

vulva, falling of the vagina so as to issue even from the vulva. Itching of the breasts, engorgement of the mammary glands. The tips of the breast are very painful and the least contact extorts a cry. Compressive pain in the breast as in the case of wet nurses. Numbness of the right thigh for two days. It is employed in the bath for rheumatism. Acts on skin as an irritant. Dreams about being poisoned, dreams about her parents, friends, children. Is a sudorific, it is used in bilious remittent fevers. The scope of usefulness for this remedy would be much enhanced with further provings.

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QUO VADIS ?

(*A comment on Central Health Ministry's activities in 1952-53*)

DR. R. S. RASTOGI, B.A., M.D.H., DEHRA DUN

The high sounding record of the Central Health Ministry of India's achievements in the year 1952-53 as broadcast by the Hon'ble Health Minister of India on the evening of the 12th July 1953 leaves the average common man unmoved and despondent as ever before. It would have met with marked approbation had it come out during the British regime in this country. But the independence and the advent of democracy along with the avowed objective of the formation of a Welfare State have ushered in a great change in our outlook, angles of vision and sense of values. We no longer consider the rich upper class man as the unit for which the State is to cater specially but it is the common man who is to be rightly regarded as the unit.

Some of the measures reported to have been taken are undoubtedly for the benefit of the common man, e.g.,

Malaria and Tuberculosis Control, establishment of All India Medical Institute at Delhi and of the Institute for Indigenous Systems of Medicine at Jamnagar, and the provision of a few mobile health units. But under the present state of financial stringency, the establishment of the Cancer Research Institute, the Chest Institute and the Virus Research Centre could have waited and the large sums of money thus saved could, for the present, have been diverted more usefully to rural health. Research is a very expensive luxury meant for the rich only. Till the country rose to a more prosperous financial condition, we could have kept going by utilising the researches going on in other countries. After all, what percentage of population suffers from Cancer or Chest diseases as compared with those who are afflicted with general diseases? Moreover, the medicines invented by medical scientists after elaborate researches are priced so highly by the manufacturers as to place them out of the reach of a large section of people. Thus, the people ultimately benefitted by the researches are, again, the top few rich in the urban areas.

There is one more point deserving careful attention. The modern allopathic system of medicine, if practised unscientifically without proper laboratory tests of blood, urine, stool etc., becomes worse and more dangerous than quackery. I am strongly of the view that for the rural conditions, homœopathy and the indigenous systems would be safer, simpler, cheaper and of greater utility than "the Scientific" system of medicine which it is the Central Health Ministry's ideal and objective to make available to the masses of India, in howsoever distant future it may be possible to do so. Even if we accept the charge of considerable quackery prevailing in these systems as laid by the Central Health Ministry, this quackery would be far less dangerous than the scientific quackery of using dangerous medicines without proper laboratory tests for diagnosing the diseases correctly. Then, who does not

know how ill equipped the rural dispensaries are for lack of sufficient funds? Homœopathy would be cheaper than even Ayurvedic treatment, and simpler and more harmless too, and would, for equal cost, be able to carry the benefit of treatment to a much larger number of people. So it would be worthwhile to extend the benefits of these systems to rural population through mobile medical units. According to Dr. N. M. Jaisoorya, M.P., China is extending medical relief to its large population on the basis of indigenous medicines and have introduced a One Year Course for training persons for rural health work, so that people may not be allowed to die without some form of medical aid. Why should we feel shy to make use of cheaper and simpler systems of treatment. We in India are going just the opposite way—upgrading our medical education by abolishing the licentiate course which used to attract persons from rural areas who were more inclined to settle down and work in rural areas. The lengthier and more expensive degree course in medicine allows only the sons of rich parents from urban areas to take up the course and they are most unwilling to settle down and work in villages. Whither are we going ?

It is our imperative need today that the Central Health Ministry should establish a Central Council of Homœopathy and a Central Council of Ayurvedic and Unani Medicine to plan and advise the Government of India about extending medical facilities in the country, especially rural areas, on homœopathic and indigenous lines. The official apathy towards these systems must be broken and the best way to do that would perhaps be to eliminate the unsympathetic Allopathic intermediaries between these systems and the administration.

If a beginning is made in the right direction, we may be hopeful of reaching the destination. The building up of health activities, as in fact of all national activities, must proceed from below upwards, from the poor towards the better off and not vice versa. The emphasis must shift

from the individual to the society, from the few towards the masses, from the rich towards the poor. Only then we may be sure of working in the right direction and of reaching the goal.

WHICH REMEDY

ARSENICUM ALBUM NUX VOMICA

By D. M. G.

These two remedies have many features in common and are found listed as "possibles" in a great many rubrics in connection with such clinical states as asthma, coryza, disorders of sleep, and gastro-intestinal disturbances.

Both are exceedingly chilly, want to hug the fire, can scarcely get warm even in bed: both shew a strong penchant for tidiness: both are intimately associated with states of "nervous tension:" both are suggested by a spare, sallow, well-groomed appearance.

Nevertheless they must be carefully differentiated the one from the other in relation to any particular case of sickness. Each of these remedies possesses features peculiar to itself which will repay careful study.

The inner nature, genius, or personality of a drug may at times be *suggested* by its ecology, its form, its habitat, its behaviour, its manner of growth, that is if origin of the drug is botanical or biological.

There is, however, another manner in which the nature of a drug can be revealed whatever its source of origin, namely by its *toxicity*—the subjective symptoms and objective signs which it can induce when introduced into the living body of plant or animal. These toxic effects result when a drug is administered in such form and amount as will give rise to deviations from normal health and well-being. The symptoms are the outward and observable