

Homœopathy is a medicine that laymen also can understand, and one is truly unwise who does not take advantage of at least inquiring into its study.

—*The Layman Speaks, March '57*

INDIVIDUALISATION IS THE ART OF THE THERAPEUTIST

DR. TARA SINGH BHOGAL, B.A. (HONS.), M.D. (HOM.), SIMLA

Hahnemann in his Organon (Section 118, 9th American edition, Page 118), mentions, "Every medicine exhibits peculiar actions on the human frame, which are not produced in exactly the same manner by any other medicinal substance of a different kind."

Then the question arises : what makes a medicine "peculiar" ?

The answer is quite easy and difficult at the same time. Every person has individual peculiarities. He is different in stature, in nature. That is why we say "there are men and men." Similarly there are men of different temperaments, different professions, different proclivities. Every person has different emotions, lives in different, economical, social as well as domestic affairs. Some persons are easily moved to tears when some tragedy is narrated before them, whatsoever trivial its nature may be. Others are not affected in the least, even if dozens of persons are done away with. Some persons are easily affected by the least draft of air, others may not be affected even in a cold thunderstorm, even if they are naked. Some persons grow corpulent, despite the best precautions in their diet to avoid fat etc.; but others get lean and lanky even if they take the best possible diet.

Therefore every person does not manifest the same symptoms in any disease bearing the same pathological nomenclature. For instance, we take Vomiting. Every person does not vomit from the same causation, in the same way. Every case of vomiting cannot be counteracted by Ipecac. When there is vomiting from taking cold water, no sooner taken than rejected, *Verat. alb.* comes first. But when vomiting is relieved by taking cold water, but it is rejected when it gets warm in the stomach, *Phos.* affords relief. When vomiting is relieved by drinking or eating* anything and uncovering the abdomen in the open air, it is singularly peculiar to *Tabacum*. When it is relieved by lying on right side, *Ant. Tart.* comes forward. When there is vomiting hours after eating and the ingesta is ejected undigested *Kreosote* is the true similitimum.

Hahnemann in his Organon Section 148 page 131, mentions, "A medicine selected in this manner, which has the power and the tendency to produce symptoms the most similar possible to the disease to be cured, consequently a similar artificial disease, given in a suitable dose, affects, in its dynamic action on the morbidly deranged vital force of the individual, those very parts and points in the organism now suffering from the natural disease, and produces in them its own artificial disease which, on account of its great similarity and preponderating strength, occupies precisely the seat hitherto occupied by the natural morbid derangement, so that the instinctive, automatic vital force is from that time forward no longer affected by the natural disease but solely by the stronger, similar mechanical disease; which in its turn, on account of the small dose of the remedy, being, like every moderate medicinal disease, overcome by the increased energy of the vital force, soon spontaneously disappears, leaving the body free from all disease, that is to say, healthy and permanently cured".

When we study the *Materia Medica* we often read, "Tendency to take cold". We have a very large number of medicines that can immunise any person from a "tendency to take cold."

* The text says: "Constant hunger; *nausea* if stomach is not satisfied; or disgust for food".—Ed.

But can we accomplish this with Aconite alone or with Arsenic, Calc., or Hepar, Kali Iod., Lach., Merc., Nat. Mur., Nux., Psor., Sulph., Zinc., and many other remedies? There is no patent medicine against "cold." We shall have to consider the constitution, the family history, the mode of life adopted by the patient and a number of other things. We shall have to take a very detailed and laborious semiology and only then we can arrive at an individualisation.

Some eight years back, when I was a novice in Homœopathy, I could badly manage some complicated cases of coryza and some were made worse. But perseverance showed me the light and I was soon able to dispense with these cases. In the year 1953 I was confronted with an inveterate case of fever, the marked symptom of which was that the patient felt the chill most in his abdominal region shooting from there to other parts. Despite the selection of the most important febrifuges, the fever did not show any improvement. Then after a hard study I found that *Menyanthes* was the true similimum and I gave the 30th potency and the patient got better in no time.

The reason for the individualisation is that every person does not suffer from the same disease in the same way. Neither can the patent therapy (as is the case with the orthodox school), nor routinism (as many of our new coming colleagues stoop to) can be called individualisation. No sure success can be achieved by following the routinistic method. I remember a very interesting case of a teasing dry cough of Shri Raja Ram, a Supdt. in the Deptt. of the Accountant General, Punjab. He had had a very tearing cough, which was dry, mostly aggravated during night, morning and oscillating weather; the expectoration was next to nil and whatever was there, was scanty and greyish. His general health was satisfactory and he was rather of a corpulent physique. As is compulsory for the Govt. servants to consult the Govt. Hospital physicians, he consulted a physician of the local Ripon Hospital. The doctor could diagnose nothing particularly, so he administered him two courses of (10 injections of 14 lac units each) Penicillin. But the patient remained the same. The patient asked the physician whether he could do something else apart from these injections. The

physician said, "Have another course of the same and you will get better". The patient positively declined the same.

Then he went to a Homœopath of this city. He continued his treatment for one and a half month. But this also could not bear any fruit.

Then he came to me with the sketch of symptoms as mentioned above, I gave him 4 doses of Rumex 200 on the 22nd Nov. 1957. He felt a little better and this was continued for a week. But the improvement was not satisfactory, so I gave him 4 doses of Phos. 200 on the 30th Nov. Next day he told me about a little more improvement. This routine was also pursued for one week, but this improvement could not last even a week, when he experienced a more considerable aggravation. Then I become sure that I did not hit the right medicine, and I remembered the hydrogenoid constitution and gave him 4 doses of Nat. Sulph. 200 on the 15th Dec. 1957. There was a very marked progress. This medicine was continued for one week in various potencies ranging from the 30th to the 1000th, the last being given last of all, on the 24th Dec. 1957. He remained free from any attack throughout the rest of the winter season.

Then the question arises, "which are the symptoms peculiar to any medicine that help in individualising in a certain case?" Here I venture to give some explanation.

There are generally two kinds of symptoms : (1)—Common symptoms, which are found in many medicines alike, such as, restless, anxiety, pain, fever, chill, thirst, congestion, paralysis, swelling, meteorism, epistaxis, otorrhœa, cough, sweat etc. and many others. (2)—Characteristics Symptoms :—These are the symptoms which help us a great deal in the correct selection of a remedy. For instance, during sleep one can easily change to the side one likes, but if one has to sit to change side *Nux Vomica* comes in. This is not a common symptom found with all persons, nor is it found in any other medicine. Similarly when there is dry heat during sleep but the patient sweats profusely just on rising *Sambucus* is indicated. When some particular part is affected, its general trend is to become hot, because congestion takes place, but if the affected part becomes cold it is an indication for *Ledum*.

Again we can divide these characteristics into two parts (1) General, (2) Particular.

The general characteristics are those symptoms which affect the patient as a whole and the particular characteristic are those which affect single parts or organs. To illustrate this, I hereby give details of medicines with their characteristics. This list is being given only to illustrate my point and these are in no way claimed as indispensable or exhaustive.

MENTAL :—Mental symptoms often offer "General characteristics" for instance ; *Sepia*, when one has indifference to his own family and beloved friends. *Anacard.* when one cannot help cursing and swearing. Thinks he has two wills, the one forbids what the other commands to do. *Stram*, when one cannot govern his will to commit murder. *Raphanus*. when she is indifferent to her children and especially to girls, and so on.

VERTIGO :—The medicines that produce vertigo also offer "general" characteristics. *Stannum* has faintness when going down stairs. In *Theridion* vertigo is aggravated by the least noise. *Merc. Perennis* has increased vertigo when going down hill. The dread of downward motion met with in many children also offer the "general" characteristic of *Borax* and *Sanicula*.

HEAD :—Here we meet both General and Particular characteristics symptoms. *Generals*—shutting and opening sensation in the occiput found in *cocculus*: Headache is relieved when thinking of it *Cicuta*. Headache is relieved when bending forward *Ignatia*. The particular side-affection also characterises it. *Particulars*—when the headache commences at the nape of neck, extends to forehead and settles in the right eye and is aggravated and ameliorated with the increase and decrease of the sun, *Sang.* is the true simillimum. When a similar headache, with the same characteristic modalities, settles in the left eye it indicates *Spigelia*.

Periodicities are also "general" such as once a week as found in *Iris.*, and *Sulph.*

EYES :—There are many characteristic symptoms in eyes, but we shall discuss only a few for want of space.

When there is bag like swelling of upper lids, it offers a field of action to *Kali Carb.* (*Particular Charact.*). Fan

like motion of eyelids give chance, to *Agaricus* when relieved by rubbing to *Codeinum* (*Particular*). Pterygium also offers a characteristic of Zinc and *Ratahnia*. (*Particular*).

NOSE :—When there is fan-like motion of the Alæ Nasi we have *Lycopod*, *Phos.*, and *Pyrogen* (*Particular*) when bland lachrymation and acrid coryza we have *All. Cepa*; the reverse calls for *Euphrasia* (*General*).

THROAT :—Usually, one can swallow liquids easily; but when liquids offer some obstacle in swallowing or are not swallowed without difficulty, whereas solid can be easily swallowed, this represents *Hyos.* (*General*). When there is a fish-bone or splinter like sensation in the throat, it refers to *Hepar* and *Nit. Acid* (*General*). When in diphtheria, the left side is affected *Lach.*, and when right is affected *Lycopod*. (*Particular*).

ABDOMEN :—When pain is relieved by bending forward *Colocynth.* (*General*). When there is sensation as if some living body moving in it is, *Crocus* (is an incontrovertible indication). (*Particular*).

STOOLS :—When one can discharge fæces only when standing, it indicates *Caust.* (*Gen.*) Drinking cold water causes chill and hurriedness to stool *Caps.* (*Gen.*) When there is no desire for stool for many days *Alumina* and when stools resemble sheep-dung, *Plumbum* (*Gen.*) When pain in stomach is relieved in knee-elbow position *Conium* is conspicuous. (*Particular*). When stools recede *Silic.* (*Gen.*).

RESPIRATORY :—When cough is invoked by going down stairs or down hills *Lycopod*. (*Particular*). When asthma is relieved in knee-chest position *Medorrh.* (*Particular*).

HEART :—When palpitation provoked by lying on the right side *Alumen* (*Particular*). If one must continue in motion or his heart would fail, *Gels.* (*General*) is indicated.

URINE :—When urine is offensive like the horse's *Nit. Acid.* and *Benz. Acid* (*General*) cannot urinate unless fæces are passed simultaneously *Mur. Acid* and when urine recedes back as far as from the glans *Prunus spinosa* combats this condition. (*Gen.*) But when urine is voided only when sitting bent backward *Zinc.* encounters and corrects (*Particular*).

FEMALE ORGANS :—Generally no human being is conscious

of the existence of his internal organs. They perform their respective functions in a normal and natural way. But when anyone becomes conscious of a certain organ in the system (internal), it becomes quite vivid that certain organ becomes diseased. So when any woman becomes conscious of a "Womb" we can rely on *Murex and Helonias*. to set her mental observation right. Similarly menses also offer many such deranged anomalies. When menses appear only during night or otherwise exacerbated at night we have *Mag. Carb.* and *Bovista*. and to a certain extent *Amn. Mur.* when all pains cease as the flow increases, we have *Lach.* and *Zinc.* when menses flow only when moving *Lil. Tig.* [*Helonias* and *Murex* offer a *Particular character*, while others may be safely classed under *generals*]

EXTREMITIES :—Here we shall discuss only rheumatic pains that go from below upward. When pains shoot from below upward, aggravated by warmth or warm applications and relieved by cold and putting the affected parts in cold water *Ledum* is singular in our *Materia Medica.* (*Gen.*)

FEVER :—Fever also shows many characteristics. When there is sweat only on uncovered parts *Thuja* supercedes others (*Gen.*) when there is sweat on parts not lain on *Benzin.* is perhaps singular (though we have also *Sanicula* to a certain extent) in the pearls of our *Materia Medica* (*Gen.*) when head alone sweats *Silica* (*Particular*). When the pulse rate is not consonant with that of the temperature we claim *Pyrogen* possessing it singularly (*Gen.*) when in intermittent fevers there is a double periodicity of chill i.e. it occurs in the morning of one day and the evening of the other we have *Eupator. Perf.* (*Gen.*)

SKIN :—Some of the characteristics of skin symptoms have been mentioned in my article captioned, "The search for the indicated remedy and its administration." which appeared in "The Hahnemannian Gleanings" Vol. xxv., April, 1958 page 181, which I refer to my readers.

Such instances can be multiplied to such an extent that volumes are required to present them collectively. These characteristic symptoms may seem to be trivial, but it is these trivial symptoms that the fabric of our rich *Materia Medica* is

woven with. It is due to these trivial but characteristic symptoms that our Materia Medica can provide garments that can fit and suit all ages, all sexes, all climates, all weathers, all regions, all countries, and so on. It can give solace to a newly born infant as well as a centenarian. It can equally save us from the sweltering heat and the freezing cold. It can set right all constitutions, may be it is syphilitic, psoric, sycotic or tuberculous.

It may not be prosaic if I add an example of a remarkable cure of child of rickety constitutions.

One child aged about 11½ (eleven and a half) months was under my care. He was otherwise healthy, began to sit at his normal age (5 months), but had not started to cut his teeth till his present age; neither he could walk. His parents were contemplating about consulting a surgeon. When this fact came to my notice I advised against that nasty and promiscuous step, which could prove detrimental to the health of the child, especially when it could be overcome by medicine. So I studied the case and found the following remarks in "The Diseases of Children by Fisher Charles E.

"And while the teething process is a physiological one, ordinarily it becomes physio-pathological in a large number of cases. It has been my rule for some years past to consider it so, and to intercept difficult and delayed dentition by proper diet and medication, and to institute such lives of prophylactic treatment, as dentition sets in, as to nearly always secure to the child immunity from severe disturbances belonging to the cutting of the teeth."

Therefore only three remedies i.e., *Baryta*, *Calc. Carb.*, and *Nat. Mur.* were in question. *Baryta* was ruled out because the child was not dwarfish in any other way. He was precocious, both mentally and physically. *Nat. Mur.* was also ruled out because the child could speak and he had no difficulty of speech which is a prominent feature of *Nat. Mur.* The final choice was for *Calc. Carb.*, on the grounds that he was not dwarfish as in *Baryt. Carb.* He had a great propensity to walking, but only he could not learn. "He was late in learning to walk." He was late in starting his teething process.

Moreover the child was blonde, was rather corpulent with a rather large head.

On the 14th April, 1957, he was given Calc. Carb. 1000, one dose of one drop.* This was reinforced on the 22nd April, 1957, with another dose of one drop of the same potency. On the 30th April it was observed that there was a white swelling in the front part of the lower jaw, where erupted a tooth without any cerebral or digestive disturbance. Now he is two years old and has eighteen milk teeth, (on the 2nd May, 1958) all cut with comparatively less ailments. He also began to stand on the 7th of May, and could walk after a fortnight. Now, he is in very good health and runs faster than the children of his age. Similarly, any other constitution may be rectified.

In the end I may make it clear that the classifications of the characteristics and their identification as Particulars and Generals do not indicate any superiority or inferiority of the one over the other. This division has only been done to explain the definition of Particular and General characteristics.

An intelligent and progressive mind in Homœopathy will consult any reliable Materia Medica and observe how the hidden treasure of manifestations of drugs is unlocked.

VARIOLINUM

DR. DWARKA PROSAD, B.A., B.L., H.M.B., MUZAFFERPUR

When one prescribes for small-pox one's attention is as a matter of course drawn to Variolinum—a nosode prepared from pus obtained from small-pox. It has been extensively used and clinical experience has confirmed its efficacy in small-pox. It is at once a preventive, modifier and cure of small-pox.

* Drop-doses are anti-Hahnemannian—high potencies are not so quickly repeated—Ed.