

DATA ON WHICH THE HOMOEOPATHIC PRESCRIPTIONS ARE BASED*

DR. PRAKASH S. KUMTA, L.C.E.H. (Bom.), Poona

Prescribing homoeopathically is an art and one which very few physicians can master. Even the most expert among us have had and continue to have failures. A true homoeopathic physician ceaselessly endeavours to master this art. Considering the importance of the art of prescribing in homoeopathic practice, the subject 'Data On Which the Homoeopathic Prescriptions Are Based' carried a great practical significance. Therefore, I hope that this subject will be dealt with, in the discussion, in its right perspective in the Seminar.

When we say 'homoeopathic prescription' it does not only mean the selection of the most similar remedy but also means the selection of the proper potency, selection of the proper dosage and consideration of other factors.

The following points are the main sources of the data on which the homoeopathic prescriptions are based:

- (1) Selection of the most similar remedy based on.
 - (i) the totality of the symptoms,
 - (ii) the strange, rare, peculiar symptoms,
 - (iii) the cause or etiology.
- (2) The nature of the remedy to be tallied with that of the disease.
- (3) Selection of the proper potency by considering.
 - (i) the nature of the disease,
 - (ii) the stage of the disease,
 - (iii) the sensitivity (hyper/hypo) of the patient,
 - (iv) the nature of the drug substance,
 - (v) the similarity of the remedy to the disease picture.
- (4) Selection of the proper dose whether it should be.
 - (i) a single dose,
 - (ii) frequent/repeated doses,
 - (iii) infrequent repetition.
- (5) Past history of the patient: not well since.
 - (i) an acute infection,
 - (ii) a chronic infection,
 - (iii) an injury,
 - (iv) psychic factors,
 - (v) drugs, bad effects of.
- (6) Family history of

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- (i) tuberculosis,
 - (ii) cancer (malignancy),
 - (iii) gonorrhoea,
 - (iv) syphilis etc.
- (7) The remedy relationship—if it is a second prescription or a subsequent one.
- (8) Removal of the exciting cause.

SELECTION OF THE MOST SIMILAR REMEDY

(i) The totality of symptoms: The most similar remedy can be found out from the totality of the symptoms of the patient. I need not expound much on this point as there is no dearth of information on this subject in the homoeopathic literature.

(ii) The strange, rare, peculiar symptoms: Sometimes we come across certain cases, where the remedy indicated by the totality of the symptoms fails to cure the patient but a strange, rare, peculiar symptom presented by the patient *but not covered by the remedy indicated* by the totality, gives clue to a different remedy which cures the patient. For instance:

A lady, 39 years old, married, consulted me on 9.12.1973. She complained of frequent attacks of bronchial asthma since 1968. The attacks were brought on by eating fruits, sour food, bathing on head. Dust, smoke aggravated the condition. Attacks came on towards the midnight. She became very restless, anxious, had to walk about. Breathlessness with cough. Respiration difficult with cough aggravated in the dark. Kept lights on whole night. Had no fear of darkness. Thirst frequent for little quantity of water. Had painful and irregular menses with moderate bleeding.

Had no issue. Had three abortions, all at the third month. She was chilly. Appetite poor. Bowels normal, pulse, B.P. etc. normal. Past history: removal of ovarian cyst (left) in 1967. Family history: not particular.

The totality of this case indicated *Ars. album*. It covered almost all the symptoms except the strange, peculiar symptom 'respiration difficult with cough, agg. in the dark.' *Ars. album*, first in 30th and then in 200th potency, was prescribed without any relief. Later the medicine *Aethusa* indicated by (Kent's Repertory p. 769) the strange, rare, peculiar symptom was given in 30th, 200th, 1M potency with very good result. The lady since then has remained perfectly well.

Dr. Hahnemann in his *Organon*, strongly advocated reliance on the strange, rare, peculiar symptoms for finding the most similar remedy. He says (vide para 153, *Organon*) "The more striking, singular, uncommon and peculiar (characteristic) signs and symptoms of the case of disease are chiefly and most solely to be kept in view; for it is *more particularly these that very similar ones in the list of symptoms of the selected medicine must correspond to*, in order to constitute it the most suitable for effecting the cure."

(iii) The cause or the etiology: This is an important factor to be con-

sidered while making a prescription. Many times we see that the appearance of the symptoms in the patients is directly related to a certain definite cause such as sprain after overlifting, sudden high fever after exposure to dry cold winds or severe headache after exposure to sun heat etc. *

THE NATURE OF THE REMEDY TO BE TALLIED WITH THAT OF THE DISEASE

This is very necessary because sometimes we do find that a remedy selected on the basis of the totality of the symptoms does not have in its nature the capability of producing certain set of symptoms presented by the patient. In such cases we cannot expect that remedy to cure the case because what the remedy cannot cause it cannot cure it.

The following case will make this point clear:

A fair and beautiful girl aged 17 years comes for the treatment of an ugly looking wart on her chin and other complaints. The wart is round, brownish in colour, rough, slightly bigger than the size of a pea and has a growth of a few hairs on it. It is situated on the chin about 1cm below her lower lip. She is a shy and nervous type, has fear and anxiety at night. She has (abnormal) desire for light, becomes nervous and restless from heat and before menses. Has aversion to reading. She also has spells of chills with sensation of heat in the ears, crackling noises in the ears. Has sensation of skin hanging in the throat. Appetite and thirst normal. Bowels normal but gets profuse perspiration after stool. Menses normal. Has no particular past history. Family history: mother has similar but smaller warts on her neck.

This case when studied from the Kent's *Repertory* will indicate on the totality of the symptoms Aconite as her remedy. Aconite may possibly remove most of her complaints except her main complaint, the ugly wart. Because Aconite does not have in its nature the capacity to produce warts in the healthy human beings neither has it been noted anywhere in the clinical experience. So the Aconite will not cure the case even though it is indicated by the totality of the symptoms.

Therefore, it is necessary to tally the nature of the remedy with that of the disease. Simply considering the totality of the symptoms will not be helpful in such cases.

SELECTION OF THE PROPER POTENCY BY CONSIDERING

- (i) The nature of the disease:
 - (a) If the disease is of a chronic nature—high potency.
 - (b) If the disease is of an acute nature—medium to high potency.
 - (c) If the suffering is intense—high potency.
 - (d) If the suffering is mild—low potency.
 - (e) If the disease is of a general, i.e. affecting whole patient—high potency.
 - (f) If the disease is of a local nature—low potency.
 - (g) The more prominent the mental symptoms the higher the potency.

- (h) More of the physical symptoms—low to medium potency.
- (ii) The stage of the disease:
- (a) If the disease is at the functional stage—high potency.
- (b) If the disease has reached the pathological stage—low to medium potency.
- (c) The grosser the pathological and organic changes the lower the potency.
- (iii) Sensitivity of the patient:
- Hypersensitivity—low to medium potency.
- Hyposensitivity—medium to high potency.
- (iv) The nature of drug substance:
- (a) If the drug substance from which the medicine is prepared, is an inert substance such as Carbo veg., Nat. mur., Lyco. etc.—usually medium to high potencies are used.
- (b) If the medicine is a nosode (prepared from the diseased products) it is advised to be given in high potency.
- (v) Similarity of the remedy:
- The more the similarity of the remedy to the disease picture the higher the potency.

SELECTION OF THE PROPER DOSE

- (a) Single dose—in chronic disease, in hypersensitive patients.
- (b) Frequent/repeated doses—in acute and intense cases.
- (c) Infrequent repetition—in chronic diseases, hypersensitive patients.

PAST HISTORY OF THE PATIENT

Not well since:

- (i) An acute infection: When prolonged illness follows an acute infection, the nosode of acute infection can be invaluable.
- (ii) A chronic infection: When there is definite past history of tuberculosis and/or venereal disease, consideration of an appropriate nosode will be necessary.
- (iii) Injury: When a particular condition has resulted from an injury or for the aftereffects of an injury it is worthy of consideration of certain group of remedies, as for example for the aftereffect of head injury, we can think of Arnica, Cicuta, Hypericum, Nat. mur., Nat. sulph, etc.
- (iv) Psychic factors: Many times in our practice we get clear history of a complaint starting from sudden fright, grief, disappointment in love or other emotional upset. In such cases the list of remedies clinically associated with such precipitating causes found in Kent's *Repertory* and elsewhere may be valuable in giving confirmation to an individually chosen remedy.
- (v) Drugs: If the history strongly suggests that present condition of the patient is due to the extensive or indiscriminate use of drugs—allopathic (antibiotics etc.) or otherwise in such cases appropriate antidotal measures are found to be very necessary.

FAMILY HISTORY

If there is a strong history of tuberculosis, malignancy, gonorrhoea or syphilis etc. in the family the appropriate nosode deserves consideration.

In this regard Dr. Kent, in his lesser writings, says "Children may be born of sycotic, where one or both parents are afflicted with gonorrhoea, such children are likely to have cholera infantum, marasmus—pinning children. I have watched these cases and have often found Medorrhinum the only medicine which will save the lives of these little ones."

So, due consideration to the family history is necessary while prescribing homoeopathically.

REMEDY RELATIONSHIP

Consideration of this point becomes necessary when a second prescription or a subsequent prescription is to be made, as the remedies are known to have complementary, inimical, antidotal etc. relations with each another.

REMOVAL OF THE EXCITING CAUSE

Though this point is not directly connected with the prescribing, it has to be considered carefully because if the exciting cause is not removed, even the best prescription will miserably fail to relieve or cure the patient.

We have considered the necessary factors and the method of investigating them to arrive at the needed data on which the homoeopathic prescription is based. It should, however, be kept in mind that most of the factors mentioned above require personal experience and judgment and individual knack of extracting the necessary information from the patients. For this reason, in the beginning of this paper I have said that prescribing homoeopathically is an art.

SUMMARY

A homoeopathic prescription is based on the data collected intelligently from the following sources:

1. Selection of the most similar remedy.
2. The nature of the remedy to be tallied with that of the disease.
3. Selection of the proper potency.
4. Selection of the proper dose.
5. Past history of the patient.
6. Family history.
7. The remedy relationship—if it is a second prescription or a subsequent one.
8. Removal of the exciting cause.

REFERENCES

1. Clarke, J. H.: *Dictionary of Practical Materia Medica*.
2. Foubister, D. M.: *The Significance of Past History in Homoeopathic Prescribing*.
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