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EDITORIAL

FAMILY PLANNING AND HOMŒOPATHY

Being overwhelmed by the fast increasing economic problems of our country our State-authorities and many of the political leaders are frantically boosting up birth-control as a panacea for the solution of all problems; and the Governments are lavishly spending huge sums of money in the various aspects of family planning, viz., propaganda, clinics and research works in the line. Being swayed by the propaganda and tempted by the huge sums of money that is being squandered in the name of family planning, many of the sincere well-wishers of Homœopathy and even some Homœopaths themselves are advising us to grab some money from the State exchequer for the development of Homœopathy, by taking up Homœopathic research work in the line.

Before coming to the Homœopathic view point in this matter we like to remind all concerned that, State family planning is but a negative and palliative approach to the problem of population. Without going into the various complicated ecological aspects of the problem, it can be safely asserted without any fear of controversy that, the radical and positive solution of the problem is the improvement of the socio-economic and intellectual standard of the people. As the intellectual and economic standard of the people improves the size of each individual family becomes necessarily balanced. This assertion is proved by the history of all the developing countries. But unfortunately for us, the present leaders of our Golden country (once the intellectual and economic feeder of a vast section of world population) are consistently showing utter indifference to this positive path and spending most of their energy and the borrowed money of the State exchequer in the futile negative path of family planning as well as in many other palliative enterprises, allowing the basic dangers in each field to develop into disastrous dimensions.

Be that as it may, we Homœopaths have got certain fundamental diffi-

culties in joining with the hubbub of Family Planning with any specific drug. They are as follows:—

(1) Like any other biological scientist a Homœopath considers conception as a simple physiological phenomenon. But Homœopathy deals only with the cure and prevention of any pathological functioning of the vital force. Far from disturbing any physiological function, its aim is to improve and enhance balanced physiological functioning.

(2) Homœopathic prescription is based on the pathological symptoms (in its widest and deepest sense—but mainly functional) of the individual case, it has little to do in preventing and curing a physiological condition viz., pregnancy.

(3) A good number of drugs (e.g., Apis, Cimicifuga, Pulsatilla, Phosphorus, Secale, Senecio, Cinnamonum, Gossypium etc.) are of course known to produce abortion in their proving or accidental use in physiological doses. But their deliberate use for the induction of abortion is far from a Homœopathic prescription, it is simply a physiological prescription. So these drugs can be called as anything other than as Homœopathic abortifacients or contraceptives.

(4) Certain drugs like, Natrum Mur., Calcarea Carb., Merc. are given in the books as preventive of easy conception. But the use of these drugs for the purpose has following difficulties:—

(i) They are also well-known as good remedies for sterility.

(ii) It is difficult to individualize the particular drug that will serve the purpose in a particular case, due to lack of any dependable symptom other than the frequent conception. Nobody with the least knowledge in Homœopathic science will suffer from the illusion that any particular of these drugs, Nat. M., Calc. C. or Merc., will serve the purpose in all cases as a specific against conception.

These are the various problems that stand in the way of Homœopathy to serve any direct purpose in the matter of contraception. Nevertheless, it can serve the purpose indirectly and that quite substantially and positively, in the following various ways:—

(1) It is a known fact that tubercular diathesis produces inordinate sexual urge with frequent conceptions. The constitutional remedy fitting with the totality of the symptoms of the case including past history and family history will much reduce the excessive sexual urge and conception.

(2) All constitutional antimiasmatic remedies induce mental sobriety and balanced intellectual power and strengthens cortical control over the lower nerve-centres, and thus increases the capacity of circumspection, foresight and self control. Thus the couple become more conscious about their economic and hygienic conditions in procreating children. So constitutional Homœopathic treatment together with proper hygienic advice and a little education about some of the simple scientific facts of conception, particularly the importance of

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extremities accompanied by pain in the chest with dyspnea. *Kalmia latifolia* was prescribed. This brought complete relief of all the rheumatic pains, but on physical examination there was a gallop rhythm in the heart, and a soft systolic murmur over the mitral area transmitted to the axilla. This child showed marked nerve tension and anxiety.

Here I prescribed *Dysentery comp.*, and within three weeks I established normal rhythm, both sounds of the heart normal, and completely eliminated the mitral leak. This boy fully recovered, has grown to be an athlete and has been given perfect physical reports as to his heart. So much for a complete cure of rheumatic endocarditis by *Dysentery comp.*

2. Infant, five weeks old, born in the Maternity Ward of the Women's Homœopathic Hospital. The history of this child since birth showed continuous regurgitation. Owing to the constant vomiting, the child was retained in the hospital and put under my service in the children's ward.

On examination I found an emaciated infant reduced to its birth weight with continuous vomiting. I observed also reversed peristalsis starvation stools. My diagnosis was pyloric obstruction due to spasm. I prescribed *Nux vomica* 30, with very little relief.

Dr. John Wertz, the pathologist, found dysentery bacilli in the stool. I then prescribed *Dysentery comp.* in the 200th potency. Within five days the child had normal stools and no vomiting. This child had a progressive gain in weight, and in two weeks was discharged from the hospital perfectly cured.

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avoiding the middle 10 days of the menstrual cycle, goes far in the matter of limiting the number of children in any particular family. This measure is known to our experience to act positively, even notwithstanding the unavoidable existence to various *maintaining causes* of frequent conception, viz., prolonged co-living of the couple in too small residence, lack of other pleasant or congenial occupation for either of the spouse, excessive irritation of the parasympathetic nervous system by hunger etc., and so on.

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