



Scope of Auxiliary Treatment in Homoeopathy

Abstract: Auxiliary treatment is an aid to restore health of the individual. Along with Homoeopathic treatment it helps in speedy recovery of the patient. Some of auxiliary treatment like mesmerism, hypnosis, magnetism, massage, bath etc have no interference with the medicinal treatment rather they enhance the curative process more speedily, which is desirable by every patient as well as the Physician.

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INTRODUCTION

Homoeopathy is the only system of medicine which is based on a definite Principle, which cures gently and rapidly on easily comprehensible principles and thus the higher purpose of our existence as a Physician is established. But it is also true that no science in this universe has a cent percent success rate. Rather every system of medicine is interdependent. Similar and certainly, though not all but in some cases, the need of auxillary treatment along with Homoeopathy is required for speedy cure. Dr HAHNEMANN was a keen observer and found some additional ways along with the rational science of true healing to get better cures. He narrated the same in his Organon of Medicine by the name of mesmerism, massage, magnetism, electricity, hot and cold baths etc the detail discussion has been made in 5th and 6th Edition of his, "Organon of Medicine". If we apply these, we will get marvelous results. Moresoever they have no interference with the action of the indicated Homoeopathic medicine.

The dynamic force of minerals magnets, electricity and galvanism, act no less powerfully on our life and they are not less Homoeopathic than the properly so-called medicines which neutralize disease by taking them through the mouth, or by rubbing them on the skin or by olfaction. There may be diseases, especially diseases of sensibility and irritability, abnormal sensations and involuntary muscular movements which may be cured by those

means. But the more certain way of applying the last two as well as that of the so-called electromagnetic lies still very much in the dark to make Homoeopathic use of them. So far, both Electricity and Galvanism have been used only for palliation to the great damage of the sick. The positive, pure action of both, on the healthy human body have until the present time been but little tested.

FRANZ ANTON MESMER

Mesmerism is a bit of medical quackery developed in the 18th century by the German Physician Franz Anton Mesmer (1734-1815).



THEORY OF MESMERISM (\$288)

Mesmerism is a marvellous, priceless gift of God to mankind by which the strong will of a well intentioned person upon a sick one by contact and even without contact, at some distance, can bring the vital energy of the healthy mesmerizer endowed with this power into another person dynamically.

(Refer article Mesmerism and Galvanism)

HYPNOSIS

Hypnosis is a mental state (state theory) or set of attitudes (non-state theory) usually induced by a procedure known as a hypnotic induction, commonly composed of a series of preliminary instructions and suggestions. Hypnotic





suggestions may be delivered by a hypnotist in the presence of the subject, or may be self-administered ("self-suggestion" or "autosuggestion"). The use of hypnotism for therapeutic purposes is referred to as "hypnotherapy".

The words 'hypnosis' and 'hypnotism' both derive from the term "neuro-hypnotism" (nervous sleep) coined by the Scottish Physician and Surgeon James Braid around 1841 to distinguish his theory and practice from those developed by Franz Anton Mesmer and his followers ("**Mesmerism**" or "**Animal magnetism**"). Although a popular misconception is that hypnosis is a form of unconsciousness resembling sleep, contemporary research suggests that it is actually a wakeful state of focused attention and heightened suggestibility, with diminished peripheral awareness. In the first book on the subject, **Neurypnology** (1843), Braid described, "hypnotism" as a state of physical relaxation accompanied and induced by mental concentration ("abstraction").

The earliest definition of hypnosis was given by Braid, who coined the term "hypnotism" as an abbreviation for "neuro-hypnotism", or nervous sleep, which he opposed to normal sleep and defined as: a peculiar condition of the nervous system, induced by a fixed and abstracted attention of the mental and visual eye, on one object, not of an exciting nature. Braid elaborated upon this brief definition in a later work.

Braid therefore defined hypnotism as a state of mental concentration which often led to a form of progressive relaxation termed "nervous sleep". Later, in his **The Physiology of Fascination** (1855), Braid conceded that his original terminology was misleading and argued that the term "**hypnotism**" or "**nervous sleep**" should be reserved for the minority (10%) of subjects who exhibited amnesia, substituting the term "**monoideism**", meaning concentration upon a single idea, as a description

for the more alert state experienced by the others. Some hypnotists conceive of suggestions as being a form of communication directed primarily to the subject's conscious mind, whereas others view suggestion as a means of communicating with the "**unconscious**" or "**subconscious**" mind. These concepts were introduced into hypnotism at the end of 19th century by Sigmund Freud and Pierre Janet. The original Victorian pioneers of hypnotism, including Braid and Bernheim considered hypnotic suggestions to be the subject's conscious mind. Indeed, Braid actually defines hypnotism as focused (conscious) attention upon a dominant idea or suggestion. Different views regarding the nature of the mind have led to different conceptions of suggestion.

BATH THERAPY (§ 291)

Baths of pure water prove themselves partly palliative, partly as Homoeopathic serviceable aids in restoring health in acute diseases as well as in convalescence of cured chronic patients with proper consideration of the temperature of the bath, its duration and repetition. They may bring only physically beneficial changes in the sick body, but in themselves they are no true medicine. The lukewarm baths at 25° to 27° serve to arouse the slumbering sensibility of fibre in the apparent dead (frozen, drowned, suffocated) which benumbed the sensation of the nerves. Though only palliative, still they often prove themselves sufficiently active, especially when given in conjunction with coffee and rubbing with the hands. They may give Homoeopathic aid in cases where the irritability is very unevenly distributed and accumulated unevenly in some organs as is the case in certain hysteric spasms and infantile convulsions. In the same way, cold baths 10°C to 6°C in persons cured medically of chronic diseases and with deficiency of vital heat, act as a Homoeopathic aid. By instantaneous and later with repeated immersions they act as a palliative restorative of the tone of the exhausted fibre. For this purpose, such baths are to be used for more than momentary duration, rather for minutes and of gradually lowered temperature, they are a palliative, act only physically and have no connection with the disadvantage of a reverse action



afterwards, as takes place with dynamic medicinal palliatives. In this therapy the patient should keep his or her legs in a tub or bucket filled with water and before taking this bath, a glass of water should be taken and the body should be covered with a blanket.



1. HOT FOOT BATH THERAPY: The duration

- 5 to 20 minutes, where the legs of the patient should be kept in hot water at a temperature of 40°C to 45°C. A blanket should be covering the body, so that no heat or vapor escapes from the footbath. The head should be protected with a cold compress. The patient should take a cold shower immediately after.

2. COLD FOOT BATH THERAPY: A cold foot bath should be taken for one or two minutes by taking 3-4 inch of cold water at a temperature of 7.2°C to 12.7°C in a small tub or a bucket. The feet should be completely immersed in the water for one to five minutes. Friction should be continuously applied to the feet during the bath, either by an attendant or by the patient by rubbing one foot against the other.

3. STEAM BATH THERAPY: Steam bath induces perspiration in a most natural way, if taken for 10-20 minutes. The patient, clad in minimum loin cloth or underwear, is made to sit on a stool inside a specially designed cabinet. Before entering the cabinet, the patient should drink one or two glasses of cold water and protect the head with a cold towel. A cold shower should be taken immediately after the bath. If the patient feels giddy or uneasy during the steam bath, he or she should immediately be taken out and given a glass of cold water and the face washed with cold water. Very weak patients, pregnant women, cardiac patients and those suffering from high blood pressure should avoid this bath.

4. IMMERSION BATH THERAPY: Immersion Bath is also known as full bath. It is administered in a bathtub, which should be properly fitted with hot and cold-water connections. The bath can be taken at cold, neutral, hot, graduated and alternate temperatures. There are various types of the immersion baths.

i. Cold Immersion Bath Therapy: This may be taken for four seconds to 20 minutes at a temperature

ranging from 10°C to 23.8°C. Before entering the bath, cold water should be poured on the patient's head, chest and neck and the head should be protected with a cold moist towel. During the bath, the patient should vigorously rub his or her body- after the bath the body should be quickly dried and wrapped

up in a blanket. If the climate is favourable, moderate exercise should be undertaken. This bath should not be given to young children or very elderly persons.

ii. Graduated Immersion Bath Therapy: The patient should enter the bath at a temperature of 31°C. The water temperature should be lowered gradually at the rate of 1°C per minute until it reaches 25°C. The bath should continue until the patient starts shivering. This bath is intended to avoid nervous shock by sudden plunge into the cold water.

iii. Neutral Immersion Bath Therapy: Given from 15 to 60 minutes at temperatures 26°C to 28°C. It can be given for long duration, without any ill effects, as the water temperature is akin to the body temperature.

iv. Hot Immersion Bath Therapy: This bath can be taken from 2 to 15 minutes at a temperature from 36.6°C to 40°C. Generally this bath is started at 37°C and the temperature is then gradually raised to the required level by adding hot water. Before entering the bath, the patient should drink cold water and also wet the head, neck and shoulders with cold water. A cold compress should be applied throughout the treatment.

v. Epsom Salt Immersion Bath Therapy: The immersion bathtub should be filled with about 135 liters of hot water at 40°C. One or about one half kg of Epsom salt should be dissolved in this water. The patient should drink a glass of cold water, cover the head with a cold towel and then lie down in the tub, completely immersing the trunk, thighs and legs for 15 to 20 minutes. The best time to take this bath is just before retiring to bed.

MAGNETO-THERAPY (§ 287)

Our life is constantly under the influence of magnetic force. Human body is a heterogeneous mixture of minerals, chemicals, salts and gases and thereby gets



affected from the presence of magnetic field around it. As every atom generates an electromagnetic field, we, along with entire nature, are imbued with the power of electromagnetism. Magnetotherapy is considered as very effective in alleviating pain and stiffness. When the body comes into contact with magnets, the magnetic waves pass through the tissues. This induces secondary currents to produce impacting heat and thus it reduces pain.

THE RATIONALE OF MAGNETO-THERAPY

Magnets exert a powerful attraction on the iron content in the blood, penetrating the outer layers of skin, muscles and fatty tissue to the capillaries that feed directly into the blood stream. By attracting iron and perhaps other inorganic molecules to a diseased area, circulation is increased. This is enhanced by the increased oxygen and other vital nutrients to the affected site that assists in healing. The combined effect is regulating pH of the cells and tissues, balancing, ionizing and oxygenating them and generally relieving congestion and pain by improving blood circulation.

Magnets are widely used for headaches (including migraine), constipation, bronchitis, hypertension, haemorrhoids, glaucoma etc. One of the most common causes for pain is 'oedema'. When a magnet is placed on the limb above the oedema, it helps to pull the fluid out of the affected limb and eases out the pain.

Sometimes fluid is trapped inside a nerve sheath or a closed space resulting into inflammation or infection of that portion of the body. Application of magnetic field to such areas pulls the fluid out of the cells – thus relieving the pain. If the fluid is trapped in a closed space, the pain may increase initially when magnet is applied. Injury occurring in certain part of the body can generate pain in some other parts, known as referred pain. Scar formation on the skin or inside the skin is some of the potent areas for referred pain. Injury and scar tissues maintain a positive magnetic field, which leads to a compromised and disordered metabolism – often evaluating into pain. Exposing such areas to a magnetic field restores the disordered metabolism and relieves pain.

MASSAGE (§ 290)

The massage is often advised in vigorous good-natured person who has taken treatment for his chronic disease, though cured, still suffers from loss of flesh, weakness of digestion and lack of sleep due to slow convalescence. The muscles of the limbs, breast and back, separately grasped and moderately pressed and kneaded arouse the life principle to reach and restore the tone of the muscles and blood and lymph vessels. The mesmeric influence of this procedure is the chief feature and it must not be used to excess in patients still hypersensitive.

The massage has been extensively practiced in physiotherapy for various diseased conditions. This process has exclusively no interference with the medicinal treatment. For example, if a patient is suffering from joint problems, he will be speedily recovered from his ailments if along with Homoeopathic treatment he continues some exercise for his joints.

CONCLUSION

From the above discussion it is evident that in some patients (not all cases) wherever required, along with Homoeopathic treatment if we apply the above mentioned auxiliary line of treatment which has no interference with the medicinal action, there will be speedy recovery of the patients from his ailments. But these types of procedure needs experts' hand to perform desirable effects in our patients otherwise there may be severe injurious effect of the same.

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