

## NEW AVENUES IN PRESCRIBING

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The doctrine of homoeopathic medicine has shown its supremacy by way of results it has produced in some of the most inveterate cases. The application of homoeopathic principles is extremely difficult but with hard labour and determination many laurels have been achieved by some of the great physicians. In homoeopathic literature various kinds of practices are suggested. Masters in the field of Homoeopathy do not agree on these various methods, but effective results are observed in whatever the method or practice a physician follows, and the community at large is benefited. There are shortcomings in every method and hundred per cent result is hardly obtained. We have a lot of arguments on the method of prescribing single drug, multiple drugs, etc., but we have seen results in all methods and the potentised drug shows its miracles. To reach masses we have to evolve some quicker, simpler ways of treating and for this, one needs such homoeopaths known as 'general practitioners' which is a valuable class by itself, in whom patients have confidence. They prevent the masses from resorting to quick-acting modern drugs.

The scientific mind is one which continuously experiments for the betterment of human beings. On the basis of this approach, an experiment was carried out at our Institution to observe how an effective approach—a quicker, simpler and acceptable way of practice for a homoeopath can be evolved. The results are gratifying and it is hoped, they will be viewed with an open mind.

To evolve fast working methods, certain standards were initially thought over, and it was decided to practice double prescription method. This meant two or three drugs may be given repeatedly at short intervals without combining them. It was also thought that drugs should be like 'provisional diagnosis' and must have similarity with seemingly indicative symptomatology.

Fever was selected as a condition. The symptomatology corresponding to flu was considered as prescription basis.

During the months of July to December the climatic condition gives chance to study a number of cases of flu and hence the study was done during this time. Fifty cases of various age groups were given drugs. Influenzinum one dose, Bryonia 1M and Gelsemium 1M, repeatedly, depending upon the severity of the case and as repeatedly as it was necessary in alternation, e.g. Bryonia 1M and Gelsemium 1M—1 hrly. which meant, the interval between these two drugs would be one hour—to be taken dry on the tongue and the cycle was repeated every one hour until fever subsided or any other complication or new development was noticed. The results tabulated were as follows:

## I. Selection of cases in age groups:

	<i>No. of cases</i>	<i>Age group</i>
Males	13	13 to 75 yrs. (adult group)
Females	28	as above.
Children (both sex)	9	2 to 12 years. (paediatric group)
Total:	50	

II. The following symptoms were noted before prescribing the medicines and they were again noted after the subsidence of fever: (1) Fever 100°—103°, (2) bodyache, (3) cold & cough, (4) coated tongue, (5) constipation, (6) occasional chill, (7) thirst etc.

III. The average period was considered 3 to 5 days. The drugs were given as already described above which, relieved patients almost immediately. It was observed that:

(a) The drugs, hypothetically controlled the fever so quickly that it probably checked all kinds of fevers as early as in 3 to 4 days; hence there was not a single complicated or clean cut diagnosed case (e.g. U.R.T.I. or pneumonitis etc.).

(b) Time study:

- (i) Time taken to study the case.
- (ii) Time taken to repertorise the case.
- (iii) Time taken to evaluate the case.
- (iv) Time taken for a patient's recovery.
- (v) Time spent by a patient during convalescence. All practically reduced to about 50% (approx.).

## IV. Results:

TABLE NO. 1

	<i>Percentage of cases</i>
(1) Marked improvement, i.e. in 1st 48 hrs.	60 to 70%
(2) Improvement in 1st 48 to 60 hrs. (5 days)	25 to 30%
(3) Took longer time—about 7 days, no complications	5 to 10%

TABLE NO. 2

Disappearance of symptoms or control of symptoms:

- (1) Fever 100° to 103°.
- (2) Bodyache controlled within 40 to 48 hrs. in most of the cases as in Group (1) of Table No. 1.

- (3) Low fever continuing and cough persistent—controlled in 48 to 60 hrs. (5 days) as in group (2) of Table No. 1.
- (4) Almost all cases were relieved of cold, constipation, thirst modification etc. instantaneously.
- (5) Cough persisted in some cases with mild bodyache and weakness—only 5% as reported in group (3) of Table No. 1.
- (6) In the case of male patients, recovery was comparatively slower than of children's and female groups.

V. Time taken in history taking, evaluation study, referring to a book and patient recovery is all reduced to the minimum and therefore, the said approach is very useful for treating masses and developing confidence amongst people for switching on to the homoeopathic treatment.

VI. It will be observed from the above study that our drugs act equally faster even though administered in an unconventional method. The method was followed by late Dr. Subodh Mehta, the founder of Dr. Subodh Mehta Medical Centre, during his days.

VII. Conclusion:

Fifty cases of fever were treated with double prescription method during the months of July to December 1983. The effectiveness of this method is tabulated, and shows that the method is useful in heavy outdoors, where the homoeopath works with many constraints. The study was conducted by Dr. (Mrs.) H. M. Rao, Doctor-in-Charge, Homoeopathic Dept., Dr. Subodh Mehta Medical Centre, Khar, Bombay.

Acknowledgement: The author is thankful to Dr. S. K. Mankad, the Director, for his guidance and encouragement to conduct the trials.

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