

## DIET

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A proper diet to the patient is essential during the course of homœopathic treatment. An improper diet hinders, obstructs, and even stops the action of a selected remedy. Hahnemann in paragraphs 259-63 of his "Organon of Medicine" has given his instructions on the subject. In paragraph 259 he says that considering the minuteness of homœopathic doses of medicines it is necessary that during homœopathic system of treatment everything must be removed from the diet and regimen which can have any medicinal action. Just as a softest tone of a distant flute at midnight hours is more inspiring and audible than during the cries and noises of the day, so homœopathic medicines act more freely under a judicious diet, than under prohibited diet. In the footnote of the same paragraph of the 'Organon' a number of cereals are listed which should be prohibited during the course of homœopathic system of treatment. The following are included in the list, viz. coffee, all kinds of punch, spice, chocolet, odorous water, perfumes, scented flowers in the room, tooth-powders, highly spiced dishes, sauces, ices, everything having medicinal property, excess of food, excessive use of sugar, and salt. In Hahnemann's book on chronic diseases, he has forbidden the use of spiritous liquor, vinegar, citric acid, irritating spices, e.g. saffron, cinnamon, clove, pepper, ginger, vegetable causing flatulence, etc., etc. snuff has been said to be most objectionable.

### IN ACUTE DISEASES

In the note to paragraph 259 of 'Organon' Hahnemann has however warned that some of his disciples seem needlessly to increase the difficulties of the patient's dietary by forbidding the use of many more tolerably indifferent things, which is not to be commended. This is more clear in paragraph 262 and 263 of his Organon which reads as follows—262. "In acute diseases, on the other hand except in cases of mental alienation the subtle,

unerring internal sense of the awakened life-preserving faculty determines so clearly and precisely, that the physician only requires to counsel the friends, and attendants to put no obstacles in the way of this voice of nature by refusing anything the patient urgently desires in the way of food, or by trying to persuade him to partake of anything injurious”.

263. “The desire of the patient affected by an acute disease with regard to food and drink is certainly chiefly for things that give palliative relief, they are however not strictly speaking of a medicinal character, and merely supply a sort of want. The slight hindrances that the gratification of this desire, within moderate bounds could oppose to the radical removal of the disease, which is however rare, will be amply counteracted and overcome by the power of the homœopathically suited medicine and the vital force set free by it, as also by the refreshment follows from taking what has been so ardently longed for . . . .”

In support of the truth contained in the teaching, Dr. Nash has cited a case from his clinical experience. He (Dr. Nash) had a fever-patient, who during the heat of her fever was continually asking for lemon. Dr. Nash would not allow it because of the fear of antidoting the remedies and also that she could not bear a raw lemon on her stomach at that time any way. But she continued to get worse. Finally Dr. Nash consulted his senior colleague Dr. T. L. Brown, who came to examine the patient. As soon as the doctor entered the room, the patient said “Dr. Brown—Can’t I get a lemon?” “Do you want a lemon?” asked Dr. Brown. “Oh’ yes” was the reply. A lemon was handed over to the patient. The two doctors sat looking at her until in one minute the whole lemon, except the rind and seed, was swallowed. That woman improved from that moment and never called for another in her life, as far as known to Dr. Nash (pages 125-26, Leaders in Typhoid Fever—Nash).

Dr. Nash in the same booklet has given some hints about the case of patient and sick-room, specially in cases of fever.

1. Patient should be allowed fresh air without subjecting to dangerous exposure.

2. The temperature of the room should be graduated according to intensity of fever.

3. Bathing during the height of fever is recommended. In case of sweating disposition towels are better than sponges.
4. Bedding should be changed frequently.
5. Sleep must not be interrupted.
6. Cold or hot water may be allowed to be drunk as much as it is wanted by the patient unless it causes distress, nausea or vomiting.
7. Melted iced water should never be allowed, but water cooled by ice around outside the vessels may be allowed.
8. Oatmeal gruel, hot or cold may be allowed. Method of preparation:—Put a large handful into a pint of cold water. Let it stand for an hour or two. Then set it on the stove and cook it until it is all soft, keeping the dish full of water. The coarse part should be strained through a cloth, and keep the liquid portion. Then add equal quantity of fresh milk. Sugar may be added to suit taste.
9. Dried apple water is a good beverage. It is refreshing, nutritious and acts gently upon kidney, increase the urine.
10. Overloading of stomach should not be allowed but care should be taken to give enough kind of quality to sustain and nourish.
11. Of course the diet question cannot be absolutely settled alike for all patients. There need not be iron-clad rules. Intelligence in the art is more required.

#### IN CHRONIC DISEASES

Following the "Organon" Dr. Boenninghausen wrote a pamphlet about Homœopathic diet and reprinted it in 1833 (pages 268-78 of Lesser Writings by Boenninghausen). A portion of it is given below:—

##### *Food Permitted*

##### *Food Forbidden*

##### MEAT

Mutton (but not hunt goat)	Meat of duck, geese.
Chicken (but not fattened too much)	Any meat which is very fat.
Grown pigeon (but not too young)	
The meat must not be spoiled by medicinal substance.	

*Food Permitted**Food Forbidden*

## FISH

Fishes are to be eaten only in moderation and only at noon, not in the evening. The varieties of fish given therein are those that live in clear water of river, provided they are quite fresh and prepared in a simple manner when there are no stomach trouble.

The fishes named are those that live in sea and are large.

## EGGS AND OTHER ANIMAL FOOD

Soft boiled eggs

Milk is most safe if first boiled (since it frequently contains medicinal virtues from the food of the animals). Butter-milk, whey, fresh cheese.

Hard-boiled eggs. Things baked from eggs. Raw-milk highly seasoned cheese.

## VEGETABLES

Well-baked and unspiced bread of clean wheat, and not too fat. Potatoes, groundnuts, beets, cauliflowers, Cabbage, Carrots, etc. without spices and with moderate amount of fat. Prepared vegetables of sour-kraut beans are harmless. Maize, grits, wheat, oats, barley, peas, moderately may be used. Cooked salad (not raw) may be eaten.

All vegetables foods and salads which are not cooked are forbidden. Rich cakes or prepared with spices and honey with metallic leaflets or colors are often poisonous. Onions of all kinds are to be avoided. All spices of whatever name they may have are to be avoided as they have all more or less medicinal properties. They are cinnamon, saffron, onion, red-pepper, Bay leaves, Soya, lemons. All food containing ingredients acquire more or less medicinal powers which disturb or even destroy doses of homœopathic medicines.

*Food Permitted**Food Forbidden*

## FRUITS

As a rule all fruits when fully ripe of the sweet varieties may safely be eaten either cooked or raw. Among them the following may be enumerated. Cherries, Apples, Grapes, Melon, Pumpkins, Figs, Gooseberries, Cucumber, Preserved fruits, when put up with pure-sugar, iced-fruits (unless they are forbidden owing to their coldness, when there is weakness in stomach).

Unripe fruits, and frequently acid fruits do not agree with the homœopathic treatment.

## BEVERAGES

The most natural and harmless drink is pure water that has been boiled afterwards cooled again. This may if necessary be made agreeable by adding sugar or any other condiments which are not forbidden.

Next to this is milk, with butter-milk and when freed from its medicinal qualities by boiling.

Those who cannot do away with wine, a mixture of five parts of pure water and one part of wine may be allowed in cases of most chronic diseases.

Coffee can antidote greater number of medicines. It can also powerfully affect the organism and must not be allowed. Less injurious and rarely permissible are peppermint, tea. We have to avoid so called strong drinks e.g. wine, brandy, rum, liquors of all kinds.

Furthermore during homœopathic treatment all vegetable acids (juice of lemon, sour apples etc.) and all kinds of vinegars are to be vetoed.

*Food Permitted**Food Forbidden*

## TOILET ARTICLES

Among these few can be allowed to homœopathic public. Instead of pomade, a piece of raw pork-fat where dryness of the hairs sets in may be substituted. For cleaning teeth, pure water and finely powdered charcoal may be used.

Instead of fumigating the room, a frequent airing of the room and cleanliness in the same must serve.

For bath unperfumed soap and clear water may be used. People accustomed to tobacco may be allowed with moderation.

There are many luxurious and fashionable things which have come in use. They exercise heartful influence on healthy persons, while many are ignorant of their cause. Among them are perfumes, made of ambergris, musk, as also pomades, soap, smelling mixtures, washes, naphthas.

Besides these tooth-powder tooth-washes, essence made from quinine, sandal wood etc. Snuff should also be avoided. Warm foot-baths, external application of ointments. All domestic remedies, Smelling of camphor suppresses nearly all medicines.

## CLOTHING AND MODE OF LIFE

The clothing should be comfortable. Moderate exercises, specially in open air, but not exhausting. As a rule the patient should retain his accustomed mode of living as far as it is not opposed to express directions. He should eat, drink,

In general excess or having the clothing too heavy or too light should be avoided. The comfort of the patient is almost the only criterion. Besides ear-ring, necklace, corals, various kinds of perfumed substance be avoided.

*(Continued on page 192)*

\* It is a tribute to the genius of Hahnemann that he was unaware that the homœopathic relation between disease and medicinal effects was taught and practised by Hippocrates and Paracelsus, until it was brought to his attention by Trinks in 1825."  
—Farrington.

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### DIET

(Continued from page 171)

#### *Food Permitted*

neither more nor less. He should keep his mind and body as comfortable as possible. He should fill his time with light and pleasant employment.

Rare exception from the present rules must be left to the determination of the physician in particular cases.

#### *Food Forbidden.*

In rare cases dyed clothes specially black-dyed frequently act in a disturbing manner. With respect to mind and spirit everything passionate and straining is injurious. Excessive joy act in a disturbing manner. Any exertion of mind through reading, card-playing is forbidden.

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