

“Case taking: In application of Similimum”

ABSTRACT: Discussion on some important points which are to be considered during history taking, to individualise the case for the selection of most similar medicine in its proper potency and doses.

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INTRODUCTION

In Homoeopathy, selection of medicine totally depends on “Individualization” ie individualization of patients and individualization of drugs. And individualization of patient depends on proper “Case taking.”

While taking a case, you collect following information:

Existing pathology, through signs and symptoms.

Miasmatic background.

Interpretation of symptoms.

Evaluation of symptoms.

Totality Of Symptoms.

Selection of potency and some conditions where deep acting or superficial medicine can be applied to the : **EXISTING PATHOLOGY** through Signs And Symptoms: Disease is, primarily a dynamic (or functional) disturbance of vital force. If this process remains for a long time, functional or dynamic pathology gradually develops in a structured plane; it depends on time, susceptibility and miasmatic background of the patient.

Outward reflexion of this pathology are signs and symptoms. Every symptom should be explained under the heading of causation (ie exciting factors), location, extension, sensation, modality and concomitants if present.

MIASMATIC BACK GROUND

We cannot select the most similar remedy unless we understand the phenomena of the acting and

basic miasms, lying beneath all multiplying outward expressions of disease. Persistency of chronic ailments are seen even when the diet, hygiene and general health of patients were carefully considered. The apparently well selected remedy was given with what appeared to be success, as the symptoms were, for a time, removed; but returned in full force or with new expression of symptoms, having same root of origin.

Eg: Recurrent attack of tonsillitis can be removed temporarily by *Baryta-carb* on the basis of symptoms similarity, but it can be cured completely by any deep acting antimiasmatic medicine. *Psorinum* has often been found useful as a curative.

INTERPRETATION OF SYMPTOMS

Patients suffering from illness bearing the same name vary from others in many (apparently) trifling details. In the diagnosis of the disease these differences may be unimportant, but the fine differences revealed by careful observation or close questioning indicate differences in the patients original makeup and his power and manner of reacting to the onset of disease. These minute differences in patients are matched by similar differences in the disease producing power of drugs.

In a particular disease condition some symptoms are common, like polyphagia, polydipsia, polyuria in Diabetes mellitus. Which are needed for diagnoses of the case, is not important for selection of the



General Theme

homoeopathic medicine. But if a patient of Diabetes mellitus has no thirst or a characteristic thirst will be helpful for selection of a medicine.

EVALUATION OF SYMPTOMS

(i) It means the relative value of certain classes of symptoms are indications for drugs in disease. To facilitate selection of the remedy- it has been found necessary to allocate greater value to some symptoms than others.

Hahnemann said in aph 153- "... the more striking singular, uncommon and peculiar (characteristic) signs and symptoms of the case of disease, are chiefly and most solely to be kept in view; ...The more general and undefined symptoms; loss of appetite, headache, debility, restless sleep and so forth demand but little attention."

Kent evaluated symptoms on the basis of general symptoms (not same as Hahnemann's general ie common), common symptom and particular symptoms. As the general symptoms effects the patient as a whole, they are naturally of higher value than the particulars, which affects only a particular organ. But number of strong particulars must not be neglected on account of one or even more weak generals. General symptoms are subdivided into two - mental general and physical general. Mental symptoms which are marked, uncommon and bring out the finest shades of differentiation between man and man, received the topmost priority. All the symptoms of will and affections are the most important as they relate to the innermost in man.

Eg: Suicidal mania of *Aur-met*

Lasciviousness of *Hyoscyamus*

Indifference of *Sepia* etc

(ii) Particular symptoms: The rare and unusual, will come first. Followed by those having marked modalities. Eg (a) Palpitation or cardiac pain while sitting; better by motion of *Mag-mur*.

(b) Headache > by profuse urination of *Gels* and *Silica*.

(iii) Common symptoms: Common to disease, like headache, fever, diarrhoea etc to be considered as less valuable unless have important modality, fixed periodicity, great intensity, alteration with other symptom or fixed peculiar locality

Eg (1) Fever, comes at 3 pm- *Apis*

(2) Sensation of splinter in affected parts - *Nit-ac*.

(3) Warts on palm of hands - *Nat-m*.

(4) Fever never at night - *Cinchona*

(5) Rheumatism alt with dysentery - *Kali-bi*.

TOTALITY OF SYMPTOM

After evaluation of symptoms, for the totality of symptom. According to Stuart Close "It is the numerated aggregate plus the idea or plan which unite them in a special manner to give them its characteristic form, capable of being logically combined into a harmonious and consistent whole, having form, coherency and individuality." Individualization is directly related to Totality of symptoms. It contains all the important valuable characteristic signs and symptoms from every aspect with consideration of miasmatic background - then only we can select a similitum.

SELECTION OF POTENCY and some conditions where deep acting or superficial medicine can be applied Potency denotes the power of the medicine aroused and activated by the process of potentisation. The most similar remedy, however does not become the similitum until the potency corresponds to the state of the individual during illness of the time of prescribing. Medicine will be all to affect a cure only when it is at a higher level than the level of susceptibility from which the disease has originated. There is no definite fixed principle. However a few Fundamental Rules have emerged.

These are

Susceptibility of the patient.

Nature of the disease.

Nature of medicine.

(a) **Susceptibility Of The Patient** - Susceptibility means the general quality or capability of the living organism of receiving impressions; the power to react to stimuli.

It is a fundamental attribute of life, on which depends all functioning, all vital processes, physiological and pathological. A patient may be susceptible



to a number of remedies, but the greatest susceptibility is, manifested in the most similar one. Not only that, the doctrine of posology depends upon the degree of susceptibility of the patient, which is again modified by several factors. The general rule is - more the susceptibility, less medicinal quantity, higher potency. This susceptibility is modified by: Age, constitution and temperament, Habit and environment, pathological condition etc. Eg Children, young, vigorous person - Greater susceptibility, medium or higher potency. Nervous, Sanguine or choleric temperament-High potency. Intellectual persons, quick to act and react-High potency.

Zealous and impulsive persons - High potency. Torpid and phlegmatic individuals, dull of comprehension and slow to act - Lower potency.

Sedentary occupation long sleep, intellectual occupation excitement and emotions - susceptibility is increased.

Gross pathological changes, exhausting chronic disease-lower potency is used.

(b) Nature Of The Disease

Seat of disease - Lower potencies are safest when vital organs like heart, lungs, and kidney etc. are seriously damaged.

Nature of intensity of disease - Higher potency are to be considered in general functional diseases.

In acute disease where susceptibility generally remains high, higher potency should be considered.

The lower potency: use in chronic disease with tendency to disorganization of tissues.

When a medicine selected predominantly determined by mental - better to give higher potencies. Certain malignant and rapidly fatal diseases like cholera indicates the dangerous low vitality and deficient reaction may require material doses or low potencies of the indicated drug.

Stage of duration of the disease - In chronic, incurable cases unless the vitality is very good and the pathology not yet too extreme, low or medium potency are suitable and usually the deep acting similimum must be avoided and palliative drug should

be given.

Pathological Condition - When gross pathological changes have taken place or some healing pathology is happening (as in tuberculosis) it is safer and more effective to use a low potency of indicated remedy.

(c) Nature of Medicine

Nosodes should be administered in high potencies. Remedies that are highly active in the crude state like *Phosphorus* are not tolerated in lower potencies. The 30th is the safest to employ.

Great care must be taken in potencies selection of very deep acting in serious chronic cases.

Eg: *Sulphur*, *Silicea*, *Phosphorus* in *Tuberculosis*; *Psorinum* in asthma, *Kali-carb* in gout with nodosities. They may be administered in 30th potency.

According to Dr E M Hale - " If prescribe a drug for symptoms similar to its primary effects, we must use high potencies- low doses will aggravate. But if we are taking treating conditions similar to its secondary effects we must use the low attenuations."

Eg: *Aconite* produces primarily a chill, secondarily heat of fever, though we know it only for its fever. When we give it in the very beginning after exposure to cold, a high potency will cut short all trouble. But when we give it in fever, according to Dr Hale it is better to give lower potencies.

CONCLUSION

The Materia Medica is a collection of real, pure, reliable modes of action of simple medicinal substances on healthy human body as well as collection of poisoning effects and clinical observations. But without knowing proper homoeopathic philosophy and process of taking case history, we cannot apply it to select the similimum for suffering humanity. In this long process, realization is more important than fixed mathematical calculation. So power of observation and realization are the cause of successful application of medicine to cure the patient.

