

## SUPPRESSION

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Socrates was a great Physician. Once a man, it is said, asked him "Whosoever comes to you gets cured. Do you think that there is no disease which is not curable"? "Yes, of course, there are patients who are incurable," replied Socrates smilingly.

"But sir I asked you about the incurability of disease. You replied about the incurability of patients. I cannot understand what the intrinsic philosophy of your saying is!"

"Yes, of course, you may not understand"—replied Socrates. "The reason is that when some outward manifestations of a particular disease are wiped off, the patients think they are cured, whereas the internal disease or the patient yet remains to be cured. When these patients construe from this that they have no suffering left, such patients become incurable."

The past goes into oblivion but not the sayings of the great men. These remain as fresh as air. Long live the sayings of the great men.

There is nothing to challenge in his words. No disease can be cured unless the patients themselves get cured as a whole.

This is true of suppression. When some patients get some cutaneous eruptions, say, Itch, Nettle rash, ringworm etc. the best course for its treatment is to treat it with internal medicines. Such external manifestations should not be suppressed with external applications like, Sulphur Ointment, Lotions of Zinc, Mercury, Lead etc. to get them obliterated promptly.

The laymen in general and the orthodox physicians in particular pose the question "what is the harm done by these applications? They enable the patient to get rid of his suffering as quickly as possible."

Yes, indeed, these applications enable the sufferer to get rid of his outward affliction in a magic way. But according to the great men like Socrates and Hahnemann the "patient" does

not get cured and is rendered "incurable". The so-called cure is not genuine. There has been enough of polemics in it.

Suppose a patient suffers from a kind of cutaneous eruptions say, Nettle rash. He goes to an orthodox physician and is treated by some particular external applications. The patient feels content and hilarious. Again in course of time the same patient contracts a bad cold and again he goes to the same physician for treatment, but to his utter dismay and frustration he does not get relief of any kind under his treatment.

The patient feels worried and in consternation poses various questions to himself, "what lord ! why am I not getting better? The same physician treated my Nettle rash like magic. What is in me that my Coryza is lingering ?" And so on.

Now if the same patient comes with his "Chronic Coryza" to a Homœopath and narrates his full story of how Nettle rash was suppressed and of attacks of Coryza and its continued and unsuccessful treatment, the Homœopath shall surely succeed in eliminating the cause with the help of his Anti-Psorics. The Nettle rash shall be forced to re-appear.

We hear of patients of their heart ailments. Some tell that since he was treated for his knee pain with Sloan's liniment, he has been suffering from this disorder of the heart. Once a patient told that he was treated by some Ointment for his Ringworm. Six months after, he had a severe heart attack. Another patient told he lost his sight since he was operated for a Cerebral tumor, and so on. The seeds of Psora are planted in the economy.

Now if we presume that a thief shut in a house becomes helpless and harmless, it is a sheer miscalculation and a foolhardy speculation. A thief shut inside is more dangerous than one left outside.

Hahnemann says : "The older physicians were more conscientious in this matter and observed with less prejudice. They saw clearly and became convinced that innumerable ailments and the most severe chronic diseases follow the destruction of the Itch-eruption from the skin. And since this experience compelled them to assume the existence of an internal disease, in every case of Itch they endeavoured to extirpate this

internal malady by means of a multitude of internal remedies, as good as their therapeutics afforded." (*Chronic Diseases, 2nd Indian Edition, p. 30*).

At another place he writes "Psora is that most ancient, most universal, most destructive, and yet most misapprehended chronic miasmatic disease which for many thousands of years has disfigured and tortured mankind, and which during the last centuries has become the mother of all the thousands of incredibly various (acute and) chronic (non-venereal) diseases, by which the whole civilised human race on the inhabited globe is being more and more afflicted". (*Chronic Diseases, p. 24*).

"Thus Psora is among all diseases the one which is most misapprehended, and, therefore, has been medically treated in the worst and most injurious manner". (*Chronic Diseases, p. 28*).

I do not mean to discuss Psora in particular, but suppression in general. Suppression is not good, suppression of Gonorrhœa and Syphilis is not without objectionable results. What I mean to say I shall try to illustrate with two examples :—

(1) Patient—Jaswinder Singh. Age—9 years.

Came under my care on the 28th August, 1958.

History :—Some four years ago he suffered from fever with great chill, thirst and sweat. Cause not known to the parents. Had had measles some five years ago, during the attack of which he (the patient) was given some Unani "Kushtas" to force out the eruption. The eruption was satisfactory (according to the parents). When he suffered from fever he was taken to a local hospital, where he was given Quinine Mixture and Penicillin injections and the fever was instantly subdued. He remained well for a few months but again he developed the same fever with the same characteristics. He was again given the same treatment. He was well again. But after this he developed a tendency to suffer from the same fever at least once and many times, even twice a month.

Present symptoms :—Fever 104.5°F. Internal heat, external coldness was marked. One could not perceive any kind of temperature by feeling the pulse. Sweat, severe at night, icy

coldness after the sweat, torpor, pulse weak, eyes red, froth from mouth, thirst not marked, takes water two or three times during the day, once or twice during night. Complts. < mostly night.

Treatment :—On the basis of the above history and the present characteristic symptoms I came to the conclusion that this was a case of suppression of Intermittent fever. As the fever was wholly internal, so I wanted the fever to come to the surface. Therefore I gave him Sulph. 200. (28th August 1958).

29th August 1958 :—His father came to tell me that fever had come out and that his skin was burning, but when sweat was over his body again became icy cold. I thought of Verat. Alb. 200 which was given. (Morning 11 O'Clock).

30th August :—Report was that his fever did not rise above 99°F. and the sweat was less marked and coldness less predominant. Verat. Alb. 200.

31st August :—No fever, no sweat, no coldness, Placebo.

1st September :—Reported that he was improving. No medicine thereafter. And he has never suffered from such an attack of fever upto this day.

(2) Patient—Atma Singh, Age—37 years.

History :—Carpenter by his profession, once he fractured a tip of his big finger of right hand. When it did not get better under domestic treatment, he went to Patiala and was admitted into the Rajendra Hospital. (He resides in Hoshiarpur Distt.). There he was given a few injections which dried his wound and he was discharged. He went to his home and after a few days pus again formed at the same site. He again went to Patiala and got admitted in the same hospital. His finger was X-rayed and was found that a little part of the upper phalange (of the big finger of the right hand) was broken. The broken part of the phalange was chopped off and plastered. He was given four injections (which he could not tell what) daily during this period of a fortnight, after which the plaster was taken off, to the consternation of patient and physician (Surgeon) alike, that the wound did not heal. It only did not suppurate.

Then the entire upper phalange was removed and again

plastered which continued for 21 days. He was injected four injections as a usual routine. As he was a relation of mine, I had requested him to come to Simla and try Homœopathy, which he did not like. So when after the required time the plaster was removed, the wound had not still improved even 1%. But it did not suppurate.

When disgruntled, he came to Simla. I was surprised to see that his finger was swollen like a sac, the wound was red, shining with blood oozing, and no pain whatsoever; his right arm had remarkably been thinner than the left arm, lard has accumulated in the wrist and phalanges of the same hand. His wrist and phalanges would not bend in the least. His hand was just as if made of wood. It had lost all mobility. His right shoulder blade had also lost rotating mobility to a great extent. Only his elbow joint had free motion.

So I started his treatment on the 26th September 1958. I gave him Silica 200 and applied Calendula  $\emptyset$  Ext. twice daily. On the fifth day he complained of pain in the amputated finger, which shooted up his arm, and he thought that his suffering was aggravated, because the circulation of blood, which had hitherto been made sluggish, and the motor nerves began to function normally. I thought it a good omen. And lo! healing started after 10 days' continuous treatment.

On the 11th October 1958 he developed sepsis with fever. Pyrogen quickly warded off the attack and the improvement continued.

On the 16th October he was given Symphytum for the aggravated pain, which ameliorated it. Improvement in healing continued. Silic. internally and Calendula Externally again continued.

He went back on the 26th October, 1958, with the completely healed finger, increased mobility of hand and fingers, and with improved general health.

Now in this era of H. Bombs and Moon Rockets, the humanity has made fast strides in every sphere of life. Wonder drugs have been invented. But it is regretted that their promiscuous use has rendered more harm than good. These drugs act more in a suppressing way than curatively.

Here we shall review what sinister results are left in a particular case of suppression.

"A brief survey of the manifold misfortunes resulting thence is given by the experienced and honest LUDWIG CHRISTIAN JUNCKER in his *Dissertatio de Damno Ex Scabie Repulsa*, Halle, 1750, pp. 15-18. He observed that with young people of sanguine temperament the suppression of Itch is followed by phthisis, and with persons in general who are of a sanguine temperament it is followed by piles, hæmorrhoidal colic and renal gravel, with persons sanguino-choleric temperament by the swellings of the inguinal glands, stiffening of the joints and malignant ulcers (called in German *Todenbrüche*); with fat persons by a suffocating catarrh and mucous consumption; also by inflammatory fever, acute pleurisy, and Inflammation of the lungs. He further states that in autopsies, the lungs have been found indurated and full of cysts containing pus; also other indurations, swellings of the bones and ulcers have been seen to follow the suppression of an eruption. Phlegmatic persons in consequence of such suppressions suffered chiefly from dropsy, the menses were delayed, and when the Itch was driven away during their flow, they were changed into a monthly Hemoptysis. Persons inclined to melancholy were sometimes made insane by such repression; if they were pregnant the fœtus was usually killed. Sometimes the suppression of the Itch causes sterility, in nursing women the milk is generally lacking, the menses disappear prematurely; in older women the uterus becomes ulcerated, attended with deep, burning pains, with wasting away (cancer of the womb). [*Chronic Diseases pp. 31-32*].

Still more we read in C. G. Raue's "Special Pathology and Diagnostics with Therapeutic Hints", pp. 970. "According to Nunez", he states, "the suppression of cutaneous eruptions on the Anus is followed by Liver complaints; on the Legs by digestive derangements; on the scrotum and penis, by Impotence and Seminal emissions; behind the Ears, by cough and affections of the eyes; on the Scalp by pulmonary Phthisis; on the Arms and Hands by Laryngeal Phthisis; in Palms of hands by nervous Asthma; on the nose and Nostrils by Discharges from the ears;

on the Face (Acne Rosacea), by Heart Diseases." (Chapter under *Skin*).

Similarly we have heard the suppressed Gonorrhœa appearing in the form of Blepharitis, ("Nosodes". by H. C. Allen pp. 302), Cough ("Nosodes". pp. 315) and Rheumatism etc. ("Nosodes". pp. 343-344). And it is a pity that the Allopaths advocate this medical pettifogging with all their power, backed by the Govts. in the world. Hahnemann's innumerable warning in this regard was (and is being) derided as a sneaking spoof. But the world shall come to know, in the course of time, that diseases like Phthisis, Cancer, Asthma, heart failures, mental diseases etc. have their root in suppression, and humanity shall begin to spurn suppression in any form.

Here I remember the sad demise of Kamla Devi, our neighbour. She had had Gout. Her right big toe was twisted to one side with pain. She was treated in Amritsar Hospital, Punjab's biggest hospital. She was relieved of her pains just to contract heart trouble, and to breath her last by heart-failure. They (Allopaths) called it a heart-failure—not a suppressed Gout.

In this essay I have tried to point out the dangerous results of suppression. We should be out to put a check to the inordinate use of local ointments, lotions etc. I shall request the prominent Homœopaths to form a board, a research board, to make researches in Cancer, Mental diseases and such others.

In the end I may also say that I do not rule out the use of external applications totally. But its use is only beneficial when it is also aided by an appropriate internal remedy.

And according to Hahnemann, "The highest ideal of cure is rapid, gentle and permanent restoration of health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable and most harmless way, on easily comprehensible principles". (*Organon*, section 2).

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