

NEW DIMENSION IN THE EPIDEMIC DISEASE

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Any acute disease may take an epidemic form whenever non-congenial conditions in the atmosphere confront the people. Whenever floods come the hygienic conditions are deplorable and cholera and other epidemics ravage the people. That is why Hahnemann emphasised hygiene as an integral part of the science of medicine long before the bacteriology was postulated by Koch and Pasteur! The physiologists proclaim that the inherent defence mechanism in the human body protects the organism and becomes weak and defeated by the contagion whenever the white corpuscles in the blood stream of the body get depleted. When an acute disease manifests in sporadic form the particular human's in-built and God given defence mechanism gets jeopardized; an epidemic acute disease manifests in mass when the involved population's defence mechanism gets out of gear.

There is another interesting Hahnemannian axiomatic utterance increasingly known to the scientific mind recently in the medicine. The bacteria or viruses are not the essential causes of the diseases, but the diseases originate in mind in dynamic form. Recent studies by the researchers in medicine confirmed this truth. They observed recently in England that whenever the man became depressed his vulnerability for the cold virus became increased. Is it necessary to have any other million dollar experimentation to substantiate this truth? Therefore, three factors, viz. (1) the noxious agent, (2) the polluted environment and (3) the weakened defence mechanism of body are interdependent factors for the attack of a disease which is also true in case of epidemic diseases.

Is it possible to protect the defence mechanism of the organism against disease without dependence upon the prophylactics like, vaccination, inoculation or homoeopathic oral prophylactic? What does medical science say about this? The people are becoming health conscious and more and more health clinics are emerging in the West. The future medical thinking must be oriented to this aspect of prevention of disease to have healthy society with sound body and mind. Nutritious, balanced and wholesome food habits, hygienic living healthy habits with good sleep, proper bodily exercises and above all healthy thinking will certainly help to strengthen the inherent defence mechanism of the body. Because this type of healthy ideal is not being pursued by the people, the man is encountered with diseases.

In the serious study of prevention of epidemic disease, one has to ask searchingly why new epidemic diseases are increasingly observed? Why vaccination and inoculation give resistance temporarily for a certain period? Why the incidence of chronic diseases is tremendously on the increase? One has to understand the homoeopathic philosophy and the Hahnemannian

axiomatic utterances to obtain a thorough answer to the questions. It was reported in the *Hindu* dated September 26, 1983 that 'Disco disease', a mysterious one, attacked 140 people. It is a fact that Madras was under the grip of 'Madras Eye' an epidemic conjunctivitis last year. In recent months people in the Karnataka forest areas were affected with 'Monkey Fever'.

The Statesman dated October 1, 1983 cautioned: "Plague reappears in Simla District after 17 years". Recently malaria is again manifesting in epidemic form. The *Hindu* dated August 10, 1983 warned: "Jaundice raging in Vijayawada". The Australian microbiologist warned that the lack of government-regulated commercial laundering standards could pose a serious public health risk.

Dr. Jan MacRae, of the department of Microbiology at the University of Queensland said, a recent study had shown that there were virtually no regulations based on sound microbiological research covering the laundering of by commercial laundries, health care institutions and motels and hotels in Australia. He said improperly laundered linens were recognised in some other nations being a source of disease ranging from golden spot infection and hepatitis to scabies and typhoid. The trend towards cold water washing could increase the danger, as little was known about the effectiveness of this method on certain bacteria and viruses.

He said enough information was available about the effectiveness of hot water washing on the survival of bacteria for governments to introduce uniform standards. Most of the studies that have been done have dealt only with bacteria. There is a substantial lack of information about viruses and this is of particular concern since control of viral diseases is most difficult, with low temperature washing and it is necessary to use chemical disinfectants to destroy the bacteria. So there is greater potential for abuse and human error. Guidelines established in some other nations had advocated thermal rather than chemical sanitization. But as some fabrics would not withstand hot water washing, it was essential that research into low temperature procedures be done so that effective standards could be devised.—The *Hindu* dated August 10, 1983.

Homoeopathy is preeminently suited to answer the problematic questions and to save man from the jaws of epidemic disease. The beauty of it is that the same drugs like Camphor, Cuprum and Veratrum that helped Hahnemann to prevent cholera-like epidemic in his time are not only the successful agents to tackle prevention and treatment in the present day cholera cases but also excellent drugs for treating gastroenteritis cases and a host of other diarrhoeal diseases!

The Hahnemannian outlook of preventing an epidemic disease is two-fold. One is to collect all the symptoms of both subjective and objective nature in a few affected cases in an epidemic of a locality and to find out the genus epidemicus to combat effectively both for prevention and treatment. This type of approach satisfied long term immunity in the organism.

and even it can be life-time immunity. The second method of approach is to give a remedy which was effective in the previous epidemic. This can be a nosode or a proven remedy from the vegetable, animal or mineral kingdom. This type of approach is next best where the genus-epidemicus is not worked out and the immunity may be temporary like any other inoculation or vaccination. The foolproof technology is selection of the similimum rather than the similar remedy, in every individual case, and finding out meticulously the genus-epidemicus studying a few cases.

Certainly experienced and classical homoeopaths can find out the genus epidemicus investigating one score patients. The same remedy can be both a preventive and the choice remedy for treatment.

In case it cannot be done by the welfare organizations and the government, the second best is to use as a prophylactic *Lycopodium 200*, one single dose both to adults and the children.

In the author's experience in the recent epidemic of jaundice in Andhra Pradesh, *Lycopodium* helped both as a preventive and for treatment. In the B virus type of hepatitis, *Carcinocin 30*, one dose in between the use of *Lycopodium* helped. If the carriers can be identified during the investigations, they can also be given the same drug to make them non-carriers.

Very interesting aspect in the prevention of disease in an epidemic is that thorough individualisation is not necessary, as otherwise required in the homoeopathic treatment. A similar remedy works preeminently like the similimum. This is because the disease in question is not manifested in the individual while preventing it, and it strengthens the in-built-host resistance to prevent the epidemic disease. Even if the genus-epidemicus is administered to an individual during the incubative or prodromal stage of an infection, there may be insignificant or minimum manifestation of that disease in the individual depending upon the stage of attack in the individual in question. When an epidemic disease is manifested in a patient usually the same genus epidemicus helps to treat him because that remedy covers the majority of his symptoms both subjective and objective. In case the manifestation of the disease is severe with complications, thorough individualization of the case including the significant symptoms of the past history and the family history is *sine qua non!*

Very exciting and pertinent item in the epidemic disease is that some of the acute diseases of Hahnemann's time are becoming chronic. Herpes of Hahnemann's time is now a chronic disease! After an initial attack the virus or the stigma of the toxin goes inside the body and stays for years and manifests in the later life as a chronic disease manifestation or malignancy depending upon the individual's history of suppression'.

Statistics with the research oriented outlook is absolutely necessary to give to the public dependable standard prophylactics in Homocopathy. The past experience in this regard is awfully varied with highly individual and confusing opinions. The government should open homocopathic infectious

diseases hospital to enable the teaching hospital staff to arrive at scientific conclusions.

'Suppression' of a disease has a great significance in Homoeopathy in the development of the disease in body. Suppression of a disease does not necessarily mean suppression of skin diseases. It can be a discharge, it can be a disease treated with antibiotics or some other enantiopathic treatment. Sometimes even a symptom, or condition of disease can be suppressed with a similar homoeopathic remedy which is not the similimum to the patient's illness. Suppression of an acute disease with a similar homoeopathic remedy is a lesser evil than the suppression of a disease with topical medicines, antibiotics, corticosteroids or any other powerful medicinal substance which gives temporary alleviation but results in iatrogenic disease. In the initial stage it is reversible if the drug is withdrawn at a proper time.

There is another kind of suppression that is by operation. Many physicians do not know the significance of suppression by operation. What happens in the process of the operation is diversion of the disease-force into other channel or direction in the body which in other words means driving the disease inwards and constructing a big dam or obstruction to the natural course of the disease! The operations of haemorrhoids, fistula and indiscriminate hysterectomy are examples of such suppression. There is a beautiful article by Dr. Elizabeth Wright Hubbard titled 'Operations Obviated', worth reading. It is not against the principle of Homoeopathy to have operations like repairing of fractures or mechanical injuries and removal of decomposed tissues.

Suppression of an acute disease with inoculation and vaccination will certainly remove the acute disease from the country, but the people will have increased cardiac disease and changing pattern of acute and chronic diseases. Penicillin did decrease the incidence of classical gonorrhoea and syphilis but the list of sexually transmittable diseases are on the increase and new varieties of such disease-states are being encountered! This is what is happening in the treatment of S.T.D. in Allopathy! Even the emergence of new acute diseases is the result of suppression. The human race is experiencing the hazards of the antibiotic and steroid era.

There is a false notion among the homoeopaths that the frequent attacks of acute diseases in childhood is due to psora and it should be manifested to avoid latent chronic hydra-headed diseases of psora. The acute diseases in the childhood can be prevented during the ante-natal period through successful homoeopathic treatment of the mother. The acute diseases can be treated effectively in Homoeopathy. One need not have the scourge of the acute disease.
