

ALLOPATHY AND HOMOEOPATHY

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The two schools of medicine, Allopathy and Homoeopathy look upon disease from totally different standpoints. Allopathy regards disease as a positive material entity caused by the invasion by an obnoxious foreign element, while Homoeopathy looks upon it as a dynamic disturbance of the harmonious relation between the material body and the vital force animating the body.

Disease may be acute or chronic, acute like an occasional simple cold due to exposure to chilly weather or, as is often the case, an acute manifestation of a constitutional taint like repeated colds of a child born of tubercular parents.

Chronic disease does not just happen. It may be caused by an inherited constitutional fault or acquired by reason of the progressive accumulation of toxic matter in the body. Really acute diseases tend to subside by themselves; but it is the chronic diseases which give rise to the bulk of the misery of old sufferers; and if general health of a country is to improve the constitutional defects causing chronic illness must be cured.

How far can Allopathy and Homoeopathy meet this requirement?

ALLOPATHY

Till 1840 medical science was almost in a primitive condition, "a catalogue of follies of medical mankind" and it is only during the following 140 years that phenomenal advancement has been made in medical science. But unfortunately it is concentrated on the use of sophisticated instruments, investigations and diagnosis; there is hardly any progress on the side of cure, permanent cure of chronic diseases.

Allopathy is unique in giving instantaneous relief in acute conditions and in tiding over crises and emergencies; but it is practically helpless in curing chronic illness and is therefore resorting to the knife wholesale. Frequent or constant recourse to palliative measures affording temporary relief, however, leads to loss of precious time when real cure in the initial stages is possible, and the disease then becomes chronic and gradually incurable, often assuming malignancy.

Allopathic palliation has thus become a cause of extensive chronic suffering. The side-effects of allopathic drugs have further given rise to a new class of diseases known as iatrogenic diseases.

Allopathic medicines and treatment has of late become extremely costly and beyond the means of poor sufferers. Initial investigations themselves practically eat up their purses. The drain is there, whether the patients pay or governments by recovering taxes from people.

HOMOEOPATHY

Homoeopathy is the latest medical science. It no doubt avails itself of all the technical, instrumental and scientific methods of investigation and diagnosis used by Allopathy but it has made its own contribution by epoch-making additions to the existing knowledge.

The founder of Homoeopathy, Hahnemann proved that by potentisation an infinitely microscopic dose becomes a million times more powerful, and in place of trial and error and uncertainty he enunciated a definite law of cure indicating a specific remedy for a specific morbid condition; he has thus revolutionised the medical science.

In Homoeopathy, besides the disease individual reactions of the patient to the disease are also considered; and further, in addition to physical indications, mental conditions and sensations are taken into account. Homoeopathy does not treat the patient's main disease alone in isolation but all his complaints in the context of which the main disease has developed.

In regard to medicines, specific medicines are indicated by its law of cure, and being potentised and hence infinitely stronger and deep-acting, they can cure long-standing constitutional deficiencies. This can be done by no other science. It is no wonder therefore that Homoeopathy can cure the worst forms of chronic diseases except where they have reached a stage of incurability. Homoeopathy can nip diseases in the bud and can prevent their further development. Its prophylaxis begins with the foetus in the mother's womb and not when millions of bacteria have already invaded the system.

Homoeopathy accordingly feels the need to use surgery only in those few cases like big tumors in which medicine cannot be useful. It should be noted that *surgery is no cure of disease*; it removes only the result and not the cause of disease which remains and may later give rise to recurrence. Owing to inability to cure organs, organs are being recklessly removed by Allopathy, possibly with adverse effects as no organ is unwanted.

Homoeopathy as science should not be judged by the poor specimens of homoeopaths currently practising as most of them are unqualified, often products of postal courses.

PRESENT POSITION

During the few decades there is a tremendous increase in diseases not merely in number but in their serious nature. Diseases like paralysis and cancer are becoming common. There is now hardly a family free from disease. A few sulphur drugs, antibiotics and steroids are inadequate to meet the formidable multiplicity of diseases. A pessimist may well fear that if the present position continues it may soon be difficult to find a really healthy person; on the other hand malignancy may perhaps be extremely common.

The explanation that more diseases are recognised now is meaningless; paralysis could never remain unrecognised, nor tuberculosis, cancer, lunacy or a host of other serious disorders.

Instead of complimenting ourselves on the number of hospitals opened and money spent on Allopathy, we should judge by the *results* which however are clearly poor, if not disappointing. Mere commonplace, trite lectures on family planning and high sounding expensive disease eradication programmes are of little use. It should be the anxiety and endeavour of every conscientious government and citizen to stop the downward trend in general health. The earlier the governments realise the inadequacy of the present medical science to offer health by reducing disease, the better for the people. The Karnataka State Government has provided during the last few years a paltry sum of Rs. 3 to 5 lakhs for Homoeopathy as against Rs. 4000 to 6000 lakhs for Allopathy. Unani has received Rs. 6 to 13 lakhs. With such treatment there can be no hope for Homoeopathy to thrive in the state and there should then be no need for a directorate or establishment for the sciences.

HOMOEOPATHY UNUTILISED

Although Allopathy and Homoeopathy can play a vital role in improving health, it is most unfortunate that Homoeopathy is not being fully utilised. The reasons are twofold. As a legacy of British rule Allopathy has been offered as the *only system* of medicine during the last few centuries, and people have accepted it as such. Secondly, most of the medical colleges available in the country being allopathic, most of the practitioners are graduates in modern science alone. Thirdly, as authorities in charge of medical departments both at the Centre and in States are allopaths their advice can be in favour of Allopathy alone.

Ministers and other government authorities naturally are influenced by their advice and accept Allopathy as practically the *only medical science* and spend almost 95% of budget on medicine on Allopathy alone. Medicine for governments and for the people at the moment means Allopathy and all discussions, seminars, programmes and proposals in regard to health and disease are limited to Allopathy and Allopathy alone. Do governments, authorities and medical practitioners not know at all that there are other medical sciences, much older like Ayurveda or a thousand times more efficacious like Homoeopathy? A cynic might well wonder whether it is the self-centred arrogance of the profession or gross ignorance of authorities!

Allopathic pharmaceutical firms are exceedingly rich and powerful bodies and they can exert influence in all quarters. But what is most unfortunate for the country is that Allopathy has become too powerful to allow the rise of any other medical science.

Accordingly with thousands of allopathic doctors around us including government advisers, it has been very difficult for a new science to come up, especially where suppression by powerful elements is too strong.

But in any case the result is, apart from the largely disproportionate

expenditure, if not a huge waste of funds, it is the country and especially the chronic sufferers who are the losers.

SUPERIORITY OF HOMOEOPATHY

Nevertheless people, the chronic sufferers, even with a brief experience of Allopathy are slowly realising its limitations and are looking out for an alternative science, especially Homoeopathy. The phenomenal increase during recent years of homoeopathic colleges and homoeopathic qualified practitioners is a sure indication of the trends. What is therefore absolutely necessary, if at all the fast decline in public health is to be arrested and an effort in the opposite direction is to be made, is that Homoeopathy must along with Allopathy be fully utilised and not neglected.

Its medicines are *cheapest, but most efficacious* and a fraction of the expenditure on Allopathy say, one-hundredth, would undoubtedly achieve better and far extensive results. Other State Governments realising this, are taking stupendous action both in regard to popularisation of the science and increase of its practitioners.

In order to encourage and spread homoeopathic education, a number of State Governments like Andhra Pradesh, Uttar Pradesh, Bihar, Orissa and West Bengal have taken over homoeopathic colleges from private agencies for government management so that they could be better financed and equipped and that improved standard of education could be imparted.

A large number of government homoeopathic dispensaries have also been opened in other States like West Bengal (604), Orissa (233), Kerala (158), Andhra Pradesh (113), Bihar (48), Rajasthan (69), Delhi (58), Madhya Pradesh (52) etc., but Karnataka only 5.

It is difficult to understand why some governments, including Karnataka no doubt aware of this, are still carefully avoiding to utilise the science.

HOMOEOPATHY IN KARNATAKA

It is most unfortunate that Karnataka Government has done nothing in regard to homoeopathic education and has only four or five government homoeopathic dispensaries to its credit during the last many years. Except the A. M. Shaikh Homoeopathic Medical College, Belgaum the other colleges are small units and have much leeway to make up. The manner in which the homoeopathic statutory bodies in the State namely the State Homoeopathic Board and the Court of Examiners are functioning is awful and have rather done harm than good to homoeopathic colleges and education. They are facing legal action due to suits and writ petitions against them.

The picture in Karnataka is therefore very sombre; and if at all public health is really to improve, it is not the expenditure which will be a true pointer but decrease in chronic illness; and between Allopathy, Ayurved and Homoeopathy, Homoeopathy alone can stand the challenge best. Any person or corporate body with no previous bias and studying the position

dispassionately and with an open mind may accept this; in any case it may be agreed that results are not commensurate with the huge funds spent on Allopathy.

ACTION NEEDED

The question of national health must therefore be considered as the prime need of the country. First health and then wealth; without health, wealth is meaningless, even long life without health is a curse. Control of disease—chronic ill-health—is accordingly the most urgent problem of the country.

It is, therefore, very necessary that a fresh look has to be taken at the miserable state of our public health, and something out of the routine way must be done to stem the ever-darkening picture of general health.

Government authorities must therefore pause and think and not proceed in the same traditional manner. During the last two to three decades enough damage has been done to people's health and one must cry halt to the slide-down.

The position is clearly due to two factors: (1) one-sided, biased or wrong advice given by allopathic authorities to government and (2) government authorities tacitly following their advice and not applying fresh mind to the problem.

The ministers and other authorities may therefore now make personal enquiries and see what Homoeopathy is doing and can do at the hands of competent homoeopaths. They will then be convinced that in the interest of chronic sufferers and economy in expenditure of public funds, full use of Homoeopathy must be made.

The action to be taken will then be first, in order to provide the requisite machinery, the following steps are necessary: (1) Appointment of an able adviser to government in Homoeopathy as at the Centre, (2) Separate directorate headed by an able homoeopath who is also an administrator, (3) nomination of able experienced homoeopaths on the Homoeopathic Board and the Court of Examiners, and (4) an adequate budget provision for Homoeopathy and its actual expenditure on the science.

Secondly, for reducing diseases by popularisation and maximum utility of Homoeopathy, it is necessary quickly to open government homoeopathic dispensaries and afford genuine and substantial assistance to homoeopathic colleges to enable them to produce able homoeopathic physicians to work side by side with allopaths to mitigate the scourge of disease and improve general health.