

PSORA – The Greatest Enemy

ABSTRACT: *The Psora- being the greatest enemy and the cause of all acute and chronic diseases demands attention from the physician for its removal from the patients. Here I am to describe the ‘Doctrine of Psora’ and its various manifestations which may help us to know the presence of Psoric miasm in our patients. Every patient needs anti-miasmatic treatment for their disease to be annihilated and this study may be of some help to treat patients.*



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INTRODUCTION: The term Psora is derived from a Hebrew word ‘Tsoorat’ which means a groove, a fault, a pollution, a stigma often applied to leprous manifestation and great plague. It was described by Dr Hahnemann as ‘internal itch disease’.

“The Psora is our greatest enemy”. ‘If it was not for the presence of psora in the organism, the organism would not become affected by any other disease, not even syphilis or sycosis’ – so said Dr S Hahnemann.

Psora is the basic principle of all expressions of disease and is the bond of acceptance that induces the life force to receive disease. It is the gateway of the reception, the doorway of disease to enter within the organism. It has more persistent and profound action upon the organism, no part of which is free from its inroads; affecting the organism both physically and mentally.

The repeated failures of ordinary homoeopathic medicines to cure non-venereal diseases had led Dr Hahnemann to discover the ‘Doctrine of Psora’, the basic causes of all acute and chronic diseases. He took twelve years to reach this conclusion. The foremost duty of a physician is to perceive the doctrine of miasms scientifically and to put the same into our day to day practice for the cure of ailing humanity.

“Any homoeopathic prescriber who ignores the miasmatic theory cannot eliminate deep-seated disease”.

– Dr Phyllis Speight.

THEORY OF MIASM: The spiritualist and idealist homoeopaths defined miasm as a “condition, state, predisposition, dyscrasia and diathesis”. But the materialist homoeopaths who are engrafted with a more scientific mind, consider it saying- “the dyscrasias among the morbid conditions and diseases are caused by miasms”. A miasm is an invisible polluting substance which when once gains entrance into the system of a living human being and overpowers the vital dynamis, pollutes the person as a whole in such a way that it leaves behind a permanent stigma or dyscrasia which if not completely eradicated with the help of suitable anti-miasmatic treatment, will persist throughout the life of the patient and may be transmitted from generation to generation.

“Miasma”, is a Greek word, which means stain, pollution, and defilement. In general “miasm” means – a heavy vaporous exhalation; polluted material; putrid vegetable matter; contagion effluvia from human body; infective material; the maggots etc. “Miasms are the maggots that are born within brain”. – Thus pronounced Great Shakespeare.

According to modern terminology, the miasms are nothing but bacteria, micro-organisms; germs, virus, excessively minute invisible living creatures. But for all practical purposes “miasms” means ‘cause’, the aetiology of acute and chronic diseases. Henceforth there are mainly two types of miasms – acute and chronic.

The *acute miasm* is of two types – *recurring type*, which recurs in the same manner, more than once in a lifetime of a particular person (eg Cholera, Plague, Yellow fever etc) and *non-recurring type*, also called *fixed miasm*, which attacks persons only once in their lifetime. (eg Whooping cough, Scarlet fever etc). There are special varieties of acute miasms – *half-acute miasm*, the micro-organism of rabies or hydrophobia and *half-spiritual miasm*, the living agents of measles, pox, scarlet fever, which after completing their parasitical existence in the organism for sometime, die out leaving the organism to recover soon if the patients survives by that time.

The *chronic miasm*, more particularly Psora (may be syphilis or sycosis or in combination with one another), and is mainly responsible to develop all chronic diseases in a patient. It is not enough to prescribe a remedy on the basis of symptom similarity to a case, but it should have similarity of the miasm(s) engrafted within the patient; that is to say for each chronic disease we have to select an anti-miasmatic remedy depending upon the predominant miasm of the patient.

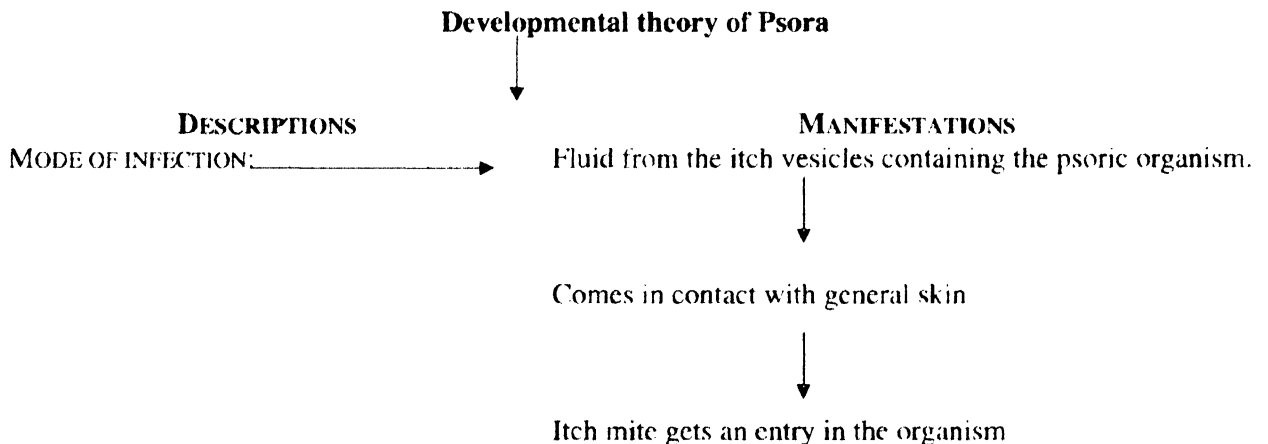
THEORY OF PSORA: The apparent failures in treatment after the discovery and practice of homoeopathy for about 30 years, made Dr Hahnemann work hard to find out the reason behind this failure. The study led him to discover the “Theory of Psora” as well as “Theory of Chronic Miasms”. It took more than a decade of

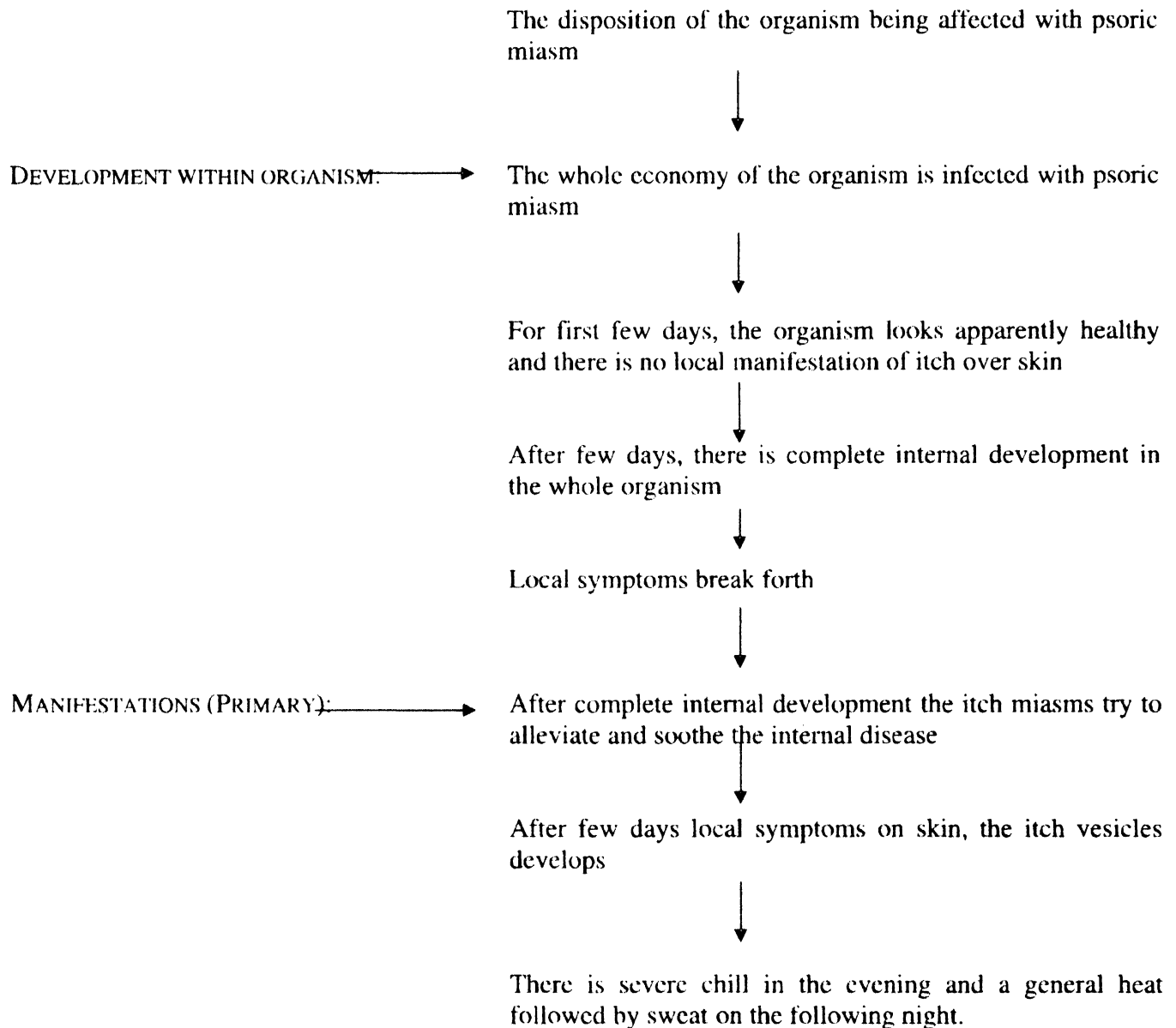
DEVELOPMENT OF PSORA

Hahnemann’s life and he stated – “I spent twelve years in investigating the source of this incredibly large number of chronic affections in ascertaining and collecting certain proofs of this great truth”. Before the discovery of “Doctrine of Miasm” for the treatment of chronic disease, Dr Hahnemann stated that “Its start was pleasing, the continuation less favourable, the outcome hopeless.”

Dr Hahnemann discovered the ‘Law of Similia’ in 1796, published his ‘Organon’ in 1810 and possibly the wonderful discovery of ‘Theory of Chronic Disease’ in 1827 where ‘The Doctrine of Psora’ was inseparably, and indissolubly incorporated. Afterwards he discovered the true relationship between the miasm, psora and all the subsequent sufferings of the patient.

From repeated failures in his practice, Dr Hahnemann thought there must be some deep seated, primitive evil that had taken possession of the whole organism, which was sometimes found to be located in parts or portions of the body designated under special names. We should not expect to cure disease by assailing those points of the enemy’s attack and if we treat these salient points therapeutically, we only drive back the foe temporarily. It recovers itself and repeats it’s attacks upon the same part, and in a similar manner presents similar phenomena, or at times involves new parts and processes under the false guise of new phenomena. This was the true secret of the basic miasm Psora revealed.





CHARACTERS OF THE ITCH VESICLES

1. At the beginning they are fine, as if from military fever.
2. At first they appear in the infected region, but gradually spread on the skin.
3. Eruptions are accompanied by voluptuous itching which compels the patient to rub and scratch the itch vesicles irresistibly.
4. Rubbing and scratching gives temporary relief

but is followed by severe burning for a long period.

5. The itching is frequent and more unbearable in the late evening which continues up to mid-night.
6. In the beginning the itch vesicles contains watery fluid which quickly transform into pus.
7. The vesicles break up by violent rubbing and

scratching, the fluid which comes out infects the surroundings of the patient and also other healthy persons.

8. As long as this eruption remains in its natural form, the internal psora and its secondary manifestations cannot break forth.
9. The intact skin eruptions act as the representative for the patient free from secondary ailments.
10. As long as the disease is in its primary stage, it can easily be cured by internal application of well selected anti-miasmatic remedy.

SYMPTOMS OF LATENT PSORA

1. The worm infestation of children causing itching in anus and irritability in temperament.
2. Unnatural appetite – either complete loss or canine hunger.
3. Want of courage and energy; fearfulness.
4. Paleness of face, want of usual luster.
5. Unnatural sweat; profuse in particular parts or complete lack of sweat.
6. Running nose from slightest exposure.
7. Exhaustion out of proportion to exertion.
8. One sided headache (Hemi crania) from slightest cause.
9. Falling of hair or premature graying of hair.
10. All kind of menstrual disorders in females – scanty or excessive.
11. Sleep is easily disturbed with least noise (cat-nap sleep).
12. Various kind of coating of the tongue.
13. Vomiting in the morning with water brash.
14. Constipated or diarrhoea and constipation alternates.
15. Aggravation and amelioration of pain in particular seasons.
16. Tendency to develop boils and abscesses in various parts.
17. Tendency to develop itch, ringworms or rhagades in particular seasons
18. Harsh, irritable temper.
19. Craving for sweets.

20. Excessive sexual appetite.

These are some symptoms of latent Psora; and not the expression of any particular diseased condition. But when these symptoms are there, it is only to be understood that Psora is also there, and that it will some day break out in disastrous shapes and it is only then that its existence will be recognized.

SECONDARY SYMPTOMS OF PSORA

- **Mind:** Hypersensitive and hyperactive to slightest stimuli but produces nothing, that is why it is also called as sensitizing miasm. The mind is full of ideas but no tendency to materialize any of them; called as sterile philosopher. Extreme restlessness, always in a state of hurry, time passes too fast or too slow. Fear of fire, of being alone, of becoming insane, of darkness, of death etc. Sudden change of mood from cheerfulness to sorrow. Bad effects from grief, shock, emotions, fear etc. Weakness of memory (forgetfulness indicates syphilis, absent-minded indicates sycosis).
- **Sensorium:** Vertigo when closing the eyes or on turning the head. Vertigo on riding in a boat or in a street car or in a carriage.
- **Head and scalp:** One sided morning headache. Headache with red face and throbbing, ameliorated by hot applications, quiet, rest and sleep. Headache as a result of suppressed or repelled eruptions. Great hunger before and during headache. Dandruff with dry eruptions and itching. The hair is parched, dry, lusterless, tangles easily, breaks and splits. Ameliorated by scratching but burning and itching follows.
- **Eyes and vision:** Eyes are most sensitive to daylight, photophobia accompanied with itching and burning. Better by heat and worse in the morning. Spots before eyes. False vision, sees objects doubled or manifold, or only the one half of them. The eyes seem to look through veil or mist.
- **Ears and hearing:** Hearing is excessively irri-

table and sensitive. She cannot bear to hear a bell ringing; she is thrown to convulsion by the beating of a drum. Various sounds and noises in the ear.

Nose and smell: Sensation of dryness and burning in the nose. Sense of smell is acute, increased. Cannot endure odours, which produce nausea, headache, vertigo. The psoric cold begins with sneezing, redness, heat; discharges are thin, watery, and acrid.

Face: Frequent redness of face with heat. Predisposition to erysipelatous eruptions. Face is pale, sallow, earthy; lips red, swollen and burning.

Mouth, teeth, gums, taste: Thrush and stomatitis. Tongue is white, pale with salivation. Burnt taste in mouth is very characteristic. There may be sour, sweet, putrid, fetid, bitter taste.

Desires and aversions: Desire for sweets, acids, sour things, hot food and drinks. Craving for unusual things during pregnancy, for fried and seasoned food. Aversion to boiled food.

Chest and lung: Burning pain in the chest. Scanty expectoration, taste is lost. Cough dry, teasing, spasmodic, whooping cough, hoarseness.

Chest and heart: Heart troubles from fear, disappointment, mental shocks, loss of near relatives and friends. Sensation of weakness, gone feeling, fullness, heaviness and soreness about the heart. Violent hammering and beating about the heart. Bradycardia (irregular pulse is syphilitic, tachycardia is syctic).

Stomach and hunger: Ravenous hunger, hunger at night. Always hungry even with full stomach. Perspiration during eating. Ravenous hunger with rumbling and gurgling in stomach. Better by hot drinks and hot application, by belching of gas and by gentle motion.

Abdomen: Abdomen feels full after eating. Pressure in abdomen as from a stone. Abdomen is distended by flatus, feels full after meal. Pain in abdomen after eating, better by heat and

gentle pressure.

Bowels and intestinal tract: Excessively hungry, eats far beyond the capacity for digestion. Watery, undigested, offensive morning diarrhoea with no exhaustion. Diarrhoea due to fright, bad news or from cold exposure. Itching in rectum due to worms, tape-worms, round-worms, pin-worms. Worst form of constipation or inactivity of rectum, stool hard, dry, scanty, difficult to expel. Constipation with pain in distant parts like head, liver etc.

Urinary organs: Painful retention of urine in children and old people with great distension of bladder. Urine passes frequently, involuntarily, when sneezing, coughing or laughing and also during sleep. Burning and smarting after micturition.

Sexual sphere: Amenorrhoea, irregularities of menses, too copious, too scanty, too early, too long lasting, too watery. Delayed appearance of menses (delayed puberty) or once appeared but ceased for several months and for years. Semen passes off involuntarily in daytime with little excitation, often even without erection. There is never a complete erection even with the most voluptuous excitements.

Upper and lower extremities: Psoric neuralgias are usually better by quiet rest and warmth and worse from motion. Hands and feet are hot and dry, often with burning sensation in palms and soles. Standing is the worst position but can walk well.

Skin: Intense itching and burning. Voluptuous itching in vesicles, with irresistible desire to scratch which gives relief, but followed by burning.

Sleep: Vivid dreams, frightful, anxious. Loud talking, screaming during sleep. Sleepiness during day often after meals.

Modalities: Worse from standing, heat of room, after eating, sunrise to sunset, suppression of skin disease and discharges. Better by walking, lying down, being quiet, heat.

PSORIC MIASMATIC STATE

1. **HYPERSENSITIVITY:** All the mental and bodily sensations and functions are highly sensitive; that is why psoric miasm is also known as sensitizing miasm.
2. **IMPRACTICAL:** They are always in the world of utopia; they cannot materialize what they think. They are also known as ragged or sterile philosophers. They are more theoretical than practical.
3. **RESTLESSNESS:** He does not find peace in rest. He is always in a hurry.
4. **CHANGEABILITY:** Continually changing in character, both mentally and physically. Every time he wants new things.
5. **SELF-CENTEREDNESS:** He is extremely miserly and selfish, has no love and pity for anyone.
6. **DISHONEST:** He is a man of hide-and-seek nature. Privacy, wickedness and impurity play a good deal in him.
7. **DIRTINESS:** The patient looks very dirty and unclean. Mentally they are also unclean and dishonest.
8. **REDNESS:** Congestion of functional level is very marked. Redness to look, lips are red, eruptions are red, all the mucous membranes are red.

9. **PAIN:** Pains of Psora are generally neuralgic type (bone pain indicates syphilis, joint pain indicates sycosis). Sore, bruised and pressive pains (bursting, tearing indicates syphilitic; stitching, pulsating, wandering indicates sycotic).
10. **NERVOUSNESS:** Nervousness is a great characteristic of Psora.
11. **MODALITIES:** Standing is the worst position for Psora, but feels better while walking. Complaints are ameliorated by natural discharges.
12. **DEFICIENCY STATE:** Deficiency, or insufficiency, or scanty, or want is a great indication of Psora producing functional changes in patients.
13. **TASTE:** Burnt taste in mouth is only for Psora. There may be sweet, insipid, slimy tastes in Psora.
14. **BURNING:** Burning is a great indication for Psora. Burning of palms, soles, vertex even whole body, better by cool air but worse by cold water and bathing.
15. **HISTORY OF SUPPRESSION:** Where there is psora, there must be skin affection. Psora develops itch (syphilis the virulent open ulcers, sycosis the catarrhal discharges) when suppressed may affect the nervous system and mental phenomena of a serious character, all are ameliorated when an eruption comes out on the skin.

COMPARISON OF DIFFERENT MIASMATIC STATES

PSORA (Indicates all hypo-)	SYPHILIS (Indicates all dys-)	SYCOSIS (Indicates all hyper-)
Atrophy	Dystrophy	Hypertrophy
Hypoplasia	Dysplasia	Hyperplasia
Hypotension	Irregular	Hypertension
Lack of	Deviation of	Exaggeration or excess of
Weakness	Ataxia	Restless
Inhibitory quality	Destructive quality	Expensive quality
Blue, the cold colour	Red, the hot colour	Yellow, the loud colour
Timidity	Desire to kill	Ostentation or fatuousness
Slow intestinal peristalsis	Dysenteric spasm	Accelerated or exaggerated
Constipation	Dysentery	Diarrhoea
Dryness of mucous membranc	Augmented secretion	Ulceration or destruction
CARBO-NITROGENOID CONSTITUTION	OXYGENOID CONSTITUTION	HYDROGENOID CONSTITUTION

CONCLUSION

Psora is the most ancient miasm which produces seven-eighths of all chronic diseases for which it becomes the universal mother of chronic diseases. It is the most infectious of all chronic miasms. That's why Dr Hahnemann states "Psora is the most ancient, most universal, most destructive and yet most misapprehended chronic miasmatic disease which for many thousands of years has disfigured and tortured mankind". He designated psoric pathogens as "itch mites".

According to Phyllis Speight "Psora spends its force when suppressed upon the nervous system largely, or upon nerve centers often producing nervous and mental phenomena of a serious character, all ameliorated when an eruption is thrown

upon the skin. We can recognize psora by lack, want, scanty or deficiency in one hand and by hyperactivity or hypersensitivity on the other.

Psoric miasm of ancient times and pathogens of non-venereal skin or itch diseases of today are somewhat similar in kind. These pathogens mainly produce disorders of sensations and functions in the organism. Hence these are called the sensitizing miasms. All types of non-venereal chronic disease are of psoric origin and on the other hand venereal disease will not develop in an organism unless they are already sensitized or engrafted by a psoric miasmatic state. Henceforth psora is the root cause of all chronic diseases, the greatest enemy of our lives.

Importance of Reading Old Literature

ABSTRACT: Old Literature is like old wine which matures with years. But like wine it should not intoxicate us. What I mean by this is, instead of getting impressed by it especially if it is on a scientific subject, one needs to consider it as a seed which germinates and grows with the aid of developing insights and growing knowledge. No science is 'Absolute' or 'an end in itself'. It is always progressive. Theories are postulated, experimented upon, proved or disproved and thus the science evolves and a clearer understanding evolves; mysteries get unearthed and miracles become scientific facts.



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'Miasms' – right from its inception has remained an enigma; so we tried to explore the origin of it by our Master Hahnemann; the how, what and why of it? We thought, that reading the literature of our Master in chronology will help us reach the inception and evaluation. So we started reading the introduction of Organon to the aphorisms on Miasms, history of medicine to understand the era, and Hahnemann's life history and theory of chronic diseases. Indeed

it was a fruitful journey. It made us realize the subject required better reflection, how we wished we had read it in our college days more carefully and discussed it in various forums. So many important issues just go into oblivion due to presumption and passive acceptance or even dismissal, reducing their importance without exercising our mind, logic and thinking.

As I said earlier science is progressive and whatever theories are made, should be tested