising Homoeopathy. Bonninghausen later prepared a Repertory which is a very useful one and different from the existing ones in working out a proper remedy. From 1830 Boenninghausen was having a wide Homoeopathic practice and this prevented him from taking up literary work on Homoeopathy. He wrote the following works :—

1. 1831—The Cure of Cholera and its Preventives.
2. 1832—Repertory of Antipsoric Medicines with a preface by Dr. Hahnemann.
3. 1864—Attempt at Homoeopathic Therapy of Intermittent and Other Fevers especially for would be Homoeopaths.
The second edition was revised and enlarged.
4. The Pyrexia.

After he was accorded permission to practice, he founded a society for Homoeopathic Physicians in Westphalia. This was successful and was in existence for many years.

Boenninghausen was a close friend of Adolph Lippe and also of Carrel Dunham both eminent physicians and writers in Homoeopathy. Lippe praised the accuracy of Boenninghausen's Repertorial work. Lippe's son later compiled another Repertory.

Boenninghausen had seven sons. The first and second became Homoeopaths. His first son practised in his neighbourhood and later went to Paris, where he married the adopted daughter of Hahnemann's widow. He lived with Madame Hahnemann and her daughter and had access to Hahnemann's library and his manuscripts.

LIFE-HISTORY OF DR. JAMES TYLER KENT (1849-1916)

He was born in the city of Woodhull in the state of New York in the United States of America, on 31st March, 1849. He graduated with a Ph. B. from the Madison University in his nineteenth year and two years later secured his A.M. from the same university. From the Medical Institute of Cincinnati he underwent instruction in Allopathy, Homoeopathy and other unorthodox medical systems like Naturopathy and Chiropraxy (a method of curing by adjusting with the hand a displaced joint of the vertebra to which disease is attributed, *ie.*, without drugs or surgery.) Being trained thus the students developed a spirit of tolerance to all systems and later chose what they liked best.

In his twenty-sixth year he married and set up practice as an Eclectic (choosing the best forms from the various systems) physician in the city of St. Louis, in the state of Missouri. As one who was hard working and diligent he was very successful and became a member of the Eclectic Medical Institute. As Homoeopathic teaching here was only superficial he was not much impressed by it.

It was an event in his domestic life that changed his professional practice and his future. His wife to whom he was very much devoted, developed some trouble, which all the treatment he and his colleagues gave made no progress. Since her condition was becoming worse, at her request sent for Dr. Phelan, a Homoeopath of repute. His methods in questioning, etc. appeared to Dr. Kent to be quite nonsensical. When he

gave a few "sugar pills" with the instruction that a few of these are to be dissolved in a cup of water and a teaspoonful to be given every two hours till she fell asleep. Dr. Kent could only smile at the absurd treatment. However in deference to his wife's wishes he gave her a teaspoonful and retired to his study. Engrossed in his books he forgot to give the second dose and when he remembered and came out of his study after four hours to give the second dose he was surprised to find her sleeping, which was a miracle to him as all the previous treatments had failed to cure her insomnia. Dr. Phelan continued his visits and Mrs. Kent steadily improved and her ailment was completely cured.

This made a deep impression on Dr. Kent and he took up the study of Homoeopathy through Dr. Phelan, who took the first lessons through Dr. Hahnemann's "Organon". Reading every book and every other publication available on Homoeopathy, he was convinced about the truth in Homoeopathy and began practice as a pure Homoeopath.

In 1882, he was appointed to the Missouri Homoeopathic College as Professor of surgery and latter as Professor of Homoeopathic Materia Medica, till 1888. In 1889, he joined The Philadelphic School of Homoeopathy as its Dean and as professor of Homoeopathic Philosophy, Materia Medica and Repertorisation.

Swedenburgh's philosophy gave him an insight into the Problem of sickness and healing. "Though he looked up to heaven his feet remained firmly planted on the "ground" and he was able to create a method which could be taught and applied for the study of symptoms and the search for the similimum". Dr. Kent always maintained that he always stuck to Hahnemann's teachings as expounded in the ORGANON, thus paying a tribute to this Grand Old Master.

During his tenure at Philadelphia he was most unfortunate to lose his wife and sublimated this tragedy, into service for humanity which is but ORGANON literally. This was

almost on a par with what happened to Hahnemann in 1896. Dr. Kent was called upon to treat a lady who was also a convert to Homoeopathy from Allopathy. He eventually married her and with her cooperation produced his immortal and classical works, *e.g.* Lectures on Homoeopathic Materia Medica, Lectures on Homoeopathic Philosophy and the most useful work—The Homoeopathic Repertory. He became the Dean of the Dunham Homoeopathic Medical College at Chicago and in 1905 he associated himself with the Hahnemann Homoeopathic College also in Chicago. He was later President of the Herring Medical College, when Doctors H.C. Allen and J.H. Allen (Famous Homoeopaths) were co-professors with him.

He published his world famous Repertory—the great reference book for any Homoeopath sustaining a great loss in money, since many withdrew their advances given, before publication. He published a revised second edition. The third edition he despaired of even completing, as it was a terrific strain on the eyes for him and his wife, but they finally managed to complete it in 1914 though he could not see it actually published since he died in 1914.

“The third edition completes my life work. I have brought it up-to-date.... I have every symptom in the book. You will find all medicines of any value contained herein. The book is complete,” wrote Dr. Kent. Dr. Kent discovered the language of Reaction and had shown the direction of the course of treatment immediately following the first dose and how the multiple reactions following this step should be interpreted and the patient led scientifically towards complete recovery.

Only those who have handled this world famous Repertory can understand the magnitude of his deep study, patience and remarkable perseverance. This book is a monument for all that Dr. Kent stood for and it is doubtful if any such book would be produced as it will be redundant and unnecessary and at best can only be a repetition.

LIVES OF SOME ANCIENT PHYSICIANS

Hippocrates (460-377 B.C.)

He was a Greek physician born about 460 B.C., in the island of Cos. He belonged to a family of priests and doctors and lived mostly at Cos and Cnidus practising his art. He died in 377 B.C.

Hippocrates is called the father of medicine and for centuries his oath was the one taken by medical graduates. He was much in advance of the ideas of his age and in some ways anticipated the modern treatment of disease. His view on diet was very sound. He believed in surgery and his mind was thoroughly scientific in its outlook. He left a number of writings which have been translated into English.

Galen (130 200 A.D.)

He also was a physician from Greece. He was born about 130 A.D. at Pergamum and studied medicine in Greece and Egypt. About 163 A.D. he went to Rome, where he was made physician to the Emperor Marcus Aurelius Commodus as also to very many other eminent Romans. He died in 200 A.D. either in Scicily or his native Pergamum. Galen wrote a great deal on medicine and though most of his writings have been lost, those that remained were studied by medical men for centuries and proved him to have been after Hippocrates, the greatest of Greek physicians.

Paracelsus (1493-1541)

He was a German physician. Born about 1493 A.D. His real name was Theophrastus Bombastus Von Hohnheim, his father being a Swiss physician. He himself studied medicine and acquiring fame as a practitioner was appointed lecturer at Basle University. His objectionable habits and violent temper brought about his expulsion and for twelve years he was a wanderer, settling finally at Salzberg where he died on September 24th, 1541.

THE BEGINNING OF HOMOEOPATHY IN INDIA

Although hardly 200 years old, Homoeopathy gathered momentum and became widely prevalent in Europe, America and Australia. India too came under its influence.

In 1810 a German physician and geologist sowed the seed of Homoeopathy for the first time in Indian soil by distributing Homoeopathic medicines in Bengal to the sick. Soon afterwards Dr. Mullens of the London Missionary Society is known to have practised Homoeopathy in Calcutta. It is because of this that Bengal remains as the most popular area for Homoeopathy in India.

Lahore was the place where Homoeopathy received Royal support from His Highness the Maharaja Ranjeet Singh, in 1839. Dr. Jony Martin Hoeningburger, a German doctor treated the Maharaja with Homoeopathic medicines, which had an almost magical effect. The Maharaja was suffering from some chronic malady which his court physicians could not cure. So this German doctor was called. The Maharaja was at first very reluctant to take the medicine prepared by a foreigner. Probably he might have even suspected foul play. So under the orders of the Maharaja the medicine was prepared by the doctor in his presence supervised by the court physician.

The medicine was *Dulcamara*—6th potency. This was prepared in grape juice and saturating a cube of sugar with it was given to the Maharaja. In a few days he felt better and expressed his gratitude to the doctor and as a token of his appreciation presented him with two solid gold bangles and

other gifts and also made him the court physician. Hoenin-gurgher continued in this post for many years, even after the passing away of the Maharaja. His efforts at introducing Homoeopathy on a wider scale did not succeed.

By about 1846 Homoeopathy gained currency in South India. A few Homoeopathic dispensaries were opened by Surgeon General Samuel Brookling, a retired medical officer at Tanjavoor (Tanjore) and Pudukottai, in Tamil Nadu. In 1851 Dr. Nonere, a French national and who was the first to be appointed as Health Officer, Calcutta also made attempts to introduce this system, but could not make headway.

The other pioneers responsible for the spread of Homoeopathy in South India are Dr. M. Raja Bahadur, Dr. T. Janakiram, Mr. C. Kesava Rao Naidu, Dr. V.R. Moorthy and Dr. S. Sreenivasan. In 1945 certain prominent citizens of Madras led by Justice Somayya, Justice Krishnaswamy Iyengar and Justice Patanjali Sastry started the first Homoeopathic College at Madras under the Principalship of Colonel Rama Rao; but this institution was shortlived. In 1947 Andhra Kesari T. Prakasam, the then Chief Minister of Madras and Bharata Ratna V.V. Giri the then Minister for labour in the composite Madras State, who both evinced great interest in Homoeopathy appointed a committee consisting of Col. Rama Rao, Dr. T. Jankiram, Mr. S.M. Savor and Dr. M. R. Guruswamy Mudaliar to evolve ways and means of developing Homoeopathy. Although the committee submitted a report to government there was no effective follow up action, In 1952 the government issued an order authorising the district collectors to register Homoeopaths under Prohibition Act to enable them to possess Homoeopathic preparations containing alcohol. In 1956 the Madras Presidency Homoeo Association started a charitable Homoeopathic dispensary and also conducted a three year diploma course in Sunday classes. But this course appears to have been given up later.

Lahore was the place where Homoeopathy received Royal support from His Highness Maharaja Ranjit Singh. From Lahore

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this system spread far and wide. It was from Lahore that the Jesuit Fathers brought it to the West coast. From here it really spread all over South India.

In 1880 Rev. Father Muller set up a Homoeopathic institute at Kankanady in Mangalore City (Karnataka State), which even today is a flourishing concern. For his great humanitarian work, not only did the Govt. of India honour him, but even the King Emperor of India the British Monarch conferred on him honours as also the Kaiser of Germany.

Dr. Mahendralal Sarkar, M.D.,C.I.F.,D.L. was the first among the medical men of India to practice Homoeopathy in preference to Allopathy. He was the first convert to Homoeopathy. An M.D. of Calcutta University and though initially a strong opponent of Homoeopathy was convinced of the effectiveness of Homoeopathy, practiced this system for the rest of his life, for several years effecting some very extraordinary cures.

Sri Ramkrishna Paramahansa, Sri Aurobindo Gosh, Rabindranath Tagore and Motilal Nehru were some of eminent persons who believed in the efficacy of Homoeopathy and encouraged the practice of this system.

Mahatma Gandhi an ardent advocate of Nature Cure said : "Homoeopathy will never fail, as my *satyagraha* will never fail".

Homoeopathy is a modern science and also an International system of medicine, practiced throughout the world and encouraged in the United State of America, England and Western Europe.

It is reported that a vaccine for curing Rabies was developed from the saliva of Rabid dogs by a Homoco parctitioner Dr. Herring, long before Dr. Louis Pasteur evolved his famous theory. A vaccine for tuberculosis is also reported to have been evolved by Dr. Burnett, a Homoco physician long before

BCG vaccine was discovered. In fact it is claimed that the various Allopathic vaccines now in use for control of communicable diseases, such as cholera, tuberculosis etc. owe their origin to Homoeopathic research.

In general medical practice today a stigma is attached to Homoeopathy as being a dissenting sect; but with the proliferation of Homoeopathic clinics in the country this is being slowly removed.

Despite the high degree of sophistication of life in the United States of America it is there that Homoeopathy chiefly flourishes. Associations which conduct examinations and grant diplomas are in existence in England, United States of America, Canada, Germany, France and Italy. These countries have also journals regarding Homoeopathy. In India too there are now many such institutions and in many States the Government has recognised this kind of medical treatment and made fairly liberal grants for its furtherance. Now there are a few colleges teaching exclusively Homoeopathy both in the private and public sectors. The great increase in medical stores selling exclusively Homoeopathic tinctures and pills and also books is a sign that this effective, cheap and sure system is meeting with the public approval of this system. The very great increase in the attendance of purely Homoeopathic hospitals and dispensaries is a pointer to the great and growing belief in this system by the public.

Hahnemann experimented with various herbal and mineral drugs upon himself and other healthy persons and recorded their symptoms they produced. *His records included not only the physically felt changes but also psychological moods and feeling experienced by the subject.* These records became the basis of *Homoeopathic Materia Medica*.

While prescribing drugs to his patients Hahnemann also discovered that sometimes changing the potency of the drug effected the cure. Fascinated by this he kept on experimenting and found that the drugs worked even better in extremely minute quantities.

“It is still a mystery how such a minute amount of drug effects the cure. Paradoxically it creates the same symptoms in the healthy, which it is supposed to cure in a patient”.

“An eminent homoeopath, Dr. Jugal Kishore of Delhi feels that probably the drug stimulates the immunisation faculties in the brain. Once roused to resist the symptoms produced by the drug, the body also cures the disease which causes like symptoms. However the rational needs further objective study. A research proposal has been submitted to the Central Government which seeks to carry out bio chemical and neurological studies to unearth the curative mechanism of homoeopathic drugs. The Council for Indian Medicine and Homopathy also hopes to carry out potency-energy experiments in collaboration with the Bio-chemistry department of All India Institute of Medical Sciences. These experiments will enable scientists to understand the changes in a drug's efficiency as its potency is varied. Whatever the exact process of this therapy, it works, if one is to go by its increasing popularity. It has spread all over the world and in India thousands of Homoeopaths are practising today.

In contrast to the harmful side effects of many allopathic drugs when used injudiciously most Homoeopathic medicines are non-toxic and non-reactive.

There are more than 2000 homoeopathic medicines today many of them discovered accidentally.

Indian Homoeopaths have made valuable contributions by adding several new medicines. Sometimes the inspiration has come from Ayurvedic medicines and traditional practices. For instance *Cyanodon dactylon* (*Hariali* grass *Kusa* i.e., grass-Karuka Pullu-Malayalam) a remedy for amoebic dysentery was extracted by Dr. Jugal Kishore. This is the grass “*Dura*” used in purificatory ceremonies by Hindus.

Homoeopathy can be specially helpful in rural areas, where modern medicines and good doctors are either not available

or are beyond the means of most people. Knowledge of basic Homoeopathic medicines and their proper usage can be easily imparted to an intelligent person.

A pessimist can never be healthy as mental health and body health are inseparable—"only right living is safe, wrong living is never safe". Drugs weaken the body. We commit mistakes in life in many ways, hence the health level goes down. Any type of mental and emotional upset weaken the nervous system and greatly affects the health. If bad ways are not changed it will be bad for the individual. Lead hygienic habits, give up unhygienic habits and there is automatic cure. Be punctual, simple and sincere in your daily life. These qualities have tremendous health value and will keep one free from tension and strain.

During the last few years there has been a very great increase not only in the variety of allopathic drugs produced but also in its consumption. The number of drugs with slightly varying compositions are so great that giving them names has become such a problem that the services of a computer had to be resorted to !

Among these are the pain-killers, pep pills to boost up a tired system, those banishing sleep (to enable the user to have gala nights), those inducing sleep and those which tranquilise, etc. All these are for those breaking the normal laws of life and living.

There are others which cure the disease symptoms entirely or otherwise just alleviate them. Some are sedatives while others are stimulants. Even in small doses many are toxic and a very great number are poisonous if taken even in slightly over doses.

Thus there are innumerable drugs given for various purposes differing widely in dosage and composition, specificity and action, time and has thus to be taken with the greatest of care.

In very many cases of common illness, medicines are totally unnecessary, as the natural strength of the body will in itself effect a cure, but doctors prescribe for such cases even, quite powerful drugs and these too in repeated doses. Prescribing a dozen pills of an antibiotic to cure a common cold is similar to using a sledge hammer to kill a fly ! Such treatment often harm the constitution of the patient often permanently. Allopathic drugs differ from Homoeopathic drugs in every way. Homoeopathic drugs are not poisons in ordinary strength and the quantity of the drug is so small and the interval so great that no ill-effects arise even if an over dose is taken. There is no medical risk at all, unless in very high potencies and even that can be antidoted quickly, effectively and also harmlessly, unlike the medicines used in Allopathy which mostly poison the system and produce side-effects and after-effects, both affecting the system so seriously so much so that other medicines have to be taken to cure the induced disease. Even they too are not free of such unwanted effects. Thus a patient becomes a permanent patient. This is in utter contrast to Homoeopathic drugs which are specific in action, gentle and which have no after-effects much less side-effects. In Homoeopathy the entire patient, *i.e.*, his personality is treated and so his troubles are freed completely and a complete cure effected.

In some medical treatments now-a-days the remedy is worse than the disease. This bye-product of modern medicine, is a disease inflicted by the doctor—such are termed Introgenic diseases. In the United States of America where medical treatments are ultramodern 7% of the hospitalised patients have Introgenic diseases.

“The dangers of allowing general practitioners to prescribe all available drugs are clearly shown by the problems associated with the group of drugs known as “Beta Blockers”. These drugs are used for many different heart problems, but in particular are given to patients with high blood pressure and with angina. There are hundreds of thousands of such patients with these two common problems the world over” .

The Beta Blockers are currently the subject of much angry argument among doctors. Specialists are divided about the value and while some argue that they are all unnecessary (since there are other alternative drugs which do the same job) and dangerous.

As an example of the problems encountered with the Beta Blockers, take the case of one particular drug, fairly extensively marketed, which had to be removed from the market completely recently after *it was found to cause severe skin, eye and intestinal damage in many patients*. Now, other experts believe that other drugs in the same group may also produce problems of a similar nature. At the moment we just do not know what will happen. And because the drugs have not shown to be dangerous they remain in the market. But it is not only specialists who use them. General practitioners prescribe Beta Blockers in such quantities that the business is said to be worth millions of pounds a year. Until Beta Blockers have been shown to be dangerous (or proved safe) they will remain in the market. Big business pressures ensure this. If further problems become evident, it will be not only patients in specialised units who will suffer, but patients spread all over the country. The Beta Blockers are only one group of drugs. *There are hundreds of other drugs available which have not yet proved to be safe*. These drugs are "on trial" and while they are on trial these drugs are prescribed by general practitioners as well as by specialists.

In future we will need two tiers of drugs. In one tier we will have those drugs which have been recently brought into the market and which are awaiting long term reports. These drugs will only be prescribed by specialists working in recognised units. General practitioners will not be allowed to use these drugs.

In the second tier these will be the tried, established and well-known drugs. If a general practitioner feels, that if the patient needs a drug in the first tier, then he will have to ask for a specialist's help.

The medical profession (and the drug industry) will naturally oppose such a move, but it is becoming clear that the doctors and the industry are never going to put their own house in order.

“A two-tier system could save many from injury.”

(From the article “Doctors and Drugs” by Vernon Coleman, Indian Express 22-7-1977).

So is quite clear that what Voltaire long ago said: “Doctors pour drugs of which they know little to cure diseases of which they know little into human beings of whom they know nothing.”

The use of *Thalidomide*, a drug prescribed for inducing euphoria in pregnant ladies has resulted in thousands of babies being born without legs or arms and some looking like monsters. Yet this drug was once recommended by doctors in England. Now the Company which made this drug had to pay enormous sums of money as damages for all the havoc it did. The production of this drug has been completely stopped.

This is only one example and there are dozens of others.

MEDICAL BLUNDERS

The recent announcement that the "99.9 percent effective with minimal side effects" contraceptive miracle of modern medicine—the pill—has been found to cause severe, sometimes fatal side-effects does not surprise me at all.

The doctors are only echoing what women have suspected for several years, despite the fact that as recently as last year, we were being assured that any side-effects of being on the pill were less dangerous than the possibility of a pregnancy, an opinion that has been reversed for at least one age group.

How on earth in this age of technology can the medical profession be capable of such a serious blunder? It is not as though they were caught on the hop. The pill was developed in 1956 and went through four years of intensive testing before being placed in the market in 1960. So we have been taking the pill for near a quarter of a century before being told...

Why does this revelation not surprise me? Well if you look at the history (recent history that it is) of medicine, you will find it is riddled with similar blunders—and I am not going to dwell on *Thalidomides*!

Take cholesterol (or rather do'nt take it!). As far back as 1950, I can remember an American called Carlton Fredrick insisting that the cholesterol in animal fats caused all manner of disorders. Most doctors of the time scoffed at the very idea of country foods such as butter and cream being bad for you. Now 27 years later the doctors are preaching a very similar line to that taken by Mr. Fredrick.

Tonsils—or rather the lack of them—is another example. Early in this century, doctors decided that tonsils served no particular purpose, and were best removed in the case of throat troubles.

There was a considerable body of opinion against the idea. Naturopaths for example that tonsils were in fact a form of the body's natural defences against illness, and they should not be removed if possible. At that time the medical profession regarded Naturopathy in the same light as witch doctors and roundly derided such an idea. After all they were Specialists !

Between the wars every tonsil in sight was eagerly removed with a missionary zeal by enthusiastic Scalp Weilders, and I understand that it was not unusual for a hospital to suggest that you part with your tonsils, even if you were in the hospital for something remotely connected with your throat—just in case—why not ? Wat could be more sensible than in removing something that was totally useless.

Today you will find it difficult to persuade any surgeon to remove your tonsils. You see in the light of the latest medical advances, that doctors are now of the opinion that tonsils are a form of the body's natural defence against illness, and that they should not be removed if possible.

And what about those thousands, perhaps millions of people who have been rendered defenceless by the unnecessary removal of their tonsils ? I should imagine that the medical profession regard it is a small price to pay for progress !

In Victorian times many qualified doctors went one better than depriving their patients of their natural immunity. Their disastrous action was to poison their clients, so that they died the most horrible of deaths. The cause of all the suffering was something called *Radium*. When Radium was first discovered, the medical profession blindly jumped on the bandwaggon that caused the consequences of a Thalidomide nature. *Radium* they decided was a "Cure-All". So they prescribed it for everything. Radium stones were fitted with neat little chains, so that the stones could be placed in a glass of water over-

night. In the morning you removed the stone—which had charged the water with a dose of radio-activity-by means of the chain and drank a glass of *Lethal Radium Water* !!

That was not all. Radium belts, necklaces and other assorted jewellery were all available to ensure that the wearer died a lingering death.

For most of this century, heart patients have been immobilised in convalescence and mothers persuaded that grotesquely fat and “bouncing babies” were best.

Now heart patients are encouraged to carry out gentle exercises and babies are suspect unlike they look like an early version of ‘Twiggy’. If doctors were wrong then, how can we be sure they are right now ?

There may be some information that has evaded my gaze, but so far as I can tell, the survey and research that produced the evidence that the *Pill* could be more dangerous than was previously thought could and should have been carried a decade or more ago. The fact that it was not is a blot on the medical profession that certainly wont improve public confidence in doctors. (Jean Roberts—Indian Express, Nov. 2nd, 1977.)

Modern Drugs

Modern drugs are defined as useful poisons. Pharmacy is divided from the Greek word “pharmakon” meaning drug.

Drugs can be easily mistaken for another because of the close similarity of the names.

Quinine	—	anti-malarial
Quinidine	—	a cardiac drug
Nitrofurantoin	—	a drug for urinary tract infections
Nitorfurazone	—	an anti-bacterial drug
Ergotamine	—	a drug for the relief of migraine
Ergometrine	—	a drug for controlling haemorrhage after delivery
Aminophylline	—	an anti asthamatic drug
Amidopyrine	—	this is an analgesic.

Alcohol and cheese are among the common food stuffs which react with drugs — Pheno-barbitone and Mono-amine-oxidase which are inhibitors and makes them dangerous.

Some very potent drugs have very narrow margins of safety. Estimates say that up to 20% of beds in U.S.S.R. contain patients being treated for diseases caused by drugs. Similar data for our country (India) is lacking.

Certain Pharmaceutical firms in the western countries unable to find names for the hundreds thousands of drugs that are being newly made have recourse to a computer for naming the product !

ON DOCTORS AND DRUGS

The pertinent remarks made by the Director General, World Health Organisation, during his recent visit to India are unlikely to make him the most popular man among doctors and drug companies. But coming as they do from an eminent authority, and reflecting as they do a widespread though unarticulated sentiment, Dr. Mahler's observations deserve serious notice by all concerned.

At a medical gathering in Chandigarh, Dr. Mahler did some plain speaking about modern doctors who behaved like "medical playboys", concentrating more on fancy research on esoteric diseases, "while a billion people suffer from debilitating parasitic ailments". Rather than build and live in "a cold blooded" world of medical technology, Dr. Mahler said, doctors should develop and exhibit a more involved, more human, conscientious attitude toward the patient.

The other perhaps more important point, raised by the distinguished doctor later in Delhi concerns the proliferation of costly medicines and drugs in recent times. Deprecating the high pressure salesmanship and other tactics of multinational companies, especially in poor countries Dr. Mahler said that more than 90% of the medical needs of the people can be met by some 200 essential drugs or barely two percent of the drugs that are now being sold on the market. *The remaining 98% of the drugs being peddled around as indispensable were not necessary at all.* Whether the drug companies will repond to this observation and accept Dr. Mahler's earnest advise to revamp their operations in favour of a need-based health care delivery system of medicines is highly debatable. But will others involved in public health, chiefly the Governments in developing countries heed the advise and do what they can about it ?

(*Indian Express*—Editorial in the issue of March 2nd, 1978).

Leading scientists participating in the All-India symposium on metabolism and disposition of Xeno-biotics, here have resented the prescription of *Tetracycline* to illness of all kinds particularly to children. Mr. K.M. Sahib, research scientist of the Central Drug Research Institute, Lucknow told newsmen on Wednesday that such prescriptions caused deformities in the bones and teeth of children when they become adults. Dr. B.M. Braganca, Research Director of the Cancer Research Institute Bombay agreeing with Mr. Sahib added that another drug *Chloromycitin* which had been rejected by doctors abroad was being dumped into India by International Companies.

Dr. Braganca said *Chloromycitin* spoiled the blood system and affected the bone marrow which was responsible for increasing the red corpuscles content in the blood. She said that the drug was meant to be used when all other medicines failed and that too under a doctor's prescription. However she added that the drug seemed to be available to the public without such a prescription.

Mr. Sahib said that in a country where a very large percentage of women suffered from anaemia *Chloromycitin* would be a dangerous drug without prescription.

Another drug which was resented by the Research scientists was *Phenobarbitol*.

Dr. G. Padmanabhan said that the drug was often prescribed by doctors along with other drugs which combated the main illness. This was prescribed to ease pain, but Barbiturates in the drug interacted with other medicines and this only served to increase the body disorders in the long run.

The following extracts are from the pen of Dr. M.M. Bhargara published in the "*Femina*" dated December 2nd-15th, 1977.

"People do not know about the pollutants at the chemists. Dr. Rene Dubos a medical scientist at the Rockefeller Institute New York, in his book '*Mirage of Health*' and Dr. L. Meyler in his *Side Effects of Drugs*, have pointed out that the imme-

diate beneficial effects of a drug is only a suppression of acute distress ; and repeated suppression of acute trouble be it as minor as a headache—leads to chronic and degenerative ailments in the long run.

Drugs or Time Bombs

There are usually several underlying causes for each ailment or illness and drugs have no power to fathom them. For example classified under three headings—Functional, Toxic and Mechanical—pathology lists 203 causes of the simple complaint of a headache.

Acetyl-salicylic acid (in Aspro for instance) may relieve the ache, but is powerless to deal with the root cause of a headache. And the probability of a stomach haemorrhage or kidney ailment by the long continued use of this pain-killer may add to the patient's headaches.

Again some drugs are like time bombs ; some show their side-effects as late as after 20 years. And some show the side-effects in the patients progeny. In the 1950 diethylstilbestrol of DES was widely used to prevent threatened abortion, *this resulted in vaginal cancer, not in the women themselves, but in some of the girls born to the women, when they reached 15 to 20 years of age.* There are at present in the *United States 500,000 such 'DES' daughters* as they are called. Like indiscriminate drugging, uncalled for surgical operations are also rampant. The actual surgical cases are few, but organs are excised most nonchalantly without regard to the body's total integrity. In the U.K. and U.S. the removal of tonsils is the number one surgical operation, despite the fact that tonsils are important glands in the body's mechanism and most cases of tonsils are naturally cured by avoiding refined starches sugars and ice-cold beverages. Next comes hysterectomies, many, if not most are unnecessary as per a report in *The New York Times* on Sept. 21, 1975.

Vivisection

By this term is meant experiments conducted on animals, *i.e.*, living animals to find out the effects of drugs and other things, and is conducted with the idea of adapting the findings to human beings. Dr. George Wilson L.L.D., an eminent British Medical Officer writing at the turn of the century says: "The real advance in modern medicine has depended almost entirely on clinical diagnosis, therapeutics and pathology guided by a study of the natural causes, but not upon experiment on animals, which are inherently misleading in their application to man, and therefore, always more or less unreliable."

Dr. M. Beddow Bayley by an eminent British doctor writes: "As now admitted by leading scientists, no disease can be accurately reproduced in an animal by experimental means for the purpose of study. It follows that remedies for the artificial morbid conditions produced in vivisection can never "fit" the spontaneous disease in man, and may even prove dangerous, when such application is attempted."

"The amount of alkaloid needs to produce symptoms in monkeys is much higher than that in man and hence tolerable limits for Ergot in pearl millets for human consumption, could not be computed on the basis of data obtained from experiments on monkeys (*Indian Journal of Medical Research*, Vol. 64., No. II). In this experiment monkeys chosen for their similarity to man, proved to be so very different."

"The most famous and tragic example of the uselessness of experiments on animals was demonstrated by the drug *Thalidomide*, used as a tranquiliser and as a sleeping tablet. For six years, before being marketed, the drug was thoroughly tested on every possible species of laboratory animals—cats, rats, mice, rabbits, guinea, pigs and monkeys. After these extensive tests, it was decided that it was harmless to humans.

It was given to pregnant women and the results were shattering —nearly ten thousand deformed babies with every kind of physical and mental deformity. Over three thousand died and the rest were maimed for life.”

(From *The Illustrated Weekly*, March 26th-April 7th, 1978, Page 19.)

THE PHILOSOPHY OF HOMOEOPATHY

Dr. Hahnemann has described the philosophy of Homoeopathy in his book *The Organon*.

The word *Organon* means an instrument for effecting in the best manner a certain end, *i. e.*, cure of a disease. *Organon* is derived from Greek word *Ergon*—meaning work. Thus *Organon* signifies a body of instruments of rules and laws for regulating scientific investigation.

The first edition of the *Organon* was in 1810, the second in 1818, the third in 1824, the fourth 1829 and the fifth in 1833. The sixth and the last though begun by Hahnemann could not be completed by him and was posthumously edited by Dr. Boerick of the United States of America, in 1921.

The main principles of the *Organon* are :—

1. Medicine is a science of experience, its object is to eradicate diseases by means of medicines.

2. The knowledge of diseases, the knowledge of remedies and the knowledge of their employment constitute the healing art.

3. On the law of nature taught us by experience that diseases are annihilated and cured only by similar disease is founded the great Homoeopathic law, that a disease can only be annihilated and cured by a medicine which has a tendency to produce a similar disease ; for the effects of medicines are nothing but artificial disease.

4. Every medicine (antagonistic and opposite in its action to the chief symptoms) that only relieves in increasing doses is a palliative.

5. Substances belonging to the vegetable and animal kingdom are mostly medicines in their crude state.

6. All symptoms belonging to a medicine do not appear in one prover, nor yet do all appear at once or on the same day, but some in one person others in another, yet so that perhaps in a fourth or tenth prover some or many of the symptoms which have been noticed in the second or sixth or seventh prover may appear, nor will they all appear precisely at the same hour.

7. In chronic cases this waking up of the rest of the symptoms after the removal of the local malady occurs so gradually that the aggravation is only observed after a considerable time.

8. As every medicine acts most precisely and effectually in solution, the sensible prescriber will give in solution medicines, which do not require to be administered in the form of powder. All other forms in which they have hitherto been used are to be rejected, because the action of the medicine on the living fibre is thereby rendered uncertain and indeterminate.

9. Now moreover as scarcely any medicine can be selected so perfectly homoeopathic that it shall correspond with mathematical accuracy and completeness in every point to the totality of the disease symptoms, the symptoms which when the dose was suitably small were considerable are increased to serious ailments of many kinds if the quantity of medicine given is excessively large.

10. Now as the smallest quantity of medicine naturally deranges the organism least, we should give the very smallest dose provided they are a match for the disease.

11. One of the chief maxims of the homoeopathic medical system is the following "the counter disease force" (the remedy) chosen as appropriate as possible, for the cure of the natural disease should be made only strong enough to effect our purpose and should not injure the body in the least by unnecessary strength.

12. Homoeopathy is a perfectly simple system of medicine, always remaining fixed in its principle as in its practice, which like the doctrine whereon it is based, if rightly apprehended will be found to be so exclusive, and only in that way serviceable, that as the doctrine must be accepted in its purity, so it must be purely practised and all backward straying into the pernicious routine of the old school (whose opposite it is as day is to night) is totally inadmissible, otherwise it ceases to deserve the honourable name of *Homoeopathy*."

WHAT IS HOMOEOPATHY

This system of treatment of the sick was first propounded by Dr. Hahnemann in 1796.

This is an art where :—

1. The Law of Similars—*Similia Similibus Curenter*.
2. The single remedy.
3. The smallest dose which has the dynamic power to effect a cure.
4. The proved drug are used.

Dr. Hahnemann has proved by experiments on himself, that if any medicine is taken by an individual in sound health, some changes in his system either internal or external or may be both are bound to take place. To get rid of such induced, (*ie.*, those brought on by taking the drug) symptoms, the same remedy in minute doses can be used.

This is the Basic Principle of Homœopathy

The word Homœopathy which is a Greek word : *Homoios* =like and *Pathos*=feeling derived from a combination of these two words. The word *Allopathy* is the name given to the current or orthodox medical practice was first coined by Hahnemann to distinguish it from their Homœopathy. This also comes from the Greek words *Allos*=other and *Pothos*=suffering.

Nature is above all drugs in helping to cure the sick and without this help no cure can be effected. Diseases arise due to breaking the Laws of Nature. When these laws are broken, the person, who does so, develops a disease. The disease is characterised by symptoms which are signs of nature that there has been some deficiency in the economy of the body. The commonest causes are over-eating, eating when not hungry, wrong combinations of food, eating of highly spiced foods, and those which have been "refined" thereby losing much if not all of the life-giving properties. Coloured, *i.e.*, artificially coloured using any non-vegetable colouring matter is bad, as the colour does not get exerted from the body and remains inside causing many serious ailments which develop only very slowly, is to be avoided. Fish and meat which are tainted, *i.e.*, spoilt should be avoided as they are veritable poisons and result in ptomaine or botulism poisoning. Another source of taking in contaminated food is by consuming adulterated food stuff".

According to Dr. V. Stanly Davidson : "We find that germs themselves do not cause disease, but they appear in the same way as flies do, when grabage is lying about. If there is no filth lying about, then flies do not often appear. It is the same with the human system. If there is any filth in the system, these germs will appear, for they live on filth".

Homœopathic treatment of such diseased conditions aims at the removal of such filth, and not at killing those germs, which for want of breeding material are bound to disappear thereby ensuring health.

Homoeopathic treatments are not aimed at suppressing diseases, nor load the body with poisons as in Allopathy. Ayurvedic, Allopathy and Unani treatments are combative in technique and action, while Homoeopathy is not. It is curative by stimulation of the natural forces, which have been made dormant by the breaking of the natural laws. Nobody can deny that it is quite a natural mode of treatment. It does not believe in curing or rather depressing the apparent symptoms of a disease as is the case with Allopathy but a true Homoeopath always tries to get at the root of the disease and to throw it out of the human system.

There is never any suppression in Homoeopathic treatment.

Today there are countless medicines in the shape of powders, tablets, pills, and liquids in bottles and tins often very attractively packed, with printed "literature" inside, which show not only the effects of the medicine, but what is most surprising—side-effects and after-effects! These side and after effects often turn out to be diseases—introgenic ones, which requires further visits to the physician. Many of these medicines especially the anti-biotics make the body weak.

Homoeopathic medicines, or drugs effect cures by their physiological, dynamic and therapeutic effects rather than by chemico-physical action. "A natural disease (from its outset to termination) can be cured with one Homoeopathic drug.

The discoverer of Homoeopathic treatment Dr. Hahnemann had understood that the changed chemistry (of the body) was not the primary disturbance in disease, but the primary cause was the disturbance or the derangement of the flow of energies—the disturbed Dynamics.

This is almost a parallel with the recognition of Ayurvedic physicians of the three factors of the human body *i.e.*, "kabha" "vatha" and "pittha", *ie.* rheumatic and bilious phlegmatic. They ascribed diseases as being due to the disturbance of any one of these *ie.* one of them predominating. They based their treatments on such.

The human being is a biological entity, being influenced by very many factors, *ie.* Sun, heat, wind, cold, water, rain and also by factors like love, hate, jealousy, anger, fright etc. Being such a creature and when anything goes wrong with such individuals *i.e.*, when a human being falls sick then such an individual must be treated not organ-wise, but as a whole taking into account the play of all such factors. Any disease is not abstract by itself, but is linked to the individual as a whole.

What Hahnemann could see about two hundred years ago is now being realised in modern physiology as well that "the patient with heart disease is not just an internal combustion engine with a leaking valve, but a sensitive human being with a diseased heart.

Diseases in human beings are never exactly the same as in experimental animals, for in human beings emotions come into play. It may be that man or woman rather than the disease that needs to be treated—there is always the psyche (the personified psyche or spirit) the human soul or the spirit or the mind as well as the "soma" (the body as distinguished from the psyche or soul and the pneuma or the spirit)".

(From a Text-Book of Pathology, 7th Edition by William Boyd., pp. 5).

"One scientist of world fame, who is an eminent anatomist has proved from his experiments that "the entire human structure can be completely changed *ie.*, made over within a period of very few weeks". All these changes from a diseased condition to a healthy one is brought about through the operation of interior forces, which is the natural method of cure. The method that has as its work, the application of drugs, medicine and external agencies, is the artificial method. Homoeo drugs remove obstructions, so that the life-forces may have simply a better chance to do the work. "The real healing process must be performed by the operation of the life-forces within." (In Tune with The Infinite by Ralph Waldo Trine.)

Before the first World War asthma was recognised as belonging to a group of disorders caused by nervous tensions and it has since been joined by other allergic and skin diseases such as eczema, peptic ulcers all related to mental conflict. Recently migraine, coronary thrombosis, diabetes and possibly rheumatic and bronchial disorders have also been brought under the heading "Stress Diseases".

Almost a century after Hahnemann, Sigmund Freud's dramatic introduction of Psycho analysis proved Dr. Hahnemann's point. Today Psychiatrists have realised the relationship between mental and physical illness.

Above all the factors mentioned before, the human being has a mind, the working of which influences the whole body in a powerful way. Each and every individual has his or her own fears, likes, dislikes and idiosyncrasies. It is a very apt saying "that one man's food is another man's poison".

So the whole person has to be considered when treating the sick person. Not only his body but also his emotions, environments and social influences have all to be carefully considered.

Even so far back as the 5th century B.C. not only Hippocrates, who is considered as the Father of Medicine, but such intellectuals as philosophers Plato and Socrates have said that they recognise that the greatest error is in treating bodily ailments and mental ailments separately. Hippocrates's postulation "know thyself" implies know your mind and body as well. Plato has said "the greatest error in our day in the treatment of the human body is that the physician separates the soul from the mind". Any attempt to cure one part from the other of the body of disease attacking it, will not be successful in making the individual completely cured. "No attempt should be made to cure the body without the soul", was the Hippocratic firm belief.

Again this principle has been emphasised by Sir Sydney Smith of the Edinburg University in 1953, when he wrote in a journal thus "There is no such as a diseased organ in isolation,

there are no diseases to treat, but only diseased persons. Do not forget that you are dealing with the whole person—not only the body, not only the mind but the whole person”. In his *“Clinical Introduction to Heart Diseases”* he has mentioned that “specialisation must be grafted on to a stock of general medicine, for like the hybrid rose it will not thrive on its own roots. The narrow specialist whose field of vision is limited to his own branch of medicine is a menace to both the profession and the patient. He sees diseases through tinted glasses. Our age is the age of the specialist. Each one knows more about less and less. We concentrate on some narrow field and forget the larger context in which we can have the meaning of our specialisation. Modern specialisation has led to fragmentation of knowledge.

The ridiculous extent to which this sort of specialisation was carried out is seen from the writings of Herodotus, who during his visit to Egypt was quite surprised at the number of physicians attending on the King. Every organ had a specialist and so there were physicians for the tongue, nose, ears, eyes etc. There was even one caring for the Royal anus !

Commenting on the non-specialist physician Dr. Desmond Noel M.D., F.R.C.P., D.P.M., said: “The general practitioner is a naturalist, persuing his quarry and studying his habits in the jungle, the specialist, only the specimen in the zoo. A physician told Dr. Paris that his prescription increased in complexity with the obscurity of the disease he was treating hoping, “I fire a profuson of shot, it is very, extraordinary if some do not hit the mark”.

A patient in the hands of such a physician adds Dr. Paris “has not a much better chance than a Chinese Mandarin, who upon being attacked by any disease, calls in twelve or more physicians and swallows in one mixture all the potions which each separately prescribes !

Homoeopathic medicines act directly on the part to be influenced. These will not act if symptoms calling for the medicine are absent.

Convalescence gets prolonged due to allopathic drugging. Allopathy cannot cure constipation of the bowels. It can only give aperients, laxatives and purgatives.

Doctors in general should be kind, sympathetic and must regard those who come to them for relief, with a certain amount of warmth and love for his fellow beings and should not be entirely mercenary, rude or unsympathetic. A smile and a cheering word from a doctor often goes a long way in winning the patients' confidence and trust in the doctor. The doctor who neglects the patient's personality might just as well be a VET !

The philosopher Goethe has said: "Doctors more than any one else must be humanitarians and see each patient as an individual". The human emotions, the man factor of neurotic diseases, should be thoroughly investigated. "There is little of this in medical books—scarcely mentioning the effects of emotions in man.

Thousands become doctors without having learnt the important part played by emotions in the origin of the so-called "neurogenic" diseases. It is part of the lore of medicine that psychological cases have physical effects. The history of medicine in the past centuries show a steady growth of the idea that many diseases are partially or wholly psychogenic. The Russian psychiatrist Dr. Valadimir Bekhterev wrote : "if a talk with a doctor fails to make the patient feel better then the doctor is no good."

"I believe that some day when we fall ill from some unknown cause we will trust ourselves to the physicists, who without questioning us will take samples of our blood, analyse them to obtain some figures and consulting the table of logarithms cure us with some pill" so wrote Antoine de St. Exupery ridiculing the mechanical approach of the doctor lacking humanism towards his patients. He added "However should I fall ill I would rather go to a country doctor, who will squint at me, prod my belly, sound my chest and with a slight cough

light his pipe, scratch his beard and to hasten the cure smile at me—naturally I worship science, but also venerate wisdom". This in praise of the non-specialist doctor, the one who is a humanitarian.

Hippocrates laid great stress on that, nothing of the patient should be overlooked *i.e.*, his discomforts, when and where they are felt, his habits and condition and also how the symptoms first appeared. Ancient Hindu men of medicine like Charaka and others have laid great importance on this kind of approach to the patients.

"He is the physician who practices medicine neither for the sake of money nor for sensual gratification in any other form, but is motivated only by compassion for living things".

—*Charaka Samhita*

Winning over the patient's confidence is thus of very great importance as only then can the real case history can be had in full.

The witch doctor's cure was as much for the emotions, with his mumbo jumbo and talismans as to his medicines. It is the mental stress and strain that cause diseases of the mind and brain, due to the effects of which man is inclined to violate the Divine Law, and the law of the land or to indulge in commitments of sins or in doing acts prejudicial to society.

Homoeopathic remedies are undoubtedly psycho somatic remedies.

Mission of a Physician

A physician must be both a realist (universalist) and a nominalist. The disease and the patient must be studied. Instead of the patient he sees the disease of the text books. Disease is entirely a personal affair. There are as many diseases as patients. By compiling and classifying a great number of observations—a disease is born. Medical knowledge must go beyond the science of diseases.

The physician must distinguish clearly the theoretical patient of the books from the real human one, who is the

patient and by studying him should relieve suffering and encourage cure.

His role is to discover the characteristics of the sick man's individuality. He should realise that the individual is a whole entity, the adaptive functions extend to all organic systems and that anatomical divisions are artificial, *i.e.*, specialisation of the specialist.

"The physician's high and only mission is to restore the sick to health, *i.e.*, to cure".

A physician is one who practises the true healing art including medicine and surgery and not one who is only legally qualified and theorises in medicine and surgery.

Who is a Homoeopath. A Homoeopath is one, who with his knowledge of medicine practises Homoeopathic therapeutics and observes in his daily practice the *Law of Similars*, according to the founder of Homoeopathy for the cure of the sick. All that pertains to the great field of medical knowledge for the cure of the sick is his by tradition, by inheritance and right. He must not deceive the suffering by removing some symptoms or by suppressing, but must try to annihilate the totality of the disease in its whole extent and re-establish health. He should not deceive himself and the patient with palliation when a real cure is possible. To cure means to restore health.

The naming of a disease and its removal does not mean restoration of health. Naming of a disease is misleading. Only God alone knows what happens in the invisible interior of man.

A key to Homoeopathy is idiosyncrasy. *Example* :—out of two cases of fever one patient is thirsty, while the other has no thirst—only the patient can distinguish but not the doctor. "Thus we find ourselves against the problem of life itself, which so far has defied complete analysis", said Dr. Halliburton. The Homoeopath considers *Man* prior to his organs. Tissue changes in the body are the result of diseases and is not the disease. The patient will explain his symptoms with "I" the whole personality, but the sickness of the body will be expressed with "My"—the part of the individual personality.

The Homoeopath to understand the sick, must learn the reality and leave off mere expression of opinions. The true Homoeopath when he speaks of the sick knows who that is sick but not the Allopath. It is the inner *man*, so it is the *man* that is sick, and he has to be restored to health, not his body or tissues. It is the sickness that is to be healed and not the result of the sickness.

In death that which is carried away is primary and what is left behind—the cadaver—is the ultimate. One hears, sees, smell, tastes and feels and also thinks and loves : but these are only outward manifestations of thinking and living. *Man* wills and understands : the cadaver does not will and does not understand. then, that which takes its departure is that which knows, understands and wills.

It is that which can be changed and is prior to the body. *Man* is the masterpiece of infinite skill, the creation of the loving all wise and omnipotent *God*. *Man* is a wonderful unity of spiritual, mental and physical body. The mysterious essence of *mind* through its servant the brain, weilds contro over the body, but the *mind* is subject to the dictates of the *spirit* and it is on this plane that sickness originates. When *man* himself has been restored to health, there will be restored harmony in the tissues of the body and in the activities.

“Health is a mental, physical and social state of complete well being and not in the absence of illness or disease.”
(W.H.O. Homoeopathy—Philosophy Teaches).

Emotions : People who are calm and collected never suffer from nervous and other organic disorders. Through vaso-motor nerves emotions determine both the dialation and contraction of the small blood vessels—the small arteries which thus cause changes in the amount of blood circulating in the various organs.

Anger causes a severe contraction as also fear, resulting in the skin turning pale, while pleasure makes the skin glow through a greater blood supply.

Sounds, sights and smells associated with food cause secretions of saliva and gastric juices.

Envy, hate and fear when they form the constant mind pattern of an individual lead to organic changes and result in real diseases.

Moral suffering profoundly disturbs health. Emotions cause marked modifications in tissues and organs.

There are recorded instances of hair turning white overnight due to extreme fear. Fright more or less causes a lowering of arterial pressure, decrease in the number of white corpuscles and even in the time taken for the coagulation of blood plasma.

Modern life with its continuous agitation, noise, stress, strain and hurry are all conducive to stomach disorders and defective absorption of the digested food. Physiological activities must remain outside the fields of consciousness and they get disturbed when one is much concerned about them.

The unifications of desires, the application of the mind to a single purpose produces a sort of inner peace. It has been well established that certain spiritual activities may cause anatomical as well functional modifications of the tissues and organs. Such organic phenomena are observed in various circumstances, among them being the state of prayer. "Prayer should be understood not as mere mechanical recitation of formulae, but as a mystical elevation, an absorption of consciousness in the contemplation of a principle both permeating and transcending our world. Such a psychological state is not intellectual. It is incomprehensible to philosophers and scientists and inaccessible to them. But the simple seem to feel God as easily as the heat of the Sun or the kindness of a friend. The prayer which is followed by organic effects is of a special nature."

"First it is entirely disinterested. Man offers himself to God. He stands before Him like the canvas before the painter

or the marble before the sculptor. At the same time he asks for His grace, exposes his needs and those of his brothers in suffering. Generally the patient who is cured is not praying for himself, but for another. Such a type of prayer demands complete renunciation—that is a higher form of ascetism. The modest, the ignorant and the poor are more capable of this self denial than the rich and the intellectual. When it possesses such characteristics, prayer may set in motion a strange phenomenon—the Miracle.” (Dr. Alexis Carrell)

The pathology of the mind depends on psychology as the pathology of the organs on physiology.

A disease is not an entity. Abstractions constructed in the mind after observing suffering individuals, we call disease. Illness either expresses the adaptation of the organism to a pathological agent or its passive destruction by this agency.

Degenerative diseases destroy the body more quickly in youth than in old age.

A suppressed emotion is more dangerous than a bullet, in any part of the body. For the proper outlet of emotion there should be in every one's life a confident—a true and sympathetic friend or relative, to whom he can confide and relieve himself.

Religious teaching if correctly understood and followed make one bold enough to speak nothing but the truth. Pseudo followers are those who do not care to understand or do not understand or partially understand and follow, will be like the servant, who on hearing a talk on “Emotional Outlet” decided to tell his master the truth. So he went down and told him that he had stolen a rope, for which he was excused. Not feeling happy after this, he wanted to disclose everything. Going again to his master, he added that there was a cow at the end of the rope.

When a person realises that spirituality lies in the means of doing a thing irrespective of the result oriented approach, which

is making one internally and externally miserable ceases and he would have mastered the technique of nourishing the body through a healthy mind, because gone are the days when people used to die of epidemics. All such are controlled.

In modern days diseases psychological components figure largely classified as psychosomatic disorders, e.g., rheumatoid arthritis, peptic ulcers and certain skin diseases. Stress and strain in modern life greatly tell on the body. So if one learns the technique of disassociating oneself from the fruits of action, by reinforcing faith in the cosmic entity, one can never suffer from emotional upsets. This is the "*nishkama karma*" of Bhagavad Geeta. *Such a person will have more years in one's life and more life in one's years.*

The wise one, who perceives all beings as not separate from one's own self and one's own self as the self of every one such a one does not by virtue of such a perception hate any one—*sarvatma bhava*.

Isovasya Upanishad—6th mantra says: "know this to be the essence of *dharma* and then practice it. No refrain from doing anything to others, what you will not have done to yourself." It is the *suvarna niyama* or golden rule that "what is harmful to oneself, one should not do to others."

He who conserves his mental force conserves also his physical force. The strongly calm quiet man lives to a great age and in possession of better health, than the hurrying noisy man. Quiet subdued mental harmony is conducive to physical harmony, which is health.

The healthiest and longest lived is the one, who lives a quiet and unostentatious life, avoiding all worldly excitement and unnecessary words they are the silent people. "Silence is power" James Allen. To give an example, the common emotion of fear may be taken up.

Fright : Fear or terror causes certain chemical changes in the system, which eventually result in some disease or other. Child-

ren are more easily affected by fright and women suffer more than men. Fear causes trembling in many, and sweating in some. There are various types of fears and each has a particular drug to counteract.

The unhealthy and constant fear of death can be cured by the drug *Aconite*. Children crying due to fright, causing spasm and trembling of hands and feet can be pacified and cured by *Belladonna*. Stomach troubles arising out of fear always yield to *Gelsimium*. When fear causes spasm of limbs or unnatural sleep or senselessness *Opium* will give complete relief, and is the chief remedy for fright, terror or fear. *Ignatia* or *Glonin* in the 30th potency gives a complete and sure cure in all such cases. If more than an hour has passed since the symptoms have developed *Aconite* gives complete relief.

“No disease can enter into or take hold of our bodies unless it finds therein something corresponding to itself, which makes it possible”.

From *In Tune With The Infinite* by Ralph Waldo Trine.

In Homoeopathy unlike other systems of medicine, no two drugs are mixed and used. The smallest dose is the minimum quantity of the drug given. Before taking up Homoeopathic treatment, if the patient has been taking other medicines they should be stopped and the action of such has got to be neutralised. There are drugs to effect these also.

Except for certain foods, *e.g.*, vegetable acid, etc., which have to be avoided, normal food can be taken during the course of treatment. Homoeopathic medicines are best taken on an empty stomach, and food and drink taken half to one hour later. Smoking and drinking can be indulged into a very limited extent, but only an hour after the drug is taken. Among the common beverages coffee is best avoided as its action antidotes and neutralises the action of most drugs. However tea can be taken instead of coffee.

In certain cases Homœopathic drugs have got to be supplemented by external applications, but of substances which are not medicines. To give an example—when a case of Eczema is being treated, no ointments are to be used. If there is a boil then along with taking the drug, poultices of rice or linseed may be used as it will ease the pain and help to burst the same early. Fomentations, enemas etc., can be resorted to if these do not involve the use of any medicines. Fomentations with hot or cold water and enemas of plain water or even of saline can be taken if and when wanted. These treatments do not involve the use of drugs and these are only physical or mechanical in their actions.

Homœopathic medicines have powers to alter the whole moral nature of man, to relieve and give control of passions to prevent the development of evil in the young and to restore the diseased nature to comparative health. The idiotic and weak-minded children if treated early can be made fairly normal.

The mind and the body are very closely related, so any indication in a patient affecting the mind and brain are to be considered very important symptoms.

Dr. Hahnemann established the theory that peace and happiness in all human beings depend upon the vital force as distinct from the body. The vital force keeps the body alive and makes all organs work properly and also harmoniously. To make this force immune from diseases, medicines in low potency are given. Any disease tends to affect the mind expressed as “likes and dislikes” by the person and then only affects the body. Hence the importance of mental symptoms.

The factors that usually disturb the normal equilibrium of the body are :

1. *Diet* : Eating is indulged in by many without any restrictions to quality, quantity, time and appetite.
2. *Continance* : Person do not adopt continance, *i.e.*, no restraint is placed or imposed upon desires and passions and in sexual indulgence.

3. *The Impact of the so-called Civilisation*: Present day civilisation with its unnatural life and living is not conducive to good health. This kind of living in crowded towns and cities, breeds discontentedness, greed and avarice. There is a tendency to amass wealth by any means, fair or foul. There is constant fear about the safety of one's person, wealth and possessions. There is cunningness in often watching for an opportunity to get over one's rival in the money making race and thus aggrandise oneself. All these get reflected in rudeness of behaviour in talks and actions and a constant attitude of strain and stress. People get angry over trifles and do not trust each other. All these are mental diseases being deviations from the healthy normal, while the opposites of these make one happy, contented, cheerful and helpful to humanity at large. These help one to lead a life free from tension, worry and fear and do not create any mental disorders.

Psychiatry is developing from the days of Freud. "Like medicine it is a curative science and claims to be able to do for the mind what medicine does for the body ailments. Ancient insights point out that the "body-mind" is a single complex and that the health of the body many a time depend on the health of the mind. Modern medicine has now come to recognise the psychosomatic (involving both the mind and the body exhibiting physical symptoms, but instigated by the mental process) inter-relation, and further investigations may reveal a far more closer relationship between them and the subtler influences hitherto unknown to science, but envisaged earlier by ancients". R.W. Diwakar, *Bhavans Journal* No. 23, pp. 43, June 5, 1977.

Another modern psychiatrist—Wolfgang W. Selck says in his *The Divine Journey* which is as it were a confession of Faith by a thinking, feeling and dynamic psychiatrist, who believes that the "love" of the patient is the greatest factor in the treatment and that it is neither rational nor therapeutical, but a quality of the soul". In this connection the following may be worthwhile repeating "I have no faith in allopathy,

homoeopathy or any other pathy, but only in *Sympathy*" a patient told the great physician Dr. B.C. Roy.

Homoeopathy is a much neglected aspect of medical treatment, though it a scientific form of curing diseases like Allopathy, Ayurveda, Unani and Sidha. Unthinking people who have no patience to know what it is, often dismiss it as quackery.

The medicine being cheap and the dosage minute, people accustomed to pay heavily for the various mixtures, tonics and patent medicines of which they have to take very large doses as compared to Homoeopathic medicines and doses, are not impressed.

If a medicine is taken by any one in fairly sound health, it affects both internally and externally and causes some changes and to remove the same the identical medicine in minute doses is given for curative purposes. This is the essential principle of Homoeopathy.

How Homoeopathy is Better than Other Systems :

1. Homoeopathy goes to the root of the disease.
2. Homoeopathic medicinal doses are extremely minute. They do not cause harm and have no side-effects or after-effects.
3. The patient is retored to health gently.
4. Homoeopathy is able to cure the so-called "surgical cases", e.g., appendicitis, adenoids, ear discharges, deviated septum of the nose, fistula, fissures, haemorrhoids, gangrene, ulcers, mastoids and false presentation during delivery.
5. Homoeopathic drugs are mostly palatable.
6. Homoeopathic pills without sugar base are available for diabetics.
7. Homoeopathic medicines are most economical and hence most suited to Indian conditions.
8. The single harmless dose is curative and also aborts diseases in early stages.

9. The etiology and pathology of diseases were uncertain and our conception of them were liable to change when new facts came into view, but its clinical features remained the same. These clinical features were the disease basis of Hahnemann's method. They have been as graphically described by Hippocrates (Father of Medicine) as by modern physicians !

10. The totality of the symptoms is to the therapist and the Homoeopath the disease.

"The study of man as to his nature, as to his life, as to his affections underlies the true study of Homoeopathy." "The sole basis of prescription is the totality of the morbid symptoms" wrote Dr. Hahnemann. He also wrote. "The Homoeopathic physician must rise to the pinnacle of man's growth, must rise above bigotry, prejudice and intolerance". "The sole duty of the physician is to restore health to the sick."

According to Avicenna, the great Arab physician, no ailing persons is wholly diseased and therefore no medicine should be given which while affecting one part as treatment harms the soundness of another. Remedies to be useful have to fit, not only the disease but the individual with the disease.

There are for many modern medicines "side effects" which in many cases are often disturbing enough to be separately prescribed for and which medicine has also "side-effects". Thus it is a continuation if the harmful chain of effects, without effecting a complete cure.

Researches have already confirmed in India of the wonderful curative effects of vegetable drugs, without any "side effects" or "after effects" at all.

Herbal medicines like *Amini majus* for leucoderma, *Solanum khasianum* for asthma, *Nerium indica* (*Oleander*) for the enlargement of the heart and liver, *Commiphora mukul* for hyperlipemia (excess of lipids in the blood) and hypercholesterolemia (excess of cholesterol in the blood), *Artemisia abisinthum* for liver diseases. *Crocus sativus* and *Bombax mori* for

heart ailments, *Colchicum autumnale* for arthritis and the well known *Rawolfia* for blood pressure (high) are all available as potencies or Mother tinctures in Homoeopathic Materia Medica.

Another interesting feature of Homoeopathy is its theory regarding the dose of medicine, which is potentised or dynamised. The credit for thinking and working it out successfully goes solely to the genius of Hahnemann.

The higher potencies are obtained by successive dilutions or attenuations. Even though the dose may be less, the potency being high, it exerts great curative power.

It is wonderful to see how children whose systems are unspoilt or tainted by intake of coffee, tea, spirituous drinks, cigarettes and tobacco in various forms and various artificially produced processed and flavoured foods and drinks which adults usually indulge in, respond to homoeopathic treatment successfully and dramatically too !

Measles, mumps, whooping cough and chicken pox which usually affect the young are rapidly and completely cured by Homoeopathic drugs, without the slightest after effects or side effects.

Warts appearing on the face and other parts of the body disfiguring the sufferer disappear as though by magic leaving no scars at all under Homoeopathic treatment, which when cauterised may leave scars, is the only way in Allopathy. Certain other diseases, which are chronic like asthma, colds, skin troubles like eczema, urticaria, etc., respond well to Homoeopathic drugs.

Even the surgeon's knife can be avoided in conditions like tonsillitis, adenoids, fissures of the anus, fistula, appendicitis, enlargement of the prostate, when suitable Homoeopathic drugs are administered. Women who have troublesome menstruation can get a complete and permanent relief with simple Homoeopathic drugs.

Those unfortunates having certain mental ailments and who are usually confined to mental institutions, from where they rarely emerge as completely cured, can be successfully treated by this system in which the medicines have psychosomatic effect.

Fractures and dislocations which are due to mechanical causes, *i.e.*, external causes cannot be treated by this system. But the effect of these such as swellings and pain and the effect on the nerves can be successfully treated and such treatment if not done will show up as some kind of pain and remain as such for years.

The Homoeopathic system of treatment is concerned with the larger issues of ill-health and not with minor ills which go to make up ill-health. It is the totality of such symptoms that count and not any particular one, unless that be rare and peculiar. All the symptoms of the patient may not be found in the drug or vice versa, *i.e.*, all the symptoms of the drug may not be found in the patient, but the essentials must be there. It covers the psychological and mental factors. It is the totality of the symptoms that decide the remedy.

Though Hahnemann was anticipated by Hippocrates and even earlier by Paracellus (1495-1541) and the Ayurvedic system has "*Sama Samam Shamyate*" *i.e.*, Equal with equal gives calmness, it was Hahneman who first propounded and formulated in very clear and logical manner the doctrine of *Similia Similibus Curenter*.

Hahnemann's mission in life was to restore the sick to health. His ideal of cure was a rapid, gentle and permanent restoration of health on easily comprehensible principle achieved through Homoeopathy.

The system of Homoeopathy treatment perfected by Dr. Hahnemann enunciates the following three important steps in treatment :

1. Full assessment of the definite signs and symptoms of the disease.

2. Selection of the remedy which will definitely result in cure.
3. Administration of a dose, which will be just adequate to combat the disease.

Investigation of the disease forms an important part of the therapy. Totality of the outward signs of the disease are carefully assessed and recorded, and the physician then applies his technical knowledge, skill and experience and visualises representation of the disease in its general, specific and individual orders. The next step is the selection of a remedy from among the collection of important medicinal substances, whose pure effects on healthy human organism are precisely known and which correspond in every essential detail to the disease itself.

The glossary of medicines is known as *Materia Medica*, which was originally compiled by Dr. Hahnemann and subsequently expanded by pioneers who followed him.

The third step is to determine the quantity to be administered in as small a dose as would be appropriate to the case and adequate to secure a cure of the disease.

Homoeopathy is thus unique for its scientific significance and its vast potential in the field of medicine especially because it brings into practice the rich experience of various pioneers, who have made a systematic study of a variety of specific medicines on the human organism.

Homoeopathy is an art and science of life, because it is a study of living objects. The Law is revealed by phenomena evolved in living people and not relying for tests on animals. The Law of Cures is the Law of Similars—is a Law of God as acknowledged by Hahnemann.

“The great exponents of Homoeopathy have always endeavoured to build up their edifice on the foundation stone of metaphysics and logic and it has not been seen and scanned

much in the light of science. The little attempt (scientific) that has been made has not yet been crowned with success and it is generally thought and held today that Homoeopathy (like Water Divining) defies all attempts at scientific explanation. But this position does not appeal to the ordinary average man today. The wonderful efficacy of Homoeopathic drugs today is too big a fact to be brushed aside."

(Phanibhusan Mitra—Foreword to "What is a Homoeopathic Dilution" by A. Berne translated from the original French. In brackets author's insertion.)

That the symptom picture of a patient can be matched even to the details along with symptoms picture of the indicated remedy all of which have been noted in the provings of that remedy—is indeed a unique and arresting feature of Homoeopathy.

It is almost amazing, when it is seen that not only a parallel exists between the two pictures *i.e.*, one confined to the physical symptoms relative to the other that of the drug picture, but it also "extends to the mental sphere and embraces manifestations of the very innermost nature of the individual".

The question is how such a close parallel exists, and whether there is any basis for such? What possible connection can one discern between for example a snake poison and the physical and mental state of a woman undergoing the "change of life"? Yet the snake poison picture may so closely match the said patient's symptom complex as to be able to obliterate it and cure the woman of all her ills.

The resemblances cannot be accidental, for it is too exact and can only be claimed as a gift of the Almighty to the suffering humanity.

Both in theory and practice Homoeopathy follows nature. Homoeopathic drugs do not, like the Allopathic drugs load the human body with poisons. Homoeopathy does not suppress any disease, but gets to the fundamentals and eradicates the

disease, giving a safe, speedy and permanent cure by removing the symptoms.

To the great majority of people in India who are poor and who cannot afford to go in for costly Allopathic medicines, Homoeopathy holds out great promise of help. Homoeopathy can successfully treat a large number of complicated ailments, often difficult to cure by other systems of medicine. This fact has to be accepted with an open mind especially by the middle classes of society and the lower ones.

Prejudice against a universally adopted system makes no sense whether he or she be a doctor or otherwise.

Though belated the Central Government has taken interest in the matter and has provided funds for setting up Homoeopathic clinics and hospitals in all states.

“The passing away of Sir John Weir, Homoeopathic physician to the Queen of England in London on April 19th 1971 has removed the most outstanding personality in the Homoeopathic world of today. He was a student of Kent, one of the disciples of Hahnemann, the founder of Homoeopathy. He carried the torch of Homoeopathy to England and was responsible for the foundation of the British Homoeopathic Association and the spread of Homoeopathy in that country. He was mainly instrumental in getting Homoeopathy recognised by an Act of Parliament and its being introduced in the National Health Services, in that country under which every citizen of country is entitled as of right to demand treatment in the Homoeopathic system, if he so chooses, in any hospital in the country.

The London Homoeopathic hospital is a standing monument to his great labours in the cause of Homoeopathy.

He never tolerated to any extent the whittling down the principles and philosophy of that system. He deprecated any attempt of practitioners of the system trying to mix it up with other systems.

His writings in the British Homoeopathic Journal of which he was the editor for a long number of years, reflect the deep study of the system and its philosophy, *his abiding faith in the system as capable of "curing" and not merely alleviating temporarily all the illness to which the human flesh is heir to.* He advocated strongly the Single dose, the Infrequent dose and the Minimum dose, the three fundamental tenets of Homoeopathic treatment. Indeed he jocularly remarked that "one dose of *Caulophyllum 200* won recognition for Homoeopathy in England" after the following incident.

"The present Queen of England was in labour pains and the doctors considered a Caesarian operation an immediate necessity. But Sir John asked them to wait and administered a dose of *Caulophyllum 200* for the spasmodic labour pains and within a few minutes of its administration, the delivery was safe, to the astonishment of the army of medical practitioners.

Sir John saw a great future for Homoeopathy in India, as the system was suited to the Indian people with their philosophic outlook and their diet as Homoeopathy lays great stress on the mind being the dominant factor in the cause and cure of all illness". (*N. Venkatramaiyer, Madras. From Letters to the Editor, Indian Express, 5th May, 1971*)

In many parts of the world many highly qualified Allopaths have taken to Homoeopathy. "It is not in India alone that systems of medicine other than Allopathy are recognised. On New Year's eve was announced the appointment of Dr. Margery Grace Blackie as Physician to the Queen Elizabeth II. Dr. Blackie will be the first woman and the second Homoeopath to be appointed physician to Britain's Royal household.

(*Editorial in Statesman, Delhi 7-1-1969*)

Here are some interesting comments gathered from the book "*The Body is the Hero*" by Dr. Ronald J. Glasser, published in 1976. The author is a reputed doctor and also an instructor and a specialist in Pediatrics and diseases of the kindey and is working in the University of Minnesota U.S.A.

"All the medical breakthroughs in infectious diseases, all the drugs and technical achievements, have done nothing more than assist the body's immune system. They give us an edge, the time to mount a defence, but nothing more". "We have been lulled into a sense of security, by medical achievements, as if medical achievements were the answer". "To cure a disease, not just treat it you must help the body to do it itself. It is the body that is the hero, not science, not antibiotics, not machines or new devices.—Penicillin and Streptomycin may kill the majority of bacteria in an infected wound, but it is the body itself that must go after and destroy the last resistant microbe. It is the body that must seek out the last cancer cell missed by radiation or chemotherapy and destroy it if the patient is to survive".

"We know that the whole man is greater than the sum of his parts and there is a feeling that in treating him only as a condition, as a heart attack or a kidney infection, doctors have substituted a technology of medicine, for to use an almost forgotten term—'*Its Art*'."

"Medicine might be able to ignore this other side of things, but you and I cannot, because we know if even our surgeons and internists don't that we are connected with our bodies, that the catch in our breath when we are startled, the tension in our guts when we are worried the exhaustion which we feel from our anxiety are as much a part of our illness as are the bacteria and the viruses that attack us and in fact but just as debilitating, just as deadly".

"Doctors have all attempted to control diseases by conquering them from outside. In the present generation there are few who believe in the bending of their own minds to the task of our personal survival". The task of the doctor it has been always to help the body do what it has so well learned to do on its own, during the struggle for survival—to heal itself.

All these so called "new finds" had long ago *i.e.*, even in 1842 been found out by that flawless experimenter and meti-

culous observer Dr. Hahnemann. It was he that for the first time in all medical history, who stated that a cure can only take place by the stimulation of the vital force and also that diseases are solely caused by the derangement of the spirit like (dynamic) vital principle. Homoeopathic medicines are to stimulate this vital principle and thus to enable the body to heal itself.

These were discovered and taught by Dr. Hahnemann almost a century and a quarter ago.

The Science and Art of Homoeopathy

Reproduced below is the address by Dr. (later made a Knight) Sir John Weir C.V.O. London, who was the pupil of Dr. Kent and who was the first Homoeopathic physician to Her Majesty Elizabeth Queen of England, to the 9th Quinquennial International Homoeopathic Congress held in England in 1927 July 18-23 (pp. 167-180, Vol. II) "it is difficult to be a Homoeopath in some surroundings, where men are, perhaps, isolated from all sympathetic influences. For when it comes to homoeopathic prescribing, we need all the help that can be obtained.

At such a gathering as this there is the stimulating—if intangible influence of mind on mind between those who come from the ends of the Earth, intent on the same problems, fired by the same aspirations eager to add his quota to the common stock."

"Theories as to how homoeopathic cure is brought about are interesting and the failure of the homoeopath to give adequate explanation, in the exact terms of the science of his day, may have kept some men from investigating its claims. But the influence of Hahnemann, not only on the medicine of his own time, but on medicine ever since has been incalculable. Vide the tributes paid to him by Sir William Osler, Professor Bier and others.

I do not propose to deal with speculative theories. That hard facts are of far greater importance may account for the

number of Scotsmen who have become homœopaths. My country men are apt to go for the practical, and it is because homœopathy is practical that it appeals to us.

I remember asking one of my old allopathic teachers how a certain drug acted. His reply was pointed : "That it does have effect I know ; but how, I know not". Are we to await for a full explanation before availing ourselves of any power ? That we can use it, is enough meanwhile.

The idea of the *Law of Similars* did not originate with Hahnemann. He found it in Hippocrates and it is vaguely expressed in old proverbs and in poetry. But it was the genius of Hahnemann that first recognised it—tested it in a thousand ways and founded on it the first System of Medicine based on what his studies and experiments had led him to recognise as "an eternal, infallible law of cure".

Therefore to the question sometimes levelled at our heads "Why this Sectarian Title ? and to what purpose ? I would answer : that we stand for a great truth, as yet unrecognised by the majority of medical practitioners, and that our work is based on something wholly different from "orthodox" methods and thought. But we are "a people apart" only where the study and administration of drugs is concerned. All the rest we share with our professional bretheren. *we specialise in Drugs.*

As Sharpe put it years ago, Homœopathy is a *part* of medical science. It is not medicine, but a great reform in one of its departments.

But it utilises the science of toxicology and pathology in a manner impossible before the discovery of the Law of Similars.

In electricity we have power. We cannot define it, but we can weild it *i.e.*, in so far as we have mastered its laws, its applications and its limitations. All we know of it is, that it is power, and that it can be made more and more to subserve our needs almost to work miracles.

In the same way with *healing*. In homoeopathy we find power, and even though we cannot explain it, yet by observing its conditions, its applications and limitations, we discover with amazement that there is nothing in the world damaging or destructive to mind or to body—in the way of animal, vegetable, mineral poisons—even the poison of loathsome diseases, that cannot be brought into use for healing.

And homoeopathy alone holds the key to the relationship between *what a poison can cause and what a poison can cure*, and so makes it scientific. A University professor said to me: “I do not know what is going to happen to our students. We are teaching them all wrong. What we want is men of the old type of physician *who sees the patient*”.

This feeling is voiced in a short article by *A Physician* entitled “Are Doctors Too Clever”? The author says that the wisest and most experienced heads in the medical world are seriously concerned with the fact that doctors have acquired too much knowledge. As much of it as can be pumped into each student for five years and then he is let loose to cope with this mass of facts, which he fears to apply. So he falls back on a specialist for this, another for that, till his patients, or rather *little bits of them are treated not by one man, but by a committee of experts*. Where is all this leading us? he asks. We are treating diseases *sometimes only separate bits of disease*, instead of treating patients. We are dividing the body into watertight compartments, forgetting that patients are sick and suffering fellow creatures. In our dependence on tests and apparatus we are losing personality and insight—even the skill of finger and eye—for which our predecessors were famous. Only the other day at Guy’s hospital at the centenary of Richard Bright, Dr. Thayer, Emeritus Professor of Medicine at the John Hopkins University, Baltimore spoke of this tendency.

He said: “The increase of our knowledge and technical skill had brought it about that men might devote a whole career to the practice of specialities of surprisingly limited boundaries,

specialities which had given rise to a terminology bordering sometimes on the ludicrous" it was against this treating diseases or "bits of disease" instead of treating patients, that Hahnemann waged war : "this dividing the body into watertight compartments and forgetting that patients are sick and suffering human beings".

For Hahnemann disease was merely the expression of the suffering vital force appealing through its symptoms for its treatment : and where it was a question of treatment *he knew no diseases only sick persons*. And the 'symptom complex' that expressed the totality of the disease had only to be matched with some drug symptom complex in order to arouse curative vital reaction.

Sir William Milligan recently wrote : "the early stage of disease is often insidious, its symptoms mainly subjective and its diagnosis difficult from the absence of gross pathological changes. These early changes are however just the stages where the physician has the best chance of curing his patient and of nipping the disease in the bud. It is here that homoeopathy scores. The Allopathic old school physician is helpless till the pathological changes appear. He is absolutely at sea. He cannot even diagnose. But the patient, before actual pathological changes appear has symptoms. He feels ill. He can tell his deviations from the normal. And the homoeopath in treating the symptoms that *do* exist saves the patient more often than he knows, from serious illness.

The late Sir James Mackenzie also contented for the fact that the patient himself is our problem. He is the very cosmos in himself, unlike any other human being that exists.

His reactions and response to stimuli, whether of drug or of disease, are of special interest and importance. Diagnosis must go deeper than the *mere proximate causation*—deeper than those *previous conditions which have permitted the disease*—deep down into the hidden life-activities, with which curative response is indissolubly bound up.

Much of Mackenzie's work might have been written by *Hahnemann*. He with *Hahnemann* says: "What is important to us is *the unusual, the unexpected* in the patient's reaction to stimuli external or internal mental or physical, connected or not with disease, as giving us some inkling of the inner and deeper workings of life."

Prescribing : "It is well to remind ourselves from time to time, what is involved in *Prescribing, as laid down by Hahnemann*. First and most important, the *remedy*."

Why do we bother so much about General Symptoms (or Generals), the patient's reaction as a whole (not bits of him) to such conditions as heat and cold, damp and dry, thunder, times of day and night, special hours and such other conditions ?

Because no two of us are alike in regard to these things, even when suffering from the same malady. It is useless to diagnose "rheumatism" and then prescribe a rheumatic remedy.

A "rheumatic" patient limps in, "Doctor ! it is one of my bad days. It is raining." A second follows with "I am fine today. Look ! my joints are free, and I have no pain ; I am always like this when it is pouring". *Rhus tox* and *Causticum* are "rheumatic remedies." "But *Rhus* will never help the man who is worse in dry weather, nor will *Causticum* the man who is worse in wet. These two drugs may affect the same tissues, but they will not cure the same patients.

Therefore such symptoms, if well marked are important guides in the choice of the remedy.

It is the *totality of the characteristic symptoms* that decides the choice of the remedy. You may not find *all the symptoms of a patient in any drug, or all the symptoms of a drug in any patient*, but the *essentials* must be there.

POTENCY AND POTENTISATION

These terms in Homoeopathy mean the strength of the medicine and how that is brought about. Potentisation is otherwise Dynamisation.

There are two scales of potencies:

1. The decimal system introduced by Dr. G. Herring.
2. The centesimal system introduced by Dr. Hahnemann.

The difference between these two is only in the proportion of the drug to the diluent, *i.e.*, the vehicle used for the purpose.

Homoeopathic medicines being so prepared act more rapidly than the crude drugs. With the increase in potency, the medicinal *i.e.*, the curative power of the drug get increased.

In high potencies it is quite possible, that no trace of the original substances may be found in the potentised medicine. There will be only a mere attenuated shadow of the drug, *i.e.*, there will be only an electrical effect born of the passing of the drug.

The atoms of any substance cannot be so separated as to get a single atom. One might safely conclude that the electrical effect brought about by potentisation give the drugs their potencies, *i.e.*, power.

Physicists have long ago found out that transmutation of elements take place in nature, extending over very long periods of time. Some elements transmute quicker than others. With such transmutations or "decay" they radiate energy in the form

of rays. It is such rays that affect the cells of living matter Ex. Radium, Radioactive Cobalt, etc. They act on the protoplasm—the basis of life in the cells, specific agglomeration of which is a tissue, which forms an organ.

Homoeopathy treats the sick by the dynamic effect of the potentised drugs.

The drug affects one or more organs and expends its energy there *i.e.*, exercises “Elective” action.

Claude Bernhard has written “Every substance which in large doses, abolishes the property of an organic element, stimulates if given in smaller doses”.

Potency to be Adjusted

In sickness there is a high degree of susceptibility for that medicine, which is most similar to the symptoms, then, that medicine should be given in higher potencies only.

Age has to be considered before selecting the potency. Children, young and vigorous persons are more susceptible than the aged. During the growth period the organs that are being developed are more susceptible for the medicine than it is not. Hence for such, higher potency is indicated.

Another factor to be considered is the constitution and temperament. These modify susceptibility. Persons of nervous and sanguine temperaments and those who are jealous and impulsive are more susceptible.

The torpid and phlegmatic ones and those of dull comprehension as also those of sluggish and gross habits and those with great muscular power being less susceptible need only lower potencies.

Increased intellectual occupation increases susceptibility and hence higher potency is needed.

Long and severe physical labour, diminished sleep, coarse food habits and continued addiction to drugs all diminish susceptibility and such need only lower potencies, as also idiots, imbeciles, the deaf and the dumb.

Before prescribing any drug keep in mind the constitution and temperament of the patient. Though there is no hard and fast rule, be careful to note the sensitiveness of the patient.

Each case has to be studied individually. Those with a high degree of susceptibility can receive drugs in higher potencies, while those with a lower degree of sensitiveness are to be given lower potencies.

Very old and senile patients should not be given drugs of high potency.

The acuteness of the complaint has also to be considered.

The guiding principles in selecting potencies are :

1. Lower potencies, e.g., IX, 3X or 3c. can be given in gross pathological states.
2. Medium potencies 6th to 12th are to be given when there are functional disorders.
3. Higher and highest potency from 30th and above are for disorders which exhibit predominantly mental symptoms.
4. The highest potencies 10M or 50M or CM will work wonders in cases where the simillimum is perfectly matched.
5. Lower potencies are safest, when vital organs like the heart, lungs, liver and kidney are concerned.

If any particular instance is noted and if it is as a result of a particular drug, then use the high potency of that medicine.

Another factor that has to be considered in choosing potency is the stage of the disease. In acute diseases susceptibility is low and in chronic it is high. Long lasting diseases especially in persons of poor vitality and with pathological changes in tissues are those with highly diminished susceptibility.

In case of certain medicines, certain potencies alone produce the maximum effect. Vegetable medicines are more effective in lower potencies, others in medium and higher potencies and nosodes in the highest potency.

When a medicine and its potency have been selected the next question that arises is how much and how often the remedy is to be administered ?

In Homoeopathy there are no doses but only potencies. A dose is one or two pellets regardless of potency. Too many pellets or globules may act sometimes adversely on a sensitive person.

Follow the Law of the Minimum—which is just that quantity needed to effect a cure, since cure depends not on quantity but on quality.

It is better to remember :

1. The quantity of potentised medicine in a “dose”.
2. The number such “doses” *i.e.*, the quantity of medicine needed and the interval for such repetition, to effect a quick and harmless cure.

For No. 1 there is no hard and fast rule—a drop or two more or less makes no difference. The convention is two or three drops is a “dose” for an adult. This has to be carefully reduced for the young. This is to be given in an ounce of water—not warm or hot or too cold.

Preparation of Medicines

It is towards the vegetable kingdom that man and even animals first looked to for relieving themselves of their maladies. Unsophisticated households all over the world have their own simple and effective remedies, now humourously and sometimes sarcastically referred to as “Grandmother’s Remedies”, by the modern town dweller and now even by the villager, who want to be seen by a doctor—an Allopathic one—even for very minor ailments.

Man must have observed animals eating a certain plant or plants for some of their troubles and probably he took the hint and adapted for himself following the age old trial and error method. Instances have been recorded of the mongoose seeking out the plant *Tylophora asthamatica* after a fight with a snake when before killing it the mongoose would have received some bites from the snake especially the poisonous one. It is also a common occurrence to see the domestic dog (if it is not taken to the Vet. but left to itself) biting off a few blades of grass for inducing defecation.

Simple complaints like cold, stomach ache and simple fevers were all once treated at home by prescriptions handed down from generation to generation, using common household things like pepper, ginger, cumin seed, onions, mustard and honey. For the young baby the juice of *Fimbristylis malasya* in which a pure gold ornament was just rubbed was administered to correct the baby's stomach. (This is a practice in Malabar). In English country side where the newborn did not pass water, the women went to their bee-hives removed two or three bees and after killing them placed them in a vessel and poured a little warm water over the dead bees. This water was then given to the baby and the trouble relieved. It is from this that the value of this as a remedy for retention of urine came to be adopted and later "proved" in Homoeopathy—*Apis mellifica*.

The wild tribes of Central Africa and the Jarawa tribe of Middle Andamans used *Curare* to paralyse or kill their enemies or their prey while hunting. Certain tribes in Africa are reported to have medicines to soften the bones and even to mend broken ones.

Plants with the help of the green colouring matter in them (chlorophyll) and water drawn up by the roots and the carbon-dioxide in the atmosphere in the presence of sunlight, build up starch, the basic food for man and animals.

It is a miracle of nature that plants grown in the same soil and watered with the same water, have in them complex machi-

nery to give sweetness to the sugar-cane and beet-root, bitterness to the *Neem* and bitter gourd, sourness to the tamrind and lime and varied flavours like those of Jasmine, Vanilla, tea and coffee.

All plants synthesise, using the same materials, *e.g.*, carbon, hydrogen and oxygen which are the building materials for sugar and starch. Certain complex compounds are also synthesised with the addition of sulphur, phosphorous, nitrogen, potash etc. all drawn from the soil which are used as food and some of which are poisonous, but are useful as drugs.

It is a fundamental law of nature that energy is never lost, but exist in some form or other. That sunlight has energy as heat and light is well known. With the various wave lengths in the sunlight which has the seven (*Vibgyor*) primary colours various quanta of energy are given out by the various rays of colour. With this energy and with the various materials absorbed from the soil, water and the atmosphere plants in some mysterious way synthesise substances of complex chemical formula like alkaloids. These alkaloids are found useful as medicines.

When these as well as the carbohydrates are taken in by human beings and animals, by the action of the digestive juices these get broken down into their building blocks and the energy contained therein gets released. This energy enables the organism to perform its life's functions. Some of the synthesised stuff like opium exert a soporific effects, while others exert various specific effects on the various organs of the body. These effects are termed as medicinal. It is this energy that is lying locked up that gets released by the technique of "*Potentisation*" or "*Dynamisation*", and which was first discovered by Hahnemann, and found to be of great effectiveness in the treatment of diseases.

In the preparation of Homoeopathic drugs from vegetables, *i.e.*, plants, either the entire plant which grows naturally, with its leaves, flowers, root is taken or sometimes each or some in

combination are taken and ground up with alcohol and the juices extracted. This is the *Mother Tincture* and such is noted with the symbol ϕ . In the case of inert substances like sand, chalk, metals and non-metals, they are finely pulverised with sugar of milk and such are known as "*Triturations*" and the process as "*Trituration*". In the Orient such methods of preparing medicines were in vogue among the practitioners of systems of medicine like Ayurveda, Sidha and Unani. Most of the medicines of the later two systems are administered as very fine powders. That grinding makes the substance more effective is seen from the Ayurvedic dictum "*annal ashta guna pishtam*", i.e., eight *gus* or properties if rice are released by grinding.

The French Pharmacologist, Albert Robin warned even seventy years back i.e. in 1907 that drug action is effective only if it is dynamic.

The term "dilution" or attenuation" is a misnomer and has originated from a lack of understanding of the principles. Milk with the addition of water becomes diluted and on this analogy such a term came into Homoeopathic literature. The dictionary defines attenuation as make thin or lean i.e., to reduce in density and to break down into fewer parts. The application of this term to Homoeopathic drugs is therefore incorrect.

Hahnemann in the 19th century was the first to show that one drop of a Homoeopathic preparation was more effective than a dram of the same medicine, and that 1/12 part of a drop dynamised was more effective than a drop, or 1/1000 parts of a dynamised drop is more powerful than either and that 1/10,000 part is more effective than 1/1000 and so on. By such a discovery he was the first physician to split up and unleash a tremendous power in the field of medicine. One part of the substance dissolved in 99 parts of alcohol becomes the second centesimal dilution. Repeating this process with separate containers gives the 3rd, 4th and 5th, etc., centesimal dilutions.

dilutions. Hahnemann's method was the taking of drops of each of the dilutions for making the next one.

To start with the original substance has to be weighed. A gram of *Sodium chloride* i.e., *Natrum mur* which is the chemically pure form of common salt is taken and dissolved in 99 grams of pure water. The resulting solution is the 1st. decimal dilution. This is repeated using alcohol and with each repetition the potency or dilution increases.

The expressed juice from the whole plant or roots, stem or flowers or fruit—depending upon the kind of drug which may be concentrated or found in these parts of a plant is dissolved in alcohol and tinctures obtained.

One part of the juice is added to one part of alcohol and the resulting solution is termed as half strength. In the preparation of tinctures (solutions in alcohol) alcohol is used as the keeping quality will be spoilt if water is used.

(A) 2 drops of this 1/2 dilution in 98 parts of alcohol is 1st. dilution.

(B) One part of A in 99 parts of alcohol is 2nd dilution.

(C) One part of B in 99 parts of alcohol is 3rd dilution.

(D) One part of C in 99 parts of alcohol is 4th dilution.

(E) One part of D in 99 parts of alcohol is 5th dilution.

A is termed the 1st dilution or as 1x.

B is termed the 2nd dilution or as 2x.

C is termed the 3rd dilution or as 3x.

D is termed the 4th dilution or as 4x.

E is termed the 5th dilution or as 5x.

The 5th potency or 5x termed as "Back Potency" is the one taken for further dilutions by large scale manufacturers of various potencies.

2x is 1/100, 3x is 1/1000, 4x is 1/10,000, 5x is 1/10,0000.

1m is 1/1000,000, i.e., one by one million.

1mm is 1/I million.

If the drug is dry and not juicy the tincture is prepared by percolation. To prepare such, one part of the plant product and twenty parts of alcohol are initially used. Then 80 parts of alcohol are added later. The resulting extract is also termed "Mother Tincture". In prescriptions these are also marked thus ϕ . Potencies, dilutions and attenuations have the same meaning. In dispensing a prescription using the potencies, milk sugar tablets or globules are wetted with this potency—using a drop or two. By this the actual quantity of the drug is still further reduced. Thus one of the three cardinal principles of Homoeopathy—the minimum dose—is met.

Decimal Potencies

One part of the drug is added to nine parts of alcohol.
Repeating

<i>A</i>	<i>B</i>	<i>C</i>	<i>D</i>	<i>E</i>	<i>F</i>	
1 : 9 = 10,	1 : 9,	1 : 9,	1 : 9,	1 : 9,	1 : 9	(one part of
						<i>A</i> into <i>B</i> etc. Decimal Potencies :

One part of the drug is taken and nine parts of alcohol are added and this is repeated as follows, increasing the potency or dilution.

A. 1 part of drug : 9 parts of alcohol	= 1st or $1 \times = 1 : 99$
B. 1 part of A : 9 parts of alcohol	= 2nd or $2 \times = 1 : 99$
C. 1 part of B : 9 parts of alcohol	= 3rd or $3 \times = 1 : 99$
D. 1 part of C : 9 parts of alcohol	= 4th or $4 \times = 1 : 99$
E. 1 part of D : 9 parts of alcohol	= 5th or $5 \times = 1 : 99$
F. 1 part of E : 9 parts of alcohol	= 6th or $6 \times = 1 : 99$

Trituration

This term is adopted when insoluble drugs are to be prepared. Metals and minerals containing a fraction of the crude substance are triturated with a given quantity of sugar of milk. One grain of the substance and ninety-nine grains of milk (lactose) are thoroughly ground up in a mortar.

1 part of the substance with 99 parts of sugar of milk is 1st. trituration.

1 part of the 1st. trituration with 99 parts of sugar of milk 2nd. trituration.

1 part of the 2nd. trituration with 99 parts of sugar of milk 3rd. trituration.

1 part of the 3rd. trituration is used for preparing the 4th. trituration.

The 4th trituration is prepared with water.

The 5th trituration is prepared with $1/2$ water and $1/2$ alcohol.

The 6th trituration is prepared with pure alcohol.

Hahnemann had reasons to believe that insoluble substances become soluble in the 3rd. trituration when it, *i.e.*, the substance becomes too fine.

By this treatment, insoluble substances like metals and certain non-metals and other neutral substances like chalk or silica can be treated, when the energy in them gets awakened.

The spectroscope can detect the presence of any element up to the 9th. dilution or trituration. The microscope enables one to see up to 500 magnifications of the metal or inert substance.

It has been calculated that at the third dilution one gramme atom of Stannum or Arsenic has 576,000,000, *i.e.*, five hundred and seventysix million particles, each of which having the same properties as the original substance. It is because of such a fine division that they are able to penetrate everywhere *i.e.*, in each and every organ of the living organism.

The energy generated by potentisation, gets fully transferred to the vehicles which carry them, *i.e.*, the alcohol or the globule. Even though no part of the original substance remains the effect, *i.e.*, the medicinal effect of the substance is not lost. The possible extent of the dilution limit according to Hahnemann is 23C.

In preparing homoeopathic dilutions, the method adopted by Hahnemann was to dissolve 1 part of the substance in 99 parts of the solvent resulting in 1st. centesimal dilution. One part of this mixed with 99 parts of the solvent in another phial gave the second and with the repetitions of the process the 3rd, 4th, 5th and further dilutions were got. Hahnemann did this by taking drops of the dilutions.

One gramme of Sodium chloride in 99 grammes of water gave the 1st. centesimal dilution. This total weight of one gramme occupies a volume corresponding to that of a sphere of 2088 millimetres radius. In the 4th centesimal dilution, that sphere which could contain the molecules in one gramme of Sodium chloride will have to have a radius 100 times greater than other and will be 2088 metres. In the 7th. centesimal dilution the sphere that could contain the molecules in a gramme of Sodium chloride will have to have a diameter 100 times greater and will be 288 metres. In such a sphere there would be 100 trillions of cubic centimetres, *i.e.*, 2000 trillions of drops, each drop containing an appreciable number of Sodium chloride molecules.

If this calculation is continued then :

Diameter

For the 10th centesimal there will be a sphere of 28'800 Kilo Metres.

For the 13th centesimal there will be a sphere of 2880 Kilo Metres.

For the 16th centesimal there will be a sphere of 28800 Kilo Metres.

For the 19th centesimal there will be a sphere of 28'8 million Metres.

For the 22nd centesimal there will be a sphere of 2880 million Metres.

These figures are rather incomprehensible and can be rendered a little more realistic if they are interpreted in distances of the speed of light, which is 300,000 Kilo Metres per second.

In this way the radius of the sphere of the 22nd centesimal will be traversed by a beam of light only in 160 minutes or 2 hours and 40 minutes. It may be noted that the light from the Sun to reach the earth takes just a little over 8 minutes. So now the size of the sphere can be roughly conceived.

If such a dilution acts medicinally, then it has to be admitted that an infinitesimal quantity as a drop must have the homoeopathic virtue of the original drug. Scientifically there must something in that drop—a parcel of matter which the homoeopath designates as a force or something equivalent to it. Actually science does not permit that possibility, but 30th dilution is current in Homoeopathy and which is found to act medicinally.

The limit of divisibility of matter is governed by the Avogrado number of that particular element. The conclusion is that for all matter there are the same number of components in a gramme molecule which is known as Avagrado's number, having for its value 6.1782×10^{23} which is about 618 thousand millions of trillions—a totally incomprehensible figure.

According to Avagrado's numbers there are as many molecules in 2 grammes of hydrogen as there are in 32 grammes of oxygen or in 23 grammes of sodium.

These numbers have been obtained by a study of the Brownian movement, that of radiation, diffusion of light and the kinetic theory of gases, interpreted by means of the quantum theory of Plank.

How do Homoeopathic Medicines Act.

This is a vexing question for allopaths and even for scientists.

It is well known that matter in a state of solution or in a fine state of solution or in a fine state of division vibrates. A ray of light when passed through a solution suffers certain loss, *i.e.*, some of the radiations are absorbed. The spectrum of

absorption is indicative of the frequency of vibration of the material element, taking into consideration only a single band of absorption in a visible spectrum.

The conclusion already perceived by Homoeopaths is "that these molecules are smaller than the physicist's molecule".

The next question is as to how Homoeopathic medicines act ?

All material substances that vibrate cause the vibratory movement in the ambient, *i.e.*, surrounding ether. This ether being composed of corpuscles of extreme tenacity of which each may transmit or receive a limited quantity of energy, which is known under the term—Plank's constant. This energy has a certain frequency and is transmitted in jerks, *i.e.*, pulsates.

In any living organism there are some other supplementary phenomena also. Charles Henry has found in all living matter "resonators" other than the material elements, though its mass is much weaker when compared to that of the material resonators. He has shown that these "resonators" alone allow to explain why the organism of an animal or vegetable radiate more than the other bodies, every other condition being equal. These have been termed by him as "Biological Reasonators" and he has shown that by their help, the propagation of radiation takes place at a velocity of 2 metres 63 cms. per second.

As soon as the Homoeopathic remedies are introduced in the organism, it is that velocity which is utilised for the propagation of radiation. According to Wien's Law of Displacement which is "that in a ray there exists a radiation to the maximum of energy and that whatever the ray may be, the product of its wave length by the absolute temperature was constant."

From this law fundamental law has been deduced both for Biology and Homoeopathy.

Hence when matter is introduced in the body, it may vibrate at that frequency. It is the division of matter that conditions the activity or intensity of the radiation. The vibrations are necessary for the functioning of the organism, because they will allow the absorption of the corresponding radiations that bring in the external energy as also the neighbouring internal energy.

This the Homoeopath knows indirectly, because complex remedies have many selective actions. Nevertheless two different substances may for some dilution similar or not, produce sensibly equal frequencies. This explains that different remedies may have similar action on the same resonators.

The objective frequencies to which the "Biological Resonators" react lie between 7.25×10^{11} (725 trillions), the highest limit of radiation of violet ray and 40 the lowest limit of the musical vibration.

The nervous vibrations are included between 641 and 10 covering 6 octaves. There may be a frequency, proper to an elementary resonator or it may be a transformed frequency of a Biological Resonator, when the values for nervous frequencies corresponding to characteristic excitation it can be calculated a priori the diluted medicine necessary to respond that frequency by radiation.

Much work has to be done in this field and one thing may give us consolation, that the Homoeopathic remedies in micro doses are alone apt to react on the nervous system in order to establish the normal function according to natural laws.

Adapted from *What is a 'Homoeo Dilution and How Homoeo Medicine Acts* By A. Berne. Original in French. Translated by Dr. Rajakumar Mukerjee, M.A., L.H.M.S., 4th Edition. Hahnemann Pub. Co. Pt. Ltd., 165—Bipin Behari Ganguli Street, Calcutta-12.

Electricity permeates all living organisms, be it human, animal or vegetable. The nucleus of every healthy living cell

emits bio-electrical radiation with a frequency characteristically individual. In normal health the frequency remains the same, but in disease it gets altered. Hence a disease is that condition which causes a change in cell vibrations.

It is the finding of Mikhail Leontovich of the Ukraine Academy of Sciences, that such bio-electrical currents can be measured as millionths of a volt. All living bodies are very readily affected by electrical changes in the atmosphere. This can be seen in the pattern of human behaviour during changes in solar radiation, affecting the Earth's magnetic and electrical fields. A method of treatment known as Bio-magnetic, using the poles of a magnet have been worked out by the Bio-magnetic Research Foundation of Chicago, after experiments on cancerous mice.

The biological effects of magnetic fields is not a new subject. References to this method of treatment are found in Atharva veda, in the dialogues of Socrates and in ancient Chinese books on medical treatment. Magnetism as a natural force has got effect on living matter and thus affects human metabolism.

It has been used for the treatment and cure of rheumatism kidney-stones, gall-stones, high blood pressure, heart attacks, hardened arteries and a number of other body pains and aches.

George Lakhovky—a cancer research pioneer has demonstrated with his Multiple wave Oscillator that cancer in plants can be cured. Thus treatment of diseases in man by vibrations has been envisaged about four centuries back by the Swiss physician and alchemist Paracelsus. and now according to recent finding such radiations for cure can be generated within the body by potentised or dynamised Homoeo drugs.

In "high dilutions" there is the disappearance of the materials used as medicine, but there remains only the power, *i.e.*, the immaterial drug power remains. It is well established that matter and energy are inter-convertible and equivalent. This

finding was expressed by Einstein in his world famous epoch making equation :

$$E = mC^2$$

E=energy ; m=mass of the matter in grammes

C=velocity of light (3×10^{10} C.m. per second) in centimetres per second.

It is thus clear that from a tiny amount of matter tremendous amounts old energy can be liberated—atomic energy.

Whether the mechanism as action of homoeopathic drugs has been well and clearly explained or not, it remains a fact they do effect a cure.

THE 50 MILLESIMAL POTENCIES

In 1833 as published in his 5th edition of *Organon* Hahnemann had advocated the use of centesimal potencies, where the ratio of the remedy to the diluent was 1 : 100. Being not very much satisfied with the action of this potency, he advocated a new scale of potencies, which he developed in the last years of his life and which were written into the as yet then unpublished 6th edition of the *Organon*.

This new scale of potencies was termed as the 50 millesimal scale of potencies.

This Hahnemann developed as he found that centesimal potencies were not acting rapidly and some produced violent medical aggravations. The other reasons were that the period of cure took a very long time and also that the time and frequency of the remedies were difficult to ascertain correctly.

The 50 M. scale of potencies are homoeo potencies prepared in the 1 : 50,000 scale as distinct from the 1 : 100 of the drug to the diluent *i.e.*, the centesimal or the 1 : 10. *i.e.*, the decimal scale.

The 50M. preparations are denoted by O and prefixed thus : 0/1, 0/2, 0/3, 0/4 and so on up to 0/30, though they have been prepared up to 0/50. These potencies are also denoted by the following signs, LM I, LM 2, LM 3, or even by LM I, LM II, LM III, though it is more convenient and better to use or indicate as 0/1, 0/2, etc., which has a wider acceptance.

Homoeo drugs become penetratingly and marvellously efficacious, though prepared from crude drugs or materials,

many of which may not have the slightest medicinal effect on the human body in the crude stage, *ex.* sand, chalk etc. This wonderful and remarkable property of acting as medicines in such materials lying dormant is brought about by the process of potentising or dynamising.

A grain of the substance to be potentised is triturated for three hours with three times one hundred grains of sugar of milk. This forms the 3^C trituration. One grain of this 3^C powder is dissolved in 500 drops of a mixture of one part of alcohol and four parts of distilled water. One drop of this is put in a phial and after adding 100 drops of pure alcohol, the phial is given 100 strong succussions by hand against a hard but elastic body.

With this which is the first degree of dynamisation in the centesimal scale, small sugar globules are moistened and quickly spread on blotting paper to dry up. Keep this in a well corked bottle labelled 0/1. Only one of 0/1 globules is taken and dissolved in 100 drops of pure alcohol and dynamised in the same way with 100 powerful succussions. With this sugar globules are moistened as before and dried as done previously. Keep this in a bottle and tightly cork it up and label it as 0/2.

This process is continued till the 30th dynamisation is reached. These globules should be kept in well stoppered bottles away from heat and strong sunlight. They were originally called "Medicamento la Globule" (which is the significance of O in the marking of the potencies.) This is also so done to distinguish this from the old potencies which are marked with a x and known as Medicaments a'la goutte-medicines of the drop.

(This last para adapted from Life and Letters of Hahnemann by Bradford.)

There is another method of preparing 50 millesimal preparations as suggested by Mr. Dudley W. Everitt. M.P.S. of Nelson and Company, London.

To make the mother tincture as required for these dilutions, the starting point is the ordinary 3rd centesimal tincture or trituration. Here 0.063 grammes of the 3c tincture is dissolved in 25 grammes of 30% alcohol to give the "mother tincture" for this process.

The solution then contains

$$\frac{0.063}{25} \times \frac{1}{10} 6 \text{ grs}$$

of the mother or original substance.

$$= 1/400 \times 13/10^6$$

$$= 1/4 \times 10^6 \text{ grs.}$$

as the 3c dilution or trituration is 1/1000,000 or $1/10^6$, *i.e.*, a millionth of the original substance.

To Make Potency 1

One minim of the "mother tincture" as prepared above is made to wet 500 globules. By this the quantity of the original, substance, *i.e.*, the mother tincture will be

$$\frac{1}{4 \times 10^6 \times 500}$$

in each globule.

One minim of this is taken and added to a further 500 globules.

Therefore the final degree of dilution for potency 1 is :

$$\frac{1}{4 \times 10^6 \times 500 \times 100 \times 50}$$

$$= \frac{1}{10^6 \times 1,000,000 \times 10} = \frac{1}{10^{16}} = 8c, \text{ i.e.,}$$

the quantity of the original drug contained in the globule of the final product of process 1.

To make II and the higher potencies the process is :

A globule of 1 is dissolved in 100 minims of 90% alcohol.

This gives $1/16 \times 1/100$ grammes of the original substance. Add one minim of this solution to 500 globules, thereby reducing the original substance to $1/10^{16} \times 1/50,000$ per globule. Repeating thus higher potencies can be prepared. They are to

be kept in a well stoppered bottle away from heat and direct sunlight. They are marked :

0/1, 0/3, 0/6 etc.

The more potentised the remedy is, the more rapidly does it act and more permanently too. In such high potencies the duration of action is less and the action is also milder. Hence highly potentised remedies could be repeated without harm or medical aggravation.

Hahnemann used 30c, but later went up to 1MM.

Action of Homoeopathic potencies :

The electro magnetic field of the remedy sends out electromagnetic waves which affect all the tissues in the entire system in an instant. These waves do not propagate as chemical contacts or by any vasal, lymphatic or neural road. but travels through every cell with the speed of light. If the remedy is administered orally or by olfaction, on account of the big nerve trunks in the proximity of the brain, it affects must faster and more intensely.

The processes of trituration and succession creates emission of alpha, beta and gamma rays from the medicines.

Alpha (α) rays correspond to the very low potencies.

Beta (β) rays correspond to the medium potencies.

Gamma (γ) rays correspond to the high potencies.

Gama (γ) rays are much more penetrating than the Alpha and Beta rays, which explains why high potencies are more effective in the treatment of chronic, inveterate and deep seated maladies.

Alfred Abrams demonstrated that the tonicity of the abdominal muscles ascertained by percussion is increased if a homoeopathic remedy is held in the hand of a patient. It was G.B. Stearns who first showed that the iris of the eye responds if a homoeopathic remedy is brought near the eye.

All these prove that homoeopathic remedies radiate energy in the form of Hertzian Waves.

Triturations in Bio-chemic Medicine by Dr. Schussler

Dr. Schussler used Lactose—sugar of milk as the diluent..

Nine parts of lactose and one part of the salt are mixed in a ball mill for twelve hours to produce 1x potency.

One part of this and nine parts of lactose were used for subsequent potencies. Thus :

1x is 1 in 100

2x is 1 in 1000

3x is 1 in 10000

4x is 1 in 100000

6x is 1 in 1000000 (one in million).

After mixing thoroughly the resulting mixture is then moulded, but not compressed as tablets. Though these tablets have the appearance and taste of lactose, every molecule of it carries a molecule of the salt. Being so thoroughly pulverised, they dissolve instantly on the tongue, when taken in. The law of Electro Chemical Affinity is so selective that the tissue salt needed will be immediately absorbed into the blood stream, through the tissues of the mouth and transported rapidly through blood circulation to the area or organ where it is required.

Low potencies, *e.g.*, 1x, 3x, or 3c can be given in gross pathological cases.

Medium potencies, *e.g.*, up to 6th and 12th are to be given when there are functional disorders.

Higher and highest potencies from 30th and above are for disorders which are predominantly mental.

The highest potency 10M, 50M or CM will work wonders in cases where the similitum is perfectly matched.

Lower potencies are the safest when vital organs like the heart lung, liver and kidney are involved.

PROVING

Homoeopathic Materia Medica is based upon experimenting with a substance in potentised, *i.e.*, in its dynamic form. Such a substance is given to a healthy individual to stimulate the organism and to make it manifest the nature of the drug, without being poisoned by it. Thus "provings" produced in such an individual, symptoms of the artificial disease. Such drugs produce a disease condition, but not the actual disease. A series of drugs are necessary to parallel the different stages of a natural disease.

The drugs are administered to select healthy men and women and their reactions both physical and psychic are carefully noted down. These results *i.e.*, "provings" are then carefully systematised.

Homoeopathic provings are done only on human beings and not on animals. The white rat or the Guinea pig is never used for such experiments in homoeopathy. When these are used as in other systems of medicine, unlike human beings the role of emotion can never be recognised or felt. Human beings are living entities with a mind and provings done only on such can give a total and complete picture of the symptoms which a drug can produce.

Homoeopathic drugs being psychosomatic in their actions, the effect on the mind is of very great importance, as it is the mind that influences the body and its various functions.

It is the careful and systematic compilations of the experiences of the "provers" that go to make up the Homoeopathic Materia Medica.

Such experiments have shown that certain drugs from vegetable, animal or mineral kingdom exert specific actions on the various organs, on the mind and the individual as a whole. Some drugs have specific action on the stomach, while others act on the heart, liver, kidneys, skin, etc.

“Provings” are done with a single drug and a single dose. If it is not acting, then the susceptibility to it can be created by a repetition of the dose, until some effect is produced, and the drug should be stopped as soon as the symptoms arise and also should not be repeated till all the symptoms have ceased absolutely.

The finest symptoms develop late and sometimes may take many days or weeks after the discontinuation of the drug for it to manifest. The symptoms may be primary or secondary.

If a symptom already present suffers an increase, this is an indication of the fact that, that drug can also bring about similar symptoms ; but such symptoms should not be listed as the pure and positive effect of that drug.

All symptoms should and must be produced on a healthy person.

The drug brings about a type of sickness which it is capable of curing, *i.e.*, “drug disease”. If it *i.e.*, the drug fails to produce any sickness *i.e.*, the “drug sickness” on an individual, then it is a sign that, that individual is proof against that drug, and only increasing and larger doses will produce its likeness on such an individual. Only a person who is susceptible will catch the “disease”.

Sensations and mental symptoms are very important, and such cannot be had and recorded if animals are used.

When it became evident that a natural disease can be cured by an artificially (by drugs) produced disease, the question arose as to which drug is to be used for a particular disease.

This was solved by extensive experimentation stretching over nearly 40 years *i.e.*, of "proving" of 94 drugs mostly poisonous by Hahnemann on himself, his family and his dedicated friends. After such "proving" potentisation and the trial of low and high potencies followed in the same way. It was seen then, that high potencies showed better effect when symptom similarity and the drug similarity existed.

Dr. Hahnemann thus proved that the action of the potencies was not only due to the action of the drug alone, but also from an increased responsiveness of the human body, *i.e.*, that of the patient.

When the potency is too high, the drug may not only do harm, but may be dangerous, because it causes too great a stirring of the sick cells, which causes excessive reaction in the tissues, where such cells are, as also in the entire organ or system. Such is only a reaction and not a drug aggravation. In such cases the patient may even collapse or have an anaphylactic (a substance in the blood of animals and human beings that have survived intoxication, which causes increased susceptibility to the same toxin) shock; which may be even lethal since the reaction takes up all the life force, leaving nothing to sustain the functioning of the circulatory and the respiratory centres in the brain.

"Avoid too high a potency in too much pathology" is a safe guiding principle.

With too much of both—potency and pathology Euthanasia can be effected.

Homoeopathy holds that all diseases are primarily due to the deranged vital force expressed by the altered sensations and functions.

"Pharmacology is an extension of experimental physiology."

THE REPERTORY AND ITS USE

The symptoms produced by various drugs on different organs and tissues comprise the Materia Medica.

As the list of symptoms run into thousands and as it is not possible for any one to remember all these details, an accurate compilation of such has been made and such a compilation is known as a Repertory. Thus a Repertory is a systematized catalogue of symptoms as recorded in the Materia Medica. A Repertory helps the Homoeopath to arrive at the indicated remedy or remedies in general and saves considerable time. *Repertories are unavoidable for a homoeopath.*

From the indicated group of medicines, the particular drug can be chosen by consulting the Materia Medica.

Kent's Repertory, Nash's Repertory, Bonninghausen's Pocket Book, Boerick's Clinical Repertory, Knerr's Repertory and Herring's Guiding Symptoms are Repertories compiled by famous homoeopathic physicians.

In all good Repertories, Hahnemann's schema is followed *i.e.* first Mind, then Head, Eyes, Ears, Nose, Face and so on. The dictionary defines Repertory as a place where things are kept, to be brought forth again; a treasury, a magazine. Virtually it is a treasury, where the expensively and extensively "proved" therapeutic qualities of drugs on various organs and tissues of the human body are stored, to be brought for effecting cures of diseases of the suffering humanity. Some are either symptom Repertories or Clinical Repertories, but one which has both is of greater value to the physician.

When a case has been taken down properly with all the morbid manifestations and reactions to surroundings etc. and

where all the symptoms of the patient as given to and observed by the physician are noted, then consult the Repertory.

From these the next step is :

1. Single out those expressions which are descriptive of the general state of the patient.
2. Note the likes and dislikes, *i.e.*, desires and aversions, both mental and physical, including antipathies, dreads and fears.
3. Perversions of the intellect, reasoning, memory and disturbance of the mind.

Having listed out the drugs against each as seen in the Repertory, note specially those shown in italics (as in some Repertories) or in capitals in others.

After this eliminate all remedies not found against all symptoms etc. By thus eliminating, it will be seen that very few remedies remain which are common to all symptoms. Then by consulting the *Materia Medica* a specific drug matching in great detail with the symptoms can be found and which is the drug for that person.

Prescribe from the *Materia Medica* always and not from the Repertory. Example : *Vertigo*.

List out all the remedies under *Vertigo*. If it appears at a particular period or time, say, after getting up from bed or turning the head, then make a supplementary list shown under this special kind of aggravation.

Having done so then take up any rare and peculiar symptom or symptoms given by the patient. List out remedies for such. In doing so take care not to mistake a *Modality for a symptom*. Sensations are also to be considered and remedies for the particular one listed.

Example : Sensation "as if there were worms crawling over the external genitals". This sensation is more or less shared by *Causticum*, *Caldium* and *Staphisgaria*. Of these one or the other can be eliminated by consulting the *Materia Medica*.

Eliminate those not running through all or most of the symptoms, and what remains is the remedy.

In the Repertory references are classed under conditions, circumstances and modalities. By such an arrangement, the differences of the symptoms, with regard to time, place, degree and manner are very distinctly made out, so that a separate or individual mental picture arises in the mind.

All the symptoms of the patient must be written down and then write out the Rubrics (directions under various headings).

Example : Hysteria—write out all the remedies with gradations. If this complaint is before or after menses, have a sub-rubric for the same, which will show the number of remedies under general showing or having aggravation during the special period *i.e.*, menses. The anamnesis (past history of a patient) may be reduced by selecting one symptom that is very peculiar, giving the clue to the case. If this cannot be got at then take three or four essentials of the case. Note the remedies against each and eliminate remedies not found in all symptoms. Remember not to mistake a modality for a symptom. A symptom is the feeling or state while modality is only a modification of the symptoms. Sometimes certain symptoms through it modality become peculiar or characteristic—ex. vertigo on hearing a motor horn.

Repertory is only a method of finding the means.

Never prescribe from the Repertory but only from the *Materia Medica*. This will bear repetition because of its importance.

MATERIA MEDICA

Materia Medica is the science and nature of substances used as drugs *i.e.*, medicines. "This is a combination among other matters of what is termed toxicology".

This is a compilation of the symptoms of each drug and the totality of such gives the "drug picture" which enables the physician to match with the drug picture the symptom list of the patient.

Hahnemann, when he began to take infusions of Cinchona bark noted the effect on himself. The effect of any drug being varied on the various organs and such being too extensive for memorisation, a system of recording was done for easy reference, which is Materia Medica.

During his experiments Hahnemann noted that large doses caused aggravation. So a reduction in volume and frequency was advocated. From this the next step was that of Potentiation and the use of the single remedy.

Some remedies though it cleared up diseased conditions, such a cure was short lived and the same conditions reappeared. This led to the making of distinction between the remedies which are superficial in their action and those which are deep acting. From this was built up the theory of chronic diseases which led to the direction of the cure.

Out of all these was born the philosophy of Homoeopathy, and the Materia Medica of the Homoeopath. Materia Medica embraces the symptoms produced by the drugs for therapeutic purposes *i.e.*, action on different organs or tissues.

As Dr. Kent wrote : "There is no Royal road to a perfect understanding of the *Materia Medica*. It is tedious and drudgery at best, but no more so than any great science." *Materia Medica* is a record of the symptoms produced by a drug on a healthy person.

The student should study each drug analytically and comparatively, as by doing so it will be properly understood. Such a practice will go a long way to the making of a good prescriber.

The symptoms of each drug should be remembered and then all such should be grouped together to conform to clinical-symptoms *i.e.*, a syndrome (a combination of symptoms resulting from a single cause or so commonly occurring together as to constitute a distinct clinical entity) *e.g.*, Down's syndrome-mongoloid features, disordered skeletal growth and anomalies of the eyes and heart with moderate to severe retardation usually associated with trisomy of the chromosomes, *i.e.*, existence in a cell of three instead of the normal diploid pair of a particular chromosome.

Symptoms can be grouped to match the symptoms of the disease conditions, unknown to have a name, but appearing in human beings. Homoeopathy treats with the help of the symptoms and not by diagnosing the disease, before hand.

Routine treatment is not possible in Homoeopathy, since a drug can be applicable to any disease provided the symptoms agree. "When the intellectual mind of man, who has mastered the science of medicine, sees his patient, it awakens in him the picture of the remedy" wrote Farrington.

How To Study The *Materia Medica*

Analyse the character of the drug. Note how the potentised drug alters the function or nutrition or both of the body or its organs, these are symptoms or symptoms will be the results. The changes in the vital force are the symptoms.

Symptoms are : (i) Subjective (ii) Objective.

(i) These are what the prover experiences or expresses.

(ii) Those which affect the senses directly.

If a "prover" says he has a headache then it is a subjective symptom. This cannot be seen or felt by any one except the sufferer. So this can only be felt in the mind.

If on the other hand if there is a swelling or a coloured patch on the skin, then such a symptom is an objective one.

If a particular drug produces Aphonia or too much sweat, then it is an alteration of function or a decrease or increase in function. Similarly a drug may increase or decrease or alter a disease.

All the symptoms of the drug are not to be given equal value. Their values are only relative and this must be considered.

A pathological state in the human system comes into existence, when any one of organs does not function properly.

The changes that a drug will produce in a system is the pathology of the case. The total effect must be considered. This is the grand effect of a drug. This general action or *genius* of a drug ought to be remembered well, while others are not of value. This is the drug picture. Thus a drug has to be appreciated as a whole *i.e.*, in toto.

A dozen or more drugs will have the same symptoms, but never a similar general action.

Consider as "proving" the examination of a patient and if the genus of the drug agrees with the genus of the case, then give the drug, provided the symptoms have been correctly understood.

It will help in understanding Materia Medica, if the drugs are so classified according to the spheres of action, as shown below :

Blood and blood vessels.

Lymph and its vessels.

Brain, spinal cord and sympathetic nerves.
 Muscles, tendons ligaments and connective tissue.
 Bones, cartilage and joints.
 Serous and synovial membranes.
 Mucous membranes.
 Skin.
 Organs.

Compare the drugs and learn the points of difference between them.

Systematisation of study : There are five types of relations of drugs. They are :

1. **Similarity of origin :** Vegetable, animal or mineral.
2. **Similarity of action :** Drugs, though they are not similar in origin have similarity of action. Such drugs follow each other well and are termed *concordant drugs*.
3. **Complimentary drugs :** In this one drug completes the cure begun by another.
4. **Antidotal drugs :** These antidote each other.
5. **Relation is one of enmity :** They do not follow each other and being of such relationship often confuse a drug picture produced by one.

Examples :

1. Ignatia and Nux Vomica, Bufo Rana, Lachesis, Ferrum and Cuprum
2. Petrosel ; Carbo vegetabilis.
3. Belladonna and Calcarea.
4. Nux vomica and Coffee.
5. Acids, Vinegar, Coffee and Phosphorous.

CHOOSING A REMEDY

“Homoeopathy employs for cure only those medicines, whose effects in altering and deranging the health, it knows accurately, and from these it selects one with the pathogenic power of removing the natural disease in question by similarity”. So wrote Dr. Hahnemann.

When the drug symptoms and the disease symptoms are similar, then that drug is curative of that particular disease. Disease is a natural phenomenon and the production of certain symptoms in a healthy person consequent to the administration of a drug is a scientific phenomenon.

The basis of Homoeopathy is a single remedy in a simple dose in the potentised form.

The symptoms that a patient presents are divided into :—

1. Generals, 2. Particulars, 3. Modalities.

1. These are present in the diseased person as a whole. They are mental symptoms. They do not relate to the disease, but affect the inner man and are shown as mental and emotional states. These are the reactions of the body to environments, the person's likes and dislikes, *i.e.*, desires and aversions, hatred, affections, fears, causing impaired, intellectual functioning, anger, sorrow, depression, etc.

2. Symptoms under this head relate to the parts of the body that are diseased. Under this are various types of pains, sensations of burning, throbbing, choking of the throat, etc. These are common to the disease but not to the particular patient.

3. This is purely an individual matter and the decrease or increase in the symptoms, *i.e.*, aggravation (<) or amelioration(>), depends on time, weather, position in rest, motion, habits, reactions to various kinds of food and a variety of other circumstances.

Considering all these factors it is not easy to prescribe a remedy. This position of the prescriber has been expressed by Dr. Mahendra Lal Sarkar: "I find the Homoeopathic treatment to be greatly more difficult than the old school of treatment. Whereas I could prescribe off-hand if I had to treat a cases after orthodox methods, I could not do so, if I had to treat after the method of the new school, without great expenditure of thought in interpreting the symptoms and signs presented by the patient."

When a remedy has been selected after due consideration of the various factors mentioned before such a remedy will have a close similarity to the totality of the symptoms of the diseased person in body, mind and soul and such a remedy acts by strengthening the forces of nature to destroy those germs invading the body and rectify the body conditions which made the disease to establish. All symptoms are not of equal importance, but there is a relative value of the symptoms in prescribing, *i.e.*, mentals, strange, rare and peculiar, particular and general.

The Homoeopath classifies patients under three constitutions or miasmas :

1. Syphilitic 2. Scycotic 3. Psoric.

1. In such a type the old history has to be completely considered and antidoted by mercury or nosodes.

2. Patients under this class get their miasm antidoted by Thuja.

3. For this type Sulphur is indicated as an antidote.

Usually it may not be easy to determine the miasm that is dominant. When such cases are met with, treat the most

predominant one, and on this being extinguished; the others will show up, when they too can be suitably treated and eradicated.

Dr. Hahnemann was the first physician who discovered "Man The Unknown". When treating a person his mind, mental impulses, feeling of hate and love, depression, neuroses, likes and dislikes, sensations, jealousy, anger, desires, sexual feelings aversions, manias, fears, *i.e.*, phobias, all will have to be taken into consideration.

These are primary factors, while pathology recognises nothing, but man's body alone. Hahnemann said that the duty of the physician is to heal sickness and not just the result of sickness—then alone man is completely cured.

He also said "mind is the key to the man" and his followers have all found it to be the most important of his teachings. Man consists of what he thinks and what he loves and there is nothing else in man. If these two parts of man, *i.e.*, the will and the understanding be separated insanity, disorder and death results.

THE FIRST PRESCRIPTION

When all the available symptoms have been observed and studied, select a remedy which greatly approximates to the observed symptoms.

The symptoms must be observable, striking and must include those that are extraordinary or characteristic, *i.e.*, peculiar. In a great many cases it is the peculiar symptom that will act as a guide in the choice of a remedy.

1. Both the patient and the remedy must have the same well marked symptoms.

2. It is rarely possible to have a complete similarity between the symptoms of the patient and that of the drug. But the symptoms must have a general correspondence with the drug. The peculiar, single and rare symptoms will help in the selection of the special remedies.

3. Stress must be laid on the symptoms that are general, *i.e.*, affecting the whole body and those that the affecting any particular organ should be considered secondary. Thus "feeling cold" or "being thirsty" etc., concern the entire person and is not specific to any particular organ.

Special emphasis must be laid on the person's affections, desires, aversions, irritability, etc., as these are the mental symptoms which are deep and "are the expressions of the inner person". Disorders of the intelligence is the first and that of the memory later.

Such general symptoms as those relating to sleep and dreams and that of sensitiveness to heat and cold and in women, their menstrual state also must be considered.

A "modality" *i.e.*, modes of manifestation is induced under certain conditions, *i.e.*, eating some kind of fruit, lying on one side, presence of crowds stooping, etc., causing certain troubles or often causing or enhancing them, should be distinguished from the symptoms.

The skin being the outermost and quite extensive does not often give for decision any important symptoms.

Diseases often lead to certain results, like a tumour or wart and these should not be mistaken for a disease.

After a consideration of all these, for a final selection of a remedy see the seat of action, then whether it is in any organ or tissue, kind of action in diathesis *i.e.*, unusual constitutional susceptibility or predisposition to particular disease or other quality.

In prescribing for the "acutes" look first for any change in disposition brought on acutely.

A changed mentality due to a disease is the most important guide the physician can get to the remedy. "If the mental state does not improve the patient is getting worse. There is no better action of a remedy than the mental improvement". —(Kent). An intelligent Homoeopath never prescribes for the results of the disease—he prescribes for the patient.

THE SECOND PRESCRIPTION

The second prescription can be thought of only after the first has completed its action.

This can be :

1. A repetition of the first remedy.
2. Complimentary to the first one.
3. Antidoting the first one.
4. Increasing the potency of the first drug.

If after taking the drug first prescribed there is amelioration, and the original symptoms again appear in a milder form, then it is clear that the drug given has not got enough potency to bring about a radical cure. Then wait and see whether the remedy has acted fully. If not, the symptoms picture may not be quite clear. If so, prescribe the higher potency.

The improvements should come in the reverse order of their coming, *i.e.*, the last symptom will go first and the first last. In choosing a drug always remember that the "loves" of a patient, *i.e.*, his cravings extend all over the body—the patient thinks with his fingers, eyes, and skin. The loves and hates express the patient, his sexual symptoms, desires and aversions have all to be considered.

There is no disease which has not its counterpart or correspondence in substances in either of the three kingdoms of nature, *i.e.*, animal, plant and mineral. Each and everyone of these when potentised and some even without being so treated are capable of producing a drug picture.

To facilitate easier choice of the drug think in groups :

1. Animal
2. Plant
3. Mineral.

It is the internal qualities of these that concern the Homoeopath, and such qualities are released by potentising.

Try to visualise the drug in the totality of its action, *i.e.*, the collective symptoms, which will effect on a healthy person as it assumes a human form.

Never give any drug to suppress any discharges as discharges are nature's methods to get the body rid off unwanted and morbid materials.

Whenever under Homoeopathic treatment, the mental conditions grow worse, the patient will not be cured, with that particular drug. If the mental conditions do not improve then the patient is not getting better "There is no better evidence of the good action of a remedy, than the mental improvement". (*Kent*).

Consult for careful work the Repertory, as this is a method of finding the means, but for an accurate and proper prescription consult the *Materia Medica*.

The Keynote System of Prescribing

Some Homoeopaths, either because they are busy or because of their disinclination to go through the Repertory and the *Materia Medica* resort to what is known as the "Keynote System". At the very outset it must be understood that this system is not at all in accordance with what Hahnemann so laboriously found out and taught.

This system does not give the mind the training and it dulls the mind of the Homoeopath and denies him to understand the characteristics of the various drugs, by omitting the nature of the various remedies and the image of the patient, both of which are as far as possible to tally—which is the cardinal principle—*Similia Similibus Curanter, i.e., Likes are cured by likes*.

“Since the basis of the Homoeopathic prescription rests on totality of the symptoms, these must be meditated upon until a perceptible image appears.”

A final caution to be exercised is to observe the difference between a *Similar* and a *Similimum*. A *Similar* may spoil a case and if near enough may have a curative action, while a *Similimum* is the drug that removes the symptoms seen, thus effecting a complete cure.

The curative power or force has got to be differentiated from the curative drug, thus where a 30 potency did not effect any change in the symptoms, a 200 potency effected a cure.

An intelligent Homoeopath never prescribes for result of the disease—*He prescribes for the patient.*

“It is axiomatic that when a drug is capable of producing toxic responses, such responses when they persist can be erased or dominated by the use of that drug in potentised form.”

—L.X. Kynicki, M.D. (Detroit, Michigan).

Croton oil even one drop will cause severe diarrhoea and the same cures diarrhoea when used as a potency.

Modern drugs have many toxic side effects. Penicillin is fatal to a few, while in others it causes urticaria within hours or days. This can be cured by Penicillin in 50M potency.

The second axiom in Homoeopathic teaching, refers to a persistent ailment which seems to have begun with a specific occurrence.

Physicians usually tend to ignore what happened to the patient 10, 12 or even 20 years ago. That and the present illness has some relationship.

DOSE AND REPETITION

In practically all cases a single dose effects a change in the symptom picture. Sometimes doses are repeated, but this varies from person to person as to initiate an action, as it depends on the susceptibility of the individual.

In acute cases more doses at frequent intervals, varying from a few minutes to hours have to be given as in controlling a high fever, but in chronic cases a few doses at long intervals act best.

Each medicine has a periodicity, *i.e.*, a period of action.

Generally medicines of vegetable origin are short acting and hence has to be frequently repeated, but medicines of mineral origin are long acting and hence require repetition only at long intervals.

A well chosen medicine is the correct medicine and so only a single dose is necessary, while one which is less indicated require more doses.

Make it a principle never to repeat the remedy as long as the patient is improving under the action of the previous remedy *i.e.*, the remedy given before.

Improvement can be seen by :

1. Development of Homoeopathic aggravation.
2. By the operation of Herring's Law, which states :
 - (a) Improvement begins from within outwards.
 - (b) Improvement begins from above downwards.
 - (c) Improvement begins by symptoms talking the reverse order of their appearance, *i.e.*, the last appeared symptom going away first and the first appeared one fading away last.

Frequent repetition of the original remedy will only give a confused picture of the case and the symptoms also may get suppressed by such repetition.

If the patient is weak, the vitality will be diminished, and in such cases it is not safe to repeat the remedy ; but repetition may be done if the lack of response is sluggish due to previous allopathic drugging.

Sufficient interval should be given before repetition as acute cases may show improvement in a few days, while it will take weeks or even a month or two for chronic cases. In chronic cases as long as the old symptoms return, it is a sign that the remedy given is still acting. If the symptoms disappear in the reverse order internal organs to superficial parts, it is also indicative that the remedy is acting.

When the first dose is followed by a perceptible aggravation, a second dose should never be given until amelioration which follows aggravation has ceased.

Allow sufficient time for the remedy given first to work before either repeating the same or changing the potency or giving a different remedy. The sensitive proves the remedy by showing its curative action.

The second dose *i.e.*, repetition depends on the type of disease. If the disease is acute, the action is shorter and quicker and if chronic the action will be longer and slower.

Example : In acute pneumonia, long acting remedies like *Lycopodium*, *Phosphorus* and *Sulphur* may begin their action in a few hours. In acute cases like cholera, the drug will begin to act in a few minutes and such action may be over either in a few hours or days, when a second dose may be necessary.

In chronic cases not only the medium range remedies like, *Bryonia*, *Rhus tox* and *Nux vomica* and even short acting remedies like, *Aconite* many continue their action for many days.

Any Homoeopathic aggravation or Homoeopathic amelioration, *i.e.*, following the laws of cure totally precludes any repetition of the dose or even a second prescription so long as they continue, despite anything indicated in theory.

Care must be exercised in the treatment of chronic cases. In very chronic cases one dose of the "similimum" is followed by not only one set of Homoeopathic aggravation, followed by amelioration, but by a series of such, each of lesser and lesser intensity, and spread over a long period, sometimes even a year. It will be therefore interesting and useful to keep in touch with such a patient and giving placebos.

In an acute case, remedies must be of lower or of medium potencies, while in chronic it is vice-versa.

How Long To Wait After a Single Dose

Observe as a matter of routine the following intervals before administering the second dose :

<i>Interval</i>	<i>Potency</i>
One week	30
Two weeks	200
Four weeks	1M
Six weeks	Above 1M

The factors that decide the interval between any two doses usually are :

1. Nature of the remedy.
2. Correctness of the prescription.
3. Strength of potency used.
4. Environment.
5. Personality of the patient.

1. **Nature of the remedy** : Drugs vary in their speed of action and duration of action. Drugs like *Aconite*, *Belladonna*, *Camphor*, *Glonin*, *Moschus*, etc., act immediately and their

action is over in a few hours, or a day or two. Those like *Apis*, *Arnica*, *Bovista*, *Bryonia*, *Capsicum*, *Colocynth*, *Rhus tox* etc., are medium acting both in their action and their duration. For the prescriber who is not aware that *Apis* may not begin its action soon, sometimes up to 24 hours, its not acting will certainly puzzle him so much, that he may even change the prescription.

Acetic acid, *Agaricus*, *Aloe*, *Anarcadium*, *Argentum nitrate*, *Bromitum*, *Caladium*, *Digitalis*, *Tarantula*, *Veratrum* etc., are long range remedies and may take one to three days to start their action and when once begun will last for three to six weeks.

Alumina, *Arum*, *Baryta carb*, *Calcium carb*, *Calcium phos*, *Carbo animalis*, *Carbo vegetabilis*, *Causticum*, *Graphites*, *Lycopodium*, *Nitric acid*, *Nux moschotus*, *Petroleum*, *Silica*, *Sulphur*, *Thuja*. etc., may even take three days to begin their action.

It will be helpful if the chart in Clark's Clinical Repertory, Boeninghausen's Characteristics, Repertory by C.M. Roger and Relationships by G. Millar and P. Shankaran are consulted.

In chronic cases when long range remedies are used, the period of action is very long.

2. Correctness of the prescription : When the "similimum" is more in conformity, i.e., more appropriate with the symptoms, then the period of action is more in both acute and chronic cases, being more so in chronic ones.

3. Strength of the remedy : This is not very important for where higher potencies are used, the interval should be long.

4. Environment : While disturbing factors, like exposure to materials, which either antidote or nullify the effects of the drug, the absence of these and the presence of congenial environments and a correct diet prolong the action.

5. **The personality of the patient** : This is a very important factor :

- (a) If the patient be sober and balanced in mind the longer will be the duration of action. If one is taciturn then slower and shorter will be the action.
- (b) For those who are sensitive, excitable, irritable or neurotic, the response will be quicker and the duration of the action of the remedy will be shorter.
- (c) In those who are fleshy and not sensitive, *i.e.*, blunt and not easily excited, the drug will have a slower and shorter duration of action.
- (d) The general condition of the patient. If the patient is very sick and vitality low, the action will be slower, shorter and weaker.

Many a Homoeopath tends to spoil a case by the second prescription. The first one is comparatively easy and is done by the drawing up of a similimum. The second one has to be done with greater patience and care. Wait patiently the return of the symptoms after the first prescription has exhausted its curative action. This period will give the physician whether the remedy was palliative, curative or whether its action was only superficial or deep enough to cure the derangement.

Watch and see :

1. If aggravation of symptoms follow.
 2. If amelioration of symptoms follow.
1. If there is any aggravation of the original symptoms and there is general improvement it is a good sign. If aggravation is attended with decline of the patient's general condition, it is doubtful if there was any cure. Such cases should be handled with greater care and caution.
2. If there is amelioration see whether it is of a few symptoms or general condition. The patient must feel the buoyancy of returning life. The improved symptoms are the next ones to be considered.

If the prescription has been continuously given, then there are few or no chances of a clear image of the disease symptoms returning and the image seen is not reliable. When the power of the remedy has been fully exhausted then reliance can be placed on the disease image then seen.

If the first prescription was only a similar, the symptoms will return asking for the same remedy. If it was similar enough to the superficial symptoms, then the image comes back altered, calling for another remedy. Such is not a good prescription.

Whenever the symptoms return like the original ones and has the same remedy image, the disease can be considered chronic and a higher potency is called for. When the image comes back unaltered except by the absence of one or more symptoms, the remedy should not be changed, until a higher potency is tried.

When there is a necessity for changing the remedy the symptom that has appeared last should be the guide in choosing the next one.

No remedy is needed as long as the old symptoms reappear and disappear as they are the images of a fading picture.

If a disease is acute and the remedy given is for such acute-ness, then the disease grows worse.

Doses either dry or in water are both correct.

After the first remedy has fully expended its action only then proceed with the second one.

If the symptoms arise in the order *a, b, c, d, e* and after a dose of antipsoric remedy there is a great improvement for 6 or 8 weeks with the disappearance of symptoms *e, d* and *c* and then *b* and *a* begin to increase and even-*e*-return and *d* and *c* are permanently gone and finally a new symptom-*f*-appears and there *a, b, c* and *f*-the last appearing symptom *i.e.*,-*f*-is the guiding one and will appear in anamnesis (the past history of a patient) as best related to some remedy, which has this

characteristic. Herring writes : "This last symptom-*f*-will be found among the symptoms of the last given remedy, but only of low rank. Because of the appearance of *f*-a new system and the disappearance of *d* and *e*, the original remedy is contra indicated.

The second remedy must bear a complimentary relation to the first and hence the last remedy, either allopathic or homoeopathic that has acted forms one of the most important guides in the choice of the second remedy".

PSOLOGY

This is the science of quantity. This concerns with the dosage of medicines. In Homoeopathy since physiological doses of medicine are not given, the problem of toxicity as in other system does not arise.

A dose should never be repeated till the action of the first is over.

Single remedy is monopharmacy and it is the best and not polypharmacy which is the use of multiple remedies.

A single dose creates a course of acute diseases, but if a number of such small doses are given, then it creates a chronic disorder.

If the reaction of the patient after administration of a dose is feeble, then it can be repeated, but if the reaction is strong or severe, then it should not be repeated.

In doing so it must be understood that every medicine when administered, gives the body repeated vibrations—either strong or mild—depending upon the potency. Too much of such vibrations will definitely injure the delicate balance of the bodily functions and also render it weak and unable to create the necessary vital response.

Thus a similar remedy should be given rarely and not unnecessarily repeated.

Whether the medicine is given orally or by olfaction or by rectal or cutaneous absorption is immaterial so long as that medicine is that of totality of the symptoms.

Local applications of Homoeopathic medicines are very rarely done as *Arnica* for bruises ; *Rhus tox* for strains and sprains ; *Cantharis* for burns and *Hamamelis* for enlarged veins. These are also administered as potencies.

Wounds, stings of bees and wasps and the bites of animals are all treated by external applications.

As medicines in dilution have greater surface of contact and with their powerful vibrations, it is only the quality that counts and not the quantity.

Homoeopathic remedies always act rapidly : some having a short effective duration. The long acting remedy may act in acute diseases and the short acting cannot act as long in acute cases. As Kent has expressed : "Get the periodicity of the medicines".

The general appearance of the patient as also his mental state and to a lesser degree the pulse and temperature are indicative of the action and also whether the remedial action of the remedy has been exhausted.

Frequent repetition of the original remedy will only give a confused picture of the case and also the symptoms may get suppressed by such repetitions or by the use of high potencies.

If the patient is weak the vitality will be diminished, then it is not safe to repeat the remedy. But repetition may be done if the lack of response is sluggish due to previous allopathic drugging.

Sufficient interval should be given before repetitions, as acute cases may show improvement in a few days, while it will take weeks or even a month or two for chronic cases. In chronic cases as long as the old symptoms return it is a sign that the remedy given is still acting. If the symptoms disappear in the reverse order of their original appearance or if they pass from internal organs to superficial parts it is also indicative that the remedy is still acting.

REMEDIES IN SERIES

There are certain drugs which must be used when indicated in the order given below :

Sulphur, Silica, Fluoric acid, Arsenicum album, Thuja, Tarantula cubensis etc,

Some of these are both complimentary and antidotal. This fact explains why some drugs have the power of neutralising the undesirable effects, yet not interfering with the curative acting of the drug prescribed.

Concordant, Collateral or Compatible Relation

Drugs which show marked similarities in action, even though they belong to different sources, *i.e.*, vegetable, animal or mineral are concordant, collateral or compatible. Some Homoeopaths hold that there should be analogous (bearing the same resemblance to) remedies from each of the sources for every sickness. Such follow each other well.

Antidotal Relationship

There are drugs which have the power of neutralising the effects of another drug. This is useful when the drug first selected is found to be the not proper one. This is a very important and useful study. Clinically it may have to be used to counteract the dangerous medical aggravations, which sometimes appear after the administration of a drug.

This has to be done when the first prescription is not only a similitum but is quite unhomoeopathic and causes unhomoeopathic prognosis. When antidoting see that the remedy given has homoeopathic relation to the symptoms.

Inimical Relationship

Such a relationship exists between drugs which are derived from the same source, *i.e.*, botanical, animal or mineral which neither follow each other well nor do such antidote the previously given one. Hence such must be given with an inter-current drug or by leaving a time gap between such drug administrations.

There is no need to change the prescription, if the prominent symptoms remain. Then it is better to watch and see, as these later developed ones will pass off soon.

The patient may complain of new symptoms, never felt before by him, but he feels better internally. Then there should be no repetition, till the patient feels relieved mentally too.

Since the patient may not tell you all his symptoms, it may not be possible to select a similitum. Hence it is necessary to introduce in treatment a complimentary or collateral, antidotal or inimical or incompatible drug to complete a cure.

Complimentary Drug or Chronic Drug

When a drug cures to a certain extent and for some reason or other stops at that stage its action and a few residual symptoms are seen, then a complimentary remedy to boost the action of the original drug and thus complete its action is to be given. Deep acting, long acting or complimentary constitutional remedies should be given only after a long interval to complete the cure. Each drug has its complimentary one known as also its chronic.

Classes of Complimentary Drugs

1. A plain complimentary drug is one that is related symptomatologically to the drug given first. Both these have co-existence in nature and have more or less the same chemical constituents.

2. There are acute complimentary drugs of a chronic remedy and also chronic complimentary drugs of an acute remedy. Sometimes one chronic compliment may have more than one acute compliments.

In prescribing any drug these must be known and this is possible only by a reference to the *Materia Medica*. *Example* : See chart below :

<i>Drug</i>	<i>Potency</i>	<i>Similar</i>	<i>Compati- bles</i>	<i>Anti- dotes</i>	<i>Compli- mentary or Chronic</i>
Ferrum 3x		Anac, Ars Bell, Borax China, Gels Ipecac, Phos Selen, Puls Sulph	— — — — —	Ars, China Hep. s, Ipeca, Puls Verat alb Thea	Alum China Ham Ham
6th		Ars, Cal-carb. Hep. s, Lyco, Nitric acid Puls, Sepia Silic, Sulph	Bell, Cal-c. Lyco Merc Nux-v. Phos, Puls Rhus, Sepia Sulph	Aconite Arsenic Iod, Nux-v. Rhus Wines	Caust Hepar Sulph Lycopod

DRUG COMBINATIONS

Arsenic album and Stramonium can be combined and in cases of dog bites given, if it is a rabid one. Four doses daily for fourteen days. In any dog bite, all teeth and paw scratchings should be swabbed well with *Argentum nitrate 2x*.

Aurum mur and Natronatum both 4x. This combination is to be given seven days before menses and another dose seven days after, is excellent for sterility in women. Before giving this mixture a dose of *Sepia 6x* and *Conium mac. 3x* should also be given.

Anacardium 3x and Arsenic album 3x very effective in duo-dinal ulcers. These two are not to be mixed but given as separate doses.

Arsenic album 200 and Lachesis 200. These will act as a prophylactic for throat troubles.

Bryonia 30 and Ferrum phos 3x. To be given in all cases of haemoptysis. In acute cases four doses daily, otherwise only two doses daily. Rest at least for two days.

Calcaria flour and Calcareea sulph. Sprinkle this mixture daily on the open and angry looking ulcers where granulation is necessary. Wash every day with *Calendula* lotion before applying the mixed powder.

Cantharis 6x and Arsenicum album 200. For burns and also useful internally also.

Ipecac 30 and Lycopodium 30. This mixture controls diarrhoea as also colds and cough and sometimes even fever during dentition. One dose after every motion.

Hypericum perforatum 200 and Arsenicum album 200. One dose every 3rd. hour ensures a high percentage of success in Tetanus.

Hepar sulph 200 and Arsenicum album 200. For suppurating raw ulcers four doses daily gives rapid relief.

Eupatorium perfoliatum 30 and Rhus tox, 30. Acts as a prophylactic against Influenza when rains begin. Two doses one in the morning and another in the evening will be enough. If with Influenza there is also constipation then give *Rhus tox. 30* and *Bryonia 200*.

Kali mur. 3x and Ferrum phos 3x. Acts best in pneumonia when given four times a day.

Mercuris vivus 3x and Belladonna 3x. Very effective when given four times daily for Mumps with intense pain. If there is difficulty in swallowing give *Mercuric cyanide 200* also.

Nux vomica 30 and Stannum 200. For colic associated with gastric trouble.

Sulphur 30 and Antimonium crudum 6x. Give one dose every alternate day when there are eruptions with intense itching and light secretion. This is very useful for scabies also.

Veratum album and Cuprum metallicum. This mixture controls cholera. One dose to be given after every purging or vomiting till relief. In addition give sugar as wanted by the patient. Keep *Arsenic alb. 200, Tabacum 200, Carbo veg. 200, Camphor 200* all nearby for cholera cases.

BIOLOGICAL CLOCKS AND TIME CHART

It is now becoming generally known that the metabolic functions of the body have rhythmic fluctuations. Some of the organs work with almost clock-work precision. The heart beats are predictable and the inhalations and exhalations by the lungs are quite rhythmic. That all the internal functions of the body are periodic, it is now established is due to the precisely timed activity of D.N.A. (deoxy-ribo-nucleic acid). "The strongest single piece of evidence that our daily rhythms are under some kind of internal timing machine" says Fieldman "comes from the study of animals in controlled situations". This French Physiologist expounded the theory of a healthy organism's "internal environment". According to this theory the blood composition is in a state of equilibrium. This concept also concedes that certain fluctuations do take place in the composition of the blood components, but it is not clear about their being cyclic in nature.

The existence of "Biological Clocks" in almost all organisms have been well documented over the past nearly thirty years.

These control almost every activity of the living entity from an animal's sleep pattern to one's mental alertness. These are set by environmental cycles of light and darkness.

This discovery refines a concept called "haemostasis", that dominates physiology. This concept is based on the ideas of Claude Bernard—a 19th century French Physiologist. This said that a healthy organism's "internal environment" such as blood composition is in a state of equilibrium. It recognises that certain fluctuations take place in blood components, but does not say that they are of a cyclical nature.

Take for instance a Hamster, which sleeps all day and runs around all night. Put that animal in a constant state of light and temperature with no information from the outside environment and it will continue to act rhythmically. But under these constant conditions, its cycle will begin to vary slightly into what is called "A free running period, which closely approximates, but is not equal to 24 hours is proof that it is caused by an internal clock, evolved to synchronise the organism' to its environmental conditions of light and darkness, but not dependent on external conditions to operate".

It is that internal synchronisation, that is altered in people when they travel in planes across the country from continent to continent, resulting in what is called "internal desynchronisation". It may sometimes take as long as a week of the so-called "jet lag" to get different rhythms readjusted to normal relationships".

What Bernard labelled as "internal milieu" of the body is its constantly being in a state of rhythmic change. From this it can be surmised that any organism is not the same as it was after an hour or two.

These rhythms get altered when the organism is sick or ill, *i.e.*, when a desynchronisation of the varied activities take place.

Dr. Franz Halberg, Professor of Experimental Pathology at the University of Minnesota Medical School has done the most outstanding work on these rhythms, after his attention was caught by the "Once-a-day beat" of a type of white blood cells—the Esonophils. Halberg was a person dominated by a passion for precision and he used this rhythmic knowledge for the early detection and prevention of disease. He termed this rhythm as "Circadian" (Latin, Circa=about, dies=about a day) being his own coinage.

His discovery was that "Circadian" rhythms run through one cycle every twenty to twentyeight hours. This cycle is

followed by enzyme activity. The production of hormones wax and wane, *i.e.*, rise and fall as also the life process of the cells and tissues and of the various elements inside the cells. For enzyme activity and hormone production certain correct products have to be supplied to them at the right time. When there is a desynchronisation of this rhythm, the production of hormones and enzymes are disturbed and consequently there is disease.

Since cells do not get the correct materials in time for their growth, reproduction, excretion, and assimilation all of these being vital functions of the living cell, cellular malfunction called *disease* manifests.

A knowledge of these cyclic patterns allow a correct and more effective use of drugs.

The organism has thus "hours of diminished resistance". Drugs administered during these periods, *i.e.*, hours may have serious consequences. These hours vary from individual to individual, depending upon the type of work done by the individual, on which depends his hours of relaxation and sleep.

The idea that timing is critical to the success of a drug treatment is now being accepted.

Dr. Halberg found that these rhythms are not only once a day, but there are weekly, monthly and even annual cycles.

Dr. Halberg has not only detected the rhythmic variations, but has also been able to find the amplitude and phase of these rhythms. He has found rhythms, that show ups and downs every day, *i.e.*, once in 24 hours, but also of those that are weekly, monthly and annual.

Dr. Alain Rienburg of the Foundation A de Rothschild in Paris recently found that "the body's elimination of the chemical-salicylate-of which Aspirin is one form depends upon what phase the circadian rhythm is at the time the drug is administered".

The ideal time for the administration of drugs do not occur at the same time of the day for every one, they depend on the particular individual's internal timing of the rhythms.

Every day these clocks affect the body temperature, blood count, hormone levels, resistance to drugs, to anaesthetics, tolerance of alcohol among at least a hundred other functions. Our various reactions to drugs and anaesthetics at different times of the day cannot be expected to be same for all. These are something that the medical profession and drug industry are becoming aware of now.

This is but a finding that man is influenced by his surroundings, sunlight, heat, cold, noises, etc., and that he is living and moving in a world of rhythm, with his own internal rhythm, *i.e.*, he is in tune with the infinite. There are also weather and seasonal cycles. Plants flower only at certain hours and seasons and that menstruations takes place only once in every twenty-eight days in a healthy woman, illustrate the cycle in nature.

In surgery the problem is even more acute. "Do the surgeons operate at that time of the day, when their mental and physical capacities are at their peak? Probably not. Furthermore does the surgeon's optimum period for carrying out surgery coincide with that of the patient's optimum resistance to stress and resistance to drugs being administered? It is doubtful if the medical profession has paid enough attention to these kinds of problems asks Fieldman.

The Bio-rhythms of the patient can be figured through a series of tests (regular analysis of urine samples is one of the best and easiest method) than through artificial light and dark conditions, and alter the patient's cycle to suit the physicians.

The impact of work in this relatively new field of science has been summarised by Dr. Bertram Brown. "No corner of medicine—from the laboratory test of new drugs and procedures to clinical and public health programme—is likely to remain untouched by the new explorations into Biological rhythms.

Below is quoted the review of the book "*Body Time*" by Gay Gear Lace, published by Smith, London, £ 2.50.

"Invisible rhythms underline most of what we assume to be constant in ourselves and the world around us. Life is in a state of flux and the change is not chaotic.

Time is the most intimate and pervasive aspect of our lives, but the language in which we speak of ourselves is static. We are affected not only by the outer cycles of time like the round of seasons or day and night, but also by inner cycles of sleep and hunger. Yet our image of ourselves remains a fixed one. As Mark Strand put it: "Time tells me what I am. I change and I am the same".

We expect consistent behaviour and feeling in our families and friends. We aim at undeviating performances of work and measure our state of health against some static norm. All this prevents us from feeling our rhythmic nature. Cyclic change is not accepted by doctors and scientists and is mistaken for abnormality.

Science has begun to study the time structure in human beings. It is likely to revolutionise medicine for the timing of an action, can be as potent as drugs or surgery. Indian astrology has divided the day into different '*horas*' of an hour each, during which the influence of different planets prevail.

In his books, "Self-mastery" and "Fate With The Cycles of Life" Dr. H. Spencer Lewis gives the esoteric time divisions of the days of the week and tabulates the physical, emotional, mental and psychic activities most conducive during the planetary periods of the day.

Science is thus converging towards occultism. Advanced nations will be induced after a study of the human time-structure to reconsider the ways in which they normally schedule work and rest, meals and recreation. Knowledge of our time

structure will thus bring about a revaluation of our self-knowledge. Gae Luce Lace says that "even though the fluctuations that transform us each day seems relatively small, those biological cycles will become essential information to scientific experiments in many fields of biology and medicine and in developing and testing drugs, in the study of human physiology, in understanding brain functions and the keenness of human perception and performance.

She delves into the vast fascinating scientific literature on biological cycle in plant, insects and animals and compares them to our knowledge of human biological cycles. She discusses the circadian body rhythm of travel, work and isolation, during sleep and dream and during periods of stress and sickness. A circadian rhythm lasts approximately twentyfour hours.

This circadian rhythm or cycle is an important organising principle in our physiology. Our body temperature, blood pressure, respiration, pulse, blood sugar, haemoglobin levels and amino acid levels change; all rise and fall in circadian cycles. So do our adrenal hormones, our rate of producing urine and other functions from the rate of cell division to our emotional moods. For example, the skin temperature particularly of the hands and feet change in a circadian rhythm. During sleep the temperature of the left side of the body is usually higher than that of the right side and during the day it is vice-versa.

It follows therefore that a body's strength and weakness vary with the biological time of the day. Life and death could thus depend on body timings. An early morning exposure to infection or nuclear radiation could be more lethal than exposure later in the day. As women with morning sickness can vouch so also death symptoms and drug effects do not happen evenly round the clock. Doctors most often receive calls from heart patients or pregnant women in labour in the small hours of the morning. There is a rhythm to the most important events of our lives.

Gae Luce Luce has synthesised in this book, the important findings from 1967 onwards in the disciplines of psychiatry, mathematics, biology and psychology. There is also a valuable fifty page bibliography.

“Men” wrote Havelock Ellis “have expended infinite ingenuity in establishing the remote rhythms of the solar system and the periodicity of the comet. They have disdained to trouble about the simpler task of proving or unproving the cycles of their organisms”. “*Body time*” is a brilliant pioneering study in this field. (*Rusi J. Daruwalla*)

In Homoeopathy according to Dr. Elias Price of Baltimore U.S.A. “certain drugs have certain well marked periods or hours of action”. So in consonance of what have been discussed before, such drugs administered at those periods when their actions are at their best, effects a speedier, surer and more complete cure.

According to him, 3 a.m. to 9 a.m. and 1 to 3 p.m. are the periods of functional increase and 9 a.m. to 1 p.m. and 6 p.m. to 3 a.m. are periods of diminished functional activity.

<i>Name of Drug</i>	<i>Period of Action</i>
Argentum	1 a.m.
Atropine	8 p.m.
Alum	Forenoon.
Bryonia	9 p.m.
Carbo vegetabilis	1 a.m.
Clematis	3 p.m. to 5 p.m.
Colocynth	5 p.m.
Creosote	6 a.m. to 6 p.m.
Gelsimium	11 a.m.
Hepar sulph	3 p.m. to 7 p.m.
Kali (all drugs)	12 noon.
Lycopodium	4 p.m. to 8 p.m.
Pulsatella	4 p.m.
Platinum	4 p.m. to 10 p.m.

There are drugs which increase their effective power from Sunrise till noon and later suffer a decline, *e.g.*, *Aconite*, *Cyonodon dactylon*, *Ferrum*, *Gelsimium*, *Kali* (all salts).

Chamomilla, *Pulsatella*, and *Nux vomica* are most effective after sunset. Complaints which are periodic have certain curative drugs :

Daily	{ Arsenic, China, Lachasis, Lycopodium, Magnesium carbonate, Nux vomica and Thuja.
Alternate days	Alum and Phosphoric acid.
Every seven days	{ Cantharadine, Crocus sativus, Sacharum (O & L), Silica, Sulphur.
Every fortnight	Lachasis
Every third week	Magnesium carbonate
Every two or three months	Valerinum
Every three months	Kali carb and Lachasis
Every year	Arsenic, Kali and Thuja

TIME CHART OF AGGRAVATION

(By Dr. Elias Price of Baltimore)

Atropine	8 p.m.
Arsenic	1 a.m.
Belladonna	3 p.m.
Bryonia	9 p.m.
Chamomilla	9 a.m.
Clematis	3 to 5 p.m.
Hepar sulph	6 p.m. to 6 a.m.
Lycopodium	4 p.m. to 8 p.m.
Nux vomica	2 a.m. to 3 a.m.
Nat. sulph	4 a.m.
Nat. mur	10 a.m.
Pulsatella	After sunset
Platinum	4 p.m. to 10 p.m.
Sulphur	11 a.m.
Kali carb	2 a.m. to 3 a.m.

DISEASES

Dr. Hahnemann established the theory that "Peace and Happiness" in human beings depend upon the vital force, which is distinct from the body. This vital force keeps the body alive and makes all the organs work properly. To make this vital force immune from diseases, medicines in low potencies are given.

Any disease tends to affect the mind (likes and dislikes) first and then only the body. Hence it is very important that mental symptoms have to be studied.

A tendency to steal, utter falsehood, use abusive language, being prone to worrying and other pronounced undesirable characteristics all arise as diseases and as such can be eradicated by Homoeopathic drugs, which exert their healing influence.

After a careful and systematic research extending to over fifteen years, Hahnemann scientifically proved that the cause of all diseases affecting humanity are due to three deep rooted miasms, which have been inherited by the human race from generation to generation : they being Syphilis, Sycosis and Psora. It may be any one of these or a combination of these.

Emotional disturbance gives rise to skin troubles. This can be seen when persons go pale with fright and shock. Shame and embarrassment causes blushing and in many cases anxiety leads to sweating and anger results in flushing. Certain cases of anxiety and worry makes for an itching skin.

Such visible changes due to emotions are meant to protect the body, as an outlet for the strain and stress undergone by the person.

When grief is suppressed and the affected person is unable to weep, it gives rise to urticaria and such have also been observed to have quickly disappeared after a spell of weeping.

Suppression of cutaneous eruptions have given rise to deeper diseases. Liver complaints have developed by suppression of cutaneous eruptions; on the anus and those on the legs by digestive disturbance, those on male organs by impotence, those on the scalp by phthisis and those on the palms of the hand by nervous asthma.

The skin has to be kept clean and clear by baths; but a bath should not be taken when one is exhausted or immediately after a strenuous exercise, full meals or exposure to heat as being in the Sun Dress must be changed as often as it is made dirty by sweat and dust.

Psora : Is a Greek word for itch.

Sycosis : Is due to gonorrhoeal poison, which causes inflammation of the genital mucus membrane.

Syphilis : Is due to syphilitic poison. This venereal disease is caused by *Treponema pallidum*—bacilli and if unchecked leads to many structural and cutaneous lesions.

The present state of the knowlege of the human body though very much advanced from what it was a few decades back is still rudimentary considering the extreme complexity of the human body, made up of the various organs, nerves etc., exact functioning of and of the role of the so-called "ductless glands" in the life of the individual.

When every organ of the body is healthy and functioning properly like a well maintained machine of many parts, we hear no jarring noises and only a harmonious sound and which in the human body is silence and freedom pains or distress of any sort. Such a healthy individual is not aware of the various organs at all.

When every organ functions well and there is harmony of function of all organs there is a sense of peace in the individual. This sense of peace gets disturbed when any organ is defective or over active in its function.

Many people who though they are not actually ill are not in good health for there is somewhere in the human complex, some gland or organ that is not secreting the fluid which it usually does and in the absence of such all the coordination of the various organs becomes affected and ill health manifests or the individual is not in good health.

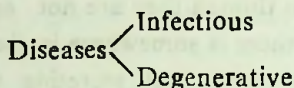
Diet is one of the main factors contributing to health. If it is either too poor or too rich it is equally bad. Consuming excess of alcohol affects the body health. Too much of leisure without any activity is as contributive to ill health as over work. Syphilis whether acquired or hereditary is such a serious disease that it manifests itself in many ways which are either lethal or deforming.

Too much wealth and all the care and worry regarding its acquisition and safety have made many wealthy people unhealthy and seriously sick. Consanguinous marriages often tend to emphasise the defects in either, be it physical or mental and so has to be avoided. The science of heredity and genetics have amply proved this and in life there are many cases illustrative of the bad effects on the progeny of such close connections.

All these contribute to the diseases of human beings.

A disease is a disorder in the finely adjusted economy of the human body with its various organs and nerves and secretions. When any disturbance of any organ etc. takes place it is not only that organ that is affected but also every other organ for such disturbance is never confined to a single organ. It is the body that is sick a whole.

It is not correct to regard any disease as a special thing and label it as such. It is only when man is known as a whole *i.e.*, anatomically, physiologically and psychologically that it will be possible to understand what is troubling him *i.e.*, making him sick. The capability of a physician depends upon such an understanding and not on the more visible outward appearances.



Infectious diseases are caused by microbes and viruses.

Degenerative diseases are due to senescence or as the consequences of bacterial infections *i.e.*, due to the toxic substances produced by bacteria or viruses.

Diseases *i.e.*, malfunctioning of organs are also caused by deficiency of glandular secretions and the absence of certain mineral salts like, *Iodine* etc. and of vitamins which are very essential for the proper secretions and maintenance of all organs. They are also caused by toxic substances issuing from the tissues themselves.

Intellectual, moral and psychological diseases are not true diseases and hence they are not cured very easily.

In present day life in the cities and towns with agitations, noise, pollution of the atmosphere *i.e.*, the very air one breathes and of water have given rise to many mental and nervous disturbances.

The working of the mind of man is never noticed by the general physician except by the specialist—the psychiatrist.

The mind of man is the most “colossal power” on Earth. Mental activities embrace intellectual, moral, aesthetic and religious aspects. Thus human beings are extremely complicated beings. Hence when anything gets upset and manifests as disease, the entire person, *i.e.*, his mind and body have to be studied before any medicine is prescribed.

“There are as many diseases as patients” wrote Alexis Carrell (A Nobel Prize winner in medicine) in his book *“Man The Unknown”*. “Health is physioal, mental and social state of complete well-being and not in the absence of illness or disease” teaches W.H.O.

HOMOEOPATHIC PHILOSOPHY : Health is a natural and harmonious state of the body organs and of the mind of an individual as regards both sensations and functions. “This is a state of harmony as a whole in the person. Health is a vital physiological reaction to all the factors of the organism’s environment. It is a state in which work is easy and duty not too great a trial, the state in which it is a joy to see, to think, to feel and to be”. Dr. Close wrote : “Health is a balanced condition of the living organism in which the integral harmonious functions tend to the preservation of the organism and the normal development of the individual as regards the body and mind”.

The dictionary defines disease as “Disease is a disorder or want of health in mind or body : cause of pain. (Latin—dis= negative ; aise=ease). Diseases are nothing more than alterations in the state of the healthy individual which expresses themselves by morbid signs.

The disease in its beginning and in its entirety is primarily an organismic disturbance and never primarily a local or cellular or systematic disturbance. Hahnemann’s conception of disease is of dynamic origin. When he wrote “when a person falls ill, it is only this spiritual—self acting (automatic) vital force everywhere present in his organism, that is primarily deranged by the influence upon it of a morbid agent inimical to life ; it is only the vital force deranged to such an abnormal state, that can furnish the organism with its disagreeable sensations and incline it to the irregular process—we call diseases, for as a power invisible in itself and only cognizable by its effect on the organism, its morbid derangements only make itself known by the manifestation of disease in the sensation

and functions of those parts of the organism exposed to the senses of the observer and the physician that is by morbid symptoms, the totality of which represents for all practical purposes constitutes the disease”.

The difference between Homoeopathy and Allopathy in the conceptions of disease is that whereas the Homoeopath considers the phenomena of disease as part and parcel of the sick individual and it is vitally connected with his life ; while the Allopath considers disease as independent and universal phenomenon, each disease having its separate and specific existence in nature.

Disease, no one really knows, no one ever saw one. The actual cause of the disease we will never know, but the exciting cause we may know. The tendency to disease is inborn, producing a disposition thereto and that all our contact with others in the so-called communicable diseases as small pox etc. is to light our predispositions into activity and not to transmit or transfer the disease to us. If our predispositions are not active, no amount of exposure to active small pox would light up that condition in us. This explains why some people do not come down with diseases.

Classification of Diseases

All diseases are broadly divided into :

1. Surgical—that for which an operation is necessary.
2. Non-surgical, for which an operation is not necessary.

The Non-surgical Cases are either :

1. Acute
2. Chronic
3. Drug diseases
4. Natural diseases.

Acute Diseases and their Treatment

These are rapid morbid processes of the abnormally deranged vital force, which have a tendency to finish their course

more or less quickly, but always in moderate time. It comes like a storm, stays for a short or longer period and goes away like a storm. The person either recovers or dies. It is cured even without any medicine, but it does not mean that no medicine need be given.

Medicines are given to :

1. Avoid death.
2. Avoid complications.
3. Shorten the duration of the disease.
4. Restore health.

Acute diseases are called acute miasms by Dr. Hahnemann e.g. : measles, scarlet fever, whooping cough, small pox etc.

Tissue changes are due to continuous flaring up of the diseases *i.e.*, continuous progress of the disease under subjugated conditions of the vital force. When the diseases force gets exhausted against the continuous revolting vital force, is overpowered by the vital force with the help of some systematic treatment, it leaves the tissues to be repaired under the usual course of metabolism. The subjugated vital force retains the power of resistance and the change of revolt as in pneumonia, hepatitis and meningitis.

The medicine which gives the nearest type to the disease picture will be the correct remedy. The worse the disease, the more numerous and striking symptoms will be displayed.

Find out the medicine covering the totality of the diseases. Keep in view the more striking, singular, uncommon, and characteristic signs and symptoms of the natural disease. General and undefined symptoms *e.g.*, loss of appetite, headache, debility, restless sleep, discomfort and so forth demand little attention.

In acute diseases the medicine which covers the peculiar, the uncommon, singular and characteristic disease symptoms and the patient's symptoms in the greatest number and in the

greatest similarity, this medicine is the most appropriate homoeopathic specific remedy for the morbid state and will remove and extinguish the disease, if it is not of very long standing by its first dose, within the first hour or the first few hours without any considerable disturbance.

Matching a natural disease picture with a drug picture, it is the differentiating factor in each case, which has got to be matched, to find the remedy most similar to the patient's condition, for a gentle, reliable, harmless and permanent cure.

The differentiating factors are referred to by Dr. Hahnemann as singular, uncommon and peculiar to the case.

Acute disease being self limited, if not properly treated ends in resolution (the disappearance of say a tumour or inflammation) or death. There will be no sequelae (morbid affections following a disease) as they are the manifestations of one of the chronic miasms roused into activity by the acute disease. Such acute diseases can be stopped at any stage by a similar Remedy *i.e.*, when the drug similia is given.

When there is a trivial acute disease, *i.e.*, such a one supervenes *i.e.*, appears during the treatment of a chronic disease use always the low potency of the indicated remedy. By adopting such a line of treatment the acute disease gets cured and the deep acting remedy has not been interfered by the short acting one and it still continues to act.

But this is unlikely if the chronic disease is severe in manifestation. If so do not expect the above to happen and so administer the remedy in a higher potency.

When the acute supervening disease is cured, make sure before repeating the remedy that the chronic disease has not been modified by the remedy for the acute disease and not to use a different remedy from the one used before.

When an acute disease has been modified by either allopathic or inappropriate homoeopathic remedies, prescribe for the case as it now stands and not according to the original symptoms.

Treat acute exacerbations (more violent or severe condition of a disease) in a different way from that of an acute supervening disease—if any remedy is required at all.

In many cases the acute compliment of the deep acting remedy required by the chronic disease is a suitable choice, but if an antipsoric is called for, it is better not to give any medicine.

Usually when the chronic ailment is not severe but only partially active, as shown by the symptoms—the patient being apparently in good health, except only that slight causes give rise to frequent acute attacks of illness, the knowledge of the remedy for these acute manifestations will enable the physician to select its complimentary deep acting remedy so as to permit the cure of the chronic underlying one.

Chronic Diseases

These are diseases which have been persisting for a long time. Chronic is a term applied to a morbid state, designating one showing little change or extremely slow progress over a long period of time.

Such diseases progress from without inwards and from below upwards.

Though the symptoms may vary they never disappear in the reverse order in which they came.

Psora, Syphilis, Sycosis are the three chronic diseases.

They may be present or latent in three different ways :

(a) As a single miasm.

(b) As two or three miasms co-existing, but separate and only one acting at a time.

- (c) Two or three miasms may form a complex or may even be further complicated by a "drug disease."

In treating for those belonging to category (a) the principle of prescribing for the Similimum should be observed.

If symptoms group the case under category (b) or (c) then a proper remedy for disassociating the complex should be given first. After administering such a drug, proceed to treat those symptoms which are most active. Very great caution will have to be exercised as any mistake will cause them to recombine and then they will never separate.

Chronic miasms often remain latent for a long period and get stimulated to activity by acute diseases or by other factors, like unhealthy surroundings, mental afflictions like, deep grief or great anxiety, etc.

While such are latent their symptoms are very similar and the patient though not pronounced ill will feel ill in a vague manner.

Nosodes of certain chronic diseases help in sorting out the symptoms in such cases, which will help in finding the appropriate remedies.

Diseases which are dissimilar repel one another, as for example—a syphilitic husband may not infect his wife if she is having any chronic disease like tuberculosis.

Whatever may be the cause, the symptoms experienced by the patient and which are observable by others have to be all taken together, *i.e.*, totality. Along with these also must be considered the factors or circumstances which go for either amelioration or aggravation.

It must be borne in mind that an acute disease never joins with a chronic one to form a complex, as the later, *i.e.*, the chronic disease will get suppressed until the former *i.e.*, the acute disease has run its course.

When looking out for the symptoms always get them separated. The old symptoms are due to chronic complaints. Such important symptoms often are indications leading to the proper remedy, which may not show any relation to the chronic disease, but even then those peculiar symptom or symptoms will not have any relation to the symptoms of the chronic disease. Such symptoms are peculiar or specific to the patient.

Chronic miasms may be acquired in life. These by improper treatment may have been so changed as not to have any semblance to the disease *i.e.*, may not indicate the disease.

When treating such cases the symptoms that are experienced by the patient before the incorrect treatment was taken should be noted and they treated accordingly.

Example : If a case of gonorrhoea was suppressed by *Argentum nitrate* still the symptoms will show a fairly clear drug picture of *Medorrhinum*.

So on the basis of this prescribe. If no response is seen and if the drug that was used for suppressing is known, then prescribe one that will antidote that.

Always treat the most active miasm first.

Drug Diseases

These are diseases artificially produced by the prolonged use of strong medicines in large and increasing doses in Allopathic treatment. "...abuse of calomel, corrosivesublimite, mercurial ointments, opium, valerian, cinchona bark (quinine), fox glove, prussic acid, sulphur and sulphuric acid and perennial purgatives". (*Hahnemann*)

"Each substance deprives some organ or part of the body its response to irritation, *i.e.*, irritability, "or exalt this to a considerable degree, cause dialation or contraction, relaxation or induration or even total destruction of certain parts and develop faulty organic alternations here and there in the interior

or exterior (cripple the body internally or externally) in order to preserve the organism from complete destruction of life by the ever renewed hostile assaults of such destructive forces". (*Hahnemann, Organon 74*).

Many if not all of the multitude of pills now being manufactured by innumerable companies, have either marked side-effects or after-effects, which have to be treated again as for a disease.

Thus the patient becomes a permanent patient and does not get a real cure.

"I regret to add that it is apparently impossible to discover to hit upon any remedies for their cure, when they have reached any considerable height". (*Hahnemann, Organon 75*)

"In American hospitals 7% of the cases are for treatment of diseases produced by the indiscriminate and excessive administration of drugs. They are called "Introgenic diseases." (*Illustrated Weekly, July 16th, 1977, pp. 16*)

Natural Diseases

These are diseases "which persons who expose themselves continually to avoidable noxious influences, who are in the habit of indulging in liquors or aliments (food), are addicted to dissipation of many kinds, which undermine their health, who undergo prolonged abstinence from things that are necessary for the support of life, who reside in unhealthy localities, especially marshy localities, who are housed in cellars or other confined dwellings, who are deprived of exercise or open air, who ruin their health by over exertion of the body or mind, who live in a constant state of worry, etc. suffer from.

These states of ill health which persons bring upon themselves disappear spontaneously, provided no chronic miasms lurk in the body, under improved mode of living and they cannot be called chronic diseases." (*Hahnemann, Organon 77*)

Cure

Cure is a change to the healthy condition of the state of health of the diseased individual. Cure is alternation of that altered state to its normal healthy state. Cure is not worth the name if the health is not restored permanently. It should be effected in the most harmless way. A cure does not mean a suppression of the symptoms, so that in a short time, the disease bobs up again in a different name. A cure means making the individual so well, that he forgets he was ill and enjoys life and dies not from a disease, but from old age without having been a burden to his relatives and friends.

A cure should be gentle and permanent, from the first to last or from centre to circumstance as is shown in the order of sickness. Cure demands the heart, mind and soul, and strength of the physician.

The judicial employment of the medicine proved on healthy individuals.

The physician after gaining knowledge of the disease and knowledge of the medicine, should think critically on a rational basis, how to use the medicine for cure of the natural disease.

To assume that a drug can effect a cure of a group of symptoms in the order in which they appear in "provings" is a mistake.

Herring says : "A comparative value of concomittants may be determined thus. If they are essentially concomittant (accompanying or going along with) on being really the cause of another. *Example* : Lachrymation is due to general catarrhal conditions, then this feature of the case must be considered, but ignore if there is no such relation of cause and effect".

PSORA

This is the name of a toxin "which is the beginning of all physical sickness." This is the foundation as all other

diseases are built upon this and the disordered state of the body expresses as cancer, leprosy, insanity, ulcers especially and as also diseases of the arteries.

Nature tries to throw out toxins by way of eruptions such as eczema, rashes, boils etc. These, if suppressed by local applications will cause later on more serious diseases.

All mankind are more or less psoric. Hahnemann said that emotions and feelings are discharges of this toxin. Even suppressed tears can cause various mental and physical sickness.

Asthma and eczema sufferers have found that when one of these is suppressed the other aggravates. Hahnemann found in the treatment of chronic non-venereal diseases, that the similar remedy was equally efficient in removing the existing symptoms as it was in acute diseases.

Though the patient was well for sometime, yet without any adequate cause, the disease reappeared and with the same remedy was cured again, though it was not as good as before. This continued several times till the original remedy ceased to have any curative effect. So Hahnemann concluded that the disease which continued to appear after every apparent cure could not be the whole, but only a manifestation of some deeper disease, as otherwise according to Homoeopathic Law of Cures it should have been permanently cured.

The majority of such patients had diseases like itch, eczema, herpes, tinea etc. and that the symptoms of the chronic disease showed up only after all these had disappeared by proper treatment.

The disease always progressed from inward to outward and also from less vital to the more vital organs.

SYCOSIS

This is another name for one of the most frequently met with venereal disease gonorrhoea. This is invariably contracted through the sexual act from an infected partner.

Sycosis is either acute or chronic. There is also another which is a psoric catarrhal form of urethritis.

Gonorrhoea like syphilis infects a person and at a stage as is found in the one from whom the infection was effected. Untreated or improperly treated it will become gleet—with a continuous discharge. It is analogous to catarrh of any other mucus membrano.

Sycosis in later stages manifests as "Fig—warts." These are soft, sensitive and bleed easily. The blood oozing has an offensive sweetish smell. Some are smooth, shining and red,

When sycosis affects the constitution it is rheumatic, when the discharge from the urethra, which is the primary manifestation has almost ceased. This may happen months after the primary infection has almost disappeared. This causes also orchitis. For those suffering from asthma, this infection causes severe aggravation, especially in humid weather. Asthma of the sycotic type is invariably spasmodic if it is inherited.

The warts as well as the discharge are often suppressed by certain remedies, but this suppression is no cure and the manifestation repeats *i.e.* comes up again, when the remedy first used may not prove effective.

The rheumatism is similar to that of Rhustox and this remedy is only palliative, but not anti-sycotic. The first constitutional symptom is rheumatism, which appears only months after the disappearance of the primary symptoms. For such spasmodic asthma, remedies like *Spongia*, *Ipecacuanha*, *Bryonia*, *Carbo vegetabilis* and *Arsenic* are only palliative. Though *Mercury* and *Sulphur* are indicated at the stage of discharge, they will be harmful if the case is in an advanced stage,

If treated at the initial stage *i.e.*, acute stage by Homoeopathic drugs, there will be no trace of this disease and hence there will be no other effects of the disease.

If suppressed and chronic, will result in constitutional symptoms as sycosis exhibiting itself as warts, liver ailments, sarcoma, spongy tumours, asthma and fungal growths which in certain cases bleed.

The sycosis miasm also gets into the system due to vaccination and by injection of toxic serums, etc., and even through stings of certain insects, and bites of certain animals.

SYPHILIS

This venereal disease affecting a good many males and females, is contracted through sexual contact mainly. If one has been exposed to such an infection by sexual contact then within fifteen days of such an exposure a chancre appears. This chancre enlarges or if it is a bubo, then it suppurates. The bubo then disappears and the chancre then discharges profusely.

There is a distinction between a chancre and a chancroid. Chancre is the primary lesion of syphilitic infection while chancroid is a soft non-syphilitic venereal sore. The chancroid with a tendency to slough, is a phagedenic chancroid, while a phagedenic chancroid spreading in curved lines is a serpiginous (creeping from part to part) chancroid.

In Homoeopathic treatment, the closer the similimum, the less copious will be the eruption. The first ulcer to appear will be the last to disappear under Homoeopathic treatment. Symptoms disappearing in the reverse order of their appearance.

If treatment is neglected at the beginning or the symptoms appear as pustules all over the body, which is the secondary stage of this disease. If further neglected or improperly treated the disease goes on to the tertiary stage, with all its undesirable and miserable manifestations of great severity.

In such syphilitics, whose constitution has almost broken down, a few drops of the nosode syphilinum will produce a vital reaction and will bring out the symptoms, which will be in the reverse order of the first manifestation.

In advanced syphilis, it gets combined with psora and sometimes even with sycosis. Psora and sycosis get suppressed by syphilis. After anti-syphilitic remedies, psora and sycosis will begin to show up, when they have to be as far as possible to be disassociated and separately treated to give a final, full and permanent cure.

In treating cases of active syphilis, it must always be borne in mind *never to give Sulphur, Calcium or Graphites*. Sulphur if administered will cause suppuration to the soft palate and if it has been inadvertently given, then to counteract give at once *Mercury* or *Mercurius corrosivus*.

If properly treated the miasm leaves the body and health is restored and if improperly treated affects one's wife or husband and becomes hereditary, when children born to such will have syphilitic taints and deformities.

Gout or rheumatism due to sycotic poison is cured permanently by a dose of *Medorhinum 200* or higher and not repeated too often.

Syphilitics suffer or they are worse off during nights, sycotics during day time and pseudo—psoric ones at any time. Hence select remedies accordingly to the modification of each case.

CASE TAKING

What the physician should observe ?

“A physician must have an eagle’s eye, a lion’s heart, elephant’s brawn and a ladie’s hand” is an apt saying and oft quoted, describing the qualities of a Homoeopath.

When called in for consultation, observe the patient as he lies in bed. The position which normally a healthy person assumes when lying down is the most comfortable position for that person. Individuals adjust for their comfort.

But when sick, the position assumed often differs markedly from the normal and often this is an invaluable indication as to the nature of the trouble. A few examples will illustrate this aspect.

Those having lung or pleura troubles lie laterally and that too mostly on the diseased side, which gives a greater ease in breathing. When the trouble involves the heart or lung, breathing becomes difficult and the patient has to be propped up with pillows to give greater ease. If such a person sits on a chair, the head invariably rests on the table.

Jumping up and constantly changing the position of sitting indicates restlessness, which is characteristic of colic or dysmenorrhoea. Where the abdomen involving the peritoneum is concerned, then such a patient feels better by lying on the back and the respiration will be shallow. Placing the hand under the head is typical of a Pulsatella patient. When the patient has fever and feels the bed hard and shifts constantly, trying to find a soft place is picture of Arsenic.

DIAGNOSIS

One great principle of diagnosis is :

“Eyes first and much,
Hands next and little,
Tongue not at all.”

This means, observe, feel and let the patient do the talking.

A Homoeopath must treat the patient homoeopathically, but know him allopathically is a good principle to practice. This might sound strange, but the great principle of Homoeopathic prescribing is “treat the patient with a drug capable of producing similar symptoms in a healthy person susceptible to the drug as that of the patient”. {Look out for such symptoms.

Diagnosis is very necessary for it enables the physician :

1. To find out whether the patient is really sick.
2. To find out the etiology, which may be :
 - (a) Physical—sunstroke, sea or mountain sickness, etc.
 - (b) Chemical—whether poisoned by chemical fumes, food or metallic poisoning.
 - (c) Mechanical—imbibing of foreign bodies.
 - (d) Psychic, dynamic.

Examine a patient by all means of physical examination to determine the amount of pathology developed, the state of physical function, the nature of the excretions and secretions and the peculiarities in regard to time and circumstances, when the disease was originally noticed and its increase and decrease.

Diagnosis assists us in using medicines according to selective affinity and therefore is of the greatest importance in selecting the indicated remedy. The physician will be able to distinguish the symptoms of the disease and those of the patient.

Diagnosis is necessary to determine the doses and sometimes even the potency of the drug. It also decides that where pathological changes are far advanced, drugs are not to be administered in high potencies.

Diagnosis also helps in prescribing, especially for heart and diabetic patients. "If diagnosis is done thoroughly, it will facilitate in sorting out the peculiarity in a case, *e.g.*, generally in fever cases there is thirst, but thirstlessness in fever is a peculiarity. So also any inflamed part will be tender, but if no tenderness is found then such is a peculiar state. Hence it is only when the physician knows as to what is to be normally expected in a case, then this sorting out of symptoms will be possible.

Symptoms of the rational mind, with its intellectual and reasoning powers, expressing irrational concepts and insane statements and actions and drawing irresponsible conclusions, indicate that there is a morbid change of mind, and this should be the basis of the prescription.

Man has a mind which influences his body and is responsible for the particular idiosyncrasies, likes, fears and hates.

Hence the whole person, *i.e.*, the body and mind has to be considered as the basis of the prescription.

A well taken case history, must contain enquiries, regarding past illness, injuries and therapy. These have important bearings on what is to be done for a chronic disorder.

All that is heard from a patient has a real meaning. Physicians usually tend to ignore as to what has happened to the patient five, ten or twenty years ago. When that is investigated it will be seen, that and the present illness has some relationship.

Man being a biological entity and subject to the various forces of the biosphere, must be treated as a whole and not in segments or organwise.

Dr. Hahnemann classified his patients under :

1. Sycotic.
2. Syphilitic.
3. Psoric.

Another Homoeopath Dr. Grauvogal divided his patients under :

1. Hydrogenoid.
2. Oxygenoid.
3. Carbo-nitrogenoid.

(a) These have excess of water (H_2O) in the system.

(b) In this there is excess of oxygen and its influence in the system.

(c) Such a type has excess of carbon and nitrogen in the system.

Cases recorded meticulously should be filed and indexed so as to enable easy and quick reference, whenever that particular patient comes again.

A patient otherwise healthy was operated on the toe for a callus. Eight weeks later he complained of loss of appetite, feeling weak and afraid of walking home. He was anaemic with a tendency to faint, sighing and flaring up in the office. He had blood poisoning from painting on the site of the operation with some antiseptic and use of Procaine as local anaesthetic and also later had some saline. Arnica for the shock of the operation relieved him of all the troubles.

Before talking up a case "we must perfect ourselves in a knowledge of symptoms, which express the suffering and the therapeutical needs of our patient."

"To the newborn infant and the growing child as well as the mature adult and the aged, Homoeopathic remedies can be a God-sent boon of healing and comfort, if skilfully selected and applied". (Arthur H. Grummel, M D. Journal of the American Institute of Homoeopathy.)

The object of the Homoeopath should be to obtain a complete and accurate picture of the patient.

Be a philosopher, be calm, quiet and reflective. When a complete picture is obtained by careful and discreet questioning, then begin the analytical study. It must always be remembered that the patient is sick physically and mentally too.

Record what the patient says in his or her own words. The successful Homoeopath in searching for symptoms should be like a detective trying to get at the clue or clues which are accurate and true. When once these are got at, then think logically, cool and impartially. This is by no means an easy task, and when it is correct it gives one a sense of great satisfaction.

Method of Questioning

Allow the patient to express himself as free as possible, follow him, leaving out what are obviously trivial ones and those not pertaining to the sickness. *All that the patient has to say about his sickness must come from the patient.* After this is over then question the patient. *Do not make any suggestions.*

Questioning must be indirect as only then will the response be spontaneous. Direct questioning must never be done as the answer will be ready and given without any thinking. Impressionable persons will give replies stating conditions which do not exist.

Simple "yes" or "no" is of no help to the questions put by the physician.

Type of Questions

General: These are those pertaining to the patient as a whole. Under this will come the nature of the discharges and excretions from the body. Questions like as to how the patient feels *i.e.*, better or worse when it is hot and warm, or raining and cold, whether hot or cold drinks and bath are preferred, though general enable classifying into hot or cold group.

Particular

These are in relation to the various organs of the body.

In both general and particular there will be :

1. Common symptoms.

2. Characteristic symptoms.

(1) These will be common to many drugs.

(2) Under this will come symptoms which are rare and peculiar. These are important as they are peculiar to the individual or an individual remedy.

A symptom found only in the provings of a few drugs is rare, while a mental symptom or a typical physical symptom is far more valuable for the physician.

Any symptom which has no relationship to any anatomical or physiological condition is an unusual one and hence is rare and peculiar, and is a valuable pointer leading to a remedy selection.

Mental Symptoms

The highest importance must be given to these. These are symptoms of the will and are the patient's "loves and hates". These get perverted in sickness. The resentments, frustrations, jealousies and inhibitions (restraints) are the deepest and the most central, as they reflect the loves and hates of an individual. "Cravings" are the "loves" of the patient. These when disturbed lead to inharmony and results in peculiar acts and actions of the individual, sometimes even leading to suicidal tendencies.

Reflex pains and reflex symptoms reveal the nature of the disease, if we know the diagnosis *e.g.*, pain at the tip of the right scapula, indicates apart from the local conditions, affections of the liver or irritation of that part of the diaphragm. Pain in the tip of the penis indicates renal colic in addition to urethral pain. Similarly lumbar and sacral pains are due to affection of the uterus or ovaries in women.

Diagnosis and laboratory investigations are necessary to ascertain whether the patient is improving not only clinically, but also pathologically.

Identifying a disease or disorder correctly *i.e.*, the correctness of the malady often goes a long way in picking out the correct and most appropriate remedy.

Dr. Kent who himself was a great master and an ardent follower of Hahnemann said : "The thoroughly rounded physician is one who adds to his knowledge of the art of selecting remedies according to the Law of Similars, a knowledge of diagnosis and pathology."

Diagnosis helps to differentiate true surgical cases from medical ones.

Gibson Miller says : "Certain remedies like *Sulphur, Silica, Phosphorous, Sulphuric acid* etc. owing to their power of expelling foreign bodies are very dangerous in some diseases, as these bodies can only be got rid off by suppuration. When in advanced pthisis with tubercle deposit or where healing of the diseased part with calcerous deposit has taken place or where foreign bodies like bullets etc. are encysted near vital organs, this danger is a very real one. *Ferrum* and *Acetic acid* in advanced pathisis will induce haemorrhage. It is dangerous to stop diarrhoea of advanced pthisis even by an indicated remedy."

An insistence on the getting of a twentyfour hour urine along with laboratory tests in addition to a complete physical examination, instils a great amount of confidence in the patient that the physician is doing his job scientifically. Dr. Kent is of the opinion "that by physical diagnosis the physician may find out the changes in the organs and how far the diseases has progressed and determine if the patient is curable. It is also necessary in supplying information to Boards of Health. It may also decide whether one should give curative or palliative treatments". Diagnosis is something that a physician cannot

afford to be foolish about, he cannot afford to be a blunderer, he cannot afford to go around calling Scarlet fever, Measles, he must know enough about the general nature of the diseases, so that after a prescription has been made and the patient settled as to that, and the mother wants to know what is the matter with the child, to tell her for in that instance, she has a perfect right to know that is a case from which the family must be protected, where the outsiders must be protected, the physician must decide whether it is proper for the child to go to school or whether it is not proper etc."

All these are enough for diagnosing an acute disease or an acute trouble of a chronic disease.

If the patient is a chronic sufferer with a recurring disease and constitutional flaws, the physician will need the whole diseases history of the patient, his general constitutional appearance, his thinking, his behaviour, general modalities, history of miasmatic infections if any, about him and his family and blood relations.

TREAT THE MAN AND NOT THE DISEASE

(What a patient wants is not the name of the disease, but its cure, says this 73 young homoeopath, who is a relentless campaigner for pure Homoeopathy, which is moneywise cheap and can be a boon to villagers for whom many doctors are not available.)*

The emphasis in medicine in olden times was on healing. Sick folk went to the temples of Asclepios in ancient Greece, not to be diagnosed but to be healed.

The greatest physician of all times went about healing all kinds of sickness and disease, not making diagnosis. Moreover we read that "as many as touched were made perfectly whole"—that is completely healed. In other words healing and wholeness of health and well-being were synonymous.

But gradually more and more emphasis has come to be laid on diagnosis. This was perhaps inevitable with the progress of science and the inventions of instruments for scientific investigation. But the danger here is lest diagnosis should virtually be an end in itself with healing relegated to almost a minor or secondary objective.

Obviously it is of the first importance, to know if a heart is fibrillating, if a lung is full of cavities, if an appendix is acutely obstructed and liable to burst within a matter of hours, if the blood picture is one of Addisonian anaemia or simple iron deficiency and so on.

*Dr. R.K. Thaker

(Courtesy : Bhavan's Journal, Feb. 17th, 1974.)

But the chief emphasis should remain on healing and this is not always by any means the case in these days as what can only be described as over investigation.

Once on the conveyor belt, there seems to be no limit to the procedures to which the patient may be subjected, some of them involving considerable unpleasantness, if not actual risk.

Reasonable examination should never be omitted, but the pursuit of a diagnosis at all costs, may at times lead to such a plethora of tests and special investigations as may leave the patient much exhausted and the prospects of his being healed not much advanced, if at all.

In this connection a consultant physician addressing a post-graduate group of doctors in October 1961 concluded his most sane and practical observation with "a plea for sanity regarding the use of special investigations". "There is" he said "a tendency today to make tests on patients in a way which will produce much astonishment, incredulity and malicious amusement in a future age as we feel about the practices of bygone times, such a blood-letting".

This is a timely advice and warning. It is the overweening anxiety for a diagnosis which has led to this state of affairs. And with it is tied up the lure of naming. There seems to be a curious sort of satisfaction in "giving it a name". Furthermore, there is a distinct danger in the temptation to feel that by affixing a label something has been actually achieved as an end in itself. But a patient with a sore throat is not benefited greatly by being labelled a case of pharyngitis or tonsillitis or laryngitis. What he wants is to get rid of the pain in his throat and be able to swallow solids and fluids with comfort again.

The sufferer with an arm so painful and stiff that it cannot be raised above shoulder level will not be much further benefited on by being told that he has a "Frozen shoulder",

especially if his shoulder does not in the least feel cold ! He wants to get rid of his pain and be able to use the arm freely again.

There is real danger in the temptation to affix a diagnostic label and be guided in treatment by the disease name, rather than by a comprehensive study of the sick person as a whole. The risk here is that in a very great many instances it is extremely difficult to discover or assess what is really going on and going wrong in the body, mind included.

The diagnostic label is thus more than liable to be either inadequate or inaccurate or both. Treatment guided by an inadequate or inaccurate diagnosis label is not likely to be satisfactory. It may not even be safe. Treatment aimed purely at symptoms without adequate assessment of the patient as a whole is in the same category.

This may lead to multi medication with metabolic confusion as the result and an increased risk of "Iotrogenic" disease meaning a diseases caused by the treatment as a complication being added.

Another danger of diagnosis as commonly persued is that it is apt to incriminate one particular organ or one particular system and concentrate attention on that part to the neglect of the whole. This again leads to treatment being directed at a particular organ or tissue involved in a routine manner, without due consideration being given as to whether such treatment is indicated or suitable for the particular sick person, who is to be healed and made whole.

A routine treatment which may be beneficial to one sufferer may be quite unsuited to another, when all the aspects of the case—personal, physiological, domestic, economic and so on—have been properly assessed and correlated. There is of course danger in failing to make a diagnosis when same condition is present which calls for urgent or specialised treatment.

The study of the patient in the thorough manner, which is basal to the homoeopathic approach should do much to obviate this risk.

But the other danger is also very real, that of fascilely affixing a diagnostic label and proceeding to prescribe the latest drug for this particular named disease or condition.

Here again the best interests of the patient are safeguarded by the homoeopathic approach, which recognises that it is the patient himself, not the label, who needs to be prescribed for, as an individual and with a view to ensuring the full recovery or health and poise of spirit, mind and body.

While recognising the importance of diagnosis, in so far as may be reasonably possible, it must never be forgotten that the chief aim and *the true art of medicine is to heal*. Possibly something more than science is essential to this.

It might perhaps be expressed thus : "To diagnose is human, to heal is divine", and herein lies the superiority of the art of homoeopathic healing and that is why Homoeopathy deserves to be developed as separate "entity".

The Homoeopathic philosophy was discovered by the late German scientist and euridite research scholar, Dr. Samuel Hahnemann, who took 94 poisons himself for the sake of drug-proving on his own body. What a great sacrifice he made for the sake of suffering humanity !

Any proposal for an integrated course in Homoeopathy can be nothing, but a matter of very great harm, if adopted by the Government of India, since one cannot ride three horses at a time—Homoeopathy, Allopathy and Ayurveda. And yet if this is attempted, it would be a matter of playing with the lives of the suffering humanity, for the doctor who learns several systems is apt to be sure of none.

Modalities

Modalities are aggravations or ameliorations of particular complaints with regard to various factors.

The patient should be asked to relate the past history of his or her trouble, and about the treatment done. It is of the greatest importance to note whether he or she was involved in any accident, and if so what was the sort of injury suffered, *i.e.*, any fractures or serious wounds, shocks, frights, etc. It may be many years back, but it will be worth the effort to get such details, for often they give a clue to the present sickness or trouble.

Then note the mental symptoms, *i.e.*, thoughts, fears, apprehensions, habits, dreams, temperament *i.e.*, whether harsh, irritable, prone to be sad, gloomy, weeping, constantly finding fault with others, etc.

Next should come the noting down of general modalities, *i.e.*, in relation to weather, time, light, darkness, noise (reaction to music), solitude, crowds, phobias, heat, cold, food and drink. Desires and aversions also should be noted.

Mental symptoms, modalities and desires and aversions make up a set of general symptoms which region supreme, when the patient is to be prescribed a constitutional remedy for the chronic ailments. Next should come the recording of the particular symptoms, pertaining to the different organs separately, starting from the head down to the toes.

Given below is a chart which will give the physician a complete picture of the patient.

Date.....

Name.....

Age.....

Sex

Married/Unmarried.....

1. Constitutional appearance (thin, tall, fat, fair, dark-skinned, emaciated).

2. Present ailments with their modalities and history (to be recorded in the patient's own words).

3. Past and old ailments, with details and treatment taken.

4. Mental symptoms (thoughts, fears, apprehensions, dreams, temperament etc).
5. General modalities (chilly or hot etc.).
6. Desires and aversions (for edibles ; sexual etc.).
7. Head.
8. Eyes.
9. Ears.
10. Nose.
11. Mouth.
12. Larynx and pharynx.
13. Chest—head and lungs.
14. Excretory organs.
15. Genital organs.
16. Abomen (including liver, stomach, intestines etc).
17. Limbs (upper and lower including extremities, and deformities of nails).
18. Skin.
19. Any history of worry, vexation, overwork, broken love etc.
20. History of sexual excesses—Self gratification etc.
21. Females—Menstrual irregularities or ailments connected of with menstruation.
22. Any history of Syphilitic or Gonorrhoeal infection.
23. Any bad effects of vaccination.
24. Condition of health and any history of serious diseases the parents, husband/ wife and other blood relations.

Remember that the physician's behaviour should be such as to induce the patient for a free talk, so that the patient does not conceal any symptom out of modesty or shame.

Remember *never to put a suggestive question, which brings "yes" or "no" for an answer.*

Never make a query keeping a particular remedy or remedies in mind. The physician's own mind should be free from the image of any remedy.

Be particular about the *peculiar, strange and rare symptoms*.

In the record have such underlined. Such symptoms guide to the choice of a remedy.

Every time the patient comes, review the written case history of the individual.

(With apologies to Dr. Jagtar Singh, Kota-2, 1972 *Homoeopath*)

"Try and get a strong marked and mental symptom right in the drug and the patient and the magic begins to work".

The patient is greater than his parts and marked mental symptoms especially if peculiar to the patient during his sickness, *i.e.*, that forming part of his acute suffering picture should determine the remedy.

The peculiar symptom will be the determining factor in drug selection. The drug picture and the symptoms must tally as far as possible.

Peculiar single symptoms will be the guide for selection of special remedies.

Skin symptoms may not be very important, as tumours, warts, etc., which are not diseases but are the results of some disturbance, *i.e.*, disease.

The changed mentality caused by the disease must always be considered as a very important guide.

Note also that the seat of action, kind of action in diathesis, (an unusual constitutional susceptibility or predisposition to a particular disease).

An intelligent Homoeopath never prescribes for the result of the disease but prescribes for the patient.

If the mental state grows worse, then it is not the correct remedy.

There is no better evidence of the correct and good action of a remedy than the condition of the mental improvement.

Medicine must take into account the nature of man, of his unity and his uniqueness. The sole purpose is to relieve the suffering of the individual and to cure him. The goal of all our efforts should be exclusively healing the sick.

Medicine should not be like a salesman trying to fit the same ready-made coat to different people.

Doctor do not fulfil their duty, unless they discover the specific peculiarity of each patient, and also on their ability to grasp the characteristics of each patient, which makes each human being an individual.

Science of Genetics give the laws of heredity. Characteristics are nothing but tendencies or potentialities in adolescence.

Thus originality depends upon heredity and environment, from which individuality springs. Offsprings of the same parents vary in character and constitution.

After Questioning the Patient—Further Studies

After questioning study the patient in bed and if able to walk, observe the mode of getting up and walking. Study the gait particularly noting the pose of the head, the set of the shoulders, the position of the arms, hands and the lower limbs.

Make a note of the general conditions *i.e.*, whether there is more or less sub cutaneous fat, the firmness or otherwise of the muscles, the elasticity of the skin and whether it is moist or too dry.

The muscles being flabby is an indication, an important guide to many diseases and with poor nutrition emaciation may set in.

Note the expression, whether it is cheerful, glum, communicative or silent.

The eyes express the inner person. So observe it specially as it gives many a clue to the personality of the patient.

Anaemia is indicated if the inner eyelids are not pink and are very pale. If the lower eyelids are oedematous and puffy especially in the morning it is an indication of Bright's disease and or of severe cough, if in children, of whooping cough. Do not mistake swelling caused by ant or bug bites for this.

Physical appearance of the nose, lips and cheeks should be observed for clues.

A sunken nose bridge is indicative of congenital syphilis, while a red tip is in some cases indicative of mitral stenosis. Habitual drunkards have also this. In women though this is sometimes local is indicative of indigestion.

Lips are pale in anaemic patients and a livid blue indicates congestive heart. Cheeks are pale in anaemic and heart troubles and assume high colour in fevers, but with a slight bluish tint. In purpural fevers cheeks are flushed. Nails—pale ones indicate anaemia, while mis-shaped and horny are indicative of nervous troubles, and spots indicate liver or heart affections.

Having done These Carefully

1. Proceed to work from outside. Work out those remedies which related to the disordered affections first. Cures can be effected only by medicines in this group.

2. Study the reasoning facilities, *i.e.*, the intellectual function of the patient, as many remedies suited to disturbance of affections are also found to have intellectual disturbance—proceed to consult those related to intellectual disturbance and thus eliminate some from the group.

3. Memory disturbances are less important as they are only next to those of the intellect.

Hahnemann believed that the measure of one's personality and deviations from the normal lay largely in the mental area.

4. Physical generals are those which have no mental condition and hence are incurable. Wanting cool drinks and food and light clothing when it is warm or hot drinks and food and heavy clothing when it is cold. This is a condition of the entire body.

Feeling very cold is an indication of the lack of vital heat and such having nothing to do with or are related to the troubles.

5. Note the particulars of the complaint which calls for treatment.

6. Study carefully the nature, colour, consistency and smell of the discharges from ears, nose, eyes, throat, vagina, penis and anus.

There will be discharges from inflamed areas, but they are colourless.

When a case has been properly taken, the list of remedies will be small from which the appropriate remedy can be easily be worked out.

SOME COMMON AILMENTS AND THEIR TREATMENTS

ABCESSES

Nat. mur. 30, prevents development. *Hepar 200* suppresses, while *Hepar 6x* bursts it often. If an abscess is formed and the skin is not broken then apply a mixture of equal parts of coconut oil and *Cantharis tincture*. If skin is broken then use only coconut oil. *Calcarea flour* soften the abscesses.

BURNS AND SCALDS

In all cases of burn there will be shock, which is either light or heavy, depending upon the intensity of the burn.

<i>Part of the Body Affected</i>	<i>Percentage of Skin Area Burnt</i>
Head and neck	9%
Trunk anterior (front)	18%
Trunk posterior (back)	18%
Extremities (upper arms)	18% (at 9% each)
Lower limbs	36% (at 18% each)
Perennium	1%

Burns are either superficial or deep.

First Degree Burn

In such cases only the external non-vascular layer of the skin is involved. There is some reddening of the skin and such heal without any scar.

Second Degree Burn

There is partial loss of skin and blisters are formed. Healing takes place without any scar formation.

Third Degree Burn

There is total loss of skin and the underlying tissues may also be involved. Scars form on healing.

Treatment

To remove shock give *Arnica 6x*. Dress the burn with *Urtica urens 1x* or *3x* soaked in a piece of gauze. Deep burns with broken surface may be dressed with the potency above referred to or diluted with an equal amount of water.

Give *Cantharis 30* internally at once repeating the next dose after three hours.

Never use oil or ointment for the eye.

Remedies

- Arnica :** For superficial burns.
- Carbo veg. :** When pains is excruciating.
- Coffea :** For restlessness due to severe burns.
- Cantharis :** Is excellent for all stages of burns. This prevents blisters and infection Nephritis-causing pain during micturation is avoided.
- Causticum :** Removes the chronic effects of burns and ulcers that do not heal. Useful in third degree burns.
- Urtica urens :** Valuable for easing the agonising pains and can be applied as an ointment or tincture.
- Hypericum perforatum :** Prevents injuries to nerves when externally used.
- Kali mur :** Useful in burns of any degree, when used internally or externally. Moisten with $3x=30$ grains in one ounce of water a piece of lint and apply. Do not remove it.
- Calcium sulphate :** Useful in neglected cases when suppuration has set in.

Natrum phos : When there is granulation of the burn and the discharge is of a creamy golden yellow colour.

Ferrum phos : In cases of scalds from hot water or oils.

Kali mur : In cases of scalds from boiling water.

Cal sulph }
Cantharis } : Chief remedies when suppuration has set in.
Kali mur }

BLOOD PRESSURE

Great relief is obtained by taking *Bryonia* 6x five drops in 3 ozs of water twice daily. *Crataegus oxycantha* also gives relief. This is a positive heart tonic and is best given during or immediately after a meal as otherwise it may cause nausea.

BRUISES AND SPRAINS

Wash the affected part in *Calendula* lotion and apply *Calendula* ointment and cover with a clean piece of lint or cloth.

When a sprain is experienced keep the part affected covered with a clean piece of cloth continuously moistened with *Arnica*. Internally *Arnica* 30 to be given a dose every four hours.

CUTS

If the wound is painful dress quickly with a clean sterilised piece of lint soaked in water in which a few drops of *Hypericum* is dissolved in a little water. If the wound surface is dirty or if the wound has been caused by a dirty instrument, clean carefully with *Calendula lotion*-1/2 teaspoonful in a pint of water. Dress using the *Mother tincture*.

If the wound is jagged and painful add 6 to 8 drops of *Hypericum* θ to the *Calendula* lotion used for washing. Give *Arnica* to counter the shock. Covering the wound with warm cotton wool will greatly soothen the pain.

When the wounds are punctured, *i.e.*, caused by nails, tacks, needles, etc., give *Ledum* 30 internally. If the part is swollen then apply a hot compress with *Hypericum*.

CATARACT

Though this complaint is usually associated with advancing years, younger persons also suffer from this. This is due to the lens of the eye becoming opaque and thus not allowing light to pass through it, resulting in total blindness unless operated.

(a) When vision is reduced to some degree, taking *Cal. flour* 30 internally and instilling in the eye *Martima succus*. Eye drops have in many cases been found to arrest the opacity.

(b) If iris shadow is present then *Agaricus* 12x—one pill twice daily along with a mixture of *Cal. flour* 12x, *Kali mur* 12x, *Nat. Sulph* 12x, *Silica* 12x, to be taken.

(c) When fundamental glow is present, but interrupted black spots use *Euphrasia* Eye-drops.

(d) Incipient cataract. *Cal. flour*, *Nat mur* 30, to be taken together two pills each day.

(e) Soft cataract in children—the remedy is *Cal. flour* 6x and if there is no change *Kali mur* 6x.

Traumatic cataract (due to wound or injury) is best treated by instilling *cinararia* four times a day.

(f) After operations, *Cal. flour* removes any tendency to adhesions.

(g) After any operation—*Staphisgaria*.

(h) Glaucoma. For this *Colocynthus* is the most effective, when pain extends into the head and feels better on pressure. *Osmium* is also good.

THE COMMON COLD OR CORYZA

This trouble affecting humanity whether white, black or brown, rich or poor, thin or stout is so wide spread that there are hundreds of remedies all over the world for this malady.

Almost all of them even the vaccines serve only to alleviate the symptoms and do not effect a complete cure.

There is a humorous saying "that a treated cold lasts a week, while an untreated one lasts seven days !"

About this trouble there are a few misconceptions, the following being the general ones :

1. There are no families that are immune or those which have greater susceptibility for catching cold.

2. That female children above the age of four or five and especially between 20 to 29 have attacks more than men.

3. The habit of smoking has no relation to the incidence of cold or otherwise.

4. The common saying "feed a cold and starve a fever" explains that as usual with every disease a light diet with greater amounts of fluids is good whether it be a cold or fever.

5. Researches till now have not found any specific remedy for cold. The infective agents are many kind of viruses and their number is so great as also their characteristics, that no remedy to combat all has yet been found.

6. It is generally believed that once an attack of cold has taken place the sufferer is immune from further attacks. This is quite wrong as infection from another kind of virus is quite possible even within a few days or weeks.

7. As to why more suffer from cold in winter is because, they tend to crowd together, thus increasing the chances for infection.

8. Exposure to an infected person is the surest way of catching cold, as by either coughing or sneezing a considerable amount of viruses are sent into the atmosphere.

Treatment

Generally *Aconite 30* or *Ferrum phos 6x* can be taken when cold is first noticed, and it will be mostly checked.

If water is running down the nose repeated doses of *Natur. 30* will be efficacious in stopping it.

If during the course of the cold yellowish or green matter gets expectorated from the throat *Pulsatilla 30x* will rectify when taken repeatedly.

A person catches cold when continuously exposed to cold winds, damp conditions and when exposed to other infected persons.

When a cold starts suddenly and rapidly treat with *Arnica* and if slower in development and if there is a sensation of water trickling down the spine and water running from the nose then give *Arsenic 6x* every half an hour.

If the cold is slow, face is flushed and the person feels thirsty and irritable then give *Bryonia 6x*.

When the cold is in the throat, face is flushed, eyes wide open and averse to light and the patient talks at random, give *Belladonna*.

If the cold is contracted from damp places and the patient is restless and having rheumatic pains give *Rhus tox 30*.

If the cold is in the eyes then *Euphrasia* is indicated.

If the cold is from damp conditions and the patient is irritable with no rise in temperature and digestion is upset and there is constipation with craving for butter give *Nux vomica*.

Cold in children accompanied by cough, caused by sudden cold winds then *Aconite* or *Spongia* is indicated.

When cough persists after a cold give *Phosphorus*, but use it very sparingly, as sometimes it causes nose-bleeding.

If there is cough and only a little phelgm comes out give *Ipecac 200*.

If there is cough with little or no expectoration give *Bryonia 200*.

If the chest is full of phelgm and it does not come out and the patient suffers and the cough decreases it is not a good sign, but give *Antimonium 200*.

If there is capillary bronchitis attend to it immediately by giving *Antimonium tartrate* followed 10 hours later by *Ipecac 200*.

When after a cold there is persistent cough at night with a craving fresh air then give *Pulsatilla*.

When during an attack of cold, the throat becomes septic, the breath bad and constipated, give *Belladonna*—a few doses and follow it up with *Mercuris solubilis*.

COUGH AND COUGHING

The most common cause of cough is caused by the irritation or inflammation of the upper respiratory passages of the human breathing apparatus.

There is an Italian proverb which in English will be "cough and love cannot be hidden". As is evident to all those who have suffered from this malady in one form or other knows how awkward is this noisy symptom at certain times and of course one can easily spot out the love lorn too !

Cough is warning that "something is irritating the cough centre in the medulla oblongata of the brain or any of the several branches of the Vagus nerve or the phrenic nerve and cough is the attempt of the body to remove that "something".

1. The Vagus nerve has branches to the membranes covering the brain.
2. The external openings of the ears.
3. The pharynx and the oesophagus.
4. Larynx and the base of the tongue.
5. The heart and its covering.
6. The stomach. Hence irritation in any of these areas will result in cough.

Cough is not always associated with any disease or danger.

Coughing reflex throws the food particles or water back into the mouth when it has gone the wrong way.

Infection of the throat and the bronchial tubes cause cough. Excessive smokers and people who sing or shout too much also suffer from cough which may be very temporary. A pendulous uvula (small tongue), inflamed or irritated larynx, intestinal worms and whooping cough in children enlarged bronchial glands, enlarged heart, irritation of the diaphragm and tuberculosis are the various causes for cough.

Coughing on exertion is indicative of heart trouble.

A dry cough is one in which there is no expectoration. This can be caused by wax in the ears or eczema of the external ears or by excessive smoking.

Temporary coughing fits are caused by inhalation of irritating or pungent fumes and relief is got by removal of the source of irritation, and by gargling a few times by a tepid solution of common salt in water.

Cough is an attempt by the body for throwing out the accumulated phlegm or sputum in the throat be even deeper down.

It can be seen that cough and coughing are only symptoms, but a very important one and if persistent will have to carefully diagnosed. Use of "cough cures" which may just arrest the cough are not only incorrect as they mask the true cause, but are dangerous in the long run.

In Homoeopathy treatment varies with the type of cough :

Dry cough. Acid nitric, All sat, Alumina

Nervous cough. Ambra

Laryngeal with mucus. Brom, Causticum, Spong, Agaricus

Stomach cough.	Ant. tart, Bell, Bism
Throat cough.	Bry, Caps
Spasmodic.	Corall
Tubercular.	Crotal
Dry night cough.	Conium, Ipecac, Lac, Lact
Irritating cough.	Seneg
Hoarse.	Tereb
Cough with dyspnoea.	Viola odora

COLIC

This is an acute paroxysmal abdominal pain due to a variety of causes.

Appendicular colic :	The pain in the vermiform appendix.
Biliary colic :	The pain caused by the spasm or obstruction of the biliary tract—passage into the gall-bladder.
Devonshire colic :	Lead colic from lead poisoning.
Gall stone colic :	Pain caused by obstruction of biliary tract.
Hepatic colic :	Same as biliary colic due to lead poisoning. Same as Devonshire colic.
Lead colic :	
Menstrual colic :	Due to the pain of menstruation.
Mucus colic :	Due to mucus colitis.
Ovarian colic :	Due to pain in the ovaries.
Painters colic :	Same as lead colic.
Renal colic :	Pain caused by renal calculus (stones).
Sand colic :	Pain due to indigestion in horses and cattle from the presence of sand taken along with food and water.

Uterine colic : Pain at the menstrual period.

Apart from the abdomen there is colic in other parts of the body.

Salivary colic : Pain in the salivary tract and swelling.

Colitis in other areas of the body is caused by bacteria (*Escherichia coli*).

The type of colic that require immediate attention are :

Appendicular colic, Biliary colic, Intestinal colic and Rectal colic.

Below are the frequently indicated remedies are enumerated, which are useful as an emergency therapeutic measure.

INTESTINAL COLIC

Allium Cepa : When the colic is very severe following a cold or wetting of the feet or from eating salads of cucumber, etc. Pain is mostly at the navel, though arising in the right hypochondrium, and extending over the whole abdomen.

Belladonna : In colic of infants when with the commencement of pain or soon afterwards there arises across the abdomen a thick ridge, which almost disappears when pressed upon or when bending.

Bovista : The pain is relieved when bending double or after eating.

Cuprum met : A remedy if the trouble is of an inflammatory type.

Cina : When the pain is due to the Helminthic presence.

China : There is a regularity in attacks, which occur almost daily at the same time.

Collinsonia : This is indicated when *Colocynthus* or *Nuxvom.* fail to act.

- Cocculus :** Mostly in pregnant women, when the spasmodic flatulent colic takes place at midnight.
- Camphor Bromide 3x :** When gripes occur in children with diarrhoea during teething, with convulsions.
- Castoreum :** This is for the nervous kind of colic, about the small intestines and the patient experiences a feeling of sinking down.
- Carbo veg. :** Flatulent colic of the upper abdomen.
- Colocynthes 30:** The pain is gripping and around the navel and gets ameliorated by pressure. Usually this comes after a heavy meal and the patient may writhe and squirm.
- Chamomilla :** Is an excellent remedy for colic after operation and another equally good one in such cases is *Staphisgaria*. Round the navel the pains are tearing and there is diarrhoea, which gets aggravated at night when warmth is applied to get relief. Colic in infants, when the child wants to be carried about.
- Dioscorea vil. :** Pain begins at the navel and radiates all over, flatulent colic, sudden vomiting of food and onset of colic simultaneously.
- Gratiola :** Severe flatulent colic.
- Hydrocyanic acid :** When there are cramps everywhere.
- Iris versicol :** Flatulent colic accompanied with burning sensation in the upper part of the abdomen. Biliary symptoms also present.
- Ipecac :** When intestinal colic is accompanied with nausea and vomiting and the stools foul smelling. Is also indicated for all abdominal complaints of children when they cry too much and toss about.

- Ignatia :** Relieves frequently that type of colic which awakens the patient from sleep with pain shooting into chest and extending into sides.
- Kali brom :** Daily colic of infants at 5 a.m.
- Stannum :** The type that gets relief by hard pressing. Where there is intestinal colic due to intestinal obstruction with peristaltic motion lacking, this acts better than *Colocynthis*. *Lumbrici* present.
- Staphisgaria :** Colic caused by anger and after operation—Laperatomy—incision on the abdominal wall.

CRAMPS

Cramps in any part of the body, in the limbs and mostly in the umbilical region and the pains due to piles or appendicitis can be greatly relieved by taking 10 to 15 drops of *Dioscorea villosa* θ in an ounce of water.

CONSTIPATION AND PILES

As either chronic or frequent constipation affects many as also piles. People of sedentary habits are those mostly affected. When constipation is neglected it brings on piles, which is a very troublesome ailment. Piles are removed by surgery by allopaths but can be cured by homoeopathy. There are various causes for constipation. Constipation is a state when there is a disordered movement of the bowels, which causes irregularity in defecation. The defecation may be irregular or painful and difficult because of the scanty, hard and dry nature of the feces.

Causes

1. Atony and dialation of the colon.
2. By a narrowing of the lumen of the intestines.
3. Congenital narrowing of the rectum and the anal canal.

Acquired Constipation—Causes

1. Eating foods which are very soft and which contain little or no roughage (cellulose).
2. Sedentary habits leading to defective peristalsis.
3. Senile atrophy in the aged.
4. Irritants in the colon causing spasms.
5. Thyroid deficiency.
6. Frequent use of tonics and pills containing iron or other heavy metals, causing less of glandular secretion, which makes the passage of the feces not smooth and stools becoming too hard and dry or small in quantity.
7. Not taking enough of fluids.

Constipation can be avoided by training children even from a very early age to evacuate at proper times. This good habit must be continued in adult life.

Treatment

There is no routine treatment, but is treated for the *Similimum*. Avoid foods which are too soft as also artificial ones, and by taking enough of vegetables, etc., to provide roughage to induce peristalsis.

Aloes Sacotrinia :

Piles form a bunch, with great itching of anus, compelling the patient to bore the annus with fingers. Cold application gives relief. There is urging for stool but only wind passes and the troubles persist.

Aesculus Hip :

Piles are sticking, burning pains as if the rectum is full of sticks. Fullness of the right hypochondrium.

Alumina :

No desire for stool, and no ability to pass. Even the small quantity or the soft matter is passed with great difficulty.

Antimonium Crudum :

There is continuous oozing of mucus from the piles, which stains the linen.

Bromium :

Blind piles intensely painful during and after stool. Cannot wash without pain with either hot or cold water. Salves offer relief.

Bryonia Alba :

For the most inveterate constipation this is suitable. Stools are hard and there is little moisture in such. There is no mucus to soften the hard stool. Stool too large to be passed without pain.

Calcarea Carb :

A very useful medicine in old lingering and stubborn cases. Stools are whitish or like chalk. Indicated for leuco-phlegmatic constitutions.

Capsicum :

Piles are protruding, smarting and burning. They sting and burn as if pepper has been applied on them.

Causticum :

Constipation is obstinate, but desire to pass is frequent. Passes stools better when standing.

Chelidonium :

When constipated due to liverishness. Stools are very hard and difficult to evacuate.

Cardus Marianus :

Constipation is inveterate. Stools hard and knotty, black and bileless. Piles are itching and bleeding.

Collinsonia Can :

Constipation is severe as also piles. The rectum feels full of sticks and sand. Bleeding incessant though not profuse.

Geranium Mac :

There is a constant and ineffectual desire for stool.

Graphites :

Constipation with large, hard, knotty and difficult stools, with extreme pain, soreness and fissures of the anus. Useful for bleeding piles of long standing with soreness and fissures. It often suits patients who have no stool except by injection or cathartic.

Hydrastis Can :

For old constipation cases where enemas no longer act. Faeces remain high up and do not come down into the rectum to excite desire for evacuation, this remedy is very serviceable.

Hypericum :

Administered internally and externally is considered as nearest to a specific in bleeding piles. The indications are pain, bleeding and tenderness.

Ignatia :

Piles feel better while walking. Constipation is from inactivity of the bowels.

Lac Vac Defloratum :

Chronic constipation. Rectum seems to be paralysed and even enemas and cathartics fail to act. Stool large, hard and difficult to pass. After prolonged straining the stool recedes. This type of constipation is associated with headache. In such conditions this acts well.

Kali Carb :

Piles burn like fire and are extremely sensitive to touch, bleed copiously and are very painful. Compels the patient to lie on back and holds the nates apart, because even that pressure is painful to the external piles. Sitting in cold water gives temporary relief.

Lycopodium :

Where purgatives have been abused, this is a great remedy. Spasmodic contraction of the rectum. Well suited for infants with colic with or without flatulence.

Magnesia Mur :

The constipation is extremely obstinate. Stools are knotty and conglomerate like sheep dung. It may remain so or crumble.

Medorrhinum :

Leaning far back ameliorates constipation and stools can be passed only in such a position, *i.e.*, has to lean far back on the seat.

Mezereum :

For constipation after confinement, this is an admirable remedy. Stools are large and stony hard and makes the patient feel as though the anus will be split open.

Muriatic Acid :

Piles look like a bunch of grapes, purplish in colour and are painful when touched. There is acute sensitiveness as even contact with bedsheet will be agonising. Warm water gives great amelioration and cold water aggravates, while bathing.

Natrum Mur :

One of the most commonly used remedy characterised by a sense of contraction of the rectum during stool. Fæces hard at first and only at with great exertion can be evacuated, which may cause tears in the anus causing bleeding and soreness after which stools are passed. Constipated every other day.

Nitric Acid :

When piles are extremely painful to touch during stool, piles that ulcerate and discharge copious blood and pus. Pain is sticking, diarrhoea alternates.

Nux Moschata :

Prolonged and inveterate constipation. Urging for stool prolonged, followed by a soft stool though difficult, wondering why so much urge for such soft stool.

Nux Vomica :

Frequent ineffectual urge for stool, passes scanty stool with strain. The more of straining, the harder it is to pass the stool. Diarrhoea is alternated.

Opium :

This is an admirable remedy for constipation, caused by inertia of the rectum and the entire intestinal tract. Strangely such patients do not feel any inconvenience or trouble due to accumulation of fecal matter, due to lack of sensibility.

Paenia :

Very useful when pain is atrocious with and after stools.

Phosphorus :

In this peculiar type of constipation, the stools are slender, narrow and hard like that of a dog.

Phytolaca Deca :

Constipation resulting from the torpor of the rectum, and the patient says, bowels will not move without purgatives.

Platinum :

Stools tenacious and sticky, adhering to the anus like putty or may be hard as if burnt.

Plumbum Met :

There is constant urge, but only hard black balls, which are passed with much strain.

Ratanhia :

As straining is very hard, the patient cries and piles protrude, followed by burning in the anus, which is ameliorated with hot water.

Ruta Grav :

Constipation with prolapse of rectum.

Sanicula :

The stools are as small dry grey balls which have to be removed mechanically. A peculiar feature is that the stools are square as though carved by a knife. There is "hide and seek" nature of the stool which changes in colour and character.

Sarsaparilla :

For chronic and obstinate constipation. Patient faints at stool due to excessive straining.

Sepia :

Constipation is marked. Sensation as of a ball in the rectum, like an apple or potato, not relieved by stool.

Silica Marina :

Given either as crude or in potency is an important medicine for constipation.

Slag :

When there is constipation, piles and intense itching.

Stannum Met :

It is a good cure for constipation appearing the next day after a day of rest.

Sulphur :

It has a high place among remedies. When piles are painless and with or without bleeding. Redness round anus. In children they fear to sit for stool.

Sulphuric Acid :

Piles external and sensitive to touch and itching.

Tarentula :

No desire for stool. There is continued tossing in bed with anxiety and restlessness. Rolling from side to side and

rub head against pillow. The most terrible and alarming constipation, when even cathartics and enemas have failed to move the bowl, this remedy has cured.

DYSPEPSIA

The main line of treatment is the examination of the food *i.e.* the diet of the individual. Adults and even younger ones and in the case of infants their mothers will be able to tell the physician as to the type of food that does not agree with them. Many are allergic to certain types of food and some others to fats and fatty foods. By careful screening, advise to avoid such.

There is a saying "that one is one's own physician or a fool at forty" which means that if one carefully observes, one can find out what type of food agrees with one, and if not able to do so is justly termed a fool !

What is good for one individual may not always be good to another as another saying "One man's food is another man's poison" proclaims. This must be always remembered. Usually a simple mixed diet of well cooked and nourishing food is to be eaten *slowly* and *well masticated*. Food should be taken at regular intervals and never when one is not hungry. Food should be taken when one is rested and calm and in a pleasant atmosphere and surroundings.

There are very many remedies to relieve and cure this distressing malady brought on mostly by oneself.

Carbo Veg. 30 :

If there is an accumulation of gas in the upper part of the stomach, this gives instant relief.

Lycopodium :

If the gas is incarcerated and not relieved by Carbo. veg. this drug relieves.

Ferrum Phos :

The pit of the stomach is tender to touch, vomiting, pain after eating, flatulence, loss of appetite, disgust for milk,

cannot take meat, cannot bear tight clothing, thirst for cold water and desire for stimulants.

Kali Mur :

Tongue coated, complaints from rich and fatty food (Pulsatella) bitter taste, liver sluggish, with pain in the right side under the shoulder.

Kali Phos :

Hungry soon after eating, gone feeling in the stomach, pain in the left side, weakness of heart, constant pain in a small spot in stomach, great nervous depression.

Kali Sulph :

Yellow coated tongue, sensation as of a load and fulness in the pit of the stomach, pain in stomach, water-brash.

Magnesium Phos :

Cramp in stomach, constriction, hiccough, marked regurgitation after eating, craves sugar, gastralgia.

Natrum Mur :

Stomach ache with much water brash, offensive breath, bowels constipated, loss of desire for smoking, very thirsty, sour taste, aversion to bread, red spots on pit of stomach.

Natrum Phos :

Great acidity, sour risings, moist creamy coating of the tongue, stomach troubles from the presence of worms, heart-burn, vomiting of dark coffee-ground fluid.

Natrum Sulph :

Biliousness, bitter taste in the mouth, vomiting of bitter fluid, heart-burn, copious formation of gas, which get incarcerated in the intestines.

Calc Phos :

A course of this remedy is useful in all chronic cases of indigestion, pain after eating, craving for bacon, ham, salted

and smoked meats, pain relieved by eating and raising wind. Almost an infallible remedy for excessive accumulation of gas in the stomach. *Calc. phos.* 1x a powder given in water half an hour after eating is efficacious in cases of non-assimilation of food.

Cal. Sulph :

Desire for fruits, tea, claret and green vegetables.

Silica :

Chronic dyspepsia, with much chilliness, extreme hunger, disgust for warm food and intolerance of alcoholic stimulants.

DIARRHOEA

This is characterised by frequent evacuation of watery stools, and is due to faulty diet and sometimes due to indigestible or incompatible foods.

In the case of an acute attack, it is best to avoid food for a few hours and then take in only liquid foods *eg.* mutton or chicken broth, well boiled rice, or boiled milk and water. All irritating kinds of food which are bulky and have cellulose should be avoided *ie.* vegetables and fruits. Keep the stomach area and the feet warm and dry. Rest in bed.

After a few painless watery motions are passed, then only give any remedy. *China 30* given a few times at two hour intervals checks the motion.

If the stools are watery and contain undigested food materials and there is a colicky pain give *Ferrum phos.* If pains are severe *Magnesia muriatica* is indicated. *Magnesia carbonica* is a great remedy for diarrhoea especially for children.

When the stools show blood and lot of mucus and the tongue is coated and white *Kali mur* is indicated.

One dose of the selected remedy alone should be given after every evacuation.

For chronic cases of diarrhoea, *Calc phos.* and *Natrum sulph* one dose 6x alternately night and morning should be given after each evacuation.

DYSENTERY

There will always be blood in the stools. In mild cases *Kali mur* and *Ferrum phos* will effect a cure. If stools contain mostly blood and with offensive smell then *Kali phos* is good.

Acid nitric, *Aloes*, *Colocynth*, *Nux vom*, *Rhus tox* and *Sulphur* are remedies which can be given according to symptoms.

For chronic cases *Sumbul* is effective.

EAR ACHE

For simple pains *Aconite*, *Belladonna* and *Pulsatilla* will give relief. If the pain is pulsating and throbbing *Ferrum phos.* or *Glolin* is indicated.

A drop or two of Mullen oil inside the ear will relieve various kinds of pain.

EYES—SORE EYES

When the discharge is acrid, *Euphrasia*, if creamy and profuse *Argentum nitrate*, or *Natrum phos* and or *Pulsatilla* gives relief.

FURUNCLES

These are pimples with a white head and appear on the face and neck. Give *Sulphur 6x* thrice a day for a week. Regulate the diet taking little meat but large amounts of vegetables, fruits, butter milk and a little milk.

FEVERS

Influenza :

The symptoms are cold, heavy discharge from nose and eyes, coated tongue, rise in temperature, sudden onset of severe pains all over the body especially at the back.

The drugs indicated are *Aconite*, *Baptisia*, *Eupatorium*, *Bryonia*, *Cimicifuga*, *Belladonna*—to be given according to symptoms. *Nux vom 6x* and *Nat. sulph. 6x* are also indicated.

Influenzin is almost a specific.

Malaria :

This is characterised by extreme cold and heat. Liver and bowels are disordered in the cold stage, entire body becomes hot. Patient is thirsty and has a throbbing headache.

The indicated drugs are *China*, *Eupatorium perfoliatum*, *Arsenic*, *Ipeacac*, *Carbo-veg*, and *Nat. mur.* to be administered according to symptoms.

DENGUE

There will be pain in the muscles and joints, severe headache with temperature rising gradually. The tongue is coated and appetite is lost. *Arsenic*, *Bryonia*, *Eupper*, *Gels. Ipecac*, *Nux vom* and *Rhus tox* to be administered according to symptoms.

TYPHOID

The fever is extended. Presence of rose coloured spots on the chest and abdomen. Diarrhoea is feeble and vomiting may be present. The indicated drugs are *Arsenic alba*, *Baptisia*, *Bryonia* and *Muriatic acid*.

FROST-BITE, CHILBLAINS AND CRACKED HANDS

In such cases the affected part of the patient should be rubbed with snow or spirit and then with warm olive oil.

If there is stinging pain then give *Ledum* internally. If the chilblains are purplish and bruised then *Arnica* is indicated. For cracks on the hands caused by the cold give a few doses of *Petroleum*.

FRIGHT

When a severe fright due to any cause has taken place even years back its effect persists until treated.

There are four very useful drugs for treatment of frights :

1. *Gelsimium*.
2. *Argentum metallicum*.
3. *Opium*.
4. *Arum metallicum*.

The first and the second are also remedies for the ill-effects of anxiety.

Gelsimum is very useful for the sudden frights—weak feeling at the knees caused by the arrival of telegrams in many people.

Argentum met. is for the person who is deeply agitated over something that has happened or going to happen.

While No. 1 *i.e.*, *Gelsimum* will flop in the chair or bed and exclaim that everything is over and to make an end, which they rarely do, No. 2, *i.e.*, *Argentum* is deeply agitated and this agitation finds an outlet in walking up and down.

It should always be remembered that joy shared is joy heightened and troubles and sorrows shared are troubles and sorrows halved. A correct understanding of what the circumstances are, will help in calming down many. Like *Pulsatella* No. 2 people desire fresh air and hate being in too warm a room or place.

No. 3 (*Opium*) in high potency has a most remarkable curative effect on a variety of people especially those who never have been well after a fright or practical joke on them. Persons especially in their impressionable years get such a fright in their subconscious mind, that they never get fully recovered and an echo of that fright recurs every time when that person is under a stress. This is seen in persons getting frightened every time a blood soaked piece of cotton is seen, for when very young he may have seen such when his tonsils were removed. A 10M dose has completely helped in overcoming such a childish fear. While *Gelsimum* is good for agitation, *Argentum* is best for the one who is agitated or feels nervous as to how he or she will act during their wedding ceremony.

Some women are afraid of pregnancy, and for them *Opium* is best.

As the saying goes "Love of gold is the root of all evil", persons accustomed to heavy cooked foods are also heavy

hearted. Such people imagine things beyond redemption. Being full blooded and out of condition they become the despair of the doctor and friends, when such persons are frightened. The troubles arising in such persons due to fright, anger or contradiction raises blood pressure and they dwell on suicide. *Arum met.* is the remedy for such persons.

For fear of death or darkness *Aconite* is a very good remedy.

To those who are afraid of thunder or of being alone and of disaster *Phosphorous* will be a boon.

There are many kinds of fears and phobias :

Fears or dreads being raised or carried :	<i>Bovista, Bryonia, Sanic.</i>
Fears of crossing streets, crowds and excitement :	<i>Acon, Hydrocot and Platinum.</i>
Fears of darkness and of ghosts etc. :	<i>Aconite, Arsenic, Bell, Carbo veg., Caust, Lyco, Med. Opium, Phos, Puls, Stram.</i>
Fears of fatal diseases, impending evil :	<i>Aconite.</i>
Fear of downward motion, falling :	<i>Bor, Gels, Hyper, Sanic.</i>
Fear of heart ceasing beating —must move reverse-Digitalis :	<i>Gels.</i>
Fear of noises :	<i>Acon, Asar, Bell, Bor, Cham, Ther.</i>
Fear of people (anthrophobia) :	<i>Acon, Aur, Bar, Carb, Lycopod.</i>
Fear of confined or closed places :	<i>Succin.</i>
Fear of pointed objects :	<i>Sil, Spig.</i>
Fear of poison :	<i>Hyos, Ver v.</i>
Fear of rain :	<i>Naja.</i>

Fear of solitude, <i>i.e.</i> , aversion to :	<i>Bism, Hyos, Kali carb, Lyc, Phos, Stram, Ver a.</i>
Fear of open spaces (agrophobia) :	<i>Acon, Cal carb.</i>
Fear of thunder storms :	<i>Nat. c, Phos.</i>
Fear of giddy heights :	<i>Lycopodium.</i>

It is interesting to note that Sir Reginald Ross of Malarial mosquito fame, never went out without *Lycopodium* and *Succin* as he was afraid of giddy heights and *Claustrophobia*.

ECZEMA

Arsenicum Album :

This is the best general remedy for chronic eczema, accompanied by intense burning and itching of the skin, foetid and prulent discharge of dry scaly eruption. Thirsty, drinking little and often. Aggravation after midnight from cold in open air and from scratching with bleeding afterwards. Warmth ameliorates.

Baryta Muriatica :

Eczema of the entire top of the head, extending to sides and occiput, with suppuration and copious *Pus*. Head feels heavy as also occiput and cannot keep head up. "Sensation of looseness in the brain, a feeling of movement in the head". (Kent)

Bovista :

Eczema-moist formation of thick crusts on back of hand, burning and itching and gets no relief from scratching. Symptoms worse during hot weather.

Calcarea Carb :

Eczema on scalp with a tendency to spread—this is quite characteristic too of spread downward and over the face. "Frequently appears in patches over the face and scalp forming thick crusts, which are often white chalk like deposits and scratching on awakening from sleep. The change from sleep to activity seems to excite the itching of the existing eruptions". (Farrington)

Clematis : Moist itching eczema, worse from washing in cold water, warmth of bed. Moist and wet poultices aggravate.

Croton Tiglium :

A valuable remedy for the eczema of the *scrotum*. and penis. Itching painful and burning with redness of the skin, formation of vesicles and pustula, desquamation and falling off of the pustules. Feels hide bound.

Graphites :

Eczema of fat and blonde children, who catch cold easily. Thick crusts, raw surface with deep raghades on and behind ears, with constant profuse oozing of a sticky fluid, thick crusts, sometimes with considerable itching and increased discharge, after scratching, the skin cracks and it is generally unhealthy. Itching is worse in the evening and at night.

Hepar Sulph :

Eczema behind ears and on scalp, burns and smarts after scratching. Areas very sensitive to touch. "It is useful in moist eruptions especially in eczema, which are sore, have foetid discharges and bleed easily". (Cowperwaite)

"Hepar may be given in high potency to prevent suppuration, but its chief use is in those cases which have suppuration is inevitable and it is desirable to hasten the process under which circumstances the drug should always be given in a low potency" (Cowperwaite).

Kali Arsenicum :

Eczema on the scalp, eruptions with crusts dry or moist. The eruptions itch and burn violently, worse when undressing and when warm. They are painful and spread rapidly into phagadenic (rapidly sloughing) ulcers.

Lycopodium :

Eczema on the back of the head, face, neck, hands and right forefinger. Humid suppurating eruptions with thick

crusts and profuse foetid discharge underneath, bleeding after scratching. If in a child, the child is weak emaciated, with well developed head and puny sickly body. The baby cries all day and sleeps all night.

"*Lycopodium* is a master remedy in infantile eczema".
(Dr. Leon Renard)

Mezereum :

Eczema crusts with white scabs. Great itching, worse when patient is warm or wrapped up. Small vesicles with terrible itching and the great characteristic is that the secretion dries quickly, producing scabs from beneath, which an acrid thick pus oozes. Sometimes pimples surround the main seat of the disease.

Morgan (Bowel Nosode) :

Eczema on chin and forehead, cracks and eruptions behind ear, weeping itching, scaly and fissured. Moist eczema. Valuable in infantile eczema.

Mercuris Sol :

Itching with irresistible desire to scratch the part, small itching pimples followed by desquamation or as transparent vesicles, containing a watery fluid or pustules discharging an acrid humour. Skin is yellow coloured.

Natrum Mur :

Eczema is raw and inflamed, and especially worse at the edges of hair, at the bends of joints, ooze an acrid fluid. Eczema is also worse from eating too much salt.

Petroleum :

"Eczema on any part of the body, but more especially in and about the ears and on occiput. On the hands there is a raw moist surface, over which thick scabs form, or the eczema may first appear as a vesicular eruption, forming a thick crust and oozing pus". (Dr. Cowperthwaite)

Farrington writes : "A wheal appears across the face or body looking like a hive and this itches and burns. Then again a vesicular eruption appears there, which develops into a perfect picture of eczema forming thick scales and oozing pus. The skin soon grows more hard and dry and there forms deep cracks and fissures, which bleed and suppurate—these make petroleum an excellent remedy. Aggravation in the open air and during thunder storm and by warmth and open air.

Psorinum :

Eczema behind the ears, on scalp and in the bends of elbows and armpits accompanied by abscesses affecting the bones. Nothing relieves. Violent itching, worse by heat of bed and scratching. Dirty greasy looking and foul smelling skin.

Rhus Tox :

Eczema on the inner side of thighs, particularly after vaccination, with much itching and thirst. The surface is raw and excoriated, thick crusts, oozing and offensive.

The child is restless and wants to be moved continuously especially after midnight, when itching is intense, which is relieved for a time by scratching. The cold fresh air is not tolerated in the head.

Sulphur :

Eruptions on the back of hand and behind ears, around the margin of the hairy scalp, ear to ear posteriorly ; dry offensive, scaly with cracks, easily bleeding, burning, painful and offensive discharging thick or thin acrid pus, which forms into yellow crusts. The child cannot be washed and is most comfortable when not washed and is dirty. Aggravation with warmth of bed, from washing and from wet poultices. Amelioration in dry weather.

Silica :

Eczema in scrofulous children, with humid itching eruptions on the back of the head either moist, dry or scaly, offensive

and scabby. Itching during day and evening, soreness after scratching and burns. Pustules form and discharge copiously. Child cries when spoken to. Children are big bellied with weak ankles and perspire about the head toward morning. Perspiration of feet offensive.

Tuberculinum :

“Eczema which calls for this remedy is over the entire body. The itching is intense with quantities of white bran-like scales. Oozing behind ears in the hair, in folds of the skin, with rawness and soreness with fiery red skin.” (H. C. Allen)

“Infantile eczema in front of the ear, tending to affect the eyelids and often alternating with otitis”. (Dr. M. C. Douglas)

Thuja :

Itching vesicles with shooting pains. Skin is sensitive to touch, burns violently after scratching, dry and scaly eruptions on head, extending to the temples, eye brows, ears and neck. Uncovered parts perspire and perspiration smells like honey. Eruptions only on covered parts. After vaccinations the eczema is worse, eruption is white, scaly and desquamating. Perspiration from feet offensive. Aggravation from cold, wet feet and heat of bed at 3. a. m.

GRIEFS AND SORROWS

When sorrow is not relieved by crying or communicating to others, etc., but is suppressed, causes trouble. There is a lessening of energy and the heart and liver get affected resulting in constipation, limbs not subordinate to the will etc.

Acid Phos :

The symptoms that call for this are excess of weakness, sadness in each and every undertaking and inclination to sit idly in a calm and quiet place and doze.

Cocculus :

When there is sleeplessness as a result of sitting and attending a patient ; to startle at night and to feel melancholy always.

Hyocyamus :

It is indicated when there is marked indifference to friends and a feeling of envy. The patient is excited, irritative and talkative.

Ignatia :

Chief symptoms for this are, grief and sorrow making one dejected and hopeless and incapable of forgetting and feeling always the effect of grief and sorrow in the conscious mind. Sorrowfulness, senselessness and love lorn.

If *Ignatia* does not act give *Opium* and the next day give *Acid phosphoricum*.

Lachesis :

To feel ill before or after sleeping or eating and utter different sorts of unreasonable wanderings, change topics while speaking and the habit of putting one's troubles before other aimlessly, indicates this remedy.

Platinum :

When there is sudden menses trouble due to fear, anxiety or sorrow.

Staphysgaria :

When there is indigestion due to fear or terror.

Sulphur :

Acts well if aggrieved by the news of demise of one who is steadfastly affectionate.

Sepia :

This has acted as a cure when a lady did not like sympathy from her friends.

HEADACHE

This is one of the most common maladies affecting a great many persons and probably there are few who at one time or other have not suffered it.

The causes are many, and as the seat of the pain is inside the cranium into which no one can look, diagnosis is not easy and can only be done by studying the subjective symptoms of the patient. Many a time the reason for the headache is considered a trivial one. Sometimes it may signify the onset of a serious malady. It is this aspect of headache that requires serious attention.

Headaches are due to a great variety of causes ; the common cold, eye-trouble, earache, toothache, gastric and liver upsets, high blood pressure, nervous tensions, rheumatic afflictions, emotional upsets and injection of toxic substances and in women during menstrual periods and at the climateric.

Each of these give rise to a specific type of headache, and each has a corresponding remedy or drug in Homoeopathy with corresponding similimums.

Affection of every organ above the neck, whether it is inflammation or not brings about headache.

Often headache is due to mental fatigue. There are many who after a strenuous day's office work return home with a headache, evidently due to the prolonged contraction of some muscles of the head. For those who are highly strung headaches are more frequent.

Eye Troubles

Reading too much, reading small print and that too in poor or insufficient light, defects of vision, liver disturbances and wearing of incorrect glasses all bring on headaches. Exposure to direct sunlight without proper protection often results in severe headache. Care should be taken to wear only well tested anti-glare glasses, as the cheap ones with their aberrations will result in creating defective vision.

Liver and Gastric Upsets

Headaches due to these find a high rank among the various causes. Eating too much, eating at odd times and eating of not easily digestible foods and those which are allergic all give rise to headaches.

Drinking hard liquor and its consequent effect on the stomach and later on, on the liver is another cause.

Vomiting out the undigested food after taking three or four glasses of tepid water by tickling the throat will give great and rapid relief to the headache due to indigestion.

Nausea, giddiness, constipation are all the after-effects of the liver getting affected. In such cases *Nux vomica* gives great relief. *Iris versicolor* is a good remedy for the bilious type of headache.

Rheumatic Type :

The throbbing pains which grow worse on motion and are better when quite respond well to *Bryonia*.

There are various remedies depending on the type and location. They are *Aconite 12x*, *Belladonna 3x*, *Bryonia 12x*, *China 3x*, *Hydrocotyle asiatica 3x*, *Ignatia*, *Mellilotus 1x*, *Merc sol. 12x*, *Usnea barbata 3x*.

HEAT STROKE

This affliction comes not only in summer, but also when people work near furnaces, boilers and such other places where a great amount of heat is produced, and where there are no adequate methods of reducing the temperature either by efficient ventilation or otherwise.

Symptoms

In heat strokes the patient generally complains of headache or vertigo, nausea or vomiting, dryness of the skin with excessive heat thereon. There may be sudden asphyxia or suffocation and unconsciousness with repeated palpitation and urination or suppression of urine.

Remedial Measures

These must follow the basic principles of Homoeopathy and hence great attention must be paid towards the subjective symptoms during the attack of the patient, *i.e.*, the actual feelings of the patient, his desires and aversion, etc. The objective symptoms, *i.e.*, those that are observable must also be considered. Avoid direct exposure to the sun. The head, ears and neck should be covered. The stomach should be kept empty, but sufficient water should be taken, preferably cold drinks.

An effective antidote is a slightly acid drink prepared by boiling nature but unripe mangoes and squeezing out the juice as far as possible and adding to that a pinch of roasted cumin seed and a pinch of common salt.

It is a common practice for those who go out in the sun to wear sun-glasses. In Nagpur and other areas in Madhya Pradesh all those who have to go out in the sun carry a raw onion with them either in their pockets or in their turbans, as far as possible very near their body.

Early morning baths are found to be very helpful.

Two Homeo drugs are usually prescribed to avoid attacks—*Gelsimium* and *Glonin*. *Gelsimium* is indicated when there is dizziness, and headaches, extending through the head to the eyes and when the face is flushed and hot to the touch, nausea and vomiting and spasmodic closure of the glottis, palpitation and oppression about the heart.

Glonin is the best when there is throbbing through the whole body, fulness in the vertex, forehead, through body, chest and abdomen. Headache is of such a type as if the brain was attempting to burst the skull. Insane feeling by the long continued heat of the sun. The throbbing headache is very noticeable and the carotids are raised like whip cords and it is felt even up to the finger tips. Pulsating throbbing fulness (not painful) in the brain.

This is the first remedy to be thought of in cases of sun-stroke or from troubles due to heat from stoves etc. In cases where *Glonin* is to be given, one important symptom is the lack of fever in sun-stroke. Dose : Both are to given in the 30th potencies. *Gelsimium* being used as a tincture—5 drops in an ounce of water every two hours till relief.

HICCOUGH (SINGULTIS)

This trouble begins suddenly and is due to the irregular contraction of the diaphragm. In an emergency a lump of sugar saturated with an acid fruit juice or even with vinegar, when sucked brings relief. A spoonful of mustard ground into a paste and placed within two folds of cloth and kept on the stomach brings relief. Care must be taken that the paste does not come into direct contact with the skin.

A pill or two of *Cicuta 30* given a complete and rapid relief. In obstinate case give *Acid sulph 30* two pills.

STINGS

There are in nature certain plants, insects and animals and fishes which have got a kind of poison which either on contact with the skin or injected into by the plant, insect, animal or fish by its stinging mechanism causes severe pain at the site of the sting initially and in some cases all over the body. Such cause the appearance of rashes.

The "Stinging nettle" leaf, the powder from pods of certain creepers and the juices or latex of other plants often produce in many pain, rashes or severe scratching.

Among insects, wasps and honey-bees have stings, while in animals the most common are those of the scorpion and the centipede. Among sea fishes some have very poisonous stings, which are powerful and can paralyse or even kill a human being.

It may surprise many to know that the beautiful cone shaped shells—*Conus textile*—remarkable for its coloured patterns,

have stings which are deadly and so such should never be handled carelessly while living.

But in daily life stings from ants, bees and wasps as from scorpions are common. The pain is caused by the injection of a fluid containing Formic acid among other organic compounds.

Treatment of Stings

When stung by bees or wasps remove from the spot where the stings is made any broken piece of the "sting" of the insect. Then give internally *Ledum*, *Apis* or *Arnica* all of 30 potency and moisten the point stung with *Urticaria tincture*.

Scorpion Sting

Children when stung by scorpions develop serious symptoms. The body temperature goes down, a cold sweat breaks out followed by unconsciousness and collapse, all taking place within a few minutes.

Before these symptoms develop or even soon after give on a teaspoon of a solution of 4 to 5 globules of *Veratrum* 200 in two ounces of water. After half an hour 4 or 5 pills of *Ledum pall* are to be given. This will clear up the cyanosis if it has set in the finger tips.

There is another remedy, which can be had in any household and which the author has found to be extremely efficacious in rapidly removing the pain and with no other complications. The remedy is the common salt (*Natrum mur*) used in every household.

Dissolve a pinch of the clean salt in a large spoonful of water. Two drops of this solution in each eye removes miraculously as though by magic in four or five minutes, the pain of scorpion sting. The author's father, an allopath seeing such a cure being effected by me told me of another practice prevalent among the Pathans in N. W. India.

The patient if possible he can or any other helper after dipping a finger in castor oil inserts it in the anus of the patient and just holds it there for a few seconds, when the pain caused by the scorpion sting subsides rapidly.

INSOMNIA

Insomnia or sleeplessness whether it is a temporary complaint or a chronic one is a very disturbing trouble and which has got to be treated as early as possible and rectified.

Most of the cases respond to the following drugs :

Two pills of *Coffea crudum*, or *Kali phos* or *Hyocyamus* or *Ignatia* or *Chamomilla* all of 30 potency or *Lycopodium* 200 or *Ferrum phos 6x* taken an hour after the last meal of the night brings on sleep. In giving these consider the *Similimum*.

A teaspoonful or two of good honey in a glass of lukewarm water is recommended to bring on sleep by many physicians mostly Russians.

This distressing malady is due to some constitutional disturbance. If it happens frequently or continuously then it may disorder the entire system or constitution of the individual. Prolonged sleeplessness is the forerunner of mental troubles.

An adult requires six to seven hours of good sleep, while growing children will want more. Sleeplessness makes the mind dejected and because the stomach is deranged there is loss of appetite and headache and nervousness develop.

Mostly sleeplessness is due to mental worries, though diseases of the heart, liver or stomach also bring about this. Too much use of coffee or tea also causes sleeplessness.

Since the causes are varied the treatments are also varied.

Late suppers and heavy foods should be avoided and the diet should be plain and in time. Since worry is a main factor, an optimistic outlook on life should be cultivated. One should have a great belief in God and be resigned to Him while doing one's allotted work in the world, and feel that every cloud has a silver lining.

Life lead should be clean mentally and physically. Avoid those foods which from experience are known not to be suitable for one's constitution.

Treatment

Aconite : Sleeplessness due to exciting events, fever, restlessness and anxiety.

Coffea : Useful when there is mental excitement or due to taking in excessive amounts of coffee or tea.

Ideas rush one after the other in the mind. Due to excitement there is constant movement. Smell, sight and hearing become acute.

Ignatia : Good for insomnia from mental agony. Suited to persons, who are hysterical and changeable and of sad temperament. Vexation with reserved displeasure.

Kali brom : Sleeplessness due to sexual excess or from grief and worry. The sufferer wakes up at night frightened with horrible dreams and fails to be comforted, dreads to go to sleep again. Grinds teeth during sleep. On awakening he does not know where he is.

Nux vom : Insomnia due to constipation, worms, indigestion and overstudy, *i.e.*, "burning the mid-night oil", intemperance of food or drinking causing gastro-intestinal troubles; leading a debaucherous and licentious life. Being physically and mentally over sensitive. Restlessness due to acuteness of smell, hearing or touch. Falls asleep by midnight, but gets up between 2 a.m. or 3 a.m., after which he cannot sleep. Falls into a dull unrefreshing sleep at day-break.

- Opium :** Though feeling sleepy, cannot sleep due to acuteness of the senses, especially hearing noises from far away places e.g., ringing of bells, striking of clocks, crowing of cocks, etc. The bed feels too warm and so shifts about to find a cooler area of the bed. Does not like to cover due to feeling hot. As soon as the patient falls asleep, breathing stops, forcing one to get up, preventing further sleep. Suitable after severe mental exertion or long continued night watching.
- Pulsatella :** Sleeplessness due to an overloaded stomach and by eating rich and fatty foods before retiring at night. Sleeplessness during the early part of the night and falls asleep when it is time to get up in the morning and awakens dull and unrefreshed.
- Kali phos :** This remedy is very useful at all stages of insomnia. *Kali phos 6x* every 30 minutes can be given till the patient sleeps.

Other remedies which are useful are : *Belladonna, Chamomilla, China, Cina, Lachesis* and *Sulphur*.

MELANCHOLIA

Until 1798 insane or mentally disturbed patients were usually chained and imprisoned like wild animals. But in that year Phillippe Pinel, a French mathematician turned physician, got permission to attempt an unusual experiment ; he had the shackles removed from the insane and treated them as truly sick persons, they were. Their favourable response to his patience and understanding led the way to the development of psychiatric therapeutic methods used today in caring for those who are suffering from mental illness.

(From an advertisement by Parke Davis)

When the divine laws of living and life are violated mental strains and stresses develop and such result in melancholia.

The patient is miserable, loses all hope, becomes introspective and tends to commit suicide. The worries assailing the patient are mainly suppositions with baseless fears and beliefs. With a restless conscience the patient refrains from all activities and sits idly with a sad look. Sleeplessness and constipation follow, making altogether a pitiable state.

Remedies

Arsenicum Album :

This is indicated if there is a tendency to bite or do violence on one's own body and the patient feels that everyone speaks adversely. Dose 6th to 30th potency at each of the various stages.

Arum Metallicum :

If there is inclination to commit suicide.

Cardus Marianus :

Gives rest, quiet and sleep, when melancholic symptoms are seen.

Cimicifuga :

If it is melancholia or simple insanity, when the patient has lost common sense, likes a dirty life, eats dirty things, remains naked, jumps up and down, sings, tears clothes, walks at random and laughs in loneliness. The patient is sad and vacant in mind and given to introspection and suicidal thoughts.

Helleborous :

When the actions are characteristic of senselessness.

Ignatia :

Loss of hope with grief and sorrow indicate this remedy. The patient is inclined to sit alone idly or absorbed in planning suicide. Trifles irritate such.

Platinum :

When inclined to laugh or weep and with a keen desire to perish as a result of thoughts. Good for the melancholia of women with suicidal inclinations. The patient assumes an elderly and most wise attitude of experience in all matters in comparison with others.

Staphisgaria :

This is indicated when peevishness, irritableness along with a feeling of always being afraid and restlessness of mind are present.

Other remedies to be given according to the mental symptoms are *Acid oxalic*, *Opium*, *Veratum viride*, *Baptisia* etc.

Kali phos 30x when given thrice daily induces better sleep or *Kali phos 200* can be given once on alternate days. If symptoms are worse at nights *Silica 200* and *Nux vomica 200* at 6 p.m. daily is very useful.

MENTALS

- Aconite :** Never give when the sickness is borne with calmness and patience. Fear of death.
- Ant. Tartrate :** Always pale, cyanotic, never red and no ster-tor as in *Opium*.
- Am. Carb :** Is not for the strong minded, but for the easily impressed, hypersensitive to contact other minds.
- Arsenic :** Fastidious and orderly.
- Apis :** Presentiment of death.
- Arum Met :** Talks of suicide, brooding, melancholy.
- Bufo :** Mental depravity.
- Bryonia :** The mental state of *Bryonia* is usually helped by cool air. Irritable.
- Baryta Carb :** Failing mental power.

- Bacillininum** : A case of insanity with pityriasis (a skin condition with formation of brany scales) yielded rapidly to this. (Clarke)
- Chamomilla** : Unsited for patients who bear pain with calmness and patience.
- Cichorum** : Self-centered, dominating and selfish.
- Cistus** : Desperation.
- Clematis** : Indifference, do 'nt care, do nothing type.
- Calcium** : Fears of growing crazy.
- China** : Suicidal promptings, not open and obvious as in Nat. Sulph.
- Cocain** : "Sensation as if the past were absent". (Roberts)
- Graphites** : Timid like Pulsatella, but also impudent, teasing, laughs at reprimands.
- Hyos** : Confusion of the aged added to its well-known mania and manifestations. A mean acting remedy when it is not perfectly suitable.
- Hotonia** : Brave, calm spirit, always tries to save others troubles.
- Ignatia** : Sighing and sobbing, hides grief. Even changing mood.
- Kali Iodide** : Mean, cruel especially to own family.
- Kali Brom** : Profound melancholy, night terrors, anguish, religious depression, fidgety.
- Lecithin** : Emotional trauma, marked nervous exhaustion in acute illness. Internal quivering, confused head (Hayes. I.H.A. Transactions).
- Lycopodium** : Failing brain power.
- Melilotus** : Fear of alm-house, not at home, at home suspicious, wakes, at 3 a.m. Capacity for business gone, insomnia, panic. Head hot and red face (Veratum—cold sweaty face).

- Mimulus :** Calm, fear underneath, will do anything to avoid controversy.
- Mercury :** Impulse to kill those who are dearest.
- Medorrhinum:** Mean and cruel.
- Nux Vomica :** Anxious, zealous, fiery people, with hot dispositions or malicious. Wicked and irritable.
- Nux Moschata:** Benumbing of senses, cannot think and have usually excessive dryness of the mouth with no thirst.
- Nitric Acid :** One becomes so angry that the person trembles. Catatonia is a form of Schizophrenia with epistaxis (bleeding from the nose) induced by crying is speedily cleared under Nitric acid 10M (Carr. I.H.A. Transactions)
- Natrum Mur. :** Grief ; consolation aggravates.
- Opium :** Dark red or purple face of blood congestion.
- Platinum :** Hauteur, superiority feeling.
- Pulsatella :** Makes grief known, invites sympathy. Lachrimose (tearful). Supposed to be fat, slow and phlegmatic, fair blue-eyed and to hate fat. But mental symptoms even in a typical patient determine the remedy.
- Phosphorus :** Lack to natural affection.
- Phosphoric Acid :** Stupifaction, debilitated, apathetic and quiet.
- Psorinum :** "In failure to recover from acute diseases or mental trauma—Psorinum often blankets the whole case". (J.B. Camp bell.)
- Silica :** Lack of self-confidence, inferiority complex.
- Sepia :** Lack of natural affection.
- Staphisgaria :** "Ailments from indignation, vexation and sleeplessness. Cures cases of lapses of memory from masturbation.

Sclerantus : Indecision, nothing satisfies.

Sonchus

arvensis : Deep gloom always.

Veratrum

album : "Facilitates the cure of atleast 1/3 of the cases of insanity, generally seen in lunatic asylums" Hahnemann's *Materia Medica*, "I have frequently cured patients by the smallest part of a drop of the 12th potency, mixed with the usual beverage to avoid all violence". (Hahnemann).

Verbina

hastata : Self-willed, unconquerable, little terror and unmanageable.

Verbina

officinalis : Self-sacrificing, gentle devoted.

DEMENTIA

Dementia is progressive mental deterioration.

Acid phos : Power of recollection weakened, hatefulness from nearby things, materials and neighbouring persons.

Agaricus : Acute or chronic dementia disorders.

Anacardium : Weakness of mental faculties. Habituated to swear or take oath all along as pet words.

Earyta carb : Dementia due to old age.

Calcarea carb : Weak in power of thinking, not steady on any topic, sheds tears on trifles.

Calcium phos : Irritative nature, forgetful of recent matters or happenings, not recognising even neighbour, to stick to go home even though actually living at home.

Conium : Weakness of memory, anxiety and grief in household and business matter etc.

Crotalus : Patience gone. weakness of memory, disorder of organic functions, inclined to run away or go off. Irritative and prattling.

Helleborous : To lose one's wit and go astray from right-ful path.

Lilium tigrum : Great mental agony, habit of cursing, hurry and worry in all undertakings, beating and abusing, mal- fide thinking, aimless. Thinking of being attacked by some chronic disease, doubtfulness.

All these drugs are to be given in 6x or 30th potency.

MIGRAINE

This is a peculiar and very painful form of headache. It is often seen in young men who are introverts. Such persons should ponder over the fact that it is due to their state of thinking and outlook that is the cause and also that the same could be got over by positive and cheerful thinking.

When suffering from migraine, the sufferer may see brightly coloured objects in front of his eyes. During the period of attack and immediately before, the sight may be lost partially or temporarily. Soon a throbbing pain develops on one side of the head. Nausea and inclination to vomit may accompany such a type of pain. Often the pain may disappear and the patient sleep or in certain cases, the pain may be prolonged for a day or so, and in rare cases to two or three days.

Migraine is sometimes inherited.

Sufferers from migraine sometimes develop weakness of the muscles of the eye.

Persons who suffer from this though they show a happy exterior are those who are going through frustrations and emotional blockade, at a deep unconscious level. Some would have undergone a great loss or an unusual experience or might have been meted out what according to them is great injustice. Such patients might have even undergone heart-breaking experiences when young and the headache is a form of expression of self-pity.

Such sufferers must have psychological treatment for a permanent cure. They can do it themselves. The patient must lie down in an undisturbed atmosphere and unravel the emotional tangle and yield himself completely to his rational thoughts and feelings without prejudice. One must cut through pride and self and let all the feelings, whatever they may be to the surface. Such an experience will give the sufferer a sense of relief mentally and also physically and thus change one's personality for the better.

Many migraine attacks can be prevented by the use of honey. Two tea spoonful taken at each meal may well prevent an attack. If headache has appeared, take a tablespoon of honey at once. Since it requires no process of digestion for absorption, it will quickly get into the blood stream, as fruit sugar and the headache will begin to lessen at the end of half an hour. If not repeat.

A very good receipt is to sit quiet in an undisturbed place and pray with all earnestness seeking God's help. When such is done one arises cleansed and purified and free from stresses and strains.

A complete and utter surrender to Him is the first step and then seek His grace.

The effect of prayers as Dr. Alexis Carrell says :

"In effective prayer, there must be humility, relinquishment of desires and an acknowledgement of helplessness. Self surrender is the key. When this attitude pervades the conscious mind and sinks deep into the unconscious, the result is a serenity and clarity of thought, that makes right decisions not only possible, but also inevitable". "Even in asking our human deficiencies are filled, and we arise strengthened and repaired. When we address God in fervent prayer we change both body and soul for the better". "As a physician, I have seen men after all the therapy had failed, lifted out disease and melancholy by the serene effort of prayer. We arise strengthened and repaired."

OCCUPATIONAL NUROSES

This trouble is caused by the continuous use of certain muscles or a group of muscles for the performance of a particular function, resulting in spasm or cramp. Sometimes continued use of a particular set of muscles results in true muscular fatigue and makes further work not possible.

Writers, watchmakers and musicians are mostly affected by this type of trouble. This is usually termed "writers cramp". There may be neuritis, *i.e.*, inflammatory changes in the concerned muscles and or nerves. A cramp comes in when a totally different work is done, calling into play a different set of muscles and nerves not used. There will be pain during cramps and that may gradually stop.

For treatment the first principle to be observed is to give rest to such affected muscles and to have a splint or sling to ensure that they do not move.

Gelsimium :

For "writers cramp" and cramps in the muscles of the fore-arm and fatigue. The patient should be quiet and left alone.

Argentum met :

For "writers cramp" and cramps in the forearm. The patient is very sensitive to his surroundings and has a feeling of being in a hurry. Cramps are mostly involuntary.

Sulphuric acid :

When there is paralytic contraction in arms, hand and jerking of the fingers while writing, with tremors and weakness of the concerned member. The patient will be fretful and unwilling to answer questions.

Causticum :

When there is a dull tearing pain in hands or arms and the hands feels heavy and weak. Thinking of the complaints causes

aggravation. Such ailments take origin from long standing grief or sudden emotions. The patient remains intensely sympathetic and remains sad and hopeless.

Conium mac :

Cramps in the muscles of the forearm with heaviness or weakness and trembling of the hand. Patient is depressed, timid, averse to society and afraid of being alone. Excitement increases mental depression.

Magnesia phos :

This is one of the great anti-spasmodic remedies. It suits well the tired, languid and exhausted person, who all the time complains about the pain. There is involuntary shaking of the hand and the muscle cramps radiate along with weakness in the arms and hands. Finger tips are stiff and numb and this is a sure pointer to this remedy and is also one for the "writers cramp", or "players cramp".

Stannum :

This is almost a specific for "writers cramps" or typists cramp, when fingers jerk while holding the pen. The hand gets stiff and the pen falls down.

Stannum 200 for a week cures such a trouble.

Other remedies :

Arnica, Belladonna, Cuprum met, Cyclamen, Fer iodide, Nux vomica, Picric acid, Ruta, Ranbul, Secale, Staphysgaria, Viola odorata, are the other drugs which have to be remembered in cases of cramps. Physical treatment with dry heat, Infra red rays, electricity, hot water fomentation and massages all help in relaxing the muscles. Remedial exercises help in re-educating the muscles and nerves. Warmth is soothing and massage either dry or with any bland oil is also soothing. Fingers must be slowly moved and flexed individually and slowly educated to hold the pen, and write slowly. The pen or pencil should be thick enough for the fingers to grasp. Chalk may be used for writing on the blackboard in big letters, which should be gradually diminished in size. Plain lines or small curves should be slowly replaced with more intricate drawings.

RASHES

When these appear in certain persons after eating shell-fish or certain kinds of berries or caused by handling certain plants, give *Urticaria*, one drop in half a tumbler of water, every hour four or five times.

SUN-STROKE

During summer every year when the temperature goes up and the people working outdoors are exposed to direct sun and hot winds, many fall victims to sun stroke or heat stroke.

The main cause is due to the inability of the body to maintain the natural temperature regulating mechanism. When outside temperature rises, the human body sweats and this on evaporation causes cooling and thus cools the body. If the external heat is too much and the exposure prolonged, this mechanism of natural cooling gets upset and fails to cool the body with the result that the body temperature rapidly rises and comes up to 106° F and even more which spells real danger.

In this condition there is no sweating, and the pulse rate increases and the lips get very dry. In severe cases sudden loss of consciousness takes place and this may be followed by death, in severe cases if prompt action is not taken. This high temperature if allowed for even some time causes damage to the central nervous system and also to other organs.

Treatment :

The most important step is to bring down the temperature as soon as possible. If possible the patient should be immersed up to the neck in water or water poured over his body and given a brisk rubdown till the temperature comes down.

Complete rest and normal light food should be given. Some victims regain consciousness after several days.

Precautions :

As far as possible, unnecessary exposure should be avoided. For going out prefer early morning or late afternoon. Drink

frequently large quantities of cold water, it will enable more sweat to be produced, which will cool the body effectively. A manual worker working outdoors will require a litre of water every hour. Proper head covering and light clothes are to be worn.

A little salt in the water replaces that lost in sweat and this prevents exhaustion. That is why miners deep down in the earth, where it is hot are given salted beer to drink.

Glonin in the 30th potency is a valuable remedy and the first remedy to be thought of in cases of sun-stroke or heat-stroke.

SEA SICKNESS OR TRAVEL SICKNESS

To offset this trouble which some persons suffer while travelling in any conveyance, car, bus and most frequently in a boat or ship, such persons should take atleast three hours before commencing such a journey or travel, two or three pills of Arnica 30 or Coccus 30 or Petroleum 30. Repeat if necessary on board or on the train etc.

Apomorpham is both a prophylatic and curative. Use as 3X.

SWEATING

Some sweat too much, while others sweat too little and some have sweat that smell bad and even repulsive and others have sweat that stain their dress. Anhidrosis is deficient sweating, while the profuse sweating is Hyperidrosis. Bromhidrosis is secretion of foul smelling sweat and Bromhyperhydrosis is excessive foetid perspiration.

Classification of Sweat

Attracting insects

Bloody sweat

Cold sweat

Remedy

Caladium

Cal carb, Clem, Crotalus hor,
Lach, Lyco, Nux mos, Nux
vom.

Anac, Arc, Carbo veg, Hepar,
Lach, Lob infl, Lyco, Mez,
Nux vom.

Greasy and oily sweat	Bry, Cinch, Mag carb, Merc sol.
Night sweat	Alum, Ambra, Bary carb, Bell, Bry, Carbo anim, Carbo veg, Graph, Lyco, Nux vom, Phos, Puls, Sep, Sil, Spongia.
Aromatic smelling sweat	Copaiva, Rhod.
Honey smelling sweat	Thuja.
Offensive smelling sweat	Ars, Carbo anim, Dulc, Graph, Hep. s, Lyco, Mag carb, Nitric acid, Nux vom, Phos, Puls, Sep, Staph, Sulph, Zinc.
Offensive smelling in axil	Bov, Calc. Kali carb, Tellu Carb'
Offensive smelling in axil of arms after midnight	Mer perennis.
Smell of garlic in axils	Osmium.
Sour smelling sweat	Acon, Arn, Ars, Carbo veg, Caust, China, Hep sul, Lyco, Mag carb, Nitric acid, Nux vom, Rhus, Sep, Sil, Sulph, Vert alb.
Sour profuse at midnight	Nitric acid 6x.
Sweat staining linen	Graph, Merc, Nux vom, Selen.
Sweat staining linen red	Arn, Dulc, Nux vom.
Sweat spotting linen	Selen.
Sweat staining yellow	Carbo anim, Graph, Merc.
Warm sweat	Aesc, Ant, Cham, Lach, Opium, Phos, Sep, Verat alb.
Sweating after eating at noon	Nitric acid 6x.
Sweat on soles causing soreness of toes and ball of feet, with pain as if walking on nails.	Nitric acid 6x.
Deficient sweat (Anidrosis) Dry skin	Acet acid, Acon, Apoc, Agg nit, Ars, Crot, Kali iod.

Localised :

in general			Cal. carb, Flour ac, Petrol., Acon
on part laid on			
Occurrence during climateric			Jabor
do	do	morning	Hep, Lyc, Phos, Sepia, Zinc
do	do	sleep	met. Acet. ac, Agaricus, Ars iod, Calc. carb, Con, Hep, Jabor, Piloc, Salvia, Tarax.
Occurrence when sitting quietly			Anac, Sep.

INFANTILE ECZEMA

This is a very common and distressing complaint and should never be suppressed.

This is either an acute or chronic inflammation of the skin, affecting the upper part of the dermis. The clinical picture is widely varying. Eczema may be due to disturbances in the activity of the central nervous system. This is an allergic disease, the sensitivity being pronounced to various irritants, internal and external.

Gastro intestinal dysfunction caused either by plentiful or too frequent nursing is a very common factor in infantile eczema.

Because of over nourishment, they have loose subcutaneous tissue. In such, eczemas occur in the middle ear or chafing in the folds of the skin is seen.

Between the first and second year, helminthiasis, cows milk, sweets and starchy foods cause eczema. After two years it is usually irritants, like woollen clothes, fur of cats and dogs, dandruf and certain pollen grains that cause eczema. The face and the hairy parts of the head are affected.

In treating, the child should be given tepid baths and the head should be kept clean.

Never over feed and feed by the clock is a good rule.

Avoid coffee, tea and sweets and prefer a vegetarian diet. Cow's milk may be given if it is not allergic.

"If any of you have a case of infantile eczema, that is quite resistant, don't forget the Morgan nosode. It has cleared many times." (Dr. T.K. Moore)

"It has been one of my most successful remedies (*Morgan*) in eczema of young children. You take the worst type of eczema, where the child scratches and has the exudate on its face and bleeds. I have seen *Morgan* clear that up after failure of Graphites, Psorinum, and Medhorinum." (Dr. William G. Briggs, M.D.)

Infantile eczema is stubborn, subsides and disappears and the reappears. This in many cases persist till the child is two or three years old, when it passes off. In some case it does not and assumes the character of chronic eczema.

PECULIAR AND RARE SYMPTOMS

Age	"A man of forty feels like one of eighty."	Arg. met
Abortion	In abortion pains fly across from side to side, especially from right to left.	Cimicifuga
Anus and Rectum	"Sensation of swelling in the perinaeum or near the anus, as if sitting on a ball. Inactivity of the rectum, even soft stools require great straining.	Chimaphylla. umbellata Alumina
Anus and Rectum	"Sensation as of a red-hot iron in the anus."	Kali arsenate
Appetite	"Loss of appetite and violent thirst"	Digit, Sulph
Aversions and Cravings	"Aversion to every kind of work and takes no interest in household duties" "Aversion to cold bathing"	Bromium Antim crudum:
Body and Breast	"The breasts are flat"	Nux moschasta

Body and Breast	"Burning eternally below the right breast, also a small spot in the middle of the sternum, with the sensation as if something has lodged there internally".	Muriatic acid
do	"Tightness of the chest as if it were too full and filled with blood".	Calcarea carb
do	"The patient coughs until the chest is sore as if he had been beaten all over the chest".	Carbo vegetabilis
do	"Pain in the right side of the chest as if lungs were being torn off, from the pleura, almost constant even when lying down".	Causticum
do	"Frequent twitching on one of the left ribs with sensation as if it would arrest breathing, it goes off by breathing deeply".	Natrum carbonic
do	"Sore lame bruised feeling all through the body as if beaten. Everything seems to be too hard to lying on it".	Arnica montana
do	"In whatever posture the patient lies the parts rested upon feel sore and bruised".	Pyrogen
do	"The whole side laid on will commence to jerk and prevents the patient from going to sleep".	Actea racemosa

Body and Breast	"Convulsions of right side and paralysis of the right side".	Artemesia vulgaris
do	"Constant pain under the lower and inner angle of right scapula".	Kali carb Chelid majus
do	"Causing the patient to bend double".	Colocynthes
do	"Whole body feels caged, each wire being twisted tighter and tighter".	Cactus grandiflorus
do	"Severe dull back ache in lumbrosacral articulation".	Aesculus hippocast anum
do	"Fixed pain (dull or sharp) under the lower inner angle of the right shoulder blade".	Chelidonium majus
do	"Drawing, tensive pain across the nape from both shoulders, as if a band was tightly tied there".	Magnanum
do	"Body has flthy sensation even after bathing".	Psorinum
do	"Sweats day and night as soon as one sleeps or even closing the eyes".	Conium macualtum
do	"Excrutiating pain running from nipple to scapula, on the same side, when the child nurses".	Croton tiglium
Groin	"Sensation in the left groin as if a hernia will protrude".	Stannum

Children	"Children who cannot bear milk, intolerance of milk".	Aethusa cynapium
do	"Sour smell of the whole body, child smells sour even after washing or bathing".	Hepar sul, Magnes carb
do	"Children cannot digest milk during dentition".	Sepia
do	"Whenever the child fell down or knocked against something its breathing is atonce arrested".	Petroleum
do	"Before cough the child cries in advance on account of pain in the abdomen".	Phosphoric acid
do	"Child good all day, screaming, restless and very troublesome at night".	Jalapa
do	When the child in nursing there is pain in the opposite breast".	Borax
do	"Child cries much and wants to be carried about".	Chamomilla
do	"Child does not want to be washed".	Sulphur
do	"Child sleeps apparently soundly but screams out suddenly, in sleep, stares about and cannot be easily pacified".	Lycopodium
do	"Child cries continuously and nothing pleases it".	Belladonna
do	"Child will not be quiet in any other position than carried over the point of its mother's shoulders".	Stannum

Children	"Child cries when bathed or washed in cold water".	Antim crud
do	"Child starts and grasps the nurse and screams as if afraid of falling".	Gelsimium
do	"Child wants to be nursed all the time".	Benzoic acid
Cravings and Desires	"Desire to be constantly fanned".	Carbo vegetabilis
do	"Desire for solitude in order to practice masturbation".	Bufo rana
do	"Don't talk to me, leave alone".	Phosphoric acid
do	"Uncontrollable desire to laugh".	Strychnin phosphate
do	"Desire for solitude".	Arsenic, Bufo Carb an, Cocoa, Gels, Ignatia, Nux vom, Staph.
do	"Desire to swallow one's stool and urine".	Verat alb.
Dreams and Deliriums	"The patient sees people who are not three (delirium)".	Hyocyamus
do	"A cruel dream which she supposed to be true on awakening".	Natrum mur
do	Night mare.	Aconite
do	Fearful dreams.	Adonis

Dreams and Deliriums	"Snakes male and female in coitus, fishes, putrid waters, strangely dressed people, known places."	Argent nitr
do	"Flying in the air and of care and toil."	Apis mel
do	Death and severed portions of human beings.	Arnica
do	"Thunder-storms, fire, black water, darkness, death, giants, monsters, horrible, faces, robbers, black dogs and wolves."	Belladonna
do	Study and business	Bryonia
do	Dead persons and afraid in sleep "she will be mad"	Calcarea carb
do	Dead persons	Cannabis ind
do	Morning sleep fearful	Chamo- milla
do	Morning sleep horrible	China
do	"Dreams vomiting live worms (Cinna a wonderful cure for worms)	Cinna
do	Falling from a height	Digitalis
do	Dreams of accidents	Lycopo- dium
do	Dreams always only of drink- ing	Medorhi- num

Dreams and Deliriums	Dreams of fire and water.	Mephitis
do	Dreams of animals.	Mercurialis. perennis
do	Dreams frightful, nightmarish, and volutions.	Mezerium
do	Dreams of robbers.	Natrum mur
do	Dream of lice and different faces.	Nux vomica
do	Dreams of black cats and dogs.	Opium
do	Dreams of fire and haemorrhage.	Phosphorus
do	Dreams of cats.	Pulsatella
do	Dreams of hard work and duty.	Rhus tox.
do	Dreams of the dead frequently.	Sepia
do	Dreams of falling from a height.	Thuja
do	Dreams of walking to and fro.	Zincum met

In Homoeopathic treatment the dreams of the patient are also taken into consideration before prescribing the medicine. In certain patients only one type of dream occur every time. Such one type of dream has only one medicine.

Eyes	“Bag-like swelling between the upper eyelids and eye brows”.	Kali carb
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Eyes	The patient will ask the question: "doctor, why is it that every time I take cold it settles in my eyes".	Dulcamara
do	"Eyes feel hot like balls of fire".	Ruta graveolens
do	"Feels as though the eyes are swollen and protruding, the lid seems too short to cover them".	Guaiacum
do	"Pain as if the eyes were drawn back into the head by strings".	Paris quadrifolia
do	"Half open eyes, throwing the head from side to side, with moaning".	Lycopodium
do	"Eyes half open during sleep".	Veratrum alb
do	"The letters dance before the eyes".	Calcaria carb
do	"Feeling as if something hangs over the eyes, must wipe them constantly".	Eupionum
do	"Sensation as if a cold iron piece pierced the right eye, causes burning".	Tilia
do	"A sensation as if the eyes were full of tears".	Nitric acidum
do	"Vision of black floating spots before the eyes".	Lycopodium and Agaricus
do	"Brilliant sparks and flashes".	Baryta carb, Mag phos

Eyes	"Frequent obscuration of the eyes, especially when looking where it is bright, as if he was blinded by the light and could see nothing at all".	Causticum
do	"The sight or sound of running water or pouring water aggravates all complaints".	Lyssin
Ears	"Every sound seems to penetrate through the whole body, causing or aggravating nausea and vertigo".	Theridon curas
do	"Music is intolerable".	Sabina
do	"Pains are increased by noise".	Coffea crud
do	"There are sharp pains often running into one ear or both the ears".	Phytolaca
do	"Ears, nose, face, toes and skin in general are affected with a redness, itching and burning as if being frozen".	Agaricus
do	"Deafness of human voice, but can hear other sounds".	Chenopodium anthel-maticum
do	"Music relieves the ear symptoms.	Arum met
do	"Noise in the ears as if blood was rushing through the brain".	Conium mac
do	"The right ear suddenly feels obstructed as if completely deaf for a short time".	Nitric acid

Ears	"Pallor of countenance, occasional twitching of eye-lids, corners of the mouth, lips and fingers".	Rheum
do	"The sight or sound of running water or of pouring water aggravates all complaints".	Lyssin
Face	"Ears, face, nose, toes and skin in general are affected with a redness, itching and burning as if being frozen".	Agaricus
do	"Heavy pressure and pain in forehead and root of the nose".	Sticta pulmonaria
do	"Heat and redness of the hands and face, while the body and limbs are cool or cold".	Arnica montana
do	"Sensation as if a round ball in the forehead, sitting firmly there, even when shaking the head".	Staphisgaria
do	Pallor of countenance, occasional twitching of eye-lids, corners of the mouth, lips and fingers".	Rheum
do	"Cold sweat on forehead during stool and after vomiting".	Chionanthus virg
do	"Feels as if the white of an egg had dried on the face"	Sulphuric acid
do	"Feels as if something were alive under the skin of the face".	Tilia

Face	"Sensation in the forehead as if something was lying above the eyes".	Carbo animalis
do	"Sensation as if cold water was poured over and under the skin of the face, with perceptible coldness of the face in fits of several minutes".	Sulphur
do	"Cold sweat on the forehead".	Veratrum album
do	"One cheek red and hot and the other pale and cold".	Chamomilla
do	"Rush of blood to head and face".	Bell. Glon and Amyl nitrosum
do	"Burning and cutting in the chin on the right side as if there was a piece of glass in it, which was cutting its way out".	Causticum
Feelings		
Fear and Fever	"Feeling or sensation as the patient would have to die soon, with great inclination to weep and actually weeps".	Platina
do	"Feeling as if some part of the body—a foot or head was absent".	Cotyledon
do	"Feeling as if stepping on empty space".	Duboisina
do	"A strange sensation when he drank water as if it ran outside and did not go down the oesophagus".	Veratrum

Feelings	“The patient says often—I get	Asfoetida
Fear and	no sympathy when I am sick,	
Fever	because I look so well”.	
do	“Whole body feels as if	Cactus
	caged, each wire being	grandiflor
	twisted tighter and tighter”.	
do	“Pains are increased by	Coffea cruda
	noise”.	
do	“No thirst in fever”.	Acetic acid
do	“High fever with chilliness	Nux vomica
	from slightest motion”.	
do	“It seemed as if the houses on	Argentum
	both sides of the road would	nitric
	approach and crush him”.	
do	“The patient fears to be left	Phosphorus
	alone, afraid of darkness,	
	afraid of storm and thunder”.	
do	“The patient is never at	Kali bichrom
	peace, is full of imaginations	
	and fear”.	
do	Dread of being carried or	Bor, Bry,
	raised.	Sanic
do	Fear of crossing streets,	Aconite,
	crowds and excitement.	Plati,
		Hydrochloric
		acid
do	Fear of darkness and ghosts.	Aconite,
		Arsenic
		Phosphorous
		Puls and
		Stram

Feelings Fear and Fever	Fear of death, fatal diseases and impending evil.	Aconite, Agn, Apis, Arsenic, Arum, Cact grand, Cim, Digitalis, Lilium tiglium Nit acid, Nux vom, Phos, Plat, Secale coronatum
do	Fear of downward motion- falling.	Bor, Gel, Hyper, Sanic
do	Fear of heart ceasing beating, must move.	Gelsimum
do	Lactophobia.	Canabis sativ
do	Fear of loss of reason.	Aconite, Arg nit, Cal-carb, Cimicifuga Lil tig, Sepia, Mancanin
do	Fear of motion.	Bry, Gel, Magnes phos
do	Fear of noises.	Aconite, Asar, Bell, Bor, Chamo, Nux vom, Phos, Theri- dion

Feelings Fear and Fever	Fear of music (aversion).	Aconite, Ambra, Aur, Baryt carb, Staph
do	Fear of crowd (anthro- phobia).	Acon, Aur, Bary carb Sepia, Staph
do	Fear of closed places (Claus- trophobia).	Succin
do	Fear of pointed objects.	Silica, Spigel
do	Fear of poison (of being poisoned).	Hyos, Ver alb.
do	Fear of rain.	Naja
do	Fear of solitude (aversion to).	Ant tart, Bism, Hyos, Kali carb, Lyco, Naja, Phos, Puls, Stram.
do	Fear of open places (agaro- phobia).	Acon, Cal car, Hyos, Cot.
do	Fear of being on the stage (Stage fright).	Anac, Arg nit, Gelsi- mium.
do	Fear of being touched <i>i.e.</i> , contact.	Acon, Ant crud, Bell, Cham,

		Cinch, Hepar, Lach, Plumb, Tarent his
Feelings	Fear of water (Hydrophobia).	Ant crud,
Fear and Fever		Bell, Canth, Fagus, Hyos, Lach, Lyssein, Stram, Verat album.
Food	"Many people are made sick by milk, who use cream with safety and delight".	Lac defloratum
do	Who cannot tolerate rich and and fatty foods.	Pulsetalla
do	Who cannot tolerate shell fishes, prawns etc.	Carbo veg, Lyco, Urtica urens Camphor.
do	Who cannot tolerate milk.	Aethusa
do	Who cannot tolerate potatoes.	Alum
do	Who cannot tolerate sweets.	Arg nit, Ignar
do	Who cannot tolerate fruits.	Ars, Bry, Colo, Nat sulph, Puls, Verat alb., Ars, Bry, Rhus tox.
Head and Brain	"Rush of blood to head and face".	Amyl, Bell, Glonin.
do	"Head profusely sweating, while sleeping, wetting the pillow around".	Sanicule, Silica

Head and Brain	"A feeling in the head as if it was larger and feels that the patient had a cap on his head".	Berberis
do	"One sided headache and one sided complaints".	Pulsatella
do	"As if the head was pushed from right to left and somewhat forward".	Borax
do	"Severe headache with a sensation as if the feet were in the head".	Amphisboena.
do	"Headache as if the head was opening and shutting".	Carboneum sulphuratum
do	"Sensation of hair in the throat".	Carboneum sulphuratum
do	"Headache with sensation as if hairs were pulled, with lachrymation and heat at the vortex".	Carboneum Euponium
do	"Sensation as if the head is open to the winds to go through; wraps the head even in summer".	Sanicula
do	"Cold feeling in the brain, in the throat, sensation of cold cloth round the brain".	Sanicula
do	"Sensation as if an iron band is compressing the brain".	Tuberculinum
do	"Heat in the head while eating".	Nux vomica
do	"Sensation of enlargement of the head after washing".	Spiraea ulm

Head and Brain	"As if the head was suddenly concussed".	Spiraea ulm
do	"Fulness in the brain, but not as it was filled with blood and without impeding thought".	Phosphorus
do	"Tearing pain in the upper and right part of the head, as if she was being pulled up by one hair while sitting".	Phosphorus
do	"Vertigo—the head feels as if it would swing forward and backward".	Phosphorus
do	"He feels every step painful in his head".	Sulphur
do	"Sensation as if the head was in a net".	Natrum mur
do	"Severe headache will come on by merely having his hair cut".	Glonium
Heart	"The slightest motion causes palpitation of the heart".	Lithium carb, Calc. arsenic
do	"Pulse full, irregular, very slow, and weak, intermitting every 3rd, 5th or 7th beat".	Digitalis pupurea
do	"Rheumatic soreness in the cardiac region, violent pains in the heart when bending over, pains in the heart while urinating or at menstrual period, fluttering of the heart with mental agitation".	Lithium carbonicum
do	"The patient knows he has heart disease and is going to die".	Kali ferrocyanatum

Heart	“Sensation of fire in the heart”.	Saccharum lactus
do	“Sensation as if the heart was too full” (Should not be repeated too frequently for patients who have B.P.).	Pyrogen
Hand and Arms—fingers and nails	“Busy without accomplishing anything, let things drop out of the hands and laugh over it”.	Apis mellific
do	“Sensation in the hand as if their muscular power was weakened especially sensible in writing”.	Carbo veg.
do	“Right arm swollen, cannot be raised but can be moved laterally”.	Sanguinaria
do	“A tendency for suppuration round the nails”.	Nat. sulph
do	“The pain is relieved when the fingers are exposed to air”.	Mercuris
do	“Small joints or all joints swell up after walking”.	Actea spicata
do	“Sensation of looseness in the joints, ankles loose, the bones seem as if they did not fit”.	Wildbad
do	“Sensation as if the right knee weakened”.	Mag m.

Liver	"Aching and heaviness in the region of the liver, greatly aggravated by lying on the left side turning to the left causes a dragging sensation".	<i>Ptela trifoliata</i>
Limbs	"Imagines one leg is double during sleep and delirium ; another person is in the same bed".	Petroleum
do	"Coldness of the legs and feet especially in the evenings in bed. When the feet gets warms the hands get cold".	Sepia
do	"Extremeties alternate extension and contraction with".	Lycopodium
do	"The legs especially the ankles feel as if enclosed by an iron band".	Petroleum
do	"Painful sensation in the left leg, which in sitting hung down having been crossed over the other as if a heavy weight hung upon it".	Stannum
do	"Trembling of hands and legs".	Belladonna
Lips	"Sensation of dried eggs on lips".	Oleum animale
do	"Sensation in upper lip as if there was food".	Euphrasia
Mind	"Hypochondriac and melancholy, nothing pleases him, everything seems to him as if dead and nothing makes a vivid impression on him".	Mezerium

Mind	"Constant dwelling on suicide but is afraid to die".	Naja, Nux vom
do	"Sudden loss of memory, everything seems to be in a dream".	Anacardium orientale
do	"Feeling of indifference towards those he loves best—in men".	Fluoric acid
do	"Religious melancholy, grows greater and greater, until he sits and broods".	Lycopodium
do	"Disposition to dance if one sings".	Datura ferox
do	"Uncontrollable desire to laugh".	Strych phos
do	"Fits of insanity—he enquires if he is a military commander".	Cuprum met
do	"Weeps easily, symptoms ever changing, thirstlessness in nearly all complaints".	Pulsatella
	"All gone sensation in the stomach of tea-drinkers".	Pulsatelta
do	"The patient says doctor I am going to die, many times he predicts the moment or hour of death. If a clock is in the room, he may say that when the hour hand reaches a certain point he will be a corpse".	Aconitum napels
do	"The doctor does not know anything" the patient says.	Aethusa

Mind	"Fixed ideas, as if a strong person was at his side, as if the soul and body were separated".	Thuja occident
do	"When she grasps an idea very vividly, she is seized with heat, as if hot water poured on her".	Petroleum
do	"Thinks herself possessed of beautiful things".	Sulphur
do	"Exuberance of ideas, does not allow him to sleep after midnight".	Hepar sulph, Calcareum
Mouth	"Sweat saliva in the mouth after meals and during the night".	Allium sativa
do	"The mouth is full of water and she has to spit much".	Nitric acidum
Nose	"Heavy pressure and pain in the forehead and root of the nose".	Sticta pulmonar
do	"Ear, face, nose, toes and skin in general affected with a redness, itching and burning as if they were frozen".	Agaricus
do	"Feels as if the patient has two noses".	Mercurialis perennis
do	"Sensation as if something hung down from posterior nares, cannot get it up or down".	Yucca filamentos
Rectum	"Inactivity of the rectum, even the soft stool requires great straining".	Alumina

Sex	"All symptoms are likely to be bad after coition".	Kali carb
do	"Burning in the vagina during and after coition and has disturbance of menstruation".	Lycopodium
do	"A feeling as though sticks were pressed into the walls of the vagina".	Natrum muricatum
do	"The female greatly troubled by the constant itching and burning and sexual desire".	Nitric acid
do	"During pregnancy and lactation violent sexual desire".	Phosphorus
do	"Sexual appetite is greatly increased, but the power is diminished".	Graphites
do	"Pollution, with a dream as if he was engaged in coitious, while the semen is emitted rapidly causing him to wake". (Dr. Schreter or Hungary)	Borax
do	"Crawling sensation in urethra, prepuce and anus".	Mercuris perennis
do	"Emission followed by pain in the testicles".	Cerus serpen
do	"Want of a pleasurable sensation in the female".	Ferrum metallicum
do	"Tip of penis like a piece of ice".	Heloderma
do	"Cannot study with irresistible sexual thoughts".	Yucca filamentosa

Sex	"After coitus she feels immediately very bright and agreeable, but soon after she becomes very irritable and peevish".	Natrum muricatum
Menstruation	"Cholera like symptoms at the commencement menstruation".	Bovista, Veratrum
do	"Flow (menstrual) only when moving about".	Lilium tigrinum
do	"Rheumatic soreness in the cardiac region, violent pains in the heart when bending over, pains in the heart when urinating at menstrual period fluttering of the heart with mental agitation".	Lithium carbonicum
do	"Rash comes on the face before menses".	Dulcamara
do	"The patient knows that the menstrual period is coming on, because the patient has a cold in the head".	Magnesium carbonate
do	"Pain in the heart before and during micturation and menses".	Lithium carbonicum
do	"Before menses appear, always a dry heat in the body without thirst".	Conium
do	"Flow of a few drops of blood from the vagina, before the regular times".	Sepia
do	Before menses she feels so full on the chest, that she has to take a deep breath frequently".	Sulphur

Menstruation	“Discharge of the bloody mucus from vagina as if the menses would appear”.	Acidum sulphuricum
Sleep and Bed	“Half waking and talking in sleep during night”.	Gelsimum
do	“Eyes half open during sleep”.	Veratrum album
do	“One can only sleep on the left side, for as soon as he turns to his right side, drawing lacinating pains in the intercostal muscles of the right side wakes him up”.	Borax
do	“Severe pressure in the crown wakes him every morning at 5 o’clock and then passes off in an hour”.	Calcarea carbonica
do	“Sleep with eyes open”	Datura ferox
do	“Exuberance of ideas does not allow him to sleep”.	Hepar sulph, Calcareum
do	“In the evening in bed as soon as she closes her eyes restlessness in the whole body”.	Magnesium muriaticum
do	“Everything on which one is lying feels too hard”.	Arnica montana
do	“Awakens out of sleep from a severe suffocation with violent loud cough, great alarm, agitation anxiety and difficult respiration”.	Spongia toasta
do	“Feels as if a bag of water turns, when the patient turns over in bed”.	Ornithogalam

Sleep and Bed	"Forcibly curved and the body throws up from bed".	Hyocyamus
do	"He gropes about the bed with his hands, as though he was hunting for something".	Opium
Stomach	"Weeps easily, symptoms ever changing, thirstless. All gone sensation in the stomach in tea drinkers".	
do	"Bubbling in brain at night—he heard the beating of pulse on it". "Pain on one side as if the brain would burst and the eye fall out". "Sound of rushing water after 4. p.m. Lies upon back with hands above head while sleeping".	Pulsetella nigrans
do	"Everything the patient eats turns into wind".	Lycopodium
do	Sensation of sharp stones in the abdomen during every movement".	Cocculus indicus
do	"As if the stomach was swimming in water, with sensation of coldness".	Abrotanum
do	"Attacks prevented by drinking cold water as soon as pressure on the stomach commences".	Causticum
do	"Pain in pit of stomach with difficulty of breathing".	Sulphur
do	"Frequent abortive eructation with the sensation as if it was full of air, all round the hypochondric, which could not be expelled properly".	Phosphorus

Stomach	Excess in eating and drinking, high livers patients who eat a good deal of meat".	Allium sativum
Skin	"Surface cold to the touch, yet cannot bear to be covered, throws all coverings".	Medorrheum
do	"The slightest injury causes suppuration".	Graphites and Hepar sulph
do	"The skin cold to the touch, yet the patient cannot tolerate any covering".	Secale cornutum
do	"Sour smell of the whole body, child smells sour even after washing or bathing".	Hepar sulph and Magnesium carb
do	"Eruptions oozing out a thick honey like fluid".	Graphites
do	Rash comes out upon the face before menses".	Dulcamara
do	"More or less moisture on the skin, especially on the palms of hands and in the axillae".	Gelsimium
do	"Needle pricks all over the body, especially back".	Lobelia inflata
do	"Needle pricks all over the body on the left side, but next day only on the right side".	Stannum
Stools	"Driving one out of bed early in the morning"	Aloes, Psorinum, Syphilis
do	"Unconscious discharge of feces and urine".	Gratiola

Stools	"Stools with sensation as if something had stayed behind, and not enough had been discharged".	Sulphur
do	"The presence of others, even the nurse is unbearable during stool".	Amba grise
Time	"Driving one out of bed early in the morning for stools".	Aloes, Psorinum, Syphilinum
do	"Chill at one o'clock daily".	Ferrum phos
do	"All symptoms worse at night from Sundown to Sunrise".	Mercuris, Syphilinum
do	"Complaints once a week—a seven day aggravation".	Sulphur
do	"Emptiness accruing at 11 o'clock in the forenoon".	Sulphur
Tongue	"Triangular red tip".	Rhus tox
Thighs	"Muscular twitching in the left thigh, as if air-bubbles were forming there".	Mezerium
Thirst	"No thirst in fever".	Acetic acid
Throat	"Coughs if any part of the body becomes uncovered".	Hepar sulph, Baryta carb, Rhus tox
do	"Sensation as if a fish-bone or splinter were sticking in the throat".	Argent nitric, Dolichos, Hepar sulph, Nitric acid
do	"Sensation as if there was a rag in the larynx".	Kali bichromicum

Throat	“When coughing, air from the lungs causes a strange offensive taste in the mouth : the breath smells badly”.	Capsicum
do	“Deglutination painful with dryness and a feeling as if a ball of red-hot iron and lodged in the throat”.	Phytolaca
do	“During cough, sensation in the throat as if a piece of flesh has to be coughed out”.	Phosphorus
do	“Sensation in the throat as if fatty vapour is rising from the stomach”.	Sulphur
Toes and Legs	“Standing is the worst position for Sulphur patients, complaints that are continually relapsing (menses and leucorrhoea)”.	Sulphur
do	“Sensation as if the body, especially the limbs were made of glass and would break easily”.	Thuja occidentalis
do	“Legs felt as if floating in air or felt light and airy as if not”.	Duboisiana
do	“Incessant and violent fidgetty feeling in the feet or lower extremities, must move them continuously”.	Zincum met
Teeth	“Every little noise penetrates the whole body, especially the teeth, aggravates vertigo and causes nausea”.	Theridion

Urine	"Constant urging to urinate and passing but a few drops at a time".	Cantharis
do	"Urine dark brown and the odour highly intensified—like horse's urine".	Benzoic acid
do	"The urethra is very sensitive to touch or external pressure".	Cannabis sat
do	"Great and sudden desire to urinate".	Petroselinium
do	"Pains in the heart while urinating".	Lithium carbonicum
do	"If any one is present he cannot pass urine".	Natrum mur
do	"Milky urine in most of the cases".	Phosphoric acid
do	"In women every fit of coughing produces the passage of a few drops of urine"	Rumex crisp
do	"When sitting to urinate, which makes the act impossible in that position, but when one stands up the urine flows freely".	Sarasaparilla
do	"Unconscious discharge of fecae and urine".	Gratiola
do	Burning in glans penis during micturation".	Arsenicum
do	"Sensation in the urethra as if something were alive in it".	Juncus
do	"Sensation as if drops were discharged from the bladder (which yet was not the case) especially while at rest".	Sepia

Urine	“Sensation in the urethra as if a drop of water was flowing through it”.	Lamium
do	“The flow of urine suddenly stops”.	Conium
do	The patient urinates much more than what she has drunk”.	Carbo animalis
do	“The patient can emit urine only when he goes on his knees, pressing his head firmly against the floor, remaining in that position for 10 to 20 minutes-- perspiration breaks out and finally the urine begins to drop off with great pains at the point of the penis”.	Pareira bravali
do	“Urging, but cannot pass water, until a clot of blood is discharged”.	Cocculus, Cactus grandiflora
do	“When he did not obey his first call to urinate the (reddish) urine was discharged involuntarily”.	Phosphorus
do	“The urine when passed is of a golden colour but it soon deposits a white sediment”.	Phosphorus
Vertigo and Vomiting	“Vomiting as soon as water reaches the stomach” “Nausea from water”.	Bismuth Apocynum, Arsenic, Veratrum alb

Vertigo and Vomiting	"Every sound seems to penetrate through the whole body, causing nausea and vertigo".	Theridion curas
Weather	"In damp cold weather the patient cannot breathe through his nose, and his nose stuffs up".	Dulcamara
do	"If the patient gets chilled, must hurry to urinate or the patient will have to go to stool".	Dulcamara
do	"Chill at 1 o' clock daily".	Ferrum phos
Weakness	"Great coldness of external surface, with sudden and complete prostration of the vital forces".	Camphor
do	"Want of energy or vital power of reaction especially in chest and heart troubles".	Camphor
do	"When lying in bed (in the evening before sleep) he feels a weakness, as if he would pass away and sink lower and lower".	Lycopodium

RARE AND VERY PECULIAR SYMPTOMS

A woman who was sterile for fourteen years on account of a chronic excoriating leucorrhoea, finally conceived and the leucorrhoea improved. Borax

Easy conception for fine women. Borax

“Sensation in the upper arm as if bubbles of air were passing out”.

“With every respiration a sensation as if he was being electrified”.

“Exuberance of ideas does not allow him to sleep after midnight”.

“Sensation in the whole body as if everything was too heavy”.

“Sudden awakening about mid-night as if somebody pulled him by the nose”.

“Lukewarm drinks seem to be cold, during deglutination as if from heat of the throat”.

“In the open air one suddenly becomes as if blind and confused in one’s head, thoughts rambled and became faint for several minutes”.

“Feeling as if some part of the body—a foot or head was absent”.

“Feeling as if stepping on empty space”.

“Thinks herself possessed of beautiful things”.

“Fixed ideas as if a strange person was at his side, as if the soul and body were separated”.

Cuprum met

Digitalis

Hepar sulph and Calcareum

Magnesium muricaticum

Natrum carbonicum

Natrum muricatum

Nitricum acidum

Cotyledon

Duboisinum

Sulphur

Thuja occidentalis

<p>“When she grasps an idea very vividly she is seized with heat as if hot water was poured on her”.</p>	<p>Petroleum</p>
<p>“The presence of others, even the nurse is unbearable during stool”.</p>	<p>Ambra grisea</p>
<p>“Sensation as if the body especially the limbs were made of glass, and would break easily”.</p>	<p>Thuja occid</p>
<p>“The patient moves constantly ; cannot sit or stand still for a moment”.</p>	<p>Phosphorus</p>
<p>“Symptoms ever changing ; begin suddenly and cease suddenly”.</p>	<p>Tuberculinum</p>
<p>“She is unable to control her affections, and falls in love with a married man and she knows it is foolish, but lies awake with love for him ; she falls in love with a coachman, she knows it is unwise, but can't help it”.</p>	<p>Natrum muricat</p>
<p>“Sensation as if the whole body was made of jelly”.</p>	<p>Eupionum</p>
<p>“Sensation of hot water creeping through back”.</p>	<p>Nitrus spiritus (dil)</p>
<p>“Feeling as if stepping on empty space”.</p>	<p>Dubosinum</p>
<p>“Disposition to dance if one sings”.</p>	<p>Datura ferox</p>

- "Sensation as if the whole body was swaying to and fro". Paraffin
- "Does not know where she is, appears to herself as if changed to her surroundings". Nux moschatus
- "The whole left side of the head retarded in growth, left eye seems smaller". Fluoric acid
- "Thirst for water changed for thirst to beer and excessive thirst for cold water". Belladonna
- "Sensation as if burning vapours were emitted from the body". Fluoric acid
- "Left his bed in apathy and ran like mad through the house". Bufo
- "While coughing pain over the left hip as if it was going to open there". Causticum
- "While walking in the open air, he suddenly fell down unconscious, but immediately rose up". Causticum
- "Sensation as if cold water ran down from the right clavicle over the chest to the toes along a narrow strip". Causticum
- "Sensation as if there were worms crawling over him inside the body". Staphisgari
- "The expectoration when it falls on paper, will break and fly like thin butter". Phosphorus

“Sensation as if I wish I could be in the house with my family”.

Opium

“Expectoration falls to the bottom in water, with a trail of rough mucus behind like a dropping star”.

Calcaria

“Drinking and swallowing water largely during sopor, coma or deep sleep”.

Artemesia vul

“Sensation as if ice in chest whenever chilled or perspiration checked”.

Sulphur

“Washing the chest with cold water brought the most relief, but on drinking wine the pains increased for 12 days”.

Borax

“After every fit of coughing stitches in the right breast about the nipple in the evening”.

Borax

“Sensation of something running of in the arm or pit of the stomach, down through the abdomen into the feet”.

Calcareo carbonicum

“Crawling and running as of a mouse down the back and arms or a sudden feeling as if a mouse were running from the right foot up the leg to the right side of the abdomen”.

Sulphur

“Wants to embrace everybody and with a mental illusion that she is able to satisfy all comers”.

Platina

“Unchaste talk and sometimes violent in her actions”.

Platina

“If the mind is joyous, the body is suffering and vice-versa. Laughs at the saddest thing”.

Platina

“As if things were too small” all persons physically large and superior”.

Platina

“Sensation in the abdomen as if ants were crawling round it”.

Aconitum camarum

“Sensation as if a hard body rising up from the chest to the throat, where it tickles and excites a dry cough when sitting”.

Muriatic acid

“Whole body feels as if caged, each wire being twisted tighter and tighter”.

Cactus grandi

“Feeling as if some parts of the body were absent”.

Cotyledon

IMAGINATION

“Away from home must get there”.

Bry, Hyos, Opium

“Bed occupied by another person”.

Petroleum

“Bed sinking”.

Bapt, Benz, Kali carb

“Bed too hard”.

Arnica, Bapt, Morph, Pyr

“Being abused or criticised”.

Bar carb, Hyos, Staph

“Being assassinated”.

Abisinth, Kali brom, Plumb met

“Broken in fragments and scattered about”.	Bapt, Petrol and Stram
“Being crushed by houses”.	Arg nit.
“Being dead”.	Apis, Lach, Opium
“Being a demon, curses and swears”.	Aanocardium
“Being doomed lost to salvation”.	Acon, Lil tig, Plat, Psor, Verat alb
“Being double (dual personality)”.	Anac, Bapt, Can ind, Stram
“Being enveloped in a dark cloud, world black and sinister”.	Arg nit, Cimici, Lac can, Pulsetella
“Being frightened by a mouse running from under the chair”.	Aeth, Cimicifuga, Lac can
“Being guilty of some committed crime”.	Ars, Ign, Ruta, Ver alb, Zinc
“Being hollow in organs”.	Cocculus, Oxytr
“Being in strange surroundings”.	Cic, Hyos, Plat, Tuberculinum
“Being light, spirit like, hovering in the air”.	Asar, Dat arborea, Hypericum, Lac can, Sticta, Val
“Being made of glass or wood”.	Eupion, Rhus tox, Thuja occidentalis
“Being occupied about business”.	Bryonia, Opium
“Being persecuted by his or her enemies”.	Anac, Cocaine, Hyos, Lach, Stram
“Being poisoned”.	Hyos, Lach, Verat viride
“Being possessed of two wills”.	Anac, Lach

"Being possessed of brain in the stomach".	Aconite
"Being possessed of two noses".	Mer per
"Being pregnant or something alive in the abdomen".	Croc, Opium, Thuja
"Being persued".	Anac, Hyos, Stram
"Being separated body and soul".	Anac, Thuja
"Being swollen".	Aran, Argent, Bor, Can ind.
"Being under superhuman control".	Anac, Lach
"Being very sick".	Ars, Pod, Sulph
"Being very wealthy",	Plat, Suphur
Dimensions of things large".	Arg, nit, Can ind
"Dimensions of things reversed".	Camph bromide
"Dimensions of things smaller".	Platinum

Hallucinations :—General remedies : Abisinth, Agar, Anac, Antipyr, Bell, Canabis indicus, Cocaine, Crot, Casc, Hyos, Stram, Trion, Zinc mur, Morph, Naja, Puls.

Hallucinations auditory :—Bells, music, voices, etc. : Anac, Anti pyr, Can ind, Cham, (Cocaine) Stram, Naja, Puls.

Hallucinations (Olfactory smell) : Agn, Anac, Opium, Pulsetella, Zinc mur.

Hallucinations; Tactile (touch): Anac, Canth, Opium, Stram.

Hallucinations (visual) i.e., of animals, bugs, faces etc. : Abisinth, Anti pyr.

PROPENSITIES

To be abusive, curse, swear	Anac, Lac. can, Nit acid, Stram, Tuberculinum
To be aimlessly busy	Abisinth, Arg nit, Lili- um tigrum
To be carried	Chamomila
To be cruel, violent, inhu- man	Abisinth, Anac, Nitr acid, Nux vom, Stram
To bite, strike. destruc- tive, tear clothes	Bell, Bufo, Canth, Hyos, Stram, Verat alb
To be dirty, untidy, filthy	Capsicum, Psorinum
To be magnetised	Calc carb, Phos, Silica
To be obscene	Canth, Hyos, Phos, Stram, Verat alb
To commit suicide	Ant crud, Ars, Aur, Ign, Naja, Nux vom
To dance	Agar, Croc, Tar hisp
To do absurd things	Hyos
To handle organs	Bufo, Hyos, Ustil, Zinc met
To do hurry	Arg nit, Aur, Lil tig, Sulph acid
To kill beloved ones	Ars, Nux vom, Plat
To laugh immoderately at trifles	Can ind, Croc, Hyos, Mosch, Plat, Stram, Strych phos, Tarant hisp
To lie	Morph, Opium, Verat alb
To mutilate body	Agar, Ars, Bell, Hyos, Stram
To perform great things	Cocaine
To pray, beseech, en- treat	Aurum met, Puls, Stram
To repeat everything (Echopathy)	Zinc met

To scold

To sing

To slide down in bed

To stretch and yawn incessantly

To talk in rhymes, repeat verses, prophesy

To tear things

To tease, laugh at reproofs

To theorise or meditate

To touch different things

To wander from home

To be to work

Con, Mosch, Nux vom, Petroleum

Agar, Croc, Hyos, Stram

Mur acid

Amyl, Plumbum met

Agar, Antim curd, Lach, Starm

Agar, Bell, Cimex, Stram, Ver alb

Graphites

Can ind, Cocc, Coffee, Sulph

Bell, Sulph, Thuja

Arag, Bry, Lach, Verat alb

Aethusa, Cocaine, Coffea,

Eucal, Helon, Lacertus, Piscidia.

IDIOSYNCRACY AND ALLERGY

Idiosyncrasy is a qualitatively altered response to a stimulus occurring without any obvious reason.

Human beings differ from one another. The lines on the palms of the hands, the loops and whorls on the finger tips are so varied, that finger print is the key to the identification of individuals in the world with its millions.

With the shape of the face and placing therein of the ears, eyes, eyebrows, nose, lips and the mouth with their varying size and shape the permutation and combination of these result in millions and millions of individuals, who are so different from each other, that no two individuals are exactly similar.

These are the external differences. Similarly differences exist internally also.

Studies made on a large number of normal people, who never had any stomach complaint revealed that their gastric juices varied as much as a thousand fold in pepsin content. Similarly the hydrochloric acid content also. It is such differences that account for the varied capacities in eating and digestion and the differences in food preference.

Observable differences are also seen in the internal organs of human beings and also in their functioning. The pituitary, thyroid and adrenal glands producing various hormones and the sex glands, each varying in degree of activity from individual to individual, produce human beings who are radically different from each other with varying physiological and psychological functions.

Even in the nervous system there are appreciable differences. Nerve endings under the skin make a person sensitive to touch, heat and cold. The number and distribution of these vary from person to person. Tests revealed that the number varied from 25 to 50 spots per sq. inch. Those with low numbers in the palms were found to be not much sensitive to pain.

Thus every human being has certain inborn characteristics, which are influenced by his or her own bio-chemical activity.

Some persons prefer their food and drink hot, while others just warm, others prefer such to be cold and a few do not in the least mind whether it is hot or cold. Coffee keeps some awake, while on others it has no such effect. Similarly tea also. Even the effect of alcohol varies from person to person.

Sleep habits vary—some sleep early, while others go to bed late; some sleep soundly, while others are able to get on with 'cat-naps' without any trouble. Some like to cover while sleeping, while some dislike it. Certain persons sleep on their backs, while others prefer to sleep on their stomachs. Hot baths are 'must' with some, while others delight in a cold one.

Emotional reactions towards pleasure and pain, etc., also vary. Some get upset on the receipt of unpleasant news while others remain stoic or indifferent.

Thus each and every individual is a different person.

Hence to treat every individual with the same drug for similar troubles does not seem to be correct, with the result that such treatments either aggravate the trouble or bring on new ones. They are at best palliative in action, but do not effect a permanent cure.

Thus in treating a person his or her idiosyncrasies have to be taken into account, and omitting minor ones, the drug has to be such as to meet the individual's particular needs.

Homoeopathy is based on such idiosyncrasies and taking them into consideration, a drug is chosen, which is *not for the*

disease, but for the restoration of the person who has deviated from the biologic normality which is termed "disease".

Such a treatment effects a certain and speedy cure. Allopathy defines idiosyncrasy as a condition of a special state of hypersensitiveness always found in one (the patient). Some have a greater susceptibility in the form of irritation toward certain drugs or other things like certain foods, fruits, smells, or even situations like the sea-side, thunder, rain, etc. "If there is no idiosyncrasy there will be no disease". Homoeopathy *i.e.*, homoeopathic treatment is almost if not quite identical with idiosyncrasy. Some of the "provings" of Homoeo drugs exhibit this phenomenon of idiosyncrasy remarkably.

The remedy to antidote Laudanum poisoning is Homoeopathic Opium. Provers of Thuja get diarrhoea after eating onions, and those of Colchicum become sick on taking eggs, those of Plumbum by fish, those of Ignatia by sugar and sweets and those of Lycopodium by oysters.

The finding of an idiosyncrasy is a key to the knowledge of the constitution of a person and is a guide to the selection of the curative drug.

Kent suggests that frequent repetitions of a crude drug may bring susceptibility to it and that after a time the merest inhalations may produce results.

Idiosyncrasies in regard to food are very important—the child that steals *salt* ; the woman who can never pass the *pickle* jar without helping herself ; the child that munches *raw suet* or gnaws at a *raw onion* while tears run down its cheeks. In some cases, as with salt, the individual while eating large quantities, may not be absorbing enough for his needs ; in other cases it may be a deprived appetite. In the nausea and vomiting of pregnancy, unusual cravings help in the selection of the remedy.

Then the peculiar symptoms that sound so absurd may lead us to consider some remedy that would never, else, have

occurred to us. As :—

“One of our doctors in his student days, after a morning of practical pharmacy, experienced a strange sensation in lying down at night. It was [*as if a globe of fine metal was shattered at the base of the brain, whose fragments were heard to twinkle as they fell*”. In the morning a hunt was made among the drugs that had been handled during the pharmacy class, and the symptom was actually found under *Aloe*. Many years later a patient mentioned this extraordinary symptom, and *Aloe* cured the headache of which she complained”.

A young doctor was in distress because one side of his face was pouring with sweat, while the other was dry. He had been taking *Pulsatilla* for some ailment and was proving it.

A boy mentally deficient, was among other things frightfully jealous, especially of the man his sister was engaged to. Whenever he came to the house the boy “was very naughty and passed his stool into his trousers”. *Hyoscyamus* was found to have the symptom, *involuntary stool from excitement*. He got a dose of *Hyoscyamus CM* and the next report was that “people remarked how much quieter he was, and that though his sister’s fiance had been staying in the house, *he had not been jealous*.”

Homoeopathy prescribes for *sensitives*. No one who is not sensitive to a remedy can “prove” it. And no remedy to which a patient is not sensitive will cure him. And we know the sensitivity of any patient to any drug by the identity of their peculiar symptoms.

Kent says : “Susceptibility is only a name for a state that underlies all possible sickness and all possible cure”.

(From address to the 9th Quinquennial International Homoeopathic Congress by Dr. John Weir, C. V. O. London, on July 18—23, 1927, pp. 167-180.)

ALLERGY

This term refers to a condition in any person, when his or her susceptibility is heightened to a perceptible stage, by one or

various substances, which in a normal person does not produce such a state, *i.e.*, a hypersensitiveness to a physical or chemical agent.

This phenomenon was long ago noted and the pithy saying "one man's food is another man's poison" came into existence.

Allergy is the heightened or exaggerated specific susceptibility to certain substances by certain individuals, and which in similar amounts and under identical conditions is harmless to a majority of persons.

The specific product that excites allergy is known as *allergen*. The antibodies produced as a result of this allergen in the system is known as *allergin*. Thus allergy is the result of the interaction between the allergen and the allergin. The quantity of allergen required to produce an allergy is very minute.

The mode of entry of the allergen into the system may be through eating, drinking, smelling or contacting of such a substance that excites allergy. In a few cases it is through auto-inoculation from an already existing focus of infection. Certain injections also produce allergy, which is sometimes so severe as to be fatal.

Allergy due to some substance being introduced into the system, manifests as vomiting due to digestive disorders, hay fever, asthma, urticaria, eczema, oedema, sneezing, cold etc.

The most widely prevalent forms of allergy are food allergy and drug allergy. The rarer types of allergy are physical or contact allergy, chemical allergy and parasitical or bacterial allergy.

The allergins sensitise some cells, where they get retained during blood circulation. When next more allergins get into the system it interacts with the allergin present in the already sensitised cells and thus being strengthened produce allergic

symptoms. On the other hand if the quantity of the allergin is enough, the fresh or later dose of allergen gets so neutralised that nothing reaches the cells to mix with the allergen, with the result that no allergy is produced.

Allergy is a manifestation of the idiosyncrasy of the individual *i.e.*, "a peculiar constitution, which though otherwise healthy possess a disposition to be brought into a more or less morbid state, by certain things which seem to produce no impression or changes in many other individuals".

Eating lobsters, crabs, shellfish and certain kinds of fish, drinking certain brands of coloured drinks (the allergic material being the chemical used for colouring), smelling of certain flowers, handling groundnut or neem cake, sitting on horse hair stuffed sofas, fondling a cat are some of the many ways by which anitgens get into the system. Even milk the universal food of infants and invalids cause allergy in some persons.

When the patient becomes oversensitive to the 'similar' drug a certain condition is developed which condition is now termed as allergic.

Thus every homoeopathic remedy is and should be an allergen. Induced allergic diseases are stronger than natural allergic diseases caused by minute allergies.

By suitable adjustments of the potency, interval between doses and the reactive power of the patient the allergic effects of the drug can be kept under control.

In patients who are sensitive, crude drugs as also drugs in low potencies whether similar or not have only toxic powers and are not allergic. Such an action is only chemical and not dynamic, have no penetrating effect and this can be corrected by a high potency of the 'similimum'.

When milk is allergic it can be rectified by the nosode Tuberculinum, which is a specific for that kind of allergy. If drinking milk causes aggravation then the indicated remedy is *Hamamalis*.

After drinking milk if it does not get digested, but produces diarrhoea, with undigested lenteric stool, the indicated remedy is *Nitric acid*. When there is aversion to milk due to unknown causes *Lac defloratum* can be tried. When children who cannot tolerate milk in any form and when it gets ejected as soon as it is swallowed *Aethus* gives prompt relief.

There are few who have no allergic reaction to something or other and in general it is best to ascertain from the patient his particular allergy—if he has found it out: for then prescribing becomes easy.

The most common cause for coryza (common cold) is some allergy. Coryza: Skin—red aerola with eruptions and white lumps and itching, aggravated by heat—*Ant crudum*.

Hard red somewhat conical swelling usually in low extremities and at times on arms with redness, heat, extreme soreness, feeling of burning and stinging pains aggravated by heat—*Apis mel*.

If due to eating Shell-fish with burning itching and restlessness—*Arsenic alb*, *Pulsatella*.

If rash appears on whole body, gloomy red face, chilliness, high fever, burning in epigastrium, fullness and pressure in stomach and liver complaint—*Astacus fluv*.

Eruptions sudden after a chill, face swollen, cheeks, eyelids and ears with large raised eruptions and itching—*Chloral hydrate*.

With irregular raised blotches, surrounded with red areolas, preceded by a sensation of pricking over the whole body, violent itching and burning after scratching and headache, nausea, vomiting, bitter taste, colic in pit of the stomach, oedema of glands, restlessness and sleeplessness, mostly coming at night or change of weather from warm to damp and cold—*Dulcamara*.

Eruptions from head to foot with itching and burning disappearing for a long time and reappearing with aggravation at night—*Hydrastis can.*

Eruptions about joints with severe itching especially ankles after exposure to cold, dampness and sea-side air—*Natrum mur.*

Getting wet during attack of rheumatism with chill and fever, itching all over the body, particularly on hairy parts, when the parts are uncovered and exposed to cold air, oedema of face, chest and limbs with stinging sensation and with great irritation and burning of the skin. Raised red blotches requiring constant rubbing. Eruptions and itching disappear as soon as the patient lies down and reappears immediately on rising—*Urtica urens.*

Respiratory : Hoarseness, dyspnoea, hurried and difficult breathing oedema of larynx, feeling as though the patient could not draw another breath, short dry cough, suffocation, worse by heat in any form, *i.e.*, in heated and closed rooms, better in open air, uncovering and cold bath—*Apis mel.*

Discharge of thin fluid from the nose, feels nasal passage stopped, dull frontal headache—sneezing does not give any relief. Irritation in the nose causing sneezing and catarrhal asthma—*Arsenicum album.*

If taken before the hay season starts in February or October for a week or so in chronic cases appearing in season gives relief—*Chrome kali sulph.*

Coryza (The common cold)

Profuse coryza, smarting lachrymation, with sneezing and discharge of mucus, soreness and pain in the inner parts of the nose with cough and expectoration of mucus—*Eurphasia.*

Summer cold and violent sneezing in the morning, pharyngeal inflammation with pain in swallowing, shooting up and into

ears, feverish till morning, edges of nostrils red and sore, worse with every change of weather—*Gelsimum*.

Continuous sneezing for an hour or sometimes immediately on rising from bed daily morning, pressing pain between eyes, nose stopped at night, lachrymation when sneezing, with corrosive watery discharge from the nose with burning. Swelling with redness of nose and eyelids, corrosive tears, stringy expectoration and choking sensation on walking—*Kali iodide*.

Least exposure to sun brings on the most violent attack of coryza, with itching inside the nose and lachrymal passage—*Natrum mur*.

Best applied to persons of psoric constitution. Stinging in the right nostril, followed by excessive sneezing, burning followed by thin discharge from the nose, very sensitive when inhaling air—*Psorinum*.

Violent irritation and itching of mucus membrane inside nose. Repeated attacks of sneezing, watery discharge from nose and eyes, with frontal headache, redness of eyes and fever, lachrymation in open air, dryness of mouth without thirst, very sensitive to cold air—*Sabadilla*.

Itching of point of nose, nasal bone sensitive, sneezing in the morning, loss of smell, sputum persistently mucopurulent. Cold fails to yield. Violent cough when lying down, with thick yellow lump expectoration, shortness of breath and panting from walking fast and manual labour. Catarrh of old people—*Silica*.

(Note : Intercurrently casual doses of sulphur will help boosting the action of the selected remedy and may be useful even for permanently doing away the chronicity of the disease.)

Chronic delay there will be—so treat weekly and fortnightly or even greater intervals, with doses of still high potency of the selected remedies after the disease has been brought under control.

(Courtesy : Rajasthan Homoeo Messenger)

HOMOEOPATHIC APHORISMS

1. Consider the man—heal the sick.
2. Technicalities are condemned in Homoeopathy.
3. If there were no idiosyncrasies there would be no Homoeopathy.
4. Remedies operate by contagion—he caught the disease and catches the cure.
5. Dynamic wrongs are corrected from the interior by dynamic agencies.
6. Understand the remedies first—the key notes last.
7. The simple substance is the substance of substances.
8. All power exists in the primary substances.
9. If you do not use your Homoeopathy you lose it.
10. Recognise every ambassador of the internal man.
11. Man's belief and opinion does not affect the truth.
12. When a person becomes sick he becomes susceptible to a certain remedy, which will affect that person in its highest potency.
13. Susceptibility exists in the vital force and not in the tissues.
14. Homoeopathy cures or alleviates the patient, slowly, effectively and often swiftly.
15. "No disease can enter into or take hold of our bodies unless it finds therein something corresponding to itself, which makes it possible."

(From : *'In Tune With The Infinite'* By Ralph Waldo Trine)

16. Homoeopathy demands that the prescriber shall use for curing a substance that is capable of producing similar symptoms upon the healthy.

17. It is a fundamental principle of Homoeopathy that cures are changes in the condition of order from centre to circumference.

18. Follow doctrines and then experience.

19. Teach science first and convince the mind that doctrines are true, then the art may be taught by clinics. This method will end in permanent education.

20. One fails, because he does not know. His belief may be right, but he does not know how ?

The knowing "how" consists of knowledge and this has been neglected.

21. All those who possess knowledge are busy healers and successful, and unless personally objectionable to people, are prosperous.

22. To know 'what' and 'how' the physicians of the world practise, appear to have the knowledge mostly sought, but to know "why" would more probably lead to successful methods.

23. A successful man has worked out the reason for his doings. All who imitate him will fail without his knowledge.

24. The basis of Homoeopathic prescription rests on the totality of symptoms, which must meditated upon, until the image appears perceptible.

The law of similars will direct to curative remedies, for all that are curable and comfort such as are incurable—if we keep our selfish end in subjection.

25. The law of cures is a Law of God as acknowledged by Hahnemann.

26. What we think is 'disease' is but the effect of disease.

27. Harmonise the mentality of the patient and that of the body will invariably take care of itself.

28. Aconite is a turmoil in circulation, Belladonna in brain, and Chamomilla in temper.

29. Every bullet has its billet.⁷

30. Longer use of potent drugs produce violent reactions.

31. Reactive energy is always greater than the primitive shock.

Remember these aphorisms culled from the life-long experiences of Hahnemann, Kent and others.

Homoeopathic prescribing is not a matter of fancy, or experimenting, or the humour you may happen to be in. You are working by *Law*.

The closer you stick to the rules of the game the fewer mistakes you will make.

Homoeopathy can only be learnt from a master. It is an uphill and costly work, where one has to pay for all one's experiences.

Give your best, in your turn to the common store. *True greatness comes only from great service.*

Always have a good reason for a prescription. We have no right to implant in the system even a homoeopathic remedy without good reason.

The more ignorant the physician the more he will do.

Where the characteristic symptoms drug and patient absolutely fit, we are absolutely sure of the remedy. It will cure what is curable in the patient.

The more homoeopathically you prescribe, the more sensitive is the patient to what you give him.

In prescribing the similimum, it is well to remember that we are prescribing that one thing to which the patient is most sensitive.

The single dose of the highest potency will evoke the most violent reactions. So be careful in advanced diseases.

Where there are gross tissues changes, in the acute or last stages of chronic disease, give low potencies and remedies rather palliative than curative. The time for cure is long past.

A high potency of the deep-acting constitutional remedy may give euthanasia and death.

Remember, when tempted to repeat, it is better to come in little late than too soon.

Hahnemann says : "The surest and safest way of *hastening* the cure is to let the medicine act so long as the improvement in the patient continues. He who observes this rule with the greatest care will be most successful homoeopathic practitioner."

"A single dose of a carefully selected remedy may start an improvement which may continue restoration of health. This result could not have been obtained, if the dose had been repeated, or of another remedy had been given."

It is not enough to find the remedy. If you do not know the philosophy your work will be a mere see-saw between magnificent promise and baffling failure.

(From Dr. John Weir's address to the 9th Quinquennial International Homoeopathic Congress, July 18-23, 1927, Vol II, pp. 167-180).

Strange Symptoms

Some of us are ill in a thunderstorm. Many know it hours before the storm bursts. Dr. Wheeler suggests that this effect may be chemical. It is very real. Shock and fear as we know alter secretions perhaps by liberating auto-toxins. The milk of a mother under stress of emotion, poisons her babe. A man who had been farming said one night strange dogs broke into the fold and frightened and worried the sheep. We found them all huddled together in terror in the morning. It was curious, but all the lambs were ill for days afterwards.

The strange symptoms of remedies-and of patients-have met with a certain amount of derision and incredulity. But they are very real ; and they get, from time to time, outside confirmation.

Effects of the moon are among these. A Brigadier who was with Lord Kitchener (before he was a Lord) in his advance on Khartoum says : "certain ordinary well conducted Egyptians and Sudanese soldiers periodically break out into frenzied madness about the time of full moon, and in a day or two become absolutely rational again". Again Doctor Lindsay of Paraguay, writing to the *British Medical Journal*, in regard to the tropical full moon says : "it has such a powerful effect upon all forms of life, that towards and during full moon, the nervously disposed require to take greater care of themselves and keep themselves under greater restraint. Epileptics, lunatics and alcoholics all have their conditions aggravated during full moon."

Remedies to be useful have to fit, not only the disease, but *this* individual with the disease. A man wants a suit of clothes. It is not enough to phone a tailor, "I want a suit of clothes for a man". It would be quite easy if we only needed to say "I want a remedy for vomiting or for bronchitis, etc." as if that were all to it.

But a court suit is useless to a farm labourer as are fur-lined garments for the tropics. The clothes must fit-in all ways his height and build, his taste, his requirements.

If we need to take care and forethought in selecting our clothes, surely we need to individualise when it comes to choosing remedies for our more subtle deviations from the normal, in temperament in reactions to environment, mental and physical. All these must be met, or the remedy can only by accident fit the case. It is the totality of the characteristic symptoms that decides the choice of the remedy. You may not find all the symptoms of a patient in any drug, or all the symptoms of a drug in any patient, but the essentials must be there.

HOMOEOPATHIC MEDICINES—THEIR CARE AND USE

The following points are to be observed in handling Homoeopathic drugs.

1. Keep all drugs, *i.e.*, medicines in well stoppered glass bottles.
2. All such containers should be labelled with their names. Potencies are to be marked clearly.
3. They should be kept in a cabinet under lock and key.
4. The room where these are kept should not be too warm. The containers should be kept away from direct sunlight, and also not exposed to too strong artificial lights.
5. These should be kept away from strong smelling drugs, scents, perfumes, camphor, musk, coffee, menthol, moth balls, soaps and disinfectants. Fumes of tobacco, mosquito coils and Joss sticks (agarbathis) should not come in contact with these drugs. If kept like this, their virtue remains for years.
6. A single bottle should be used for a single medicine, and this should be carefully seen to when refilling.
7. Never interchange the stoppers.
8. Keep the bottles well stoppered and open only to take out the medicine.
9. Tip the medicine, either pills or powders on a clean piece of paper or use a small dry spoon for dispensing. Small spoons or spatulas made of plastic are the best and they are also cheap.
10. If more has been taken out, do not return the balance to the bottle.

11. Keep everything—glass, spoon, etc., washed and dried over fire or in sun.

12. While taking the medicine do not swallow, but keep it on or under the tongue and allow it to dissolve gradually.

13. Before taking the medicine the mouth should be cleaned, by gargling well after chewing, smoking or using tooth-pastes or powders.

14. Medicine should be taken only an hour after food or drink.

15. Avoid coffee during the period of treatment and for a week afterwards. Tea can be taken.

16. Stop all other medicines when Homoeopathic medicines are taken.

17. Perfumed soaps, nasal drops, turpentine, liniment and other strong smelling ointments, etc., are to be avoided. It is also better to avoid tobacco and also alcohol.

18. Ensure that all the drugs are got from a reliable firm.

ADMINISTRATION OF HOMOEOPATHIC DRUGS

Many of the drugs given are of the 30th potency as favoured by Hahnemann. It is rather very striking to note how different in activities are the 30th, I M, 10 M, and CM potencies on the same person.

When very high potencies are used they rarely require to be repeated but can be done in cases of severe acute diseases in persons of strong constitutions.

Whether the drug is given either as a globule or pellet on the tongue or as spoonful doses in water the action is the same, but in the later case it is quicker as Hahneman has also advised. The action of a drug depends not on quantity but on its characteristics. Hence one globule has the same power of action as ten if the medicine acts.

As powders, if dissolved in water and given one teaspoonful has the same action as more than one.

When given at intervals, the curative action increases, and when a desired effect has come about, should always be discontinued as greater troubles may arise if continuously given, when not indicated.

The lower potencies have milder curative action and hence are suitable for excitable and nervous women and men and also for children.

The single dose for sensitive people, anticipates the change of symptoms and hence best and safest for general practice.

Giving the medicine at night or in the morning to avoid shock or aggravation makes no difference. But if given at night, the patient will be in the house and thus mitigates the effect of one being outside. It is also better to have rest when and soon after a medicine is taken.

Never give any deep acting remedies, when there is a paroxysm, but do so when it is over.

Give the drug as far as possible after menses, when there is no suffering? After a headache in chronic headaches and in intermittent fever after a paroxysm—these are the best periods.

Since some medicines aggravate the symptoms, while others act as palliatives and the action of the remedy may last only a few hours it is best that the physician is near to note the changing symptoms. Remedies should be stopped when symptoms change as otherwise the remedy ceases to be homoeopathic and may even turn out to be damaging.

It is an exemption and not the rule to repeat the dose to intensify the remedial action of the drug.

Prescriptions given to be taken as dissolved or diluted in water aggravate the trouble if the potency is high and the

physician mistaking the worsening of the symptoms may thus be inclined to change the remedy.

The desire on the part of a beginner to repeat the dose should always be checked as it is also unsafe.

Aggravations will be less pronounced in people coming from villages than in town or city dwellers. Rustics are able to stand abuse of drugs, by way of repetition or from crude drugs.

The globules, *i.e.* pills wetted with the drug potency, retain their medicinal virtue for many years, if protected against sunlight and heat.

HOMOEOPATHIC MEDICINES

These are usually dispensed as pilules, globules, tinctures and triturations.

Pilules

These consist simply of a porous non-medicinal substance medicated by saturation with any of the desired remedy. This kind of dispensing is well suited for beginners and for domestic practice.

When kept in well corked bottles and away from heat and direct sunlight, their virtue remains for many years! Never should this be swallowed, but should be allowed to slowly dissolve on the tongue, or better beneath it.

Globules

These are bigger than pilules and are about the size of poppy seeds. They are medicated in the same way as pilules and contain the same kind of absorptive material.

Though convenient for use are largely replaced by pilules.

Tinctures

These are alcoholic extracts of either the whole plant or root, stem, flowers or fruits and seeds. These contain the

active principle (alkaloids) of the plant. Tinctures are more active and quicker in their action than pilules or globules. Hence such are advisable for use for those who are away from medical help as being better adapted sudden and acute diseases. While administering the required number of drops (usually 5 or 10) are placed in a glass and an ounce of clear, cool, soft water is added and then given.

Triturations

Certain substances which are insoluble in alcohol are prepared as triturations for medicinal use. The substance is placed in a porcelain mortar and the required quantity of sugar milk added and well rubbed. This is again treated in the same way for increasing the potency.

External Medicines

These are a few Homoeopathic medicines that are not taken internally, but are used externally.

Arnica, Hamamelis, Rhus tox, Cantharis and *Calendula* are some of the medicines that are used externally though the first four are used also internally.

Period of Administration

Homoeopathic medicines are taken either early in the morning or just before retiring. If early in the morning it is best taken on an empty stomach, and any food should be taken half to an hour afterwards. If taken at night it should be done an hour or so after the last meal of the day, before retiring.

Anything that is not compatible should be avoided, e.g., certain other Homoeo drugs, vegetable acids, and coffee, etc. as advised by the physician.

Dosage

This depends upon the age, the degree of the disease, nature of the disease, and age and habits of the patient.

Adults

Usually five drops of the tincture in an ounce of water or two or three pilules or two globules or one grain of the trituration is enough for a dose.

Children

For children half the above indicated dose will be enough.

Infants

About 1/3 of the dose for adults.

A pilule or pill or a drop is easily divided into two doses by mixing it in two teaspoons of water and giving only one teaspoon at a time.

Repetition

This is to be guided by the acute or chronic nature of the disease. In violent cases, *e.g.*, in cholera, convulsions, croup, Pleuritis repeat every ten or twenty minutes and in less urgent cases repeat every 2, 3 or 4 hours as required.

In chronic cases give the medicine every 12 or 24 hours. When improvement takes place, lessen the frequency and gradually stop.

In using higher potencies, *i.e.*, 200 and above greater care should be taken as they are not to be repeated except at long intervals of time.

PREVENTIVE MEDICINE IN HOMOEOPATHY

The disease producing powers of a remedy is far more potent than the power of the disease itself, in as much as the vital force is concerned.

In the words of Hahnemann "that the morbidic noxious agents possess a power of morbidity deranging man's health, that is subordinate and conditional, often very conditional, while medicinal agents have an absolute unconditional power greatly superior to the former".

It has been observed during epidemics—which are widespread attacks by a disease producing agent—that medicines possess a vastly superior force of affecting our vital force.

Hence to be immune from attacks during such epidemics, homoeo medicines having homoeopathic similarity to the disease has to be taken.

1. The drug as an antigen should have a superior power got by dynamisation.

.2 Similarly between the disease and drug action symptoms must exist.

Dr. E.C. Wheeler in his "Case For Homoeopathy" citing *Baptisia* provings says in typhoid fever the blood develops a substance, which is not normally present in it called an 'agglutin', which cause typhoid bacilli to clump together and form a stage in the defence mechanism against the disease. If healthy people take the drug *Baptisia* persistently, they develop (more or less according to the individual's susceptibility) this agglutination in their blood.

Wheeler points out that a much smaller dose may bring about the same result, when the organism is already trying to produce the antigen inresponse to the enteric poison.

Given below are the disease and their preventive agents :

<i>Disease</i>	<i>Preventive</i>
Amoebic dysentery	Arsenic
Anthrax	Anthraxium
Cholera	Cuprum, Sulphur
Coryza	Aconite, Camphor
Diphtheria	Diphtherium, Merc cyanide
Dysentery	Merc corossives
Malaria	Arsenic, Malaria officina
Measels (Rubella)	Pulsetella nigrum
Hydophobia ¹	Lyssin
Influenza	Gelsium, Arsenic, Influenzin
Parotitis (Mumps)	Mercuris viv
Poliomyelitis	Lathyrus sativus
Scarlet fever	Belladona
Small pox	Malandrinum, Variolinum
Syphilis ²	Merc iod flavum
Tetanus ³	Ledum, Hypericum
Varicella (chicken pox)	Anti crud, Pulsitellea, Rhus tox
Whooping cough	Carbo veg, Pertussin
Yellow fever	Crotallus horridus, carbo veg.

1. If bitten by a dog to prevent rabies from developing.

2. When exposed to infection.

3. When cuts or wounds are caused by metal or glass, especially on road and in compounds etc. and when punctured wounds are caused, to prevent infection and to prevent from any infection developing.

DOS AND DONTs IN HOMOEOPATHY

- Aconite :** Never to be given in any form of malaria or septic poisoning and is not to be used in any stage of the disease. (*Pierce*)
- Apis mellifica :** Women predisposed to miscarry, should be given only in higher potencies.
- Arsenicum iodatum :** Do not keep this (1st and 3x) as a solution in water, for constant use as the iodine being set free will vaporise. (*Pierce*)
- Arsenic alba :** Should be used early unless needed.
- Bryonia :** Is incompatible with Calcar carb and so should not be used immediately following each other.
- Cal carb :** Is inimical when used before Nitric acid or Sulphur. In aged people it should not be repeated especially if the first dose has benefited as it will then usually do harm.
- Cinna :** To be thought of for children when adults require other drugs.
- Drosera :** *One single dose* of 30 potency is sufficient to cure epidemic Whooping Cough. Complete cure takes place between 7 and 8 days. *Never* give a second dose immediately after the first. It will not only prevent the good effect but would be injurious. (*Materia Medica*).
- Iodium :** Should not be given during lying in periods, except in higher potencies. (*Herring*)

- Lycopodium :** Being a deep seated remedy, should be only rarely repeated, after improvement begins.
- Nux vomica :** Acts best when taken before retiring. It acts best during repose of the mind and body.
- Phosphorus :** Not to be repeated too frequently especially in Tubercular patients.
- Psorinum :** Not to be repeated too often. Takes a week or ten days before manifesting its action. Even a single dose may elicit other symptoms for weeks.
- Sulphur :** Lower potencies, pernicious in tuberculosis. Acts best when taken in the morning. Is the *King of Anti Psorics*, combating all psoric manifestations.
- Veratrum viride :** Not to be given simply to bring down the pulse or control heart action, but give it only on the totality of symptoms.
- Zincum met :** Chamomilla or Nux vomica should not be used before or after.

EMERGENCIES AND EUTHANASIA

When a patient is suffering from severe pain, the administration of such stupefying drugs like Morphia is the poorest kind of relief, that can be given. When death is inevitable suffering can be eased not by Morphia acting as a Euthanasia but by drugs acting as similars.

Phosphorus (very high) :

Not to be repeated in fevers burning up the patient ; the skin is hot and with night sweat, with constant burning, thirst, red spot on the cheeks, stools escaping on coughing, constriction of chest and suffocation aggravation will follow—do not meddle, but the patient will go to his death many times more comfortably.

Lachesis (never less than the 200th potency) :

This is indicated when distressed with suffocation, inward distress in chest and stomach steaming perspiration, great sinking and feels that all clothing must be removed from neck. Chest and abdomen, with a ghastly countenance and choking—this drug gives great relief.

Carbo-vegetabilis :

Add to the above symptoms a cold sweat, wanting to be fanned, abdomen distended with flatus and breath is cold—**Carbo vegetabilis** 30 in water every 4 to 6 hours will give rest and beatitude to the patient, winning his thanks.

Tarentula cubensis :

Add to the above the pain of dying cells, death pains, last suffering, mortification beginning. If it is in the abdomen avert it by differentiating between Arsenicum and Secale. But if the pain is in the last stage of consumption, then it is beyond these remedies. Tarentula soothes the dying sufferer as no other remedy can. When death is inevitable, the pain, the rattling in the chest, with no power to throw out the mucus and the patient has but a few hours to live and suffer, he or she can be made very quiet, without the terrible morphia, in a few minutes with Tarentula—30 the potency. Though Arsenic, Carbo-vegetabilis, Lachesis and Lycopodium act kindly and quiet the last hours, Tarentula cubensis 30 centesimal goes beyond these.

KEEP THE FOLLOWING IN THE HOUSE

<i>Internal</i>	<i>For colds</i>	<i>For the eye</i>
Arnica 6x or 30	Aconite 30	Euphrasia 30
Apis mel 30	Arsenicum 30	
Belladonna 30	Bryonia 30	
Hypericum 6x or 12x	Nux vom 30	
Symphytum 6x	Pulsetella 30	
	Rhustox 30	

Calendula, Hypericum, Ledum, Urtica urens all 3x.

Calendula and Hypericum when used as lotions use 10 drops to one desert spoonful of cold water.

CARRY IN YOUR POCKET-BAG

The first decimal of : Aconite, Baptisia, Belladonna, Bryonia
Gelsimium, Ipecacuanum, Iris, Nux
vomica and Spongia.

The first centesimal of : Apis and Tartar emetic.

The third centesimal of : Merc cor, Phosphorus, and Verat alb.

The sixth centesimal of : Arsenicum alb.

Include for contingencies: Hamamalis (for haemorrhage) Cam-
phor (for shock and collapse).

Better always use the 30th potency and ocassionally 200.

Three drops or three grains for a dose of the following :

Ferrum met, Hamamalis, Hepar sulph, Ignatia, Kali bicarb,
Lycopodium, Mercuris solubilis, Nux vomica, Opium, Phos-
phorus, Podophyllum, Pulsatella, Rhus tox, Silica, Spongia,
Sulphur, Veratrum album, and Veratrum viride.

PRESCRIBING AND CURING ON SIGHT

To the competent and experienced Homoeopath, who has considerable familiarity with the *Materia Medica* has the ability to spot out immediately the indicated remedy when he sees a patient. This is not only a time saving factor, but also considerably enhances his prestige. This is curing on sight !

First and foremost watch the hands for they often give a clue to the person. Hands express ego—wearing of jewellery on hands and fingers.

Bulbous enlargement of finger tips, *i.e.*, “Clubbing” and a pale blue colour in a child indicates a congenital heart defect. In adults such are associated with chronic obstructive diseases of the lungs as Emphysema, and sometimes even Cancer.

There is no part of the body that does not indicate or give a sign of something or other that is abnormal in any other part of the body.

Abnormal yellow colour of the hands indicate a high level of cholesterol and Triglycerides. Such are high risk for cardiovascular problems.

Pronounced reddening of the palms *i.e.* Palmar erythryma is normal in pregnant women. Cirrhosis of the liver shows as first signs “Red palms”, *i.e.*, “Liver palms”.

Slightly moist, thin skinned warm hand with a not strong grip is indicative of Rheumatoid arthritis.

Such can always be enlarged by a regular and constant study and will aid the Homoeopath in arriving at a rapid

classification of the patient and his troubles enabling a quick prescription.

In Homoeopathic notes and references sometimes one finds the following :

“At the moment when I was leaving my consulting rooms a patient came in, who started a long description of his troubles. I had no time to listen to him, but as he looked *Nux vomica* through and through I stopped his talking and gave him a box of *Nux vomica* 3x and told him that I had not time to attend to him and concluded : “Take a dose three times a day and come and see me in a week. After a week he came back full of gratitude for he had completely recovered and he could not understand how I had cured him without his telling me and without a physical examination.”

“Competent Homoeopaths have many times done this ‘at sight’ cures. This is possible for one who has studied *Materia Medica* well and thus is familiar with drug pictures of remedies.”

A few examples will show how this is done.

Nux vomica :

As a rule the *Nux vomica* patient is of a blackish complexion, dark skinned, darkeyed and dark haired. He is often very irritable and fidgetty. He is impatient, upset by noises and odours. By nature he is quarrelsome. He looks liverish and constipated and thus prone to diseases of the liver and gall bladder. Such a one has a liking for condiments, spices, tobacco and alcohol and dislikes open air but works hard in an office or study. This is largely a man’s remedy.

Chamomilla :

The *Chamomilla* is as irritable as the *Nux vomica* one, and is also restless and unreasonable. The *Nux vomica* patient may be furiously angry with little cause, but his outbursts are calculable, but *Chamomilla* ones are unpredictable. This is very

clearly seen in children. Such a child shrieks for the doll and as soon as it is got throws it at the nurse and cries for the milk. When the milk is given it does not take it or takes a little and spills the rest on the floor and refuses to be quiet and has to be carried about. When carried it wants to go from one to the other.

This drug is excellent for naughty children and also for adults who behave like naughty children. This is indicated when one cheek is red and the other pale and cold. This is a remedy par excellence in teething troubles.

Phosphorus :

This type has an ultra delicate silky skin, usually blue eyes, pretty and bright teeth, small and well formed. Small nostrils, blonde or light reddish hair. Cannot bear exposure to the Sun. The figure is thin and slender with a narrow chest. Hands are well formed and the fingers delicate, slender, long and tapering. In general the figure is aristocratic and is generally handsome in men and pretty in women. Such types dislike hot foods and drinks and thunder greatly upsets them. They bleed heavily. Menstruation is profuse and the blood bright red. Such are prone to tuberculosis.

Sulphur :

A sulphur patient is almost the exact opposite of the Phosphorus one. They are argumentative, have impure complexion all over the body and face are pimples, acnes and boils. Looks dirty and unwashed and shabby in dress and always feels rather too hot and have offensive eructations. Hands are grubby.

Arsenic :

The Arsenic patient is one who wants things set right everywhere. Feels very uneasy till even a picture hanging on the wall is not made correct. Everything on his work and dressing table in his rooms must be absolutely correct in their proper places. Dresses neatly and is well groomed. Is often restless and cannot repose or relax. Wants hot things to eat and drink and

loves warmth which relieves many of the troubles. Raw fruits and salads are not much appreciated. In general is a very tidy and orderly person in all aspects.

Pulsatilla :

While *Nux vomica* is largely a man's remedy, this is mostly a woman's remedy and is diametrically opposite to *Nux vomica*. Temperamentally this type loves open air in any weather, has sudden changeable moods and inclined to cry easily and are kind and affectionate, flabby and blonde and almost voluptuous lips. Inclined to be catarrhal and menstrual periods get delayed with an intervening bland leucorrhoea. While sleeping the hands are high above the head and wakes up with a dry mouth and bad taste, but is thirstless.

Sepia :

In both males and females, there is a sensation and they also suffer from it, of the internal organs, stomach, intestines, womb and bladder of bearing down. Looks jaundiced, has lost little weight, looks depressed and melancholic, with deep furrows of suffering at the sides of the mouth. Rebels against fate and feels like getting away from the family. Habitually sits with legs crossed and thighs pressed as though something is coming down. Loves energetic sorts of exercises. Brown spots on elbows. Yellow saddle across the upper parts of cheeks and nose.—“Butterfly” fault finding.

Natrum Muricatum :

The picture of such are clear cut, with greasy face and scalp, pale poorly nourished and often jaundiced. Dry nose mouth and dry mucus membranes and dry bowel is a characteristic. They are constipated, with napped tongue, blisters on the lips and often with a deep crack in the middle of the lower lip.

Suffer from headaches from sunrise to sunset. A very peculiar characteristic is that they cannot make water if any one is nearby.

Hepar Sulphuris :

This type is hypersensitive in not only not being able to stand draughts or pain, wear wollen under-wear, but also as to what people say and think of them. Wounds and scratches usually fester and are slow in healing and have painful pimples and boils. The impure skin bears a close resemblance to *Sulphur* type. Loves to eat highly spiced food or those with much of condiments and has a particular craving for vinger, which is liked so much as to be taken neat.

Silica :

The *Silica* hand is always sweaty and icy cold, with chalky white nails, often with white spots on them. Even the feet are sweaty and often times stink with a carrion-like smell. Skin of fingers and between toes crack and every hurt festers. When in bed his head feels cold and so either wraps it in the bed-sheet or wears a cap. The headache is peculiar, beginning at the top of the spine, extending to forehead. Suffers from fistula and both mental and physical strain cause him to give out.

Calcareo Carbonica :

Persons of this type have cold clammy hands, are fat and flabby and have a chalky skin and complexion. Breath is offensive and neck glands and upper lip are swollen. Children are ricketty with big heads. open fontanelles, bandy legs and large hard abdomen. Have tardy teething and walking and soft bones.

Calcareo Phosphorica :

This type is markedly different from those of *Cal carbonica*. They are flabby and look flabby, but are not fat, but are rather thin and delicate resembling *Phosphorus* type. The hands and feet are cold, bones are often thin and brittle, ankles are weak and teeth develop rather late in life. Often suffer from swollen tonsils and adenoids. While *Cal Carb.* child is fat and flabby the *Cal phosphorica* child is thin and scrawny suggestive of incipient tuberc losis.

On these lines the careful observant Homoeopath can recognise many other drug types and he can then treat successfully at sight many a case.

(Adopted from : *Heal Thyself*, June 1947)

Dr. Grauvogal of Nuremberg, Germany divided patients into three constitutional types and worked out remedies for each type :

- (1) *Hydregenoid*—Excess of hydrogen and consequently have more water in the system.
- (2) *Oxygenoid*—Excess of oxygen, *i.e.*, exaggerated influence of oxygen in the system.
- (3) The *Carbo-nitrogenoid*—Excess of carbon and nitrogen in the system.

It will be interesting to compare this with the three types of Hahnemann's classification : Sycotic, Syphilitic and Psoric.

(1) *Natrum sulphate* is prescribed as the remedy for such constitutions. This is sulphate of soda or sodium sulphate or as it is more known *Glauber's salt*. This salt is found in the intercellular fluid and regulates the water content in the cells. Such persons are worse during the rainy season and wet weather. Drinking of water makes them worse. *Nux vomica* in low potency and *Diadema* are also recommended. A *Natrum sulph* patient cannot tolerate sea air, nor eat plants that thrive near water. It acts upon the mucus and fibrous tissues involved in catarrhal or rheumatic inflammation and is an important remedy for Sycosis. It is a valuable remedy for Uric acid diathesis.

(2) *Natrum carb* is a tissue remedy of a very general action, stimulating a lithaemic condition, with acid indigestion. "It is of the first importance for troubles arising from hot weather and from the direct rays of the sun. We occasionally meet people especially women who, while they have never been overcome by heat, are in constant fear of it and have to remain indoors throughout the heated term as the sun has such an

exhausting effect upon them. More frequently we meet those who are suffering from the secondary effects from exposure to sun, including sun-stroke with great debility. Both these classes of people want *Natrum carb.* (Pierce).

(3) *Natrum phosphoricum* is indicated for this type. This salt has been used empirically for ailments resulting from excessive acidity. Apprehensions of some approaching evil, no ambition to do anything.

This salt is a constituent of muscles and nerves.

Food : Hippocrates said long ago "Let your food be your medicine and medicine be your food." This is an important dictum not only for the sick but even for the normal healthy one. Right food is the right medicine, so believes all who uphold Nature cure. In this commonsense and natural method the unbalance created by improper diet resulting in diseases is made good and there is very little of starch, protein or fat, in the meals given during such treatment or dieting. There is a preponderance of natural sugars, vitamins and minerals besides natural water. Such a diet can be formulated from certain vegetables, fruits, tender coconut and diluted buttermilk.

By restricting the food intake health and healing are promoted. A judicious vegetarian diet can help reduce the incidence of the most killer diseases by atleast a third. For example the answer to cholestrol problems lies in the chlorophyll, the green colouring matter of plants. Even vegetarians suffer from diabetes, cancer, heart disease etc., because they take too much salt, sugar and refined starch and saturated fats.

Eating Habit : Avoid popular beverages like tea, coffee, cocoa, because they contain theine, caffeine and theobromine alkaloids. If not able to avoid, curtail their use.

The use of spices should be minium, avoiding specially chillies, pepper and mustard. Common salt should be used

in the barest minimum. For flavouring use onion, ginger, mint, cumin seeds, sourlime, and such like herbs and fruits. Salt removes potassium causing, arthritis, rickets and osteomalacia.

Use hand pounded rice and whole wheat *atta* instead of *maida* and *gur* instead of white sugar.

Eat a third of the food uncooked daily as vegetables and salads with dry fruits, nuts seeds or sprouts. Avoid frying as the starch cells get a coating of oil which is hard to digest. Such undigested food causes indigestion, flatulence and constipation.

Chew all food very well and remember *that the stomach has no teeth*. Eat only when hungry and drink only when thirsty. Excess starch causes fermentation and excess of protein as from *dal* and eggs cause putrefaction. Remember : "*Many dishes, many diseases.*"

FASTING

Many religions in the world advise their followers to fast. But this fasting is for certain periods of the year and not as a regular one to be taken up every month or fortnight. Among the Hindus the practice of observing fasts and "vritams" is fairly well known though few put such into practice.

Fasting is not starvation. It is living on just plain water when the system cries for complete abstinence from food. "One has cultivate an awareness of the somatic intelligence signals of which there are several." Ayurveda terms fasting as "parama oushada" *i.e.* the supreme medicine. *Starving is not starving the person, but it is starving the disease.* The body is composed of five elements *viz* : *pancha maha bhootas* : air, water, light, earth and ether. Hence with an abundant supply of one there is no question of jeopardising life. The vital power sustaining the bodily functions takes up the healing work when freed from the task of dealing with the earthly ingestion of

gross food. No one has died of fasting ! Any way not in a week or fortnight with drinking only water ! The first to be consumed by the body during fast is the fatty or adipose tissue. Neither the brain nor the nerve and heart tissues are lost during the first four weeks of fast. Russians have successfully treated cases of asthma, high blood pressure, alcoholism, peptic ulcers and sexual debility through fasting. Even mental sickness like schizophrenia have been successfully treated. Dr. Yuri Nikoliev keeps his patients on a saltless vegetarian diet after a fast emphasising the value of carrots, fresh and dry fruits and buttermilk. Fasting has been found to be a rejuvenator par excellence. After a fast of two weeks or more the protoplasm of the cells and tissues of a 40 years old man became like that of a seventeen years old youth.

Pregnant women, nursing mothers, diabetics, tubercular patients and those suffering from cancer are prohibited from fasting will do immense good for those suffering from gastritis, appendicitis, tonsilitis and colitis if done for three days, Such a fast should be followed by the right type of liquid diet.

CASE RECORD

No.....

Date

Name.....

Sex.....

Occupation/Nature of work

Address.....

Nature of complaint and other associated troubles. Detailed history of the present illness, outset, etc.

Original Case : Trace if possible origin due to special circumstance, accident illness, incident, mental upset. :

Mention other following details of youth health. :

Describe in detail all the changes and symptoms noticed after the onset of the present illness-strange symptoms. :

Location and exact sensation and factors which increase or decrease each trouble. :

Did you ever fall faint ? If so, how and when ? :

Do you have giddiness ; how and when is it worse ? :

Have you anything to complain about your head ? :

Do you get headaches ? If so give details. :

When it comes, how aggravated, etc.

Where it starts and spreads, etc.

Mention if you have any trouble with
your eyes or vision. :

Ears or sense of hearing :

Nose or sense of smell :

Mouth and taste :

Face or facial expression :

Tongue—cracks, indentations, trem-
bling, etc. :

Teeth? :

Gums-bleeding, colour etc. :

Lips-cracked, colour etc. :

Throat and swallowing :

Appetite : Craving for any type of
food sour, spicy, sweet, milk, eggs,
fried foods, cold drinks, tea, coffee,
alcohol etc. :

Hunger : How hungry-normal or
unbearable at what time ? :

Quantity : More or less than before. :

Trouble after food-heaviness, fullness
pains, burnings, sleepiness, etc. :

Thirst : How much water do you
take a day-warm, cold or iced ? :

Abdomen : Does it bloat ? If so
when ? Do you pass gas up or down ?
Does such give you relief. :

Stools : Time, quantity, colour, consis-
tency and bad smell ? :

Constipated : No desire or urging
unsuccessfully. :

Rectum and Anus : Pain, burning,
prolapse, piles, etc. :

Urine : Frequency, quantity, colour
and smell. :

Difficulty in passing :

Slow to start :

Interrupted :

Feeble :

Dribbling, etc. :

Position for passing, if any easier :

How often at night ? :

Any involuntary urination, burning,
if any after or before ? :

Sexual Sphere

Desire excessive or aversion :

For Men :

Night emissions :

Inability to perform sexual
act :

Quick ejaculation :

After intercourse, any suffer-
ing ? Give details :

For Women :

Menses : Is it regular or not ?
At what age—Any troubles then ? :

Mention interval between flow. No.
of days. :

Menstrual Flow : Any change now in
quantity, colour, smell or consistency. :

Any suffering before or after menses,
if so what ? :

Fell better or worse during or after
menses. :

Do you feel internal parts coming
down ? :

Any leucorrhoeal discharge ? :

If so, nature, colour, consistency ? :

Any leucorrhoeal discharges ? :

If so nature colour, consistency, odour
—when is it more or less—the circum-
stances :

Do you catch cold often?—If so how ? :

Any trouble in your chest or heart :

Any trouble in your speech or voice :

Any trouble in your breathing, if so
position and when is it worse :

*Do you have cough ?—When—circum-
stances it is worse* :

Dry or moist :

*Nature of Sputum ?—Thick, thin,
flaky stringly like and taste.* :

Any trouble in the back, limbs or
joints. :

Any shifting pains—direction and
extent. :

*Skin—Discolouration, itching, erup-
tions, ulcers, warts, etc., describe.* :

Nails—Any complaint ? :

Hair—Falling, poor, excessive, etc. :

*Sleep—Posture in bed, lying on
back side or abdomen.* :

Able to sleep in any position:

Feel refreshed after sleep :

Dreams nature and object :

Sweat—How much, what parts ?

- Warm or cold :
 Smell, sour, etc. :
 Does it stain clothes, what
 colour ? :

Fever and Chill :

- Is it frequent ?, if so what
 brings it on ? :
 Any increase or decrease in
 your size, weight recently
 or after on set of illness-any
 emaciation-if so part or
 parts. :

Troubles : One side or more than one
 side ? :

- Do they go from side to
 side or do they alternate ? :

Wounds :

- Do they heal slowly ? :
 Any tendency to form pus ? :
 Any tendency to bleed ? :

Trembling :

- If any, when, where. State
 how you are affected by or
 how you react to the
 following ? :
 Are you upset or relieved
 by any of these ? :
 I. Warmth in general, bed,
 room, etc. :
 II. Cold in general, cold and
 air wind etc. :

- III. Weather—dry, wet, cold
cloudy etc. :
- IV. Thunder storms :
- V. Open air, fanning :
- VI. Near sea or near moun-
tains. :
- VII. Movement and rest
fast or slow motion. :
- VIII. Position and posture :
- IX. Lying on back, side or
abdomen sitting, stand-
ing, rising suddenly
stopping. :
- X. Touch, pressure and
massage. :
- XI. Sight, noise, smell etc. :
- XII. Sleep, nap, etc. loss of
sleep.
- XIII. Eating or drinking—be-
fore, during or after. :
- XIV. Fasting-particulars of
food affecting you. :
- XV. Emotion-anxiety, grief
joy, etc. :
- XVI. Exertion, mental, physi-
cal, reading, speaking,
etc. ;
- XVII. Company, crowds, etc. :
- XVIII. Ascending or descending
strains, in a lift. :
- XIX. Bathing and washing-
cold, warm. etc. :
Do you like a bath ? :

- XX. Exposure to sun :
- XXI. Sweating, passing urine,
stools etc. :
- XXII. Passing gas up or down :
- XXIII. Clothing, etc. woollen,
cotton tight, etc. :
- XXIV. In what part of the day
—24 hours do you feel
best or worst ? :
- XXV. Travelling in bus, plane,
train, etc. :
- XXVI. Do your troubles occur
or become worse periodically, [e.g., daily or
alternate days, weekly
fortnightly, monthly,
new moon, during full
moon, yearly ? :
- XXVII. Do they occur suddenly
slowly. Disappear
suddenly/slowly. :
- XXVIII. Weather, seasons,
summer, winter cloudy,
rainy etc. :
- XXIX. Music and dancing :
- XXX. Jarring or jerking, etc. :
- XXXI. Change of position :
- XXXII. How is your health ? :
Have constipation ? :
Have diarrhoea ? :

Have you noticed any marked
change in your mental state—if so
describe fully :

Have you become :

- Anxious or afraid of anything such as animals, being alone, darkness, death diseases, robbers, sudden noises, thunder, etc. :
- Doubtful or suspicious :
- Impatient hurried or slow :
- Offended easily :
- Irritable, quarrelsome, violent, abusive, etc. :
- Depressed, sad, brooding etc. :
- Diffident, proud :
- Disgusted of anything :
- Suicidal, jealous :
- Changeable, indecisive :
- Shy, timid, cowardly :
- Indifferent to anything such as business, relatives etc. ? :
- Restless ? :
- Nervous or excitable—if so what happens to you when you are nervous ? :
- Silent, or talkative ? :
- Sexual minded ? :
- Are you very affectionate ? :
- Do you weep or sigh easily if so what makes you weep ? :
- How do you feel after weeping ? :
- How do you like and react to sympathy ? :
- How do you like and react to contradictions ? :

Do you suppress your feelings ? :

Have you any imaginary feelings or fears ? :

Do you get startled, if so when ? :

How is your mental capacity and memory. :

Do you make mistakes—if so of what type ? :

Are you make seriously worried or unhappy over any personal, domestic, economical, social or any other conditions ? :

If so describe the situation in detail :

Previous History :

State all the major illness suffered so far (including accidents) such as malaria, typhoid, measles, small-pox, pneumonia, pleurisy, food poisoning etc. with approximate dates and durations. :

Mention whether you completely recovered your health after each (women should mention abortions, miscarriages if any). :

Have you suffered from any shock, grief, disappointments, frights, mental upsets etc. :

If so describe in detail :

Did you suffer from any strain disorder ? :

If so how was it cured ? :

Did you suffer from any venereal disease ? :

Have you been vaccinated? How often, with what results? :

Are you used to alcohol, smoking, tea, coffee, tobacco or any drugs (mention quantity). :

Have you ever had an accident? Any injury to the body or head? :

Did you ever become unconscious, if so when and how long? :

Are aluminium vessels used for preparing and storing your food? :

Did you have any bad habits—Masturbation? :

Were you bitten by any animals or poisonous insects? :

For Children :

At what age did teething, walking and talking start? :

Were growth and development normal?

Did your mother have any illness during pregnancy? :

Was the child born at full term? :

By normal delivery? :

Family History :

State age and conditions of health of the following. If any one is not alive state age and cause of death. :

Father :

Mother :

Brothers :

Sisters :

Spouse (wife or husband) :

Year of marriage :

Children—if any died state causes :

Any abortions or still births ? :

Did any close relative of yours suffer from anaemia, asthma, cancer, diabetes, insanity, rheumatism or tuberculosis ? :

Previous Treatment :

State all the medicines and treatments (including operations) taken so far (as far as you know) and results :

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