

# HOMOEOPATHY FOR CHILD HEALTH

FR. FRANCIS MANAPURAM, Hassan

No branch of medicine is so much concerned with the growth and development of the individual as pediatrics. National health stipulates healthy children and in this respect Homoeopathy can play a most significant role. Not only it can cure children's illnesses, hereditary or acquired, but it can also purify the foetus of familial traits by treating the mother during pregnancy. As a preventive medicine in the widest sense of the word it has no equal. It is no exaggeration to say that Homoeopathy has an edge over other systems of medicine particularly in pediatry.

## ULTIMATE AIM OF HEALING PROFESSION

In the words of Samuel Hahnemann, the founder of Homoeopathy, a doctor is the conservator of health if he knows the conditions that affect health and the conditions which engender and entertain diseases and if he knows how to keep them away from the healthy man. Hence the ultimate aim of any healing profession should be public health, to maintain and upgrade the health of the whole society, to enhance the power of resistance of the whole society against any form of disease. This is perhaps what we mean by comparatively recent term, community medicine or social medicine, namely medical and hygienic supervision and management of a local population for that matter, the whole human race.

## MULTIFARIOUS PROBLEM

In all these affairs, that is, in order to achieve a healthier human society, particular attention must be given to infants and children (pediatrics), but not at the neglect of old people (geriatrics), nor of the child bearing women (ante natal and post natal care). One cannot either exclude any of the materials of hygiene (e.g. food, drink, air, residence, soil, drainage etc.) eugenics, social science or family planning. Again, one should have sufficient grasp of preventive medicine in regard to hereditary, congenital diseases and constitutional and environmental disorders and finally various forms of communicable diseases.

From the angle of view of his social responsibility, no conscientious physician can afford to evade the concern for all these multifarious problems. But alas! the solution of any of these problems is very little in his hand. It is in the hands of the social leaders, bureaucrats and above all, the governments. But it is only the physicians who can guide those authorities as well as the public in the interest of true health of the whole human race.

## INFLUENCE OF MATERIALISTIC PHILOSOPHY ON MEDICAL PROFESSION

But, unfortunately, the traditional system of medicine, Allopathy, that

dominates the medical world today, is not being able to free itself from the overpowering sway of the lifeless mechanical materialism. For they, consequently, fail to look towards and deal with a human entity as a holistic, individualistic being with body-mind-soul, intimately interrelated to the environmental conditions. Rather they take a human entity as a machine with assembled and interrelated parts of various dimensions and intricacies. Consequently, various measures taken by them end in a vicious circle.

#### TRADITIONAL SOLUTION TO MALNUTRITION VERSUS HOMOEOPATHIC APPROACH

A few instances may be taken up here to clarify the above statement. In supervising the nutrition of the people, the traditional system would advise invariably stereotyped and sweeping general measures, caring little for the dietetic habits, customs and tastes of the people. They advise various artificial and synthetic food products which cannot but vitiate the vitality of the people, in spite of apparent fair health for the time being. Synthetic vitamins, for instance, especially when overdosed, besides their constructive and maintenance value, have two definite reactions: a destructive action proportionate to its normal constructive action. It has been demonstrated that vitamins C & D help to overcome rickets; but it has also been demonstrated that excessive doses will cause rickets. Secondly, the permanent disability of the system to react to normal vitamin intake. This is comparable to the effect of insulin administration in diabetic patient; he soon loses his ability to produce the necessary secretion in his own economy. Thus, the excess supply of vitamins (synthetic) robs the body of its normal reception of the natural vitamins.

Whereas, no true homoeopath will ever think of solving this problem of nutrition by any generalised and stereotyped formula. Keeping in his clear view the basic elements, proximate principles, vitamins and calories essentially required for proper nutrition, he, while arranging for the same, takes into serious consideration the dietetic habit and custom of the particular society and family, and even the desires and aversions, agreement and disagreement of the particular individual case. And in all cases he tries to avoid denatured or artificial food products.

#### PROPHYLACTIC MEDICATION COMPARED

In regard to preventive medicine, both in the treatment of individual cases as well as mass preventive measures, the allopaths put almost sole stress and attention on various antimicrobial or antiviral measures. Thus in order to prevent future attacks of various infectious diseases they try to enforce routine administrations of respective specific serums, antigens and vaccines to all infants. As a consequence, a permanent internal dyscrasia is created in them for their whole life, thus vitiating the health of the future citizens.

But, the situation is just the reverse in homoeopathic system of medicine.

Any practitioner who follows the principles of true Homoeopathy, cannot help paying attention to most of the basic aspects of community medicine; he has to trace out the exciting and maintaining causes as well as the obstacles to cure and strive his level best to remove them. The infallible preventive remedy for any particular epidemic disease, irrespective of whether such a one ever occurred before or not, is found out by closely observing only a few cases of the current epidemic. The remedy covering the totality of symptoms of those few cases of the epidemic is found to be the most dependable preventive against the particular epidemic. This is called *genus epidemicus* for the particular one, and the same when administered to the people of the afflicted locality, will most assuredly save them from the attack of the disease. And as this genus epidemicus remedy is administered orally in nonmaterial dynamic doses, they can never produce any side effects or dyscrasia.

#### METHOD OF TREATMENT OF ACTUAL DISEASES

In actual treatment of diseases, the allopaths naturally indulge in various suppressive or palliative therapeutic measures thus further complicating the vicious circle. On the contrary, the homoeopaths exert all their efforts to strengthen the vital force of the people by proper constitutional treatment and thus make them more fit to resist the environmental evils and diseases. For instance let us take the case of allergic bronchitis, one of the problematic diseases in children. In modern medicine, this condition is treated with anti-allergic and suppressive medicines which give quick temporary relief but no cure. The tendency to get frequent attacks remains the same or increases.

With homoeopathic treatment, we try to increase child's resistance power against the disease force and remove the allergic tendency the natural way by prescribing a proper constitutional remedy which is possible only in Homoeopathy. For this, in addition to the laboratory reports, expressed signs and symptoms of the disease, we consider also the peculiar or uncommon signs which are representative of the particular patient at hand, along with his mental picture, constitutional diathesis, habits, tendencies etc., likes and dislikes etc. The method of prescribing for children resembles the method of diagnosing their ailments in that we are dependent entirely upon objective signs for reliable indications for a remedy. The family history, temperament, previous history, mode of onset etc. all these offer clues to the proper remedy.

#### FURTHER ADVANTAGES OF HOMOEOTHERAPY IN PEDIATRICS

Again, with the homoeopathic treatment of children, we fulfil Dr. S. Hahnemann's requirements in para 2 of his *Organon* for quick, gentle and permanent restoration of health. He added: in the shortest, most reliable and least harmful manner. The last condition alone, least harmful or better innocuous, would satisfy our therapy, because side effects and drug damage are a great problem in Allopathy.

The other conditions can and should be fulfilled, too. If the correct drug has been chosen, it acts reliably and rapidly. Acute diseases heal quickly, no slower than with Allopathy. Chronic diseases need a long time to develop and a correspondingly long time to heal. And here we have the really most important point of para 2, the long term restoration of health, which is laid upon us, particularly with children. With the limitation that the patient may fall ill again because he is exposed again later to the most varied influences, irritant or damages. Treated homoeopathically, he is able to overcome these more easily.

Homoeopathy, of course, has its own limitations which we cannot deny. They are found with every system of medicine. No one system alone can claim the capability of curing and eradicating all the diseases in the world.

#### A BRIEF EXPLANATION OF HOMOEOPATHIC PRINCIPLES

Our method of prescribing is based on the rule that a drug capable of producing certain pathological effects with the consequent appearance of certain symptoms arising therefrom, is capable of controlling and removing identical symptoms when encountered in a sick individual. In other words, what causes symptoms in a healthy human being will cure the same if found in a sick individual. "Everything that can hurt can heal". Similia similibus curentur. (Ref. Francis Manapuram: Medical Service, March-April, 1978).

Homoeopathic dosage is based on the observation that while large doses aggravate these symptoms smaller ones act curatively. This is in accord with the laws of nature governing balance in all things. "The amount necessary to effect any change in nature is the least possible." Action and reaction are equal and opposite.

With the prescription of the correct drug (similimum) selected on the basis of totality of symptoms, and given in the appropriate dosage, we can not only cure gently and permanently the disease which disturbs the patient and which brings him to us; other bodily disorders, which the patient often only notices in passing, are also controlled by the similimum. In particular, the general well-being of children especially improves. This is for us often the most important criterion whether or not we have found the similimum. Further, patients feel better not only bodily but also mentally. As we have repeatedly observed, the patients and especially children become more balanced. Their irritability, depressions, fears or other disturbances gradually become normal. They derive a normal development from homoeopathic treatment, even scholastic performance improves. Thanks to Dr. S. Habnemann, Homoeopathy can give real help to our little patients for their further development, consequently for a healthier human society.

#### CONCLUSION

Thus it is clear that, of all the various systems of medicine, it is only  
(Continued on page 501)

chorea, oxycephaly, hydrocephaly, epilepsy.

Management: Idiots and imbeciles require institutional and community care.

12. *Congenital defects* are club foot, anencephaly, congenital hydrocephalus, spina bifida, meningocele, hare lip, cleft palate, imperforate anus, pyloric stenosis, congenital heart disease, umbilical hernia.

Causes: *Genetic and environmental causes.*

Management: Probably medicine cannot help, so surgical interference is necessary.

#### IMMUNISATION IN CHILDREN

(i) Immediately after birth: B.C.G. vaccination 0.1cc. intradermally.

(ii) 1st & 2nd months: small pox vaccination by scratch method over arm or thigh.

(iii) 3rd month: 1st dose 1 cc. triple antigen I.M. and 1 cc. oral polio vaccine.

(iv) 4th month: 2nd dose 1 cc. triple antigen I.M. and 1½ cc. oral polio vaccine.

(v) 5th month: 3rd dose 1 cc. triple antigen I.M. and 1½ cc. oral polio vaccine.

But latest view of W.H.O. shows that better to give triple antigen at 5th, 7th & 9th month.

(vi) 24th month: T.A.B. 0.2 cc. followed by 0.4 cc. after 2 weeks. Cholera vaccine 0.2 followed by 0.4 cc. one week after and both subcutaneously.

Booster dose: 3rd year and 5th year: 1 cc. triple antigen each + one dose polio oral vaccine.

(vii) 7th year: B.C.G. repetition.

---

#### HOMOEOPATHY FOR CHILD HEALTH

(Continued from page 525)

the homoeopathic system, with its out and out rational principles and thoroughly objective approach, that can fulfil all the requirements and tasks of community medicine and play a most vital role in, trying to save the human race from the various irrationalities of the present day civilisation. For these reasons, we should take a pragmatic view of the country's health problems in the existing socio-economic situations. There is a great potentiality in Homocopathy to provide medical relief to the smallest in the simplest way.

---