

# Homoeopathic Approach in Nutritional deficiency Disease

**Dr SHAILENDRA MISHRA BHMS, CCH**

Lecturer Anushri Homeopathic Medical College Jabalpur

35, Shiv Nagar, Garha Railway Crossing, Gullowa Chowk, Jabalpur

Mo: 09229600491 Email mishrashailendra7@gmail.com



Dr HAHNEMANN has stressed for correction of deficiencies first and to bring back the vital force to the reacting level of dynamic plane of medicine. On this basic principle, the diet and regimen of the patient is to be controlled, to prevent the disturbance of the action of the medicine prescribed. To explain this HAHNEMANN gives a philosophical example in FNS 259/1 which is as follows.

"The softest tones of a distant flute that in the still midnight hours would inspire a tender heart with exalted feelings and dissolve in religious ecstasy, are inaudible and powerless amid discordant cries and noise of day"

## DIET IN CHRONIC DISEASE

The careful investigation of diet and regimen which may act as an obstacle to cure is very much necessary in chronic diseases, as they usually aggravate by such noxious influences on the diseases which often pass unnoticed.

MASTER HAHNEMANN has advised to avoid the following types of diet in patients suffering from chronic diseases

1. BEVERAGES: Coffee, Fine Chinese and other herb teas, beer prepared with medicinal vegetable substances, liquor made with medicinal spices, all kinds of punch, odorous water and perfumes of different types.
2. FOODS: Highly spiced dishes and sauces, spiced cakes and ices, spiced chocolate, crude medicinal vegetables for soups, dishes of herbs, roots and stalks of plants possessing medicinal qualities, onions, old cheese and meats in state of decomposition or that possess, medicinal properties.
3. All excess in food and in use of sugar and salt

and spirituous drinks.

## IN ACUTE DISEASES

FOOD AND DRINK: In acute disease HAHNEMANN advised to gratify the patients desire with regard to food and drink without offering or urging. The friends and attendants should be advised not to put any obstacle in the fulfilment of desires expressed by the patient as these are aroused by the inner subtle voice of the life preserving vital force.

## ROLE OF HOMOEOPATHIC MEDICINE IN NUTRITIONAL DISEASE DEFICIENCY SYMPTOMS OF VIT "A"

*Aurum-met* - Extreme photophobia, interstitial keratitis, upper half of object invisible, sticking pain in eyes.

*Argentum-nit* - Photophobia, swollen conjunctiva, conjunctiva opaque.

*Kali-bich*- Deposits over cornea, corneal ulceration discharge ropy and yellow.

*Euphrasia*- Little blister on cornea, opacities or ulceration, dryness in eyes with irritations.

NOTE: Vit A deficiency is one of the seven most common causes of blindness in India, other being Trachoma, gonococcal-ophthalmia, accidents, cataract, glaucoma.

## DEFICIENCY SYMPTOMS OF VIT C

*Agave*- Gums swollen and bleeding, legs covered with dark purple, blotches, swollen and painful limbs, poor appetite, constipation.

*Kreosote*- Gum spongy, bleeding, putrid odour and bitter taste in mouth. Small wounds bleed easily and freely, Ecchymosis.

*Merc-sol*- Gums sore to touch, swollen, red and bleed easily. Excessive salivation, saliva bloody, fetid and viscid, sweetish, metallic taste in mouth. Pain in mouth on chewing or by touch,

Great thirst.

**OTHER REMEDIES:** *Ars-alb, Ferrum-phos, Nit-acid, Ficus-rel, China, Staphysagria.*

**DEFICIENCY SYMPTOMS OF VIT B (BERIBERI)**

*Arsenic, Lathyrus, Rhus-tox,*

**DEFICIENCY SYMPTOMS OF VIT D**

*Calcareo-carb:* Child fleshy, flabby, sweat on head while sleeping, susceptible to cold, difficult and delayed dentition, hyperacidity of digestive tract, impaired assimilation of Vit D.

*Calcareo-phos:* Rickets with loss of appetite, rapid debility, cold extremities and night sweat, diarrhoea and mesenteric tuberculosis.

*Silicea:* Chilly, takes cold from exposure, obstinate and head strong, cries when kindly spoken to, imperfect assimilation, large head with open fontanelles and sutures, distended and hard abdomen.

*Natrum-mur 6X:* Especially when the neck and thighs are thin.

*Natrum-phos 6X:* Poorly nourished children with sour stool and sweating, stool clay coloured.

**OTHER REMEDIES:** *Ars- iod, Fluoric-acid, Iod, Sulphur, Thuja.*

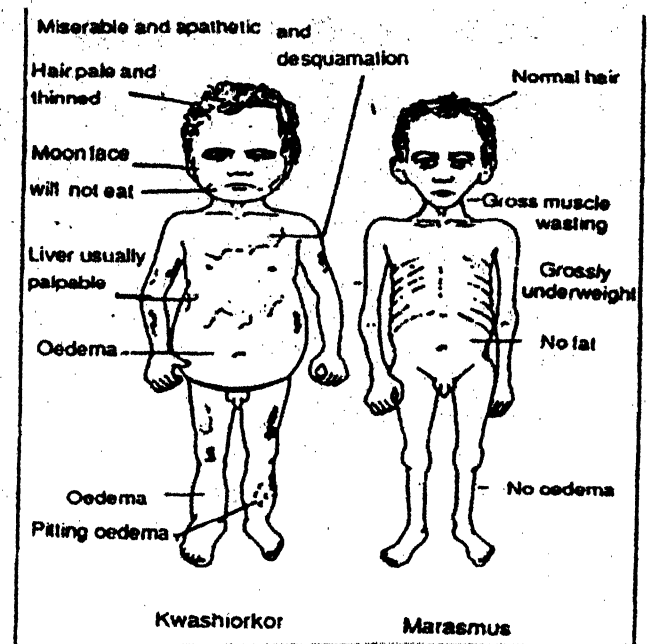
**DEFICIENCY SYMPTOMS OF NIACIN (PELLAGRA)**

*Arsenic-alb:* Papular, dry, rough, scaly eruptions over the skin, worse by cold and scratching with marked restlessness and thirst small, frequent.

*Bovista:* Itching on getting warm, formation of thick crusts over the skin, pellagra.

*Hepar-sulph:* Unhealthy skin, deep crusts on hands and feet, chapped skin, chilly wants to be covered up all the time, constant offensive smell from body.

**OTHER REMEDIES:** *Gels, Plumbum, Iodum.*



### PROTEIN ENERGY MALNUTRITION

*Sarsaparilla:* Child is emaciated, skin shrivelled or lies in folds, face of child looks like that of old persons, enlarged abdomen, dry flabby skin, child is irritable, ill humored and Taciturn.

*Iodum:* Ravenous hunger, yet child is greatly emaciated. Glands indurated, emaciation of lower part of body.

*Oleum-jac:* Child is emaciated with hot hands, cough acrid other chest troubles. Restless and feverish at night.

These medicines are indicated on the basis of symptom- similarity, but correction of the cause is much important before the management for improving the patient health it is necessary to the improving the diet.

Jimmy went to a psychiatrist. "Doc," he said, "I've got trouble. Every time I get into bed, I think there's somebody under it. I'm going crazy!" "Just put yourself in my hands for one year," said the shrink. "Come to me three times a week, and I'll cure your fears."

"How much do you charge?" "A hundred dollars per visit."

"I'll sleep on it," said Jimmy. Six months later the doctor met Jimmy on the street.

"Why didn't you ever come to see me again?" asked the psychiatrist.

"For a hundred bucks a visit? A bartender cured me for \$10."

"Is that so! How?" "He told me to cut the legs off the bed! Ain't nobody under there now!!!"

