

HOMOEOPATHY IN GENERAL PRACTICE

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One very important reason or rather the most important reason for Homoeopathy being denied its rightful place in the health services of the people, to my mind, is the failure of most of the practitioners to do general practice but to develop as 'specialists in chronic diseases'. We see in actual practice the eminent suitability of Homoeopathy in common day-to-day ailments and yet it is not understood why we do not see many general practitioners of Homoeopathy. If Homoeopathy prospered during the turn of the century and until the forties, it was because Homoeopathy was practised in day-to-day common ailments and in dangerous epidemic killer diseases (including encephalitis which is still now challenging the medical profession), injuries, fractures, burns etc. and in the bacterial and viral diseases. Dr. E. Petrie Hoyle has narrated his experiences, in a lengthy article, 'Medical and Surgical Experiences in the First World War and Some Statistics and Medical Measures of Greatest Value to All Army Medical Corps.' He recounts experiences of war wound, tetanus, fracture, traumatic shock, diarrhoea, dysentery (amoebic and bacillary), pneumonia, bronchitis, sore throat, bowel complaint, malaria, cholera, diphtheria, etc. Unless we do much 'general practice' we cannot hope to find our due place in the medical fraternity or amongst the public. This shutting up of ourselves in fortresses of 'speciality' is responsible for our isolation.

It has been the experience that many patients while under homoeopathic treatment for chronic ailments like eczema, leucorrhoea, rheumatism, chronic bronchitis and other allergic conditions—when attacked with certain acute conditions or become victim of epidemics like conjunctivitis, flu etc., immediately take recourse to allopathic consultations or self-medication; for injuries they use allopathic medicines, for simple abscesses antibiotic applications. These happen mainly due to two reasons: (i) the patients are not aware that Homoeopathy could efficiently take care of these conditions; they think that Homoeopathy is only for chronic diseases and (ii) even where they know, non-availability of homoeopathic medicines readily—either they do not have a homoeo. medicine chest or a pharmacy close by from where they can obtain first-aid homoeopathic medicines. Under the circumstances some of my patients suggested that I prescribe for them a home medical kit which would contain first-aid remedies for day-to-day ailments. They did not know that we have a very efficient antiseptic in Calendula or have for burns Cantharis. Many said that if they knew of these medicines they would have gladly used them. Unfortunately the homoeopathic practitioners do not educate their patients regarding these. Further, they think that use of an eye cup or removal of a splinter or sliver from a wound or dressing a wound was allopathic:

There is also a notion that Homoeopathy demands keeping away from coffee, tea, tobacco under all circumstances and therefore, it is not suited to these simple ailments. The only way of dispelling all these from the minds of the public is to introduce them to the wonders which our *Calendula*, *Arnica*, *Rhus tox*, *Ledum*, *Carbo veg.*, *Hepar sulph.*, *Mag. phos.*, *Nux v.*, *Euphrasia*, *Ipecac.*, etc., can do and that very fast.

I proposed that a home medical kit should be equipped as follows :

Equipments: Thermometer; Surgical tweezers preferably with a magnifier attached for safe removal of foreign matters from wounds and to avoid use of pin, needle etc.; Cotton balls or Cotton gauze; Scissors with blunt end to cut gauze, tapes etc.; Hot water bag; Cotton buds for cleaning ears and for application of external liquid medicines; Blunt end tooth picks which also will come in handy for application of ointments when required; Torch-light; Lens; Eye cup; Measure spoon/Measure glass.

The conditions kept in view are :

- (i) Cuts, bruises, concussions, sprains (especially where there are children in the household);
- (ii) Burns and scalds;
- (iii) Occasional gastro-intestinal ailments—stomach aches, diarrhoeas, flatulence, constipation;
- (iv) Common colds, coughs, sore throats, tonsillitis;
- (v) Headaches;
- (vi) Results of physical strains, overlifting;
- (vii) Earaches;
- (viii) Stings of insects;
- (ix) Eye inflammations, blepharitis, conjunctivitis;
- (x) Sudden acute conditions as a result of exposure to extreme temperatures; sudden collapses.

The remedies suggested to be stocked are not given here for the reason that choice may, to some extent vary from physician to physician. But there will be no dispute that *Arnica*, *Ledum*, *Hypericum*, *Calendula*, *Cantharis*, *Urtica urens*, *Bryonia*, *Belladonna*, *Aconite*, *Nux vomica*, *Carbo vegetabilis*, *Hepar sulphuris*, *Nat. sulph.*, *Mercurius eor.*, *Rhus tox.*, *Ipecac.*, *Pulsatilla*, *Chamomilla*, *Euphrasia*, *Veratrum Album*, *Arsenicum* would be a part. In any case there should not be more than twenty remedies to avoid confusion to the users. We may have to limit the remedies to a much lesser number in cases who may not have as yet got introduced to the healing quality of Homoeopathy and may consider stocking of a number of remedies as useless. In due course they will voluntarily ask for more.

The potencies of the remedies should not be above thirtieth and all in globules; and of course mother tinctures for external applications would be there. Now the most important part, namely, the instructions about use of

the remedies and repetition of doses. A very brief introduction to Homoeopathy explaining that it is a science and does not belong to the world of myths or occult will be in the beginning of the instruction sheet.

The instruction sheet should be in thick paper to withstand frequent handling, of handy size and in easy-to-read large prints. Wherever considered proper, the remedies are to be grouped under headings like: Injury, Cough, Cold, Fever, Gastric, etc.

The indications for the remedies are to be described briefly following Dr. Margaret Tyler's *Pointers*. A small list of preventive medicines is also to be added.

The greatest blessing of Homoeopathy is that we need not put up any 'dangerous' or 'skull-and-bones' or 'keep away from children' warnings. Of course the remedies are to be kept in box or chest so as not to be contaminated by strong odours and also to be kept away from extreme temperatures and direct sunlight.

Naturally, the patients are to be advised that if favourable results are not obtained soon enough (how soon, depends upon the illness) after administration of a remedy, they should immediately consult their homoeopathic physician.

This is one of the ways of spreading Homoeopathy. When people will realise that safe, sure, fast therapy without side-effects are available at lesser cost why would they go other way? They won't. As for the fear in the minds of some of the practitioners that by encouraging this type of home-remedies, their practice may be adversely affected, they may be assured that the fear is really baseless and absurd. The opposite is true. There are hundreds of across-the-counter allopathic medicines and no allopathic practitioner has become the poorer. If we do not suggest and provide early available homoeopathic remedies for the day-to-day common ailments, the patient will surely go for the aspirins, anti-diarrhoeics, and even antibiotics notwithstanding their adverse side-effects. Instead, is it not wise to win over the families to Homoeopathy by actually encouraging them to experience its blessings? Of course much care has to be taken to select remedies needed for a particular family (where there are babies the remedies are to be so chosen as to be useful for babies more), and instructions should be clear. The physician must also develop skill and patience to clear the doubts of the patients about a particular remedy when not acting as they expected it to.

Now, to quote Dr. Pierre Schmidt from the *Transactions of International Hahnemannian Association, 1925*: "Pure Homoeopathy does not camouflage symptoms. In curing the patient, it liberates him little by little. When one sees families which for several generations have had hare-lip or cleft palate which increase in each generation, and which, thanks to proper, persevering homoeopathic treatment, subsequent generations are freed from; when one attends neuropathic or tuberculous families (especially if one can treat the

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After very hard extractions where the jaw is sore and bruised Arnica hastens the recovery wonderfully.

For about ten years, I did much extracting at a free medical clinic in Boston where only absolutely pure homoeopathic therapeutics were used. You can well imagine the type of people who came to this clinic for treatment. Calendula in aqueous solution was used in every case as a mouth wash and not a single case ever came back with any sloughing or infection. The healing of the wounds was faster than one would ordinarily expect to see, even in people of better circumstances. Many of these people were underfed, underclothed, underhoused and more or less vicious in mind and body.

I have had numerous cases come to me where there had been hard extraction, gum tissue practically healed, more or less discomfort, either swelling and the beginning of suppuration, or a hard sore point with the gum tightly drawn over it all due to a loosened outer alveolar plate or spiculae. A dose of Silica will hasten the suppuration and the spiculae will soon make its appearance so that it can be easily removed.

I think that I have covered the general run of dental cases wherein homoeopathic therapeutics can be used to the best advantage to the operator as well as the patient. In fact, I fully believe that the results obtained are far beyond those obtained by any other system of therapeutics and produce results where no other system of therapeutics could even make a dent.

—*The Homoeopathic Recorder*, Vol. LI, No. 2

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mother during gestation) and can point to healthy descendants having healthy children; when these chronic tendencies which have a propensity to appear in successive generations stopped from the moment when the law of similars is applied; when one looks through the statistics, hears the stories of patients or the case reports of homoeopathic doctors who, from father to son, have handled generations of the same family, *then* indeed one penetrates the privilege of liberation, and the renovation possible to the race by the aid of a therapeutic based on a veritable natural law. And the public, like the doctors, can never feel gratitude enough for this unique method."
