

**A HAND BOOK OF**  
**USEFUL THOUGHTS**  
**ON**  
**HOMOEOPRACTICE**  
**AND**  
**DISEASE TERMINOLOGY**

by

**DR. T.P. CHATTERJEE**

M.A., M.Sc. (Cal. Univ. Medalist), R.M.P. (Hom.)



**B. Jain Publishers Pvt. Ltd.**

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***Author of :***

**Fundamentals of Homoeopathy and Valuable Hints for Practice.  
High-lights of Homoeo-Practice. My Memorable Cures.  
My Random Notes on Some Homoeo-Remedies.**

*- FORE WORDED BY -*



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*Note from the publishers*

*Any information given in this book is not intended to be taken as a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified practitioner or therapist.*

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*Dedicated*

*to*

*The most respected and glorified  
Late Gurupriya Didi Ji, the life-long  
companion of Shree Anandmayee Ma,  
The Universal Mother.*

## FOREWORD

It was perhaps the famous English essayist Thomas Carlyle who beautifully put forward an argument that all men of genius and excellence in any field possess the essential qualities of a hero. It is not the profession or the field which matters. The same person could achieve excellence in any other field given the opportunity. Most probably, it is this fact which was responsible for producing some of the very good scholars and prescribers in homoeopathy in yester years. People engaged in professions like law, education, military, administrative services, audit, etc. who had the capacity to make a mark in their own field turned out to be good homoeopaths once their energies and faculties were directed to this discipline. A number of such examples must be in the know of many homoeopathic students, as evidenced by a number of classical homoeopathic works written by such illustrious professionals. This tribe is unfortunately getting extinct, mainly because the Central and State Legislations in India have restricted entry into the profession to graduates from homoeopathic colleges. Dr. T.P. Chatterjee M.A., M.Sc. (Calcutta University medalist), now 82, belongs to that vanishing tribe. Having served in the Central Government in a good non-medical position as Deputy Secretary to Government, he turned to homoeopathy with fevour and zeal and utilised the best of his faculties in its study and practice. One of the rare traits which he exhibited in this field was the keeping of notes of his cases in a detailed and systematic manner. The result came out in the form of four books, though

**small in size, yet authentic in their presentation. These books were:**

- (1) Fundamentals of Homoeopathy and Valuable Hints for Practice.
- (2) Highlights of Homoeo-Practice. „
- (3) My Memorable Cures.
- (4) My Random Notes on Some Homoeo-Remedies.

The present book which is perhaps the last one from his valuable record is a compilation of the aide memories, a sort of scrap book culled from his vast readings meant for his own use in his practice. These cover a number of miscellaneous topics which a general practitioner usually comes across in his work. This by itself is not something new and unusual. Almost all the practitioners keep such notes. What is notable in this compilation is that Dr. Chatterjee's notes are usually very distinctive and not common place. With his perceptive mind even such routine topics as measurement of Blood Pressure, Sleep, Vitamin C, etc. appear to present something important and distinct. These short paragraphs are the quintessence of the recorded impressions of a very pragmatic and intelligent mind. I am sure, every homoeopath whether new or old will definitely find something of real value in these jottings, some serving to refresh his professional studies, others throwing a new light on a less known subject, and still others providing some useful pointers in practice. I feel immense pleasure in commending this latest *effort* of Dr. Chatterjee to the homoeopathic fraternity.

**Dr. H.L. Chitkara**

*16th Oct. 1990  
B-1/24, Malviya Nagar  
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India.*

## **PREFACE TO THE SECOND EDITION**

This book was originally designed as a reference book drawing attention of the prescribes to the essential aspects of homoeopathic theory and practice and was first published in 1991. Unfortunately however, this edition contained a number of printing mistakes. Opportunity has been taken not only to correct the printing mistakes but also thoroughly revoke the edition as to help the procedure more usefully as a reference book in regard to the fundamental aspects of homoeopathic theory and practice when needed. The author would, indeed, be glad to see this purpose being fulfilled. The excellent 'Foreword' by the eminent Dr. H.L. Chitkara is left untainted in this edition also, as it is equally applicable to this edition as well.

I unquestionably express my sincere gratefulness to the world famous publishers, B. Jain Publishers (P) Ltd. of Chuna Mandi, New Delhi, whose services in propagating the cause of homeopathy by publishing all types of homoeopathic books at cheap rates, have already been commended by World Body and who have published all my books on homeopathy and have kindly consented to publish the revised edition of this small pamphlet. I owe a lot to them. May they prosper by the universal Mother's Grace!

*Glory to the Universal Mother!*

T.P. CHATTERJEE

*26th August, 1994  
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India*

## **PREFACE TO THE FIRST EDITION**

There is visible sign of growing interest in homoeopathy among the modern practitioners amongst whom, quite a number of them have ultimately adopted this sole art of wholistic approach by prescribing potentised homoeopathic medicines for the cure of diseases treated by them. It is needless to be mentioned that the basic principles of homoeopathy have been beautifully laid down by Dr. Hahnemann in his various Aphorism, the inviolable truths, that have withstood the test of time. These are discussed by him in his "Organon of Medicine", long before any body could think of such revolutionary changes in the art of treatment with simple potentised medicines. His book now forms the Bible of homoeopathy. Every physician understands and recognises that there is an intimate relation in each individual of spirit, mind and body, and the relationship of that individual with the immediate environment, fellow beings and the cosmos in general. This is true in the case of both modern practitioners and homoeopathic practitioners. However, it has been found that there exist in both these types of practitioners some misunderstandings in regard to homoeopathic theory and practice and also in terminology used in this wholistic approach. This handbook has been especially designed to enlighten them in essential aspects of homoeopathy more as a reference book, in times of need, with helpful suggestions of homoeopathic theory and practice. Thus, it begins with case-taking, the most important and vital step, where carefulness and keen observation while recording the symptoms, can bring sure success to the prescriber. Any lacuna at this stage will land him in failure. While the important principles of homoeopathic practice have been given, attention has been drawn to the dangerous potencies which, if prescribed, may cost the life of the patient. Consideration has been given to important topics



like constitutional remedy and treatment of certain difficult "diseases such as, Nephritis, Cervical Spondilitis, Kidney Stone, Bladder Stone and Renal Colic, Cirrhosis of Liver, Breast Cancer, Rheumatic Fever etc., has been included. There is a comparative study of Dr. Kent's, Dr. Boenninghausen's and Dr. S.R. Phatak's methods of treatment. A very useful paragraph on measuring blood pressure, about the pitfalls of which only a few physicians are aware, has been given. The causes behind some of the important diseases, based on the most recent research findings have also been incorporated. The roles of Dopamine in Schizophrenia and Parkinson's disease have been brought out. The killer disease AIDS and Immunology have been included. The effect of Adrenaline and Noradrenaline on mind has been mentioned. The evolution of constitution has been discussed and the parameters determining a constitution have been given. Some of the disease terminology in common use have been defined and the normal blood constituents have also been described to help understanding of a case. In short, the Handbook has been so designed as to be a companion book for prescriber including the experienced.

The matter included in the Handbook do not bear any interse relation and, so, the paragraphs have to be numbered for facility of reference. The contents include the subject-heads in detail, so as to serve the purpose of Index as well. Though there may be one or two paragraphs like constitutional remedy containing my own version on the subject and personal touches in most of the other paragraphs. I take no credit except as a compiler by incorporating the notes kept in my record book for personal use, lest they are lost in eternity. So, no reference can be found except in a few cases, where such references have been kept. While I deeply regret this, I express herein my sincere gratitude to the various authors, contributors in journals and research workers, whose writings form the basis of my compilation. It is only through the grace of the Benign Mother Shree Shree Ma Anandamayee that even in this very old age, I have been able to complete the book. I shall be very happy, if the Handbook fulfils

the purpose for which it has been compiled.

I am grateful to Dr. H. L. Chitkara, B.A. (Hons.), D.H.S., the Resident Editor of the Homoeopathic Heritage, for his kind "Foreword" which has enriched this little compendium-an humble attempt to help my homoeopathic colleagues in his day-today practice. My indebtedness to him knows no bound. And I would be failing in my duty at this old age, if I do not record my sincere gratitude to him. I recall with great pleasure that he was one of the key friends who baptised me in homoeopathy and extended all help to make me a Registered Homoeopath. I can dare say that but for him, I would not have become a practicing homoeopath, contributing in my humble way my thoughts and experience in homoeopathy to the already rich literature on the subject. It would be belittling him to say only that his is a well known name in the practice world of Delhi, having a very large clientele to attend to. He has excelled in other important assignments which keep him busy almost throughout the day. It is really a wonder how with these heavy engagements he could find time to go through this humble work, and, that too so carefully, that no spelling mistakes of mine in the Author's copy escaped his notice. It is, indeed, a God's blessing and Mataji's "Kripa" that I have the fortune to possess a friend like him who always be-friended me in times of need with a smiling face. I have hardly seen a more sober, patient, gentle in approach, kind and honest practitioner. May he live long and healthy. He is a real asset to homoeopathy. God bless him.

I must also mention the commendable services rendered by my Publishers, the well-known B Jain Publishers (P) Ltd., by publishing all my books written earlier and I remain grateful to them for undertaking to publish this Handbook. May God also bless them.

*25th Oct. 1990.  
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New Delhi-110 057  
India.*

T.P. CHATTERJEE

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**A HANDBOOK OF USEFUL THOUGHTS  
ON  
HOMOEOPRACTICE AND DISEASE  
TERMINOLOGY**

Case-taking is an integral part of homoeo-practice. The prescriber should be unbiased. Experience and the power of keen observation form the essential prerequisites of careful case-taking. The more one is conversant with the Materia Medica, the more capable is he to take down cases, leaving out the nonessential portions of the patient's version. Half the work of analysis is done by careful case-taking.

2. A disease is nothing but disequilibrium of the vital force and symptoms are its expressions. A cure is the *restoration* of the vital force to its original state of dynamic equilibrium.

3. The four pillars of homoeopathic treatment are:

- (i) *Subjective Symptoms* : Symptoms felt and expressed by a patient.
- (ii) *Objective Symptoms* : Visible signs noted by the physician.
- (iii) *Mental Symptoms* : Refer to the mental state of the patient such as irritability, restlessness, delusions, fear etc.
- (iv) *Miasm* : This is a sort of taint, hereditary or acquired, lying dormant in a human system but is reactivated by circumstantial pathogens and helps to bring about the diseased state of the vital force. The important miasms to reckon with are Psora, Sycosis, Syphilis and Bacillus Tuberculosis.

4. A symptom is said to be complete, if it has full information regarding (a) location, (b) sensation and (c) modality. A concomitant or an alternating symptom often brings about cure, particularly if it is of peculiar, queer, rare or strange variety (PQRS type).

5. A progressive disease, whether acute or chronic, has a fundamental cause, a precipitating cause and a maintaining cause. It is vital to remember them while treating a case.

6. The golden rule of Homoeopathy is the *Totality of characteristic symptoms cum miasm*. The importance of mind should never be lost sight of in the quest for Totality.

- (a) Mental blocks, miasmatic blocks and other obstacles to recovery, whether internal or external, must be removed by proper treatment, before a permanent cure is expected.
- (b) Observation during attack of a disease is most important for prescribing medicines.

- (c) If a person has a well marked mental symptom of a drug and a well-marked absolute symptom of other drugs, the drug with mental symptom takes precedence over the other.

7. A mental concomitant in a physical disease or a physical concomitant in a mental disease determines the prescription sometimes, for example, suicidal tendency with asthma, gastric irritation in a depressive psychosis.

8. Diabetes is not the result of deficiency of production of insulin by the body but the lack of its absorption by body-tissues due to fibrin deposition in them. A homoeopathic remedy that stops fibrin deposition will cure diabetes, after taking into account the Totality of symptoms. Usually, diabetic drugs help when given along with the constitutional remedy.

9. Every physician should have at command 30th, 200th, 1M, 10M, 50M, CM, DM and MM potencies made carefully in Centesimal scale. From 30th to 10M will be found those curative powers most useful in very sensitive women and children. From the 10M to MM all are useful for ordinary chronic diseases in persons not so sensitive. In acute diseases, 1M and 10M are most useful (Kent, Lesser Writings).

10. Potency 30th is for general use. Unintelligent, low potency. Children can tolerate high potency. Aged persons require medium potency. In serious chronic cases, deep-acting remedies are required. For example, Tub in T.B., Kali-c in gout, Psor in asthma. Diseases of psychic origin will require 10M and higher potencies. Obesity CM, Oedema IM, Paralysis 1M, Piles 200, Pleurisy 12, Pneumonia 30. It has also been found that 200 and 1M work wonderfully even in acute cases and emergencies. In stubborn, chronic pathological conditions, 3 or 6 can be repeated daily for weeks with gradual cure of the troubles, e.g. diseases of cancerous type. Etiologically indicated medicines work best in high potencies, so also the nosodes. But streptococcus rheumaticus work wonderfully in 30th potency. In acute cases, where Ars and Lach are to be used, their potency should not exceed 30. Lach. is worse by alcohol.



11. Never prescribe a chronic remedy during an acute exacerbation of a chronic malady. This will needlessly aggravate the sufferings of a patient. In such circumstances, a more superficial remedy corresponding to the immediate modalities, e.g. Bry. in a Nat-mur. case, Bell, in a Calc. case etc., should be used.

12. If the cure is to be permanent, the disappearance of symptoms, in the course of treatment, should obey Hering's law:

- (a) From above downward,
- (b) From within outward.
- (c) Disappear in the reverse order of their original appearance, with patient feeling better in his mind.

13. *Dangerous Potencies* : They are : *Apis* 200 and above. *Glonoine* very low potency, *Ars3* for heart patient. *Dig.* and *Op.* for bedridden patient, *Calc.*200 for heart patient.

14. Suspected T.B. patient should not ordinarily be given *Sulph.*, *Sil.* or *Phos.*, as these will aggravate the case.

15. Progressive muscular atrophy starts by making the thumbs thinner. Then it attacks arms and shoulders and, by and by, all muscles are involved making the body look like a skeleton.

16. *Gastralgia* is the paroxysm of pain in epigastrium without any demonstrable gastric lesions. While gastritis is the inflammation of the mucous membrane of the stomach, there may be pain, tenderness with sudden rise and fall of temperature. Vomiting gives relief.

17. Catarrhal rales are heard in bronchial tubes. They are produced in alveoli of bronchial tubes when air passes through them, moistened by secretions. Certain types are recognized and they are:

- (i) *Fine rales.* These are produced in alveoli of bronchial tubes and are heard only at the last part of deep inspiration. Examples are : Congestion stage of Pneumonia, Pulmonary T.B., Oedema of lungs. Crepitations are fine rales in alveoli.

- (ii) *Medium rales. Such rales are produced in small bronchi, heard both at the last part of inspiration and first part of expiration.*
- (iii) *Coarse or bubbling rales.* These are produced in larger bronchi, *heard during inspiration and expiration.*
- (iv) *Ronchi or dry sounds.* They are produced when air passes through constricted, partially occluded or spasmodic bronchi. Examples are high-pitched sounds in smaller bronchi; sonorous, low-pitched sounds in bigger bronchi; medium-pitched sounds in medium-sized bronchi.

18. Arthritis :

- (i) Arthritis indicates painful inflammation of a joint.
- (ii) Rheumatoid arthritis is a condition with stiffness, tenderness and pain in various joints, leading to flexion deformities of big joints such as knees, shoulder joints, elbows, fingers etc. The *smaller joints* of the hands and fingers are affected first with osteophytes at interphalangeal joints.
- (iii) Arthritis deformans. Same as rheumatoid arthritis.
- (iv) Osteoarthritis. Hypertrophic degenerative diseases affecting cartilages of the joints. Begins by affecting one large joint such as hip or shoulder and spreads to knees and other joints. Hypertrophy is the increase in volume of a tissue or organ produced entirely by enlargement of existing cells.

Do not give Kalic-c. in cases of advanced arthritis'. Rheumatic patients feel better by dry heat but gouty patients feel better by cold, cool compresses and by movement. Gout is caused by an excess of uric acid in the blood being deposited as injurious crystals in the joints, producing intense pain.

19. Neurasthenia is exhaustion with irritability of nerve centres, while neuralgia is a disease of the nervous system manifested by pain along the course of some particular sensory nerve. Pain may be paroxysmal or continuous.

20. Paranoia is a mental disorder marked by well-systemized delusions of grandeur and persecution.

21. Arteriosclerosis is hardening of arteries, while Atherosclerosis is progressive, narrowing of coronary arteries and their branches through build up of fatty deposits (mainly effect of fatty acids and cholesterol normally present in blood and body-tissues), affecting supply of oxygen, water and nutrients to heart.

22. Spondylitis is inflammation of vertebrae. Rheumatoid spondylitis is a condition of insidious onset, occurring mostly in males of 20 to 40 with pain and impairment of movement of the sacro-iliac, inter-vertebral and costo-vertebral joints. While spondylosis is a condition marked by narrowing of the intervertebral spaces and lipping of the vertebral bodies, impinging on the nerve roots, causing pain.

23. A fundamental step in homoeopathic prescribing is to allow the symptoms to become *stable*. Then select a simillimum on Totality basis, matching the symptoms of the patient on as similar basis as possible, with those of the remedy as given in the Materia Medica.

24. After the first prescription of a homoeopathic simillimum, sufficient time should be allowed to pass so long as it acts beneficially. Any interference at this stage will be at the risk of cure of the patient and complication of the disease he is suffering from.

25. Besides the present symptoms, several factors come into consideration before a remedy is selected and these are :

- (i) Heredity.
- (ii) Past diseases suffered by the patient.
- (iii) Family background.
- (iv) Chronic or any dangerous diseases suffered by the parents and blood relations.
- (v) Defence mechanism of the body.
- (vi) Constitution.

26. For a success, a prescriber should be able to visualise the constitutional and clinical problems of the patient in the context

of his psycho-biographic history as reflected in his case records, synthesise them carefully to bring out his unquestionable identity and work on this material to give him the curative treatment that he needs.

27. A disease falls into two parts : (1) Central Disturbance and (2) its spread to periphery. What the prescriber is to cure is the Central Disturbance. The Central Disturbance has four facets : (1) Mind and Emotions (psycho), (2) Neurological (sensations of the nervous system) with cravings, aversions and modalities, (3) Endocrine system covering sexual functions, pituitary (growth), thyroid (obesity) and other metabolic disorders, (4) Immunology (infections, septic conditions etc.). All these facets act together in causing Central Disturbance. A prescriber has to choose the fundamental one responsible for the Central Disturbance and act upon it to start with.

28. Human system is not a mere gross anatomical structure. It is a bundle of energy emitted by numerous living cells and complex substances like hormones. There is continuous balance between the energy used up and energy generated by the living cells of the body and this balance is disturbed with the progress of age, more energy being consumed than what is generated till the body is wasted, though very slowly and almost unnoticed, when death sets the matter at rest.

29. Only characteristic symptoms are considered in determining the simillimum. But where these are absent, medicine can also be prescribed on the basis of persistent particular symptoms. A particular symptom of the PQRS variety determines the case often. For curative purpose, especially in chronic conditions, general characteristic symptoms should not be ignored.

30. A prescriber should check the onslaught of a disease in the functional stage, before it manifests into a structural clinical entity.

31. Snapshot prescribing is a dangerous tool in the hands of beginners. Only experienced prescriber can take recourse to this, being already equipped with the basic knowledge and fully con-

versant with the *Materia Medica* in all the *inter se peculiarities* of the remedies presented therein.

32. In chronic cases, the constitutional or deep-acting remedies should be prescribed along with nosodes as intercurrent remedies. But when the chronic disease takes the form of acute manifestation, then the acute of the simillimum or constitutional remedy should be chosen.

33. Exostoses are abnormal growths of bones. Such growths can take place at any part of the body-bones, more frequently at cheek bones, forearm, ribs, fingers, os-calcis.

34. Do not open a case with *Lach.* 200. It brings in immediate aggravation. Begin with its 30th potency.

35. It is *not* sufficient to know the present symptoms only. The prescriber must know how the life of the patient was, and this is possible only when he knows, in significant details, the patient's psychobiographic history. It is then alone that he can find the right simillimum for the patient. *Merked* mechanical fitting of the patient's present symptoms with the help of a Repertory will land him in failure. Success will be his, when he is able to correlate the patient's psycho-biographic history with the totality of the present characteristic symptoms, after assessing the importance of each such symptom in the light of the history.

36. While prescribing for psychic/mental disturbance, it is essential to investigate into and study the symptoms relating to the body (somatic symptoms).

37. There are four stages in the process of cure and they are: (1) Action, (2) Reaction, (3) Adaptation and (4) Curation. When the simillimum is administered, the action, in the absence of miasmatic block, begins at once and is followed by reaction. It is at this stage that aggravation, in certain cases, is noticed. Aggravation is really the result of the struggle of the vital force to throw out the disease after being strengthened by the stronger potentised medicine. The adaptation stage starts in the process of this revitalization of the vital force and the disease symptoms fade out in the curative stage according to Hering's law of cure.

38. A constitutional curative medicine is really a deep-acting remedy but it is not, at the same time, the appropriate miasmatic medicament. The constitutionally curative medicine is miasmatic only when it corresponds to the similarity of the case and chosen in accordance with the topical symptoms. It is the medicine that corresponds to the *personal history* of the patient and his family representing the total sum of the symptoms of the familial and personal past, which give the information of the miasmatic remedy, or the pathologic modality which has taken the energy waves of the vital dynamis. When the constitutionally curative medicine is found in this way, then one has found the *appropriate homoeo-miasmatic remedy* and not merely the constitutional remedy. Thus, the constitutional remedy is the homoeo-simillimum cum appropriate miasmatic remedy. Such a remedy has very wide uses both as curative and preventive remedy and also as an invigorating agent of the simillimum selected for a patient. It has *only beneficial action and* no reaction. Obviously, a constitutional remedy for 'X' patient is not expected to be the same as that of 'Y'—patient. It should be given in high potency not below 1M, keeping in view the age and susceptibility of the patient. I in lower potency, not below 200, it acts as a sustaining medicine and helps the acting medicine to hasten the process of cure, as already hinted above. It is equally productive in acute, chronic and relapsing cases.

39. In the preparation of constitutional medicine in a particular case, factors that have to be taken into account are:

- (i) Particular miasm, diathesis, dyscrasias,
- (ii) Temperament.
- (iii) Response to heat, cold, changes of weather and seasons.
- (iv) Age and special stages of life, like childhood, adolescence, youth, middle age, old age.
- (v) Means of livelihood.
- (vi) Appearance.
- (vii) Susceptibility.

The homoeopathic totality of these factors will determine the constitutional medicine in a particular case, when considered along with the characteristic symptoms of the case.

40. The question of birth control is an anomaly in homoeopathy which is based on individuality of the patient, though it has succeeded in a few cases because of their own peculiarities and special nature.

41. Adrenalin and Noradrenalin have very great influence over the mind. Their imbalance brings in complexes in human mind. Thus, there is fear complex when Adrenalin is more produced and aggressiveness, when Noradrenalin is more. Patient's aggressive behaviour at home with their children is responsible for children's aggressive behavior, later outside home.

42. Drugs which produce desire for beer and those which cause odorless flatus are, at the same time, the remedies for liver, e.g. *Phos*, *Sulph*, etc. Arms crossed over head in the sleep-position usually indicates liver problems.

43. No coffee before or after *Bell*, is prescribed. It will lead to violent aggravation. Similarly, there are other foodstuffs and acids which have proved inimical to certain homoeo-remedies. *Bell*, does not agree well with vinegar. Other examples are : whey with *Arum-t*, alcohol with *Crot-h.*, *Cupr.* with sugar, sweets with *Ign.*, tea with *sulph.*, *Ant-t.* and *Arg-n.* with milk, etc. Coffee affects most of the medicines.

44. In tepertorisation, one has to consider :

- (i) Time of aggravation.
- (ii) Condition / circumstance of aggravation / amelioration.
- (iii) Prominent general symptoms.
- (iv) Prominent particular symptoms with their locations.
- (v) Prominent / most outstanding mental symptoms.
- (vi) Prominent peculiar or rare and strange symptoms.

**45. Kent's method of recording cases :**

- (i) Mental Symptoms.
- (ii) Physical general symptoms.
- (iii) Particular symptoms or symptoms of parts, organs etc., each showing (a) location, (b) sensation, (c) modalities as to aggravation / amelioration.
- (iv) Peculiar, unusual, strange, rare and most striking symptoms.

46. Dr. S.R. Phatak's method of treatment:

- (i) Causative factors.
- (ii) Modalities.
- (iii) Concomitants.

**Less importance to :**

- (iv) Mental symptoms and particular symptoms, unless they are very prominent and strange.

**Also less importance to :**

- (v) Desires, aversions and thirst, unless the symptoms are very marked.

**47. Boenninghausen's method of treatment:**

- (a) Location.
- (b) Sensation and modality of recorded symptoms except mind.
- (c) Concomitant.

48. Mind has been given the pride place it deserves and proved by researches. Even, there are homoeopaths who treat patients only on the basis of symptoms of mind. Kent has given priority to mind and so Kentian method of treatment generally gives better results.

49. Some terms are defined below to remove any misconceptions :

- (i) *Pathology* : Scientific study of the alterations produced by disease.



*Physiology* : Science dealing with the functions of various parts and organs of living organism, particularly human beings.

- (iii) *Anatomy* : Science dealing with the form and structure of human beings.
- (iv) *Antibody* : A protein produced in the body in response to stimulation by an antigen and reacting *specifically* with it.
- (v) *Antigen* : A substance of protein origin, foreign to the blood-stream, stimulating formation of a *specific* antibody.
- (vi) *Histadine* : A naturally occurring amino-acid.
- (vii) *Histamine* : A decomposed product of histadine formed in the intestines and found in most body-tissues or produced synthetically. It causes deflation and increased permeability of capillaries and stimulates gastric secretion, visceral muscle contractions.

50. Renal failures : A blood examination report will show : Sodium phosphate (++) , PH acidic, falling of calcium level, nitrogenous wastes such as urea, NPN retained, increased acidosis, renal anorexia (less oxygen in blood), more renin leading to hypertension, crystalloids such as of Sodium, Chlorine, Potassium (++) . Retention of Potassium is dangerous, as high level of this may cause heart to stop. Allo-drugs like Tetracyclines, Adrenal steroids and Sulphonamides should be avoided.

51. Splanchnic neurasthenia (Neurasthenia pertaining to viscera of the abdomen). Symptoms are

- (i) All gone feeling in stomach when empty, with intense hunger, entirely relieved and promptly so by eating.
- (ii) In spite of good breakfast, the distressing sensation of the stomach would return regularly at 11' O clock in the forenoon and sometimes at 5' O clock in the afternoon.
- (iii) Smarting anus after stool, though normal.

- (iv) Restless sleep with frequent waking.
- (v) Mental concentration difficult.
- (vi) Irritability of temper.
- (vii) Increase of thirst.
- (viii) Sometimes hunger at night, awakening the patient.

*Phos* is the remedy. One dose of *Phos 50M* is expected to cure.

52. Heart failure : Presence of protein, a few red cells and granular casts in urine indicate, congestive heart failure. Dr. Fortier Bernoville has recommended treatment with (i) Cardio-tonics and diuretics, (ii) Constitutional remedies and (iii) Functional remedies after individualizing each case. Materia Medica give a number of medicines for dealing with such cases. But in a developing crisis, a simple biochemic mixture has proved very useful with symptom-complex of slow and almost imperceptible pulse, great weakness, low B.P. with dull pain behind sternum and difficult breathing. The mixture is combination of Calc-p, Kali-p, and Nat-m, all in 6x potency. Five tablets of each constituent have to be taken and dissolved in an oz of hot water, two teaspoonfuls given every 5/10/15/30 minutes till the crisis is over, this has proved to be an infallible remedy. Heart, once damaged, never returns to its normal state of working. Intelligent management only helps to prolong the life-span.

53. In all cases of neuralgia, a single dose of the simillimum should be given and allowed to act for a month. This is the general rule. A premature repetition of the remedy will always provoke aggravation of the pain. Only low potencies, i.e. upto 30th should be prescribed, 6th being preferable.

54. Chronic nasal catarrh responds well to a remedy like *Kalis* or *Kali-c* in a low potency such as       repeated for a few weeks.

55. Border-line heart cases should be treated with 3 parts of *Crataegus Q* plus 1 part of *Cactus Q*, 5 drops in a little warm

water, thrice daily till improvement is noticed. The patient has discomfort in heart and feels miserable for every heartbeat. He may have high and / or frequent low B.P. If he takes extra salt, *Nat-m* 200 may be used as intercurrent remedy.

56. Pneumonia in children is successfully treated with *Aeon* and *Phos*. Generally, *Phos* works wonderfully after *Aeon* for a cure. When children are brought after a course of antibiotics, these cases are tough and trying. An intercurrent dose of *Penicillin* 200 or *Hep-s* 30 helps. One should also look for *Nat sulph* and *Thuja* for similar constitutional reasons that hinder a quick reaction or cure. When absolutely sure about pneumonia, *Phos* 200, 3, 4, 6 hourly till at least 6 hours after temperature returns to normal, will abort most cases and act quicker than antibiotics without stomach upset. But it is dangerous to play with high potency on an infant with acute lung infection.

57. In treating ladies, the menstrual state is very important. Of first rank is the general aggravation of symptoms *before*, *during* and *after menses*. Then one may consider *early*, *late* or *excessive* menses, when there is no evidence of polypus, fibroid or menopause to account for it. In dysmenorrhoea, if *Mag phos* palliates *Tuberculinum* should be given to cure it.

58. Psoriasis is a difficult disease to treat. *Gunpowder* has proved very successful even in obstinate cases which have not yielded to *simillimum*. *Gunpowder* 200 should be prescribed twice daily for 3 days with an interval of 2 weeks. Four to six such courses may be necessary. If still persists, it should be followed by *Gunpowder* 1M twice daily for 3 days with an interval of 20 days. Where necessary, four to six such courses may be prescribed. The main indications are resistance to treatment with indicated homoeo medicine and extensive lesions. It is **anti-psoric**, **anti-syphilitic** and **anti-sycotic**. *Thuja* and *Hep-s* are its complementary.

59. *Tub* 1M is the remedy for body derangement after frequent use of antibiotics.

60. Blood pressure is now a widely prevalent disease. Its accurate measurement is necessary before its treatment is undertaken. Below is given an accurate method of measuring B.P. :

*Size:* Average bag should be **12 to 14 cm** wide. For children, smaller cuffs should be used and larger (18 to 20 cm) ones for obese patients. The diameter of the arm is the factor which determines whether a children cuff or an adult cuff should be used and *not* the age of the patient. Eye should be level with the meniscus of the mercury column. A single blood pressure reading *does not* characterise the patient's blood pressure accurately. Several readings on different occasions are a better index. Anxiety, emotional turmoil, meals, tobacco, bladder distension, climatic variations and pain, all influence blood pressure. The patient should be still or sit still or stand still for 5 minutes before recording B.P. Stetho should be applied to the anticubital space over the previously palpated brachial artery. The stetho-head should be held firmly, with no space between the stetho and the skin. As the pressure is released, the sounds become audible over the artery below the cuff and pass through 4 phases as the pressure declines and sounds disappear.

**Phase I:** That period marked by the first appearance of faint, clear tapping sounds which gradually increase in intensity.

**Phase II :** The period during which the sounds are crisper and increase in intensity.

**Phase III:** The period during which the sounds are crisper and increase in intensity.

**Phase IV :** The period marked by the distinct, abrupt muffing of sound so that a soft blowing quality is heard.

**Phase V :** The point at which sounds disappear.

The muffing and disappearance commonly referred to as the fourth and fifth points.

*Systolic pressure :* Palpatory systolic pressure is higher. The point at which the initial tapping sound is heard for at least two consecutive beats is the systolic pressure.

*Diastolic pressure :* The onset of muffing should be regarded as the best index of diastolic pressure. Muffing occurs at

**pressures 7 to 10 mm Hg higher than direct intra-arterial diastolic pressure.**

*Basal blood pressure* : The basal B.P. is obtained when physical, metabolic, mental and emotional stimuli which elevate B.P., are eliminated (Recommendations of American Heart Association). Pressure at perfect rest, lying on the back on an even surface gives the best result.

61. Pulse pressure is the difference between the systolic and diastolic pressures. The normal range is 40-70 mm Hg. Pulse pressure increases in hypertension, particularly, in atherosclerosis (200/95). Very high in Aortic incompetence (200/40), very low in Aortic stenosis (110-90).

62. Cancer, the most dreaded disease and painful killer of the day, appears; curable through surgery at its earliest stage. It is comparatively easy, where the parts lie separated from the body and within easy reach of surgery. For example, breast cancer. Homoeopathy can also help in the early stages when only syphilis is active or in the beginning of syphilitic stage, when the degeneration has just started but not at the progressed fibro degenerative stage when all miasms including tubercular have become active in destroying the body. Cures have been reported in the hands of masters like Dr. Burnett and a few others but it remains a fatal disease. There is no hope in homoeopathy also after an operated case is subjected to irradiation by Deep X-Rays or Cobalt Rays and Chemotherapy. By the proper use of homoeopathic drugs, pains of cancer may be alleviated and the life-span can be increased, but the patient cannot be saved. Use of Iscader is an example in point. Its ultimate fatality cannot be checked. Researches are going on the world over, both in allopathy and homoeopathy, but no dependable drug has yet been found. But, it has been established that cancer bacilli are not the same in cancer cases and that interferon, a natural product in the body, has strong *anticancer* and *antiviral* properties, fortifying the in-built immune system of the body.

63. The female reproduction system is controlled by two hormones : (1) Oestrogen and (2) Progesterone. Oestrogen regu-

lates the first-half of a menstrual cycle and Progesterone, the second-half, overall control being left to Pituitary (FSH and LH) which stimulates the ovaries to produce these hormones along with the ovum.

64. Nephritis is a peculiar problem of the inflamed kidney which produces urine with proteins (+++), acetone (++) , Puscells (+), RBCs (+), Hayline and granular casts with puffiness of face. If is a fast acting disease, requiring immediate treatment. Children are mostly affected. Its dependable medicine is *Ferr-ars* 30, thrice daily, every 6 hours. After giving it for one day, the prescriber has to wait till improvement sets in. After it has acted, he has to repeat *Ferr-ars* 30 once in the morning daily for a week and then stop. If there is relapse, give *Eerr-ars* 30 daily. After it has acted, he has to repeat *Ferr-ars* 300 once in the morning daily for a week and then stop. If there is relapse, give *Ferr-ars* 30 daily. After significant improvement is established, give a dose every 48 hours, every 72 hours and stop; that is after giving two doses as above. A third dose may be necessary after a week to consolidate the case. When there is oedema, copious albumen, swollen face, a few doses of *Ars.* 10M given concurrently every morning will bring about a cure. Generally, such cases are opened with *Aeon* 3x and then *Ars.* 3x is given.

65. When we study our cases, we come up with one principal remedy (simillimum) and several satellite remedies. When the satellite remedies along with the principal are distributed over 3 sources of medicine, viz, mineral, animal and vegetable, the disease is considered as profoundly deep-rooted and will take a long time to get eradicated. If they are minerals only, the indications are that the disease is difficult and chronic and will be hard to cure. If they belong to animal kingdom, the case will be trouble some involving complications of every kind. But if they belong to vegetable kingdom, the case will be easy to cure.

Besides nature and curability of complicated cases, the satellite remedies serve other useful purposes, viz., as alternate / follow up / complementary remedies. It can very well happen that in a particular case the principal remedy (Simillimum) for certain

reasons cannot be given, then the most important satellite remedy akin to the principal remedy may be selected and prescribed.

66. *Coculus Indica* and *Nax-v* are two greater remedies for persons absolutely exhausted by attending on sick persons at night. These are the quickest pickups unbelievably powerful.

67. Miasms are a class by themselves. They have their peculiar characteristics, their principal remedies are *Sulph* (Psora), *Syph* (Syphilis), *Thuja* (Sycosis), besides other important remedies given in *Materia Medica* to control them. When the distribution of these remedies are broadly studied, taking the important remedies as satellites, Psora comes out as the more easily manageable miasm, because most of its important remedies belong to the vegetable group. The mineral group dominates in the other two, more being accounted for by syphilitic miasm which makes it hard nut to crack. The fact that the remedies for each of the three miasms : psora, sycosis and syphilis are distributed over the 3 sources of medicine, has made them deep-seated and time consuming maladies, comparatively difficult to eradicate, together with the diseases which bear their taints.

68. Patients are distinguished as *hot* and *cold*. Hot (warm) patients are those whose symptoms are aggravated by heat and, therefore, mainly the remedies predominantly aggravated by heat (hot remedies) should normally be considered to the exclusion of cold remedies, i.e., remedies predominantly aggravated by cold. Similarly, Cold patients are those whose symptoms are aggravated by cold and, therefore, remedies predominantly aggravated by cold should normally be considered to the exclusion of hot (warm) remedies. (Kent's Repertory).

69. The treatment and management of illness in homoeopathy has to be based on the nutritional status of the patient, the degree of dehydration of the tissues and electrolyte imbalances of various kinds, the presence of specific and nonspecific infections, vitamin, mineral and hormonal deficiencies, metabolic errors, genetic susceptibilities and the nature of the immunological forces in the patient. Obviously, this is possible when the working of his

organic system is correctly diagnosed. The physician's high and only mission is to restore the sick to health, to cure. In this context, his diagnostic data are an inescapable necessity. Homoeotherapeutics of the present day have, therefore, to be isolated from the old dogmas of homoeopathy and adapted to the times, where necessary, as a useful adjunct to other systems of medical treatment. In such cases, only the high potency of the indicated remedy is to be given so that its action, though a bit inhibited by the modern drug used as immediate necessity, will continue to act homoeopathically even in the presence of the intermediate drug. The action of a potentised drug is never lost / neutralised by other medicines and it begins to give its beneficial effect after the action of the intermediate drug is over. It should be remembered, if the ultimate aim is to cure the patient, any helpful intermediate modern drug can be given to alleviate the distress of the patient and taken away after it has discharged its working, to allow the homoeopathic remedy to act beneficially on the patient. It should also be remembered that no branches of treatment are mutually exclusive.

70. The disease called the AIDS, the Acquired Immunity Deficiency Syndrome, is the new *killer* disease and almost every country of the world is now affected by it. Painful death is the inescapable result. The Human T-lymphocytes Virus, Third in the Series, is responsible for this disease. The virus, after entering into the blood stream, attacks the T-lymphocytes, kills them and grows rapidly on the fertile soil provided by the dead cells. Thffr vital force, which maintains the body in healthy equilibrium, is paralysed and there is complete collapse of the body's immunodefence system and it is exposed to the hydra-headed attacks of rare, destructive infectious diseases called the "opportunistic diseases" to which a normal person would remain unaffected. Pneumocystic carinii Pneumonia and Kopsis's Sarcoma are the most prevalent diseases in the fully developed stage and may be cited as examples. Clinically, therefore, the AIDS problem is a specific problem of immunology and, because of its virus origin, the modern system has very little to offer except *ad hoc* treatment



to ameliorate the painful existence of the patient. There have been innumerable deaths so far and persons carrying the virus are also innumerable. Even a preventive medicine or vaccine could not be found as yet by the modern therapy with all its researches and money at its command. After many failures, a preventive vaccine is now stated to have been made available to control the spread of this dreadful disease to the relief of all. A new drug called "Hi Vid" has also been discovered by U.S.A. for to treatment. In homoeopathy, we have a number of medicines such as *Sulphur*, *Vanadium*, *Phytolacca*, *Silicea*, *Psorinum*, *Heper sulph*, *China*, *Medorrhinum*, *Syphilinum* and *Carcinosin* with biochemic remedies to boost defence, to treat this fell-disease, where the destruction of the body is brought about by the combined action of all the miasms. Unfortunately, however, they still remain to be experimented according to the rules of homoeopathy, thanks to the prejudice of the State Medical Authorities.

The disease is present in blood, semen and probably saliva and tears of the affected persons. It spreads through sex and contaminated blood either by transfusion or by injection or intimate mucosal contact. The homo-sexuals are still the largest period of incubation and its attack is insidious giving out only general symptoms like tiredness, fever, weightloss, loss of appetite, diarrhoea, night sweats and swollen glands, usually of the neck, armpits or groins. It is difficult at this stage to diagnose the disease as AIDS without carrying out its specific tests. The death rate is cent percent.

In India, such cases have come to notice, though still few in number, and deaths have occurred. Most of the cases are imported through sex. Opportunity should now be given to well-known homoeo-doctors to try such cases homoeopathically, particularly where, unlike many countries, India has recognised homoeopathy as an useful branch of treatment like allopathy and there are a number of well-known homoeopaths in the country. No additional harm is caused particularly when the mortality is cent percent. They should come forward and undertake treatment of such cases according to homoeopathic rules. Some success is guaranteed with

correct handling of these cases. Government should establish research centres to help with momess the practising homoeopaths who undertake the treatment of such cases. It is only then that a core of specialists would come up to fight this disease which has, so far, defied modern treatment, Results achieved, positive or negative, will not only help the treating homoeopaths but also other countries would be benefited by the experiment with homoeo-remedies.

The primary sources of infection are the tourists, the so-called "Hippies" and the red-light areas. Attempts should be made at the transit stations, like Airports, to test every tourist for AIDS, even if they show AID-free certificates from their country of origin. Also, the redlight areas should be screened for AIDS by a stablishing AID-testing laboratories in these areas as for both the emits and the visitors. This means extra expenditure to Government but it is worth while to spend this sum, if the spread of AIDS disease is to be checked in India. The Government should regard it as their fundamental duty to save ignorant people from the jaws of certain death and keep the disease in check in India. The people should be enlightened about the danger of the disease through mass media like T.V. This is an important step that our Government at the Centre and in the States should take to check rapid growth of this dreadful disease. Even in schools, some idea of AIDS should be given to the adolescents and the young adults by introducing Hygiene as a teaching subject in high classes. More space has been given to this disease, to stress the need to educate the ignorant and the common people about AIDS and to bring home the dangerous consequences of the disease.

71. Encephalitis is another dreadful virus disease, affecting mainly children and young adults. It is also a killer disease in the sense that unless immediate steps are taken to check and treat the disease, death occurs in most cases. Sometimes, it breaks out in epidemic form. It affects the brain and most patients die because of swelling of the brain. There are two types of encephalitis : (a) the Herpes type and (b) the *Japanese* type. Both are amenable to *Corticosteroids* or *Dexamethasone* therapy having severe side-

effects, but the precious lives are saved. The Japanese *B-encephalitis* is prevalent in India. The disease is spread by pigs though mosquitoes. Its main symptoms are :

- (i) High fever with *intense* headache, convulsion and delirium.
- (ii) Stiffness of neck and body.
- (iii) Nausea.
- (iv) Restlessness.
- (v) Pain in throat.
- (vi) Numbness.
- (vii) Trembling.
- (viii) Drowsiness.
- (xi) Paralysis of eyelids.
- (xii) Unconsciousness.
- (xiii) Paralysis.

Its homoeopathic remedies are : Aeon, Apis, Ars, Gels, Hyos, Lach, Lyc, Nat-m, Puis, Rhus-t, Sulph. In the acute stage, Aeon and Bell in the 30th potency should be alternated at short intervals according to the severity of the case. Bell alone has cured many cases. Apis is an effective preventive. Children below 10 : Apis 200 twice daily for 2 days. Children above 10 and adults : Apis 1M, once daily on three consecutive days. Bell 200 also acts as preventive. A dose on weekly basis has to be given for 4 to 8 weeks.

72. There is intimate relation between diet and nerve diseases. Few practitioners have taken note of it. Allergic reactions of caffeine from drinking tea/coffee include migraine, palpitation of heart, tremors and vomiting. There may be similar reactions and others too like pain, purging, even heart attacks in the body alien to certain food intakes and chemical products (medicine), though such cases may be relatively few.

73. Repetition of the same remedy, if it is in the same potency and after *due interval*, does not result in an aggravation,

or if at all, it is much milder.

74. Both subjective and objective characteristic symptoms are considered in determining *totality of Symptoms*. All symptoms which are unusual and unexpected and do not fit in or conform to the disease the patient is suffering from or do not conform to the accepted ideas and facts of pathology and nosology (disease pattern) are considered as *characteristic symptoms*. Totality of these symptoms constitutes the basis for right selection of a remedy. But only a few symptoms that particularly fit in with the individual patient will determine the remedy. Even a particular symptom, extension and modality can become a key to that case in which it occurs.

75. Certain will-tried methods are to be followed when dealing with the diseases of a patient. In chronic cases, if the symptoms are partially relieved after giving the medicine and then tend to aggravate or original symptoms reappear, repeat the remedy in higher potency. If new symptoms appear which are neither symptoms of the medicine nor old suppressed symptoms of the patient, the medicine has to be changed after a fresh case-taking. When symptoms are very much annoying to the patient, antidote and prescribe afresh. If acute conditions supervene, the second prescription should be a cognate of the prescribed medicine. For example, if Causticum was prescribed, then its cognate, Colocynth should be given. If there is prolonged aggravation of symptoms with deteriorating condition of the patient even with the simillimum there is something inherently wrong with the patient and the simillimum itself has to be antidoted and followed up with potencies not beyond 30th in all subsequent prescriptions, as the case appears incurable, needing only palliatives. When there is complete amelioration of symptoms but the patient does not feel relieved and the usual feeling of well-being is absent, the patient must be lacking in some vital organs like kidney, spleen, lung etc. Only palliation is recommended in such cases. If symptoms disappear against Hering's Law, antidote the medicine and prescribe afresh.

76. In disorderly cases, never give China of Nat-m. If by chance given, it should be antidoted by Ars, Phos, Sepia or Nux-v for Nat-m and Aran, Ars, Asaf, Bell, Bry, Carb-v, Carb-an, Calc, Caps, Caust, Cedr, Cina, Eupat, Ferr, Ip Lach, Led, Meny, Merc, Nux-v, Puis, Rhus-t, Sep, Sulph, Varat in the case of China for which the list of antidote is rather long but only the appropriate remedy is to be selected.

77. A ganglion will be cured in about 3 weeks time by a single dose of Sulph 1M (Clarks).

78. Rescue Remedy is almost unknown and scarcely used by practitioners. But it has great importance in emergencies, when there is immediate danger, such as sudden heart attacks, shock, pain, falls, injuries, nervous breakdown, *severe mental strains*, fear, anxiety and even when a patient is unconscious. 3 to 5 drops of this medicine diluted with water or given straight on the tongue every few minutes will *save* the patient. Then it should be followed with the indicated remedy.

79. Chloroform used as anesthesia for a patient, often cures his *future* diseases in potency though they have no relation with the anesthesia, but only *the patient was completely upset by it*. A patient born under chloroform anesthesia, mother being completely upset by it, was later cured of his *chronic severe attacks of asthma* of 10 year's standing by Chloroform 30,200. A girl was cured of her frequent headache with vomiting by 3 doses of Chloroform 30, because her past history showed that she was greatly upset by Chloroform when her tonsils and adenoids were removed. This gives a *very good tip* to treat future cases of patients, when it is known that they were completely upset by the anesthesia used, provided the anesthesia used is available in potency. A very useful procedure of treating cases, where history of complete upset by the anesthesia used is available. Very few practitioners may be aware of this remarkable procedure.

80. In a nutshell, homoeopathic prescribing is :

- (i) Always constitutional, even in the most serious acute-cases.

- (ii) Is based on law with its corollaries which never change.
- (iii) Is carried out by correct case-taking, full detailed record keeping and free use of materia medica aided by good repertory study.
- (ivj) Is based on inherited tendencies plus environment plus effects of former treatment.

81. It is very helpful to know the use of *Lycopodium* and *Berberis* in the treatment of kidney stone, bladder stone and renal colic. These medicines act infallibly if the renal colic is the resultant effect of high concentration of uric acid in urine. The medicine should be prescribed in the 200th potency every week till symptoms subside and then on fortnightly basis for sometime to avoid recurrence. Usually, for right side *Lyc* is used and for left side *Berb*, though *Berb* acts on both the sides.

*Lyc*-In renal colic, where there is frequent desire to urinate, burning during urination, constant bearing down sensation in the region of the bladder, aching in the region of the kidney and formation of sediment of red sand in urine.

*Berb* — Indicated in renal colic involving either side. Lancinating, tearing, pulsative pain, burning and soreness in the region of loins and kidneys, recurring constrictive or aching pain in bladder, burning pain in the urethra and great urging to urinate.

Both medicines are very useful in recurrent renal colic and relieve symptoms by helping to dissolve and ultimately eliminate the stones, unless they are considered big enough for operation. If given in early stages, cure is brought about in no time. No stone need come out. In high potencies, say 1M, 10M, CM, they hasten immediate expulsion but with great pain in the penis and often blood comes out. In the case of big stones, immediate expulsion should not be attempted.

It is important to know the basis for the formation of stone in kidney. It depends on crystalloid and colloid balance in urine, besides diathesis and heredity. Any significant or persistent imbalance leads to formation of stones. Because of the importance of *Lyc* and *Berb* in the context of kidney stone and renal colic,

they have been treated as separate entities for treatment when the symptoms suggest their prescription. There are other important and effective remedies to control in such cases. But before this is mentioned, it deems profitable to know the nature of the stones formed. Generally, they are in the form of Oxalate (black or dark brown, hard and spiky), Urates (yellowish, smooth) and Phosphates (grayish, smooth). Sometimes, there are *secondary stones* which are the result of prolonged urinary tract infection. An X-ray examination will confirm the presence of stones with their locations except pure uric acid stones, the presence of which can be confirmed only by I.V.P. In their passage through ureter and urethra, oxalic acid stones are very painful and are always attended with blood in urine. Because of the pain, patients sometimes faint when they pass through penis urethra. For controlling them, medicines profitably used are as follows:

- (i) Oxalate in urine : Nitro-mur-acid 6, 12; Ox-ac 12; Nat phos 1x.
- (ii) Phosphate in urine : Phos-ac 30, Pic-ac 6, Solidago 3x
- (iii) Urates in urine : Pic-ac 6. Also controls phosphates.
- (iv) In combination such as oxalic acid with phosphate Nitro-Mur-acid 2x. Oxalic and uric acids with phosphate and mental depression: Nit-ac 12,30.

For other remedies in renal colic, Calc 30 when taken every 15 minutes will stop the pain. Where, however, the patient is very restless and tosses about in agony, Oci-c in 5 drop doses in warm water every 5 minutes will give immediate relief. This is to be followed by Oci-c 30 every 4 to 6 hours to consolidate the relief. Then the treatment for dissolving or dispelling the stones can follow. Lyc 1M has proved to be highly effective in removing severe colicky pain.

82. Cirrhosis of liver is caused by progressive obstruction to the portal vein that supplies blood from the intestines, stomach and spleen to the liver with an oxygen saturation of 70 percent some oxygen having already been used up in the spleen and intestines. The other one-fifth comes from the hepatic artery

Nodules formed in the liver interfere with the free flow of blood in the portal vein. It is possible to cure cirrhosis by liver-spleen link up through surgery. Spleen has the capacity to rush blood to any area in the human system which requires this vital fluid. Through its self-regulating contractions and expansion device, the system acts as a valve to check the inflow and outflow of blood. When connected to liver, it helps forming of new blood-vessels there called "revascularization". Once the vessels are formed, the spleen by its high pumping pressure rushes a greater volume of blood to the liver, which gets revitalised through adequate nutrition by this blood supply and gets a new lease of life. This is the corrective effect of connecting liver with spleen by surgery.

The obstruction of blood supply is the result of recurrent attacks of ill-treated infective hepatitis, intestinal infection, greater intake of adulterated food and drugs and, finally malnutrition. In India, the most common factors are virus infection like jaundice and malnutrition with unbalanced food in which fatty foods predominate. The homoeopathic remedies are : Card-m, Hydr, Phos and Sulph. For hypertrophic liver : Merc-d. When characterised by great amount of *ascites* : Coccus Cacti 2x. Cirrhosis has a bad prognosis. 80 percent of the cirrhosis patients live for about 5 years and the surviving 20 percent do not or cannot lead a useful life.

83. Any disease aggravated by taking eggs and fish will get cured by China-ars.

84. The importance of mind has been acknowledged in all types of medical therapy. But Boenninghausen, for reason not known, did not take it into consideration in the method of treatment recommended by him. Quite apart from the fact that mind gets the reaction first of any deviation of the vital force when human body is attacked by any disease, a conflicting mind is not only dangerous to health but can bring about diseases like mania and even madness. There are some useful homoeopathic medicines to control the conflicting mental state. Some of them are :

- (i) Resentment: Nat-m.



- (ii) **Fear: Calc.**
- (iii) **Selfishness : Sulph.**
- (iv) Pride: Plat.
- (v) Obstinacy : Sil.
- (vi) Excitement: Phos.
- (vii) Tearfulness : Puis.
- (viii) Anguish : Ars.
- (ix) Jealousy : Lach.

A lot more can be found in Barthel and Klunker's Synthetii Repertory Vol.1 (Psychic Symptoms).

85. Researches have proved that high-fibre diet such as vegetables, unrefined bread and hand made *roti* with more of bran added in its preparation is a must for controlling sugar in diabetes, blood-cholesterol and weight of the body. This diet slows down and smooths out the absorption of sugars and starches in the intestines.

86. In diseases like vomiting and diarrhoea, there is enormous loss of water and salts from the body and this causes *dehydration* bringing in symptoms like intense thirst, restlessness, cold hands and feet, weak pulse, lowering of B.P. and ultimately stoppage of urine. They are all dangerous symptoms with risk of life. Mildly dehydrated persons appear almost normal but severely dehydrated persons may be in comatose condition. The following may be noted :

| <i>Mild</i>                        | <i>Severe</i>                 |
|------------------------------------|-------------------------------|
| 1. Thirsty.                        | Too weak to drink.            |
| 2. Alert.                          | Drowsy or unconscious.        |
| 3. Radial pulse normal.            | Radial pulse weak or absent.  |
| 4. Urine flow normal.              | Urine flow reduced or absent. |
| 5. Skin elasticity may be reduced. | Skin elasticity poor.         |

Severe cases require immediate hospitalisation for giving intravenous saline and glucose, after giving oral glucose in the.

mean while, to absorb shock.

87. Researches in hypertension by Soviet scientists have proved that :

- (i) The Calcium Ions in the cells of the smooth muscles of the blood vessels determine the compressibility of these vessels. More calcium ions means less compressibility.
- (ii) The big protein molecules present in the cells pressing the calcium ions in the cells preserve the calcium ions in the cell-membrane of the muscles of the blood vessels and keep the concentration low, below the critical level, by keeping out the extra ions.
- (iii) When these membrane pumps operate less effectively, the blood vessels compress and arterial tension goes up resulting in hypertension.

It is, therefore, possible to say before hand whether a patient is prone to hypertension by examining the calcium and protein levels of the blood at regular but long intervals. If the Ca-level tends to increase and the protein level tends to decrease, the patient is likely to develop hypertension in the near future.

88. Dopamine, which is an intermediate product, produced in the brain, in the course of synthesis of Norepinephrine in the brain, is actually a neurotransmitter, the deficiency of which in the brain cells is responsible for diseases like Parkinsons, Schizophrenia, representing abnormal behaviour of brain chemistry in psychiatric patients. Normally dopamine activity is even in both right and left hemisphere of the brain. In Schizophrenia, the amount of dopamine is increased only in the left side of the brain compared to right side and this is the cause of the disease. Parkinson's disease which is a sort of paralytic agitans is also due to imbalance of dopamine in the brain.

89. An interesting fact is that an increase or decrease in trace elements at the root of hairs of the Lead provides the diagnostic data for curing a disease. Such analysis revealed that patients

found deficient in zinc for example suffered from diseases like eczema, poor appetite and dysmenorrhoea. In such cases, the level of zinc at the root was above normal. This was at the expense of zinc in the blood serum level. After treatment with Zinc 3x, the amount of zinc at the blood serum level went up and that at the root of hairs came down along with improvement of the diseases named above.

90. A stroke is a damage to the brain as a result of blockage of an artery or bleeding from a ruptured artery in the brain. It is a cerebrovascular accident and called apoplexy. Usually, an attack causes a sudden loss of consciousness and paralysis on one side of the body, Right side of the brain controls movement of the left side of the body and vice-versa. Hemiplagia is the commonest type, hemiparesis, i.e., slight loss of strength of one arm and leg may occur. The three main immediate causes are :

- (i) *Cerebral thrombosis* : Blood clot shutting off the blood supply to the part of the brain affected.
- (ii) *Cerebral embolism* : Here the embolism is detached from the source. The embolism may be a lump of fat or a mass of bacteria from an infection or even an air bubble, though in most cases, it is a fragment, of detached blood clot from the heart.
- (iii) Haemorrhage due to rupture of a weakened blood vessel in the brain. It occurs abruptly, mostly during physical strain and, in most cases, results in death.

Control of high blood pressure and valvular heart diseases is a necessity to avoid stroke.

92. Cervical spondylitis, the commonest variety, particularly affecting males above 40, is a disease of hypertrophic or degenerative arthritis involving the cervical spine. There is pressure upon the spinal roots, resulting in motor and sensory defects in the neck, shoulders, forearms and hands. The spinal nerve involvement causes malfunction of the brachial and cervical plexuses. Symptoms vary considerably according to the degree of affection

of the median, ulnar and radial nerves. These nerves contain fibres from all the nerve-roots in the plexuses;

Complete paralysis never occurs in cervical spondylitis. Only partial paresis is found, often limited to forearm and arm or the hand and some of the fingers or may predominate in the arm, shoulder and neck. In the latter combination, the crucial nerves about the brachial plexus are also involved and here *headache* is noticeable symptom. Sustained elevation of arm also becomes difficult. In most cases, the paresis is mainly motor but *pain and paresthias* always exist and the pain may be severe. *Traction* is to be recommended, as it affords well-come relief, in addition to homoeo-treatment. Homoeopathic remedies vary according to the symptoms of the case. But the progress of the disease can hardly be completely checked and cured. When, however, these cases are worse in cold and wet weather and, this happens to be the case with most of them, whether initially or ultimately with the progress of the disease, *Dul /M* is the curative remedy. And, strangely, almost all cases ultimately veers round to *Dulc*.

93. In the present-day context, digestion difficulties and allied troubles are most common among people in general. It is thought worth while to dilate on some important homoeo-drug, which have special affinity for the digestive tract, such as *Aesc*, *Anac*, *Ars* and *Arg-n*. They have been briefly studied below to help the prescribers by bringing out their special symptom-affinity in dealing with such cases.

*Aesculus* : Suitable for oldish/old patients whose digestion has just begun to fail. After meals they feel always heavy, dull and depressed with great deal of venous congestion. Heart-burn with acid eructation which may be bitter, greasy, after good meal. Fullness and discomfort are felt immediately after a meal, sometimes with pain of burning character. This discomfort continues till the second meal which gives some relief. Better by vomiting. Sometimes hepatic enlargement is present. There is back-ache with stiffness which makes him to struggle up out of a chair. Lack of appetite with considerable thirst. Sensitive to pressure on abdo-

men. Constipation with painful haemorrhoids, rectum full of short jfittle sticks and extreme pain when he defaecates. Marked aggravation after sleep like Lach but Lach is all mental activity, loquacity and suspicion.

*Anacardium* : Useful for pyloric and duodenal ulcers. Intensely irritable, bad tempered, liable to curse and swear, but when opposed, crumbles-different from Nux-v or Hep. Blunting of senses, eg., hearing, smell etc. Sudden attacks of profuse salivation. Worse by cold food/drink. Aggravated by soup which produces heart-burn. Feels comfortable after eating but after a couple of hours, discomfort begins again, e.g., stomach pain. Anacard stool is generally pale, colourless, almost bile-less. There is always marked relief from exposure to the heat of the Sun.

*Arsenicum Alb* : It is effective for such pathological conditions as acute gastritis, acute gastro-entritis, ulcer, gastric carcinoma, provided symptomatology agrees. Intense burning pain in stomach, stomach/bowel relieved by external heat or taking mildly warm fluids, definitely aggravated by cold. The patient is fastidious, chilly, fearful, worried, restless, thirsty with craving for cold drinks. There is extreme sensitiveness to stomach when pressed. When thirsty, generally drink in sips. Arsenic gastritis is particularly aggravated by milk. *So milk should be avoided.* Can tolerate glucose / sweetened condensed milk. Has craving for all types of stimulants like alcohol, coffee, tea etc. But these aggravate pains. The stool is watery, clay coloured and tarry in case of gastric ulcer/carcinoma.

*Argentum Nitricum* : The patient is marked by nervous makeup and anticipation neurosis. Flatulent dyspepsia with or without gastric ulcer. Overworked, overtired with development of headache at the end of days work. Marked sensitiveness to heat and crowd. Intense abdominal distension with unsuccessful efforts to bring up wind which gargles up out of its own accord after the effort is stopped. When pain is very acute and tummy is at bursting point, he gets good relief from dilute alcohol. In acute

digestive upsets, hankering for cold food, cold drinks and ice, ice-cream (because of its sweetness), but ice-cream makes the patient worse like sweets. It should be remembered that Arg-n patients like sweets but their symptoms are aggravated by them. Pain develops immediately after food and continues to get worse for about an hour and there is vomiting with relief. As a rule, pain starts right in the middle of epigastrium, tends to spread towards the left side of the abdomen under the left ribs. Vomit may be blood streaked or look like *coffee-grounds*. The tongue is pale, flabby and dry in chronic digestive disturbance, while it is smoother, redder with papillae flattened out in chronic bowel irritation. This picture, however, is quite different in acute gastric upsets.

Of the large number of homoeo-drugs available to deal with ailments of digestive tract and allied diseases only the above four remedies have been described to draw the attention of the prescribers to their special importance covering a very wide range of such diseases. Normally these along with Lyc, Nux-v and Puis, which are well known, provide the best core of medicines for treating such cases. Of course, where indicated miasmatic remedies will have to be interposed to hasten recovery or remedies including the miasm should be prescribed.

94. The normal blood constituents are described below:

Red Corpuscles : The number varies between 5 and 6 million per c.m.m.

Leucocytes: Normally, 7,000 to 10,000 leucocytes are present per c.mm, and they are made up of four different types:

- (a) Poly (63 to 72 percent). Formed in bone marrow and is larger than a red corpuscle. Increase to 15,000 per c.mm or more suggests suppuration, and is of diagnostic value in cases like leucopaenia.
- (b) Lympho (20 to 25 percent). It is smaller than a red corpuscle and is derived from lymphoid tissue.
- (c) Eosino (1 to 3 percent). Derived from bone marrow.

**Relative Eosinophilia occurs in parasitic infections.**

**(d) Baso {Vi percent). Constant in number and produce Heparin.**

**Blood Platelets.** These minute bodies are formed in the bone marrow and the normal minimum content is 230,000 per c m . If diminished in number, clotting becomes defective.

**Colour Index.** Important in testing types of anaemia. It is increased in pernicious anaemia and diminished in secondary anaemia.

**Urea.** Percentage of urea is an index of renal efficiency.

**Blood Sugar Curve :** Distinguishes the true diabetic from renal glycosuria.

**Calcium, Phosphorus and Phosphatase.** They are of importance in the diagnosis and treatment of certain bone diseases. Hypocalcaemia occurs in acute pancreatitis.

**Coagulation Time** (clotting time). 5 to 10 minutes at normal room temperature. It is an essential examination to control the doses of anti-coagulants.

**Blood Sedimentation Rate.** Increased in inflammatory condition. Useful as an indication of progress of chronic infections. The normal rate is 3 to 7 mm after one hour (Westergren Method). The test is unreliable during infancy, pregnancy, menstruation and if the patient is undergoing treatment by vaccines or colloidal metals. It becomes defective also if the patient is anaemic.

**Prothrombin.** Its estimation is important when an operation is contemplated in the presence of jaundice.

95. Women's breasts are exposed to breast lumps and the more dangerous, breast cancer. Breast lumps are innocent in character and mostly prevalent in married women. They appear only after puberty. They may be nodular, moveable, tender to touch or result of injury or just innocent lumps, sometimes appearing before menses. The miasm is Psora-sycotic. They generally appear in the fourth quadrant of the breast and both the

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breasts are sometimes affected. But breast cancer is a different category by itself and proneness to this disease is determined by the high level of oestrogen in the blood. Of the three types of oestrogen present in the blood, namely, (a) free oestrogen, (b) oestrogen bound to albumen and (c) oestrogen bound to one of the family of globulin molecules, free and albumen-bound types are biologically active and responsible for producing cancer of the breast. The cells of the breast absorb more readily the oestrogen than the cells of the other organs of the body of women. Thus, the danger occurs when more biologically active oestrogen is present in the blood. The estimation of oestrogen in the blood of women is an indispensable necessity. Once cancer is suspected, immediate recourse to *mastectomy* by surgical method should be undertaken to remove the infected breast *totally* from the body. This will save the life of the patient. Innocent lumps can be cured by the indicated homoeo-medicines such as Phyt, Con, Bell.p., Bell and Calc-i, in low potency, except Bell which is required in the 200th potency for removing lump in breast before menses. The miasm is psora-sycotic.

**96. Rheumatic Fever** : It is coexistent with acute rheumatism and licks the joints but nibbles the heart. This is the most common variety that one comes across in practice. The significant part of the disease is that *it affects the heart*. Generally, young adults are its victims. The attack often comes when exposed to cold, and cold and damp weather. The age-group 5-15 is mostly vulnerable. Generally, the attack begins with fever and pain and swelling of joints, skin rash and nodules below skin, accompanied by sore throat which comes later. There may be cases with pain in chest accompanied by palpitation and shortness of breath. It is just possible that in such cases the attack goes to the heart straight. Immediate steps have to be taken to protect the heart. In allopathy, rheumatic fever can be prevented but not cured. It recurs. It is not infectious but sore throat is. A peculiarity of this disease is that the joint / joints attacked first are left out in the second attack. It is always safe to protect the heart by giving a heart remedy such as *Kalmia* in the beginning and then prescribe *Adonis vernalis* after



Kalmia has done some good. Dr. S.R. Das of Calcutta used Propylamine to control the fever and then prescribed Rhus-t 1M, Bry 1M, Pyrogen 1M, Calc Silicata or Calc-Caust according to symptoms to cure such cases. He also used the heart remedies named above to protect the heart. These are from his prescriptions.

97. Leucorrhoea. Discharges from vagina, cervix or uterus are normal incidents of the functioning of female genitals. It is only when such discharges become foul smelling and affect the health of the patient that we call it leucorrhoea. Its form varies greatly in quantity, thickness, colour, smell and is sometimes mixed with bloodstains. The gushing, watery type is most inconvenient to ladies. In homoeopathy, a number of very effective medicines are available to treat this disease. Diet is an important element for its control. A vegetarian diet with fruits and green vegetables, used as salads, is very helpful in its treatment. It is to be noted that there is increase in normal secretions from vagina, uterus and cervix about the ovulation period, early pregnancy and during sexual excitement.

98. Measles, though looks innocuous at first sight, its possible after-effects are dangerous and long-standing. These are (i) conjunctivitis which can cause blindness, (ii) Middle ear infection and subsequent deafness, (iii) Encephalitis, which can cause permanent brain damage, (iv) Chronic cough which can lead to bronchitis and other chest infections, (v) Diarrhoea, resulting in malnutrition and debility, (vi) Loss of appetite affecting growth. But one thing is hopeful that measles can be easily cured with homoeopathic medicines. The main remedies are : Acon, Bry and Puis. The nosode is Morbillinum.

99. Vaccines are now widely used to immunise infants and pregnant mothers, though homoeopathy has its reservation, as it affects the immune system of the human body in the long-run and favours immunisation by homoeo-remedies which do not affect the system. But because of their wide use the necessary information on immunisation is given in the table below for information.

### Immunity Vaccines

| <i>Age</i>                          | <i>Vaccine</i>    | <i>Dose</i>                              | <i>Disease</i>  |
|-------------------------------------|-------------------|--|---|
| 1. 3-9 months                       | DPT               | 3, at intervals<br>of 4-6 weeks          | Diphtheria,<br>Whooping cough,<br>Tetanus.                          |
| <i>Age</i>                          | <i>Vaccine</i>    | <i>Dose</i>                              | <i>Disease</i>  |
| 2. 3-9 months                       | Polio             | -Ditto-                                  | Poliomyelitis   |
| 3. 3-9 months                       | B.C.G.            | one                                      | Tuberculosis  |
| 4. 9-12 months                      | Measles           | one                                      | Measles.  |
| 5. Pregnant mothers<br>(16-36 Wks.) | Tetanus<br>toxoid | one+a booster<br>dose before<br>delivery | Both mother and<br>child, after adequati<br>interval, if necessary. |

A lot of other vaccines have now been added to this vaccination chart including one for MMR, Hepatitis, Chickenpox etc.

100. Immunity in the human system is of two types:

(a) Innate and (b) Acquired.

**Innate** : Innate immunity is the immunity inherent in the human system which does not normally allow any antigen to overcome the body's defence mechanism and keeps the human system healthy.

**Acquired** : Acquired immunity is of two types - (i) Active and (ii) Passive. *Active immunity* is the immunity which continues for a long period, e.g., Small-pox Vaccine, Polio, BCG, Tetanus toxoid. Invariably, such immunity is implanted through vaccine prepared in foreign animal body including human beings. BCG vaccine should not be given to tuberculin positive subjects. It may cause severe reaction and even reactivation of latent primary lesions. *Passive immunity* is created in the body to tide over *ad-hoc* disease-spell. It is short-lived and the body has to be re-immunised after the immunisation period is over. Examples are measles, typhoid, cholera etc.

101. **Sleep** : Certain chemicals such as Acetylcholine and Noradrenaline in the synapses of the brain cells, exceeding a

certain limit, induce sleep. This limit varies with the individual. There are two modes of sleep : (i) the REM (rapid eye movement) and (ii) the Non-REM. During REM sleep, heart beat, respiration and blood pressure are higher compared to Non-REM sleep which is more relaxed. Heart attacks during sleep usually begin during REM sleep. Most dreams come during REM sleep, but they are haphazard. The dreams during Non-REM sleep have more real life situation and sequential in character. They alternate during the whole period of sleep. The sleep, with the help of the dreams, helps the brain to function smoothly by discharging through the dreams, the overloaded memories from the memory cells.

102. In arthritis, joints are affected. The joints' cartilages are made up of collagen fibres holding a substance called Proteoglycan, normally produced by the body to absorb stress and strains and keep the joints mobile. It is the lack/breakdown of this substance that is responsible for arthritis. Interleukins, another substance produced by the body, which has other roles to play and is widespread in the body, is responsible for the loss of Proteoglycan and arthritis results when the loss remains uncompensated (Dr. John Dingle of Cambridge Research Laboratory). In arthritis, particularly of the degenerative types the cartilages have to be protected first with the indicated medicine.

103. **Endometriosis** : Essentially, the condition is one of proliferation of tissues and can affect any part of the body in the form of nodules, cysts and scattered pinpointed small chocolate-coloured areas. Most common sites are : (i) uterus, (ii) ovary (iii) pelvic peritoneum. Others such as laparotomy scar, appendix, bladder, urethra, ureter, umbilicus are less affected, and fallopian tubes, vulva and vagina are rarely involved. Possible causes are:

- (i) Transtubal regurgitation of menstrual blood.
- (ii) Intra-abdominal menstruation.
- (iii) Lymphatic spread from uterus.
- (iv) Abdominal hormonal influence-high oestrogen levels.

**Uterine Endometriosis** : The uterus is uniformly enlarged **with** scattered pin-pointed small chocolate-coloured areas of en-

dometrial islands in the thickened uterine wall. There may be association of fibroids.

**Ovarian Endometriosis** : These are chocolate cysts in the ovaries which may be unilateral or bilateral, about 1" to 2" in diameter and always get adherent with the surrounding structures. The content is tarry menstrual blood.

**Pelvic Peritoneum** : In this case, the endometriosis develops in the form of nodules in Douglas Pouch, Utero-sacral Folds. May affect superficial parts of uterine body or cervix.

**Fallopain Tubes** : Are rarely affected as already pointed out. If there is affliction at all, it is in the form of nodules (Adapted from Text Book of Gynaecology, C.S. Dawn).

**Endometriosis** : This is a very difficult and time consuming disease. When it is restricted to particular parts or areas of the body, surgery may help. In homoeopathy, constitutional remedy with Thuja beginning with 200 and in increasing potencies appears to be the only available course of treatment. In allopathy, there is a very expensive remedy called Ladoga (Win-Medicare) which, it is said, can control the disease with protracted treatment extending up to 6 months.

104. Drinking habit of women leads to breast cancer/tumour. The risk is much more for those who are:

- (i) Obese.
- (ii) Have few children.
- (iii) First pregnant at age above 24.
- (iv) Or, whose mothers had breast cancer.

105. **Peptic / Duodenal Ulcer** : A peptic / duodenal ulcer is a progressive disease having a fundamental cause, a precipitating cause and a maintaining cause. Acidity is the fundamental cause. Worries, anxiety, *emotional stress* and strain, irregular eating habits are the precipitating and maintaining causes. Psychological upsets and irregular habits of very irritable and hurried persons of driving character form the hosts of this disease. The most vulnerable areas are the lower part of the stomach near the pyloric gate

for peptic ulcer and the duodenum adjacent to pylorus for the duodenal ulcer. Heredity has also been found to influence the formation of these ulcers. Pain, vomiting, haemorrhage and perforation are the various stages of its development. Perforation is, indeed, a critical and life-risking stage needing immediate attention. Though homoeopathic medicines like Kali-bi, Merc-c, Merc-s and Sil often help in the early stage but sudden development needs hospitalisation and a recourse to surgery. A patient should always try to be free from worries and anxieties. Dr. Harish Chand cites the case of a chronic ulcer patient who, being disgusted with the usual treatment with no relief, got himself cured by a round the world trip by ship-such is the importance of worries and anxieties in a developing case.

Compared to duodenal ulcer, a peptic ulcer patient can often locate the pain with his finger tip. In duodenal ulcer, the pain has the tendency to radiate "through to the back, near the inferior angle of the right scapula". Again, in peptic ulcer, the pain comes soon after eating but in duodenal ulcer, the pain comes about 3 to 4 hours after meal and, unlike peptic ulcer, . . . is temporally *ameliorated* by eating : Nocturnal pain between 2 a.m. and 3 a.m. is frequent in duodenal ulcer. Though pyloric obstruction is common, the obstruction occurs on the gastric side in peptic ulcer but on the duodenal side in duodenal ulcer. Persons belonging to blood group "A" are prone to peptic ulcer while those belonging to "O" group are likely to suffer from duodenal ulcer. Hormonal imbalance like over-activity of adrenal and disturbed sex hormone level such as an early menopause may aggravate peptic ulcer. Pregnancy has a beneficial effect including remission of the ulcer. Other aggravating factors are abuse of drugs like Aspirin, pain-killers like Phenylbutazone and Pednesolone, nicotine of tobacco and caffeine of coffee. Carcinomatous bleeding and perforating ulcers pose a threat to patient's life.

There are many curative drugs in homoeopathy controlling the various symptoms and, if given in early stages on symptom totality basis with advice about diet, can control these diseases and even bring about cure. Staph 200 is a good medicine for

peptic ulcer and where indicate may be repeated with a time-lag till cure is obtained.

106. **Gastro-entritis** : it is born out of inflammation of stomach and intestines caused by infection through bad food and drink. The Salmonella group of bacteria is responsible. The illness comes within 6-48 hours after infection. The infection is passed out in human excreta. It is water-borne, food-borne and finger borne. When infected, it strikes with a sudden and severe pain in the abdomen leading to diarrhoea, sometimes with blood and mucus, and vomiting. Soon the fever comes in and the victim becomes very weak, prostrated and almost collapses due to dehydration. It is a very rapidly growing and life-risking disease requiring immediate attention. Ars 30 is almost a specific in such cases, but if its repeated use fails to control, hospitalisation is necessary for glucose and saline solution being given intravenously to absorb shock and restore the patient to normality. It is a fully preventable disease through hygienic measures and avoiding animal meat. There is risk in experimenting with other homoeopathic medicines like Aeth, Cham, Ip, Iris-v, Podo and Verat.

107. Jaundica is a viral disease and allopathy has little to offer except to increase the body resistance through administration of glucose and rest, giving sufficient time to recover through built-in immunity system. The normal content of bilirubin is 0.2-0.8 mg/100 ml. in the blood and yellowness is not visible, if bilirubin is less than 2 mg per 100 ml. Haemoglobin which is a combination of globin + iron + porphyrin (a pigment) has an average span of life of 120 days. It plays an important part in the formation of bilirubin. Its dead cells disintegrate in the spleen, Globin and iron are preserved for future use while porphyrin is disposed of as a waste. In the disposal, it is clinically changed into bilirubin, the yellow pigment. This conversion takes place throughout the body but the disposal takes place through liver which, normally excretes bilirubin through bile giving brownish-yellow colouration to human faeces. When there is jaundice, there is excessive formation or an impaired excretion of bilirubin from the bile duct.

There are three types of jaundice : (i) the infective type, (ii) the obstructive type and (iii) the haemolytic type. The infective type is caused by virus. This virus is difficult to get rid of early when treated allopathically. It is present in blood and faeces of affected persons and spreads through food, water, faeces and blood of infected persons. The bilirubin content remains above normal but much below 30 till it is cured. In obstructive jaundice, it is between 30 and 100 units. In chronic parenchymal disease, it does not exceed 30 units. In haemolytic jaundice, the peculiar position is that no bilirubin is present in urine but the colouration of the skin is lemon-yellow. The liver function tests are *normal*, the bilirubin content being 4 mg/100 ml. In this case, it is the anaemia that *causes* more concern than the jaundice which is induced by early death of red cells signifying disorder of the body mechanism and, as mentioned above, is often reflected in unexplained anaemia.

In homoeopathy, there are many controlling and curative remedies like Aeon, to be repeated when there is fever till it goes, Hydr Q, Chionanthus Q, Chel Q, Myrica Q, Card-m Q, besides Phos to control difficult and malignant cases, involving rapid degeneration of liver with prospect of developing cirrhosis. Even simple biochemic / remedies such as Nat-s 6x and Kali-m 6x, 3 tabs of each when dissolved in *hot* water and given 4 times a day alternately will bring about an early cure. In case of fever, Ferr-p 6x, 2 tabs of which are to be added and given till the fever goes and then NS and KM are to be continued. KM 6x is a good remedy in the chronic stage when only liver complaints continue. The homoeoremedies named above are to be prescribed according to the symptoms of the patient. Itching of jaundice is controlled by Hep, Myr. Haemolytic jaundice is rather rare. The liver once damaged by jaundice or any other disease is an irreparable loss. It will be necessary to avoid fried and fatty food to protect the liver from further degeneration.

108. Unlike vitamin B, Vitamin C is not formed in the body. It has to be found from outside sources such as vegetables, fruits, particularly citrus fruits. Tomato, spinach and salads are rich in

Vit C. Pituitary and Adrenal glands, liver, spleen, the kidneys and leucocyte cells in blood act as the major store-houses of this vitamin. Any lacuna has to be met by taking Ascorbic acid tabs. Normal daily requirements of this vitamin vary according to environmental conditions including climates in country from 30 mg to 95 mg. In India, it is 70 mg daily, which is equivalent to 1 lemon or 200 gms of green vegetables. It is essential for the proper functioning of the body :

- (i) To bind the cells together in various,tissues.
- (ii) In the production of Hb.
- (iii) To increase natural protective power of the body against infective disease.
- (iv) To fight against common cold(1 gm to 1.5 gm every 4 hours.)
- (v) To make-up thyroid hormone deficiency.
- (vi) i To help unhealing wounds.
- (vii) To inhibit the growth of cancer (10 gms.)

Its deficiency leads .to (i) Anaemia, (ii) Haemorrhages from blood capillaries, (iii) Brittleness of bones, (iv) Rough and dry skin, (v) Gastrointestinal disorders, (vi) Scruvy. Any excess of Vit C passed out through urine but has this drawback that continued excesses lead to formation of oxalate in urine and may ultimately end with the formation of oxalic stones. *400 mg per day* is the safe upper limit for the intake of Vit C on daily basis.

109. Depression is the result of Serotonin deficiency in the brain. Serotonin is a kind of chemical messenge. sending signals to nerve-endings in the brain which inspire either joy, calmness or sleepiness. Those suffering from depression often do not have enough Serotonin in their brain which is one of the reasons that while in depression, they become desperate sometimes and take their own lives. Prof Volkur of West German University has a very simple natural remedy. He suggests that one should eat a *plantain* daily to get over this depression. Plantain (Banana) and oats are rich in Serotonin.



110. T.B. and rheumatism are closely related. Tubercular families produce more cases of rheumatism than other families who are not tubercular.

111. The nails have their own stories to tell about the diseases indicated by them. Thus, watch-glass shaped nails indicate T.B., Lung tumors, chronic heart diseases. *Spoon*-shaped nails indicate syphilis, skin disease and mental disorders. Longitudinal ridges on nails are hereditary in nature and indicate pre-disposition to rheumatic diseases, chronic colitis, skin diseases. The swelling of the knuckles or the joints at the base of the fingers, nearest to the palm denotes arthritis.

112. Intra-cranial haemorrhage can be magically helped by a few doses of Arn in high potency.

113. Osteoporosis is a disease connected with abnormal rarefaction of bone due to failure of osteoblasts to lay down bone matrix. Spinal osteoporosis results from a gradual loss of a type of bone found primarily in the spine. It commonly affects elderly women and results in shortened stature and curvature of back.

114. Experience has shown that the viral effect of some medicines, when used in different potencies, behave as different drugs, e.g. Psor 6, 30 inhibited virus multiplication but 200 and 1M enhanced virus multiplication. Some drugs when used in a particular potency produced 100 percent inhibition. Thuja, in all potencies, has no antiviral effect, while there is 100 percent inhibition in the case of thyroïdinum 200, Tub 1M, Pyrogen 1M.

115. In thyrotoxicosis, when diagnostic tests are carried out, T3, T4 levels are increased, If thyroid scan shows normal-sized gland, a case of hyperactive gland without giotre/hyperplasia is indicated. Here functional picture dominates with little structural change. The case fits into psoric miasm and has a better prognosis. A hyperplastic gland leads to thyroid growth, increased vascularity and hypertant structural changes and clinically erratic sensitivity. The miasm in this case is tubercular.

116. Caloric intake depends upon (1) basal metabolic needs and (2) Activity level needs.

^1) Basal Calories=Present weight (Ibs)x10 Cals.

(2) Activity needs :

(i) Moderate activity=Present weight (Ibs)x5 Cals.

(ii) Sedentary activity=Present weight (Ibs)x3 Cals.

(iii) Strenuous activity=Present weight (Ibs)x10 Cals.

For example, when the weight of the body is 150 lbs, the need of basal calories is  $150 \times 10 = 1500$  Cals. For moderate activity, he needs  $150 \times 5 = 750$  Cals. So, daily requirements of a man of 150 lbs weight is 2250 Cals. To lose 1 lb. of body fat means the calorie-intake will have to be reduced by 3500 Cals. The division of calories is as follows.

1 gm of protein=4 Cal.

1 gm of fat=15 Cal.

117. Floral imbalance is restored to normal level by a combination of yoghurt (Delhi) and garlic.

118. Aur-met affects emotion on the mental plane and bones on the physical plane. Arg-met affects the intellect on the mental plane and cartilages on the physical plane.

119. By differential diagnosis, we mean that characteristics of one remedy are not found in the other. Synthetic Repertory helps in this direction either by giving a single remedy or a small group of remedies. Confirmation should be sought by referring to the relevant rubrics of the patient.

120. Paragraphs 38 and 39 give an idea of constitutional remedy and the remedy in a particular case. It, however, is deemed proper to study constitution and its evolution in some details. The basic facts that are to be remembered are the heredity and the physical and mental health of the would be mother during the gestation period. The constitution of the child at birth is mainly governed by these factors. Constitution in general terms is the sum total of individual characteristics in the three planes : Emotional, Intellectual and Physical. This sum total is the resultant of

- (1) Hereditary (miasmatic) characteristics inherited from parents.  
 (2) Factors operating right from the time of conception to the time of delivery and (3) Familial, social and educational factors that play an important role in the evolution of emotional and intellectual make-up of the child, as it grows in age.

**Environment before conception.** Environment is defined as the resultant of the interplay between the man and his life-situation. Family conflicts, fear of getting unwanted sex, emotional instability etc. in the mother affect child's development.

Factors from Conception to birth :

- (a) Emotional disturbance causes the birth of a weak child.
- (b) Social and economic factors. Adequate and well-balanced diet rich in protein, calcium, iron and vitamins is necessary to meet the extra requirements for the proper development of the foetus.
- (c) Hazards of diagnostic radiation, which can take the form of mutations and increase the risk of malignancy after birth.
- (d) Amniocentesis. The trans-abdominal withdrawal of amniotic fluid for determination of sex is fraught with the risk of direct damage to the foetus, unless done very carefully by expert hand.
- (e) The child's risks are as stated below when the would be-mother is exposed to modern drugs like.
  - (i) Anti-convulsants: Cleft lip/palate, congenital heart disease, digital abnormality.
  - (ii) Chloroquine : Vestibular damage.
  - (iii) Tetracycline : Tooth discolouration, impaired bone growth.
  - (iv) Thalidomide : Limb deformities.
  - (v) Sulfonamides : Congenital cataract.
  - (vi) Amphetamines : Congenital heart disease.
  - (vii) Anti-metabolic drugs : Ocular abnormalities.

- (f) Addictions to smoking, alcohol etc. will affect growth of foetus. But this is more a problem of the Western countries.
- (g) Familial susceptibility to diseases like haemophilia, colour-blindness, diabetes, etc. Such diseases are determined by *Gene* and, under favourable circumstances, are passed on to the foetus, only to be known in future years of life.
- (h) Transplacental Transmission : Diseases like Syphilis, German measles etc. of the infected mother would be passed on to foetus with the risks involved.
- (i) Miasmatic influences. These are passed on to the child.  
Factors which affect after birth :
  - (a) Mental deprivation of the child, e.g., separated couple.
  - (b) Problem families.

**Determination of constitution** : For this purpose, collection of data while taking the case should be extended to the collection of the most minute details of mind apart from physical generals. Some of the points which must not be overlooked are chilly or hot, emotional nature, desires and aversions, intellectual capacity, family history, tendencies, e.g., suppurative tendency, tendency to catch cold easily etc. Consideration of these factors will give an idea of the constitution and the drug that covers the *entire constitutional peculiarities* of an individual *becomes the constitutional drug* for him, a tonic for him that helps to establish equilibrium, acting as a curative as well as a preventive drug. (See paragraph 38 in this connection),

121. A virus represents the most minute and primitive form of life. It exists between the border line of living things and chemical compounds. It is a submicroscopic unit containing nucleic acids and proteins. It differs fundamentally from other body cells by containing either RNA or DNA type of Nucleic acid but never both.

122. Antagonistic food combinations which affect metabolism of the body and create many difficult maladies should always

be avoided. They don't agree with each other and create problems for the body. They are :

- (i) Meat and fish with milk.
- (ii) Raddish does not go well with curd and "urad dal".
- (iii) Milk does not go well with salt and vegetable oils.
- (iv) Curd should not be mixed with milk.

Synthetic garments are not suitable to body-health.

123. Bacill / Tub 1M daily one dose for 3 consecutive days cures tendency for viral fever including Flue.

124. Curretting of prostate is advised to remove prostate difficulty and give relief to the patient. A more modern method is now available to treat the prostate with *Microwave* by inserting a small probe into the rectum. This is more simple and removes the discomfort with ease.

125. Sleep-Walking. In this state, this patient is totally pre-occupied with some inner problem of his own. It is not a physical problem but a psychiatric problem. The patient generally suffering from an inner diversion of personality-perplexing, uncertain and frustrating, and this he lives out in his queer behaviour in sleep-walking stage of ordinary sleep, though he remains in good mental contact and fairly good visual contact with the surroundings. He can hear acutely but finds speaking coherently difficult. He retains the usual symptom of deep sleep and when led to bed, goes on to deep sleep walking, the next morning.

126. Before Sulph 200 and above is prescribed, it should be ascertained whether the patient had *itch*, *skin eruption* or *ring-worm* as, if suppressed, these are likely to come back in violent form.

127. Disease is a dynamic affection. Keynotes are uncommon symptoms. *When a remedy fits the mentals and generals, that remedy would ultimately cure the disease.* A fibroid of uterus was cured with Ars 200, though Ars has no relation with fibroid. It cured, because the patient was fastidious, had a compulsive neu-

rosis, extremely anxious about health, very chilly, very lean. All symptoms of Ars except fibroid, a disease symptom. And so this cured her. (Dr. R. Sankaran).

**128. Vitamins and minerals** : There are two main types of vitamins : (i) Those that are associated with fats of the body, e.g., A,D,E and K. (ii) Those influencing body-fluids, e.g., C and all the B-vitamins.

Vit A : Eyesight, also influences essential processes of the body.

Vit D : Health of bones and helps absorption of food in the intestines.

Vit K : For clotting of the blood.

Vit C : Health of the skin and keeping membranes in good condition.

Vit B Group : Essential functioning of the body.

Essential minerals are Calcium, Magnesium, Iron, Iodine and Zinc.

Calcium : Bones and teeth.

Magnesium : Working of nerves and muscles.

Iron : Blood.

Iodine : Functioning of thyroid gland.

Zinc : strengthens brain and nerves.

129. Nosodes. A Nosode is a pathologic material derived from vegetable, animal and human sources. *Secale Cor* is, therefore, a vegetable or semi-vegetable nosode. *Tub-rov* an animal nosode and *Medorrh*, a human disease product. Adrenaline, Thyroidin, Pituitary and Ovarian remedies are physiologic derivatives and not nosodes. Nor are *Lac-de-flor* or *Lac-c*.

The chief nosodes are *Ambra grisea*, *Anthracinum*, *Lyssin*, *Malandrinum*, *Medorrhinum*, *Psorinum*, *Malaria officinalis*, and *Tuberculinum*. *Cholesterinum*, *Diphtherinum*, *Malaria officinalis*, *Vaccinum*, *Variolinum* may possibly *merit* inclusion. But the

chief nosodes that require closest study are Medorrh, Psor, Pyrogen, Secale, Syph and Tub. These are frequently indicated and are profoundly deep anti-psorics. Their symptoms and constitutional indications should be carefully learnt for their application to individual cases. Outstanding characteristic symptoms of some of these important medicines are noted below :

**Medorrhinum** : Knee-chest posture in children-sleep with face almost buried in pillow. Better lying on abdomen. Timid, apprehensiveness with marked fear of the dark. A hurried, impatient feeling. Marked sensitiveness. Inordinate craving for sweets. Better at seashore. Better in open air. Enuresis in children, passing a large quantity of pungent, strong smelling or ammoniacal urine. Pungent body-odour. Penetrating pungent odour of stool. Marked tenderness of soles and heels.

**Psorinum** : Patients cold, dirty, offensive, itchy, eruptive and gloomy. Much like Sulphur but much colder and is averse to uncovering but specially wants the head to be covered. Poor reaction following acute illness. Bad effects of suppression and palliation. Hunger during headache, better while eating. Bad condition of hair and scalp. Untidy, unclean appearance. Very offensive, almost putrid body-odours-this applies usually to all the excretions. Resembles Pyrogen indicated in an acute septic and putrid state, to be followed during convalescence with symptoms calling for Psor. *Periodicity* is a strong feature of Psor. Periodical headaches, when preceded by or associated with putrid stool. Lingering and recurring complaints. Acts specially on the skin and sebaceous glands. Specially sensitive to drafts about the head. Putrid, chronic otorrhoea in dirty, cold subjects. Worse from bathing like Calc and Sulph. Worse on exertion, from woolen and from heat of the bed.

**Syphilinum** : All symptoms worse at night from sun-down to sun-rise. Aggravation come^or\* slowly and wears off slowly. Gushing leucorrhoea soaking through the napkin and running down to the feet. It is difficult for the patient to take care of it. Chronic headaches and periodic headaches associated with falling out of hairs-a strong feature of this remedy. Bone pain and

**bone-aches, worse during entire night. Pains compel frequent change of position.**

**Tuberculinum** : Ever changing symptoms. You control a symptom complex with this remedy only to find that another symptom complex comes to draw your attention. The patient wants to roam and travel, now here, now there, both near and far, a restless urge that knows no peace, no tranquility. Always taking cold, often without adequate, apparent cause. Knows not hownt comes. Glandular disturbance. Chronically enlarged tonsils, very likely with history of tuberculosis in the family. Eczematous tendency often observed when there is tuberculous history. Tendency to loose flesh. Easy sweating. A case of emaciation with declining strength and left shoulder getting stiff, almost ankylosed, could not be moved, was cured with a single dose of Tub 1 M. No tubercular history or inflammation or previous history of trouble in the shoulder was present. Similarly Bacillinum, its sister nosode, should also be learnt carefully, Both these remedies in 200<sup>th</sup> potency have often cured chronic tonsillitis with adenoids and throat glands, chronic sinusitis with sneezing and, here, Sabad 30 is to be used as intercurrent.

Here ends my compilation of the Handbook by Mother's Grace.

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