

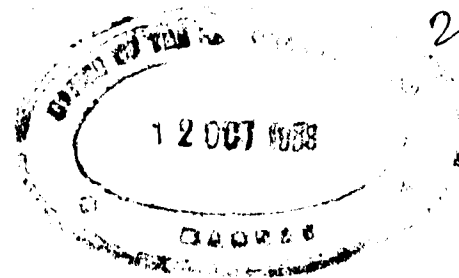
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HOMOEOPATHY

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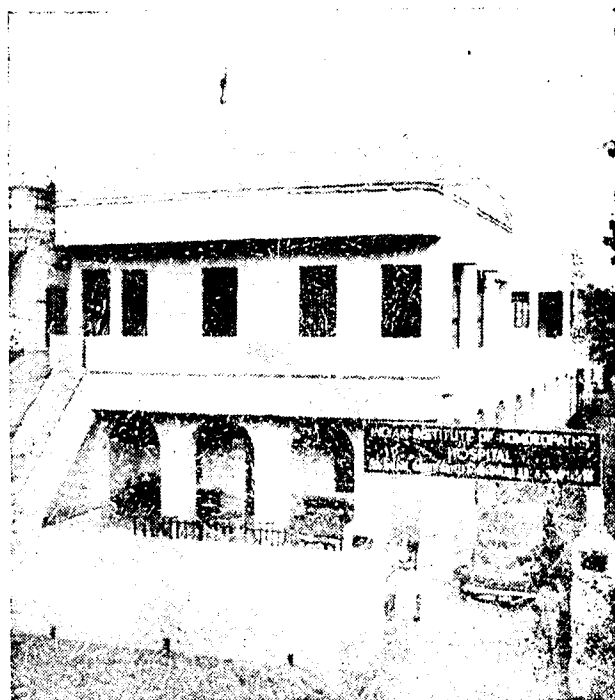
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HOMOEOPATHY

Managing Editor: **Dr. V. R. MURTY**

OCTOBER

1953

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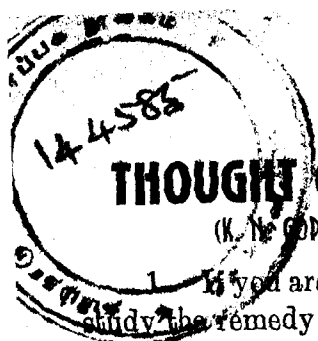
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THOUGHT GEMS IN HOMOEOPATHY

(K. N. GOPALA PILLAI M. A., Tallakulam, Madurai)

1. If you are led to a remedy by a peculiar symptom, study the remedy and the disease thoroughly to ascertain if the two are similar enough to each other to expect a cure. Any deviation from that rule is ruinous and will lead to the practice of giving medicines on single symptoms.

2. We learn the beginning of remedies as we learn the beginnings of sickness. A homoeopathist should glance back over a case that he has failed on, or someone else has failed on, to study its beginnings and see what the manifestations were. This kind of study to the homoeopathic physician is as delightful as post-mortems are to the old school.

3. In a large number of instances gagging and nausea are only a second or third grade symptom in the remedy that will cure. The condition really depends upon the constitutional state and the remedy that is to cure must be a constitutional remedy.

4. Where there are numerous particulars, we are to rely upon the generals that are characteristic of the remedy.

5. Beware of giving phosphorus in impotency or in weakness, as this is often associated with very feeble constitutions, and phosphorus not only fails to cure, but seems to add to the weakness.

6. Do not be afraid to give the anti-psoric remedies when there is a history of Tuberculosis in the family; but be careful when the patient is so far advanced with

Tuberculosis that there are cavities in the lungs or latent tubercles, or encysted caseous tubercles. Your anti-psorics might rouse him into a dangerous condition.

7. Do not suppose that it is dangerous to give Sulphur because one's father and mother have died of phthisis. Sulphur might be just the remedy to prevent the child from following the father and mother.

8. Some day after practising awhile and making numerous mistakes in attempting to cure incurables, you will admit the awful power of homoeopathic medicines. They are simply dreadful.

9. There is an idea in vogue that increasing the dose makes the remedy similar. That is going away from principles. If the remedy is not similar, there is no form of dose that can make it similar.

10. It is usual for a patient under a deep-acting remedy to go to opposite modalities. Hence Pulsatilla is often followed by Silicea. but this is not always true. When Puls. has acted for a time and because of opposite modalities Sil. does good for a while, and then the patient swings back to the original state, symptoms and modalities, then it is that Kali Sulph is of great usefulness.

11. We must study remedies as we would human character. Some of them seem to be extremely whimsical and it is by knowing these whimsical, strange and peculiar things that we are able to make the character of the remedy.

12. All the organs are related to each other, but especially the heart and kidneys. When the kidneys are not working well, the heart is often very troublesome.

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13. People cannot realize the danger of merely removing *symptoms*. Every removal that is not in accordance with cure, affects the centres of man, that is the *heart* and the *brain*.

14. Rubbing is a dangerous thing. In proportion as it mitigates the symptoms or relieves, just in that proportion it does the patient harm, for the whole vital economy is weakened. There are instances where rubbing is of benefit, but not in rheumatism.

15. When you hear a homoeopath say that he prefers anodynes in *cancerous affections*, it is pretty sure evidence that he is not able to find the medicines that are suitable for the patient. These cases test the ability of the physician.

HOMOEOPATHIC COLLEGE FOR BOMBAY

The lines on which the proposed Homoeopathic College at Bombay should be run were discussed by a group of Homoeopathic doctors from Bombay with Dr. K. L. Daphtary, Chairman of the Madhya Pradesh Homoeopathic and Biochemic Board, at Nagpur recently.

The group of doctors who had been on a study tour of the Homoeopathic colleges in Calcutta broke journey at Nagpur to meet Dr. Daphtary. They also met Dr. Shivade, a leading homoeopath of Nagpur.

The proposed Homoeopathic College will be the first of its kind in the Bombay State. It will run with Government support. Dr. Daphtary told the visiting group that personally he favoured a short and inexpensive course which would enable the doctors trained in the institution to cater to the needs of the rural population.

Dr. Daphtary added that he made a distinction between the training that should be imparted to a physician and a physician-surgeon. The former should receive two years' training while the latter who would be on par with an allopath should receive five years' training.

—News Item.

Homoeopathy

CORRESPONDENCE

10th Sept: 1953.

Sir,

While writing on the efficacy of Homoeopathic Medicines I should like to narrate a story of my own which will be somewhat interesting to you. I was suffering a chronic ulcer in the stomach for the last 13 years. As to the symptoms, there was always a burning sensation at the umbilicus (Naval) losing flesh, feeble pulse, bowels usually constipated. There were no other known symptoms to record but I was much reduced by weight and the whole body was very weak that I could not even walk properly. This was the condition for the last many years. From the very starting of this ailment I was taking various kinds of Medicines both Ayurvedic and Allopathic from well qualified Doctors but all of no avail. Some of them advised me to take an X-ray photograph of the stomach and have an operation as a last resort but I was a bit reluctant to do so and was searching your *Materia Medica* ever since I completed the course of studies with your Institute, and although I came across some Medicines I could not place any confidence in them as I thought that I had taken very costly Allopathic and Ayurvedic Medicines and did not get any relief. In the light of the above, how can this one drop of rectified spirit in one ounce of distilled water can have any effect in such a serious and chronic disease? This idea precluded me from taking Homoeopathic Medicines. I again resorted to some Unani Medicines and to some patent remedies widely advertised in the papers, but

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they all failed to give any relief. I was quite tired. I resolved not to take any Medicines, and an operation will be the last resort. However, one day after dinner when I was resting in my easy chair I thought of referring again to your *Materia Medica*. This time, I very carefully revised the lessons after an interval of nearly two years, and I made up my mind to take Homoeopathic Medicines. I started with one dose of SULPHUR in the 1000 potency, and after ten days I took two drops NUX VOMICA in the 30th potency in one ounce of water two times a day according to the instructions given in the first lesson of your *Materia Medica*. I continued this for three days but without any effect. Then I took a lot of other remedies such as Rhus Tox, Carbo Vegi, Lycopodium, etc. and stopped. Again as an experiment I thought of taking Argentum Nitricum, and Kali Bich. I went to the Homeo stores and purchased one dram of each. Only the 30th potency was available at the time in the stores although I demanded 1000 potency. I started taking these Medicines in strict accordance with the instructions given in your lessons, and I am surprised at the wonderful action of Argentum Nitri. The action of this remedy is very decisive in Chronic ulcers in the stomach. When I say my trouble was of a standing of 13 years you can just imagine the curative power of the Medicine. I am now improving day by day. I am extremely sorry for I have no fitting words other than "thank you" to express my keen gratitude to you for having prepared a course of studies in Homoeopathy in such a nice and lucid manner. The study of Medicine is very elaborate but I think you have taken the trouble of doing so and reduced the labour of others to a minimum. Again I have to tell you the efficacy of one more Medicine. My child aged 2½ was suffering from an attack of Mumps about two months ago, and as

usual I gave BELLADONA and ACONITUM but it gave only very little relief. At this time, I gave a dose of LEDUM PALUSTRE in the 30th potency, and in the next morning I found that the swelling of both the parotid regions, at the angle of the lower jaw had much reduced, and the child is able to eat and drink as usual without much difficulty. Again I gave 3 doses at an interval of 2 hours each, and the trouble was completely cured within 5 days. Mumps being a contagious disease, I gave one dose each to my other two children also as a preventive remedy. Hence they suffered no attack of mumps. Although I cured mumps with LEDUM PAL: I was not sure about the therapeutic value of LED: PAL in Mumps as before the administration of this Medicine I had given the child BELLADONA and ACONITUM. This was again tried on a person aged 30, a driver by profession, who was suffering from Mumps. I was able to cure his trouble within 4 days. This is both a preventive and curative Medicine in Mumps. Yourself, being an expert Homoeopath both practically and theoretically do not need any notes from me. However, I am writing my experience for your information and advise. Yours faithfully,

K. S. SANKER

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HOMOEOPATHY TODAY.

(Dr. V. R. Murty)

(Continued from previous issue)

Now about the so-called failures of Homoeopathy to catch the imagination of the public at large and the Government, we must analyse the matter in detail.

In the first place, I refuse to accept that homoeopathy has failed to catch the imagination of the public of our country. But for the fact that there is a vast proportion of people in our country who believe in homoeopathy, it would not have been possible for this system of medicine to spread as it has done during the past fifty years. Time was when homoeopathy was known only in Bengal. Owing to the fact that some eminent allopathic doctors, shed their prestige and took to homoeopathy, after knowing its superiority in the matter of alleviating suffering and curing the sick, it spread in that province like wild fire. Almost every home in Bengal knew of homoeopathy and its merits long before it was known elsewhere in India. Let us compare the position of 1923 and 1953 a matter of 30 years. I am referring to the only 30 years from now because I can talk about this period with authority and personal knowledge. During the years 1923 to 1929, I have widely travelled and I stayed in a number of provinces. I was in Tamil Nad, I was in Andhra, I was in Hyderabad. I was in United Provinces and finally I came to Bombay in 1928. During all those years, homoeopathy was very little known in almost all those places. In fact it was in Bombay in 1929 I first came to know that there was a system of medicine called

* Second instalment of the speech delivered at a conference of Homoeopaths at Vajrakarur on 2-8-1953

homoeopathy. I came in contact with a homoeopath then and I had nothing but contempt for him, his system and his little pills. When we look into the life of every homoeopath, we will find at some time prior to his becoming a homoeopath, he would have treated homoeopathy with contempt. This contempt later on turns into a madness to find out the truth and finally we find that those are the very people who become staunch homoeopaths.

I now wish you to come to 1953 and see for yourselves as to what the position of homoeopathy is to-day. You may go to any town or any village of our vast country you will find many homoeopaths or at least you will find one homoeopath. You may go any where in India to-day and look out for a homoeopath. You will certainly find at least one within a radius of 10 miles from where you stand. What do you think of this position? The homoeopath is not supported or maintained by the Government or the local bodies. They are not even recognised. But, thanks to our Madras Government, they are tolerated. If homoeopathy must survive and spread in this fashion it can only be so by the support of the people who resort to it in times of need. Thus it can be said that the people alone are responsible for the growth of homoeopathy in this country. Some one will turn round and say that due to the dearth of medical men in our country, these quacks are multiplying to carry on their nefarious trade. I am sorry to quote this sentence, but that is how we are called by the vested interests. Well, quacks or no quacks, they serve the people. Even according to you they give succour where there is need. They carry on where you have not gone; where you have no intention of going. But

that is not all, a hue and cry is raised that these quacks, on account of their cheapness get the majority of the practice and that the other physicians are affected thereby. What does that mean? Recently a friend of mine, who is an M. B., B. S. and who also has the L. O. diploma, wrote to me from a certain town in South India. He said that his practice had come down to nil and he wanted me to tell him if my place Kumbakonam would be suitable for him to try and if I would recommend him to any other doctor of the place to take him as an assistant. This friend is not a beginner. He is as old as myself and must have seen at least 20 years of practice. He attributed his failure to a number of quacks in his place who practice medicine and get all the cases for a lower fee. Unfortunately (for him) most of the quacks he mentioned in his letter happen to be my students! This is not an isolated instance. I have come across a number of cases of this sort. I do not also say that everywhere the position is the same. How is it that people go to these quacks in preference to the fully qualified medical man. One reason advocated is cheapness. Do you imagine that our people would go to a quack in preference to a qualified man, simply due to the fact that the quack is cheaper? Would our people, however poor they may be, barter their lives for cheapness. Not at all. Cheapness may be one consideration but that alone cannot be the only reason. Our people from time immemorial believe in certain things. In matters medical people look to the previous successes of the doctor before they go to him. If a medical man is found to be successful and if almost all cases that go to him are successfully treated by him, successfully relieved of their sufferings by his treatment, people flock to him. The common man does not care what the degrees of the

medical man are, nor does he worry if he is a specialist or foreign returned scholar. All that he cares is whether majority of the people going to him for treatment have got well. If he has seen such things he simply goes to him. People in our parts call this, in Tamil '*Kai Rasi*'. That if translated exactly in Telugu will be '*Chethu Rasi*'. I do not know what you call it here, but there must be something like this belief here also, as every where. I do not agree that this is pure luck, but only merit. Luck of the doctor alone cannot cure diseases. But it is the doctor's ability to cure a majority of the cases that come to him that counts and that is the position and the lay people may call it luck - probably it is the luck of the people when they go to able doctors. So whenever any medical man is able to cure a large number of cases that come to him, he naturally gets other people also going to him in preference to any other medical man who is not so successful due to inefficiency. That is the general rule and that is what we find so far as the common people of our country are concerned.

I know there are so many homoeopaths, quite successful in this way all over our country and I also know of many other practitioners in the same locality without business or practice. I believe that provided homoeopathy is properly understood, assimilated and practised by one, who is also intelligent enough to understand symptoms, and sick people and also fit in proper remedies for the cases, he cannot but meet with success in preference to any other practitioner in the locality so far as curing diseases are concerned, as a physician.

But I myself would quote instances where people calling themselves homoeopaths are miserably failing day in and day out and not only bring discredit on

themselves but also on homoeopathy also. Happily, however, the percentage of such people is small. Therefore if, in spite of so many external and internal forces working against it, homoeopathy has gained ground and is gaining ground day by day year by year, as we find to-day, it must certainly be due to its real merit and the imagination of our people to appreciate it.

As to Homoeopathy not having caught the imagination of the Government, there is a lot to say. It cannot be said now that Government has not understood homoeopathy, or its practitioners or the amount of service homoeopaths are doing to the country. The Homoeopathic Enquiry Committee's report is there, printed, published and sent to all concerned in all parts of the country. Even though I consider it is a prejudiced document, every state government knows, as to how many homoeopaths are there all over the country and how they are living out of homoeopathy and how many people are resorting to homoeopathy in times of need. But if homoeopathy has caught the imagination of the Government, what do you want Government to do for it. You will at once say, recognise it, patronise it, open colleges, hospitals etc. But we must consider if it is possible for our Government to do so now. Firstly it is a question of finance and everybody around us tell us and we also know by our own experience that, the money market is tight. We do not have enough money to buy an extra dotee or the long awaited saree of the wife. The Government has not got the finance to take up the new venture, because, mind you, if a Government sponsored college is to be opened for homoeopathy it has got to maintain a very big standard. Again leaving aside even the question of the finance, there are the vested interests who

would oppose tooth and nail any move by the Government to alter the present strata of medical service in the country. You must have seen in the papers as to how even a scheme of a shorter courses of studies for allopathy is opposed by the medical lords and how Rajaji, whom we all consider as the man with iron will, looks helplessly. In these circumstances do you think it possible for the Government as it is, to come to the aid of homoeopathy with an open mind and to do it good, to do something which will leave the benefits of homoeopathy for our people?

In spite of this state of affairs, I find that in all conferences and gatherings of homoeopaths, resolutions being passed requesting Government to recognise Homoeopathy, requesting Government to open colleges and hospitals and requesting Government to register homoeopathic practitioners. I do not know if such resolutions are already in your agenda. I wish to tell you that passing of these stock resolutions will not bring in any tangible results. I wish that this matter must be seriously considered by us, much propaganda done as to what is best in the interests of homoeopathy and then concrete proposals placed before government, at a time when they can do something. I will speak about it a little later.

I have not taken a vakalat from Government to save them from the embarrassment of receiving copies of such resolutions; you can be sure of that. But I am telling this keeping in mind the good of homoeopathy in our state, keeping in mind the benefits of the homoeopathic system to our people and keeping in view the

necessity for this system of medicine to grow and to be useful to our progeny.

When Government is not able to do the right thing towards homoeopathy due to causes afore mentioned, if resolutions of the nature I mentioned, become numerous and irresistible, something may be done by Government which may not be for the good of homoeopathy. Again as I have been pointing out more than once, there are the vested interests, who would like to see that something is done for homoeopathy, which will satisfy the present agitators, but which ultimately would benefit the vested interests, at the same time annihilating homoeopathy from this land. I see many people quoting Bombay and Travancore for the recognition of homoeopathy and they want us too recognised here in the same manner. I only pity such individuals. This is what has been done in Bombay.

In Bombay, they have recognised homoeopathy, but they have not opened a college or hospital for homoeopathy. They have appointed a Registration Tribunal and a Court of Examiners. All persons who had to their credit at least 10 years of practice as homoeopaths were registered and given the same status as any other registered medical practitioner. People who had less than 10 years of practice were listed and kept separately. These were told that they must pass an examination within 7 years to get registered or in case they fail to do so within the 7 years, they must get out of practice. Mind you, a person who has been practising homoeopathy for 9 years and who is allowed to practice for another 7 years, if he fails to pass the Government Examination will not be allowed to carry on his trade after his

16 years' practice, because, since he has not passed the examination, he is unfit for the profession, even though he was a doctor for 16 years. No newcomer is allowed to practise Homoeopathy in the state without his first being a qualified doctor.

About the facilities for training homoeopaths for the future, in Bombay that will be taught as a post-Graduate course, probably a short course of six months or so and this would be open only to qualified allopathic doctors. So, in the future, homoeopathy will be the allopathic specialist's job and poor people of that state cannot think of having any homoeopathic treatment.

There was a tremendous agitation for the recognition of homoeopathy in the Bombay Province. The medical lords shot two birds with one shot. The agitators are always people who have been in the field for some years. So when people who had 10 years' practice to their credit were registered and given equal status, they were satisfied and were pleased. The vested interests were also happy in that they were sure that in about at the most 25 years, these people who were given status would either retire or die. About the people who did not have the 10 years' practice, well, many of them would go out in 7 years having failed in the examination. About the others who may fortunately pass, after all, they are not going to carry on for long. So, in about 25 years from now, Bombay Province would be rid of this menace of Homoeopathy and the field would be free for vested interests, a few of whom would take up homoeopathy as a speciality and demand probably very high fees for a consultation or a prescription.

We would be told that only such a thing is obtained in England, etc. But, India is not England. In England

the people get all their needs of medical services and they have their National Medical Service also. In India, we have what is called dearth of medical aid. Medical education is costly; medical men do not settle in rural areas and above all, allopathic medicine is so very costly that it is not within the reach of our rural population. It is here that homoeopathy comes in. I ask the Madras Government now and also the Andhra Government to be formed, not to make the mistake of Bombay, and deny medical facilities for the poor people of the villages. Please do not club homoeopathy with allopathy; at any rate, please do not make it a study for post-Graduate course alone. The short term medical course contemplated by Madras is opposed by the medical lords. Well, we thank them for it. We ask Government to drop that idea which displeases so many. And we must ask Government to start the shorter course of medicine and make it for homoeopathic education. Let everything be taught here as is it is a shorter course of allopathic medicine and when you come to the therapeutic portion you teach them homoeopathy and thus you will be able to produce a fine set of people ideally suited to our villages. At the same time nobody can find fault with you. The medical lords cannot raise their finger or voice because you are not reducing their status. Homoeopathy is ideally suited for the villages. I wish that you pass your resolutions on this basis and I wish that you press this point and bring it before your new government, as soon as they settle down.

In this matter, you people in Andhra Desa are in a very enviable position. You have a Homoeopathic Medical College and Hospital at Gudivada, founded and run by Dr. Gurunyzu. It is for your Government only

to recognise it and patronise it and you will find a glorious future for Homoeopathy in the new Andhra State to be formed. It is no use passing dry and stock resolutions and sending copies to all concerned. I have given you some food for thought. It is for you now to work it up and if you do it properly, I have no doubt that you would be quite successful in a very short time.

Now, I turn to say a few words to my professional brethren assembled here, as to how to avoid failures in one's practice.

Dr. W. A. Yingling stated in "*Some thoughts on Practice*":

"The Homoeopathic Physician must of necessity be a hard student every day of the year and prepare for all possible conditions and contingencies. The lazy doctor has no place in the ranks of homoeopathy".

True words. A homoeopathic doctor will not get even small successes if he works in the same way as a Doctor of any other school. There it is what is called routinism. For a headache or diarrhoea or any other common complaint, it would be right in the other school according to their methods, to give a stock mixture or a patent tablet and settle the business for the time being. This is quick work and in his manner a doctor may be able to attend 100 or more cases per day. But this cannot be done in a homoeopathic practice. Each individual case, big or small, has to be studied as a separate unit and the case studied and prescribed for according to the individual peculiarities of that case. Many cases of homoeopathic failures are the result of imitating other systems and not taking up cases according to the traditions of homoeopathy.

You will find many wrong notions in the minds of the public in respect of homoeopathy. One such is that "Homoeopathy is good, but it takes a long time to get a cure". Unless no other treatment is available immediately, people do not go to a Homoeopath generally for their day-to-day complaints. In chronic complaints they resort to homoeopathy, when they have exhausted all other sources of treatment and incidentally after exhausting not only the contents of their purses, but also exhausting their natural vitality. Most of the cases that come into the hands of the Homoeopath are of such persons who have been sick for a considerable length of time added with the harm caused by so many drugs vainly used, and naturally when a cure is effected, as it is possible for only Homoeopathy to effect in that stage, it takes a long time. This erroneous impression must be removed from the minds of the public. They must be told that in actual conditions and in conditions that have cropped up recently, a cure can be effected almost instantaneously, as if by magic, by our tiny pills, correctly chosen and administered promptly. Thinking about these wrong notions about Homoeopathy, I can state one more instance. Some people will say that Homoeopathy is very good for children but not so for adults etc. Here again such people have tried Homoeopathy only in children's diseases. When they got sick they did not believe these small pills to cure the disease of their huge bodies! It must be told to them that Homoeopathy is not only effective in diseases of the human race, at any age, but that it is also effective for all diseases of the animals also, as it has been proved in veterinary practice. Such wrong notions and ideas among the lay people are responsible to a certain extent for the failure of Homoeopaths in certain places. These must be corrected not only by propaganda but by cures actually effected.

You will always find that it is only the poor man that resorts to Homoeopathy and being poor, even though he wishes it he is not able to pay the homoeopaths. The rich would like to be looked after better and not bothered by questions. The great show of the Homoeopath is only his searching questions, as to the patient's complaints, his sufferings, his modalities, his past history, the family history etc. and the rich patient considers this a brotheration. Whereas in the other school he is not asked a single question and even if he volunteers information, it is not heeded. But on the other hand, when investigated with the aid of the latest instruments, the B. P. apparatus, the electro-cardiogram etc. etc. laboratory technique and x-ray and all such modern methods, he feels elated and feels so much done for him in consonance with his status. Comparing this with the simple questions, sometimes inconvenient of the homoeopath, he looks far inferior and primitive in his estimation. That is how we lose patients who can pay and maintain us and the patients lose best treatment for them and incidentally a lot of money. This is a great drawback to us and can only be corrected by propaganda among the people who must be told all about Homoeopathy in simple understandable words. Unless and until we do it and that successfully we will always be poor doctors.

Let me refer to case-taking in Homoeopathy in a few words. A homoeopathic doctor is expected to carry in his memory an image of each remedy that he knows. It is also expected that as soon as he sees a patient and notes the symptoms, he must be able to form an image of the sickness in his mind and also to select the drug whose symptom picture resembles the one he has formed of the disease. This looks all simple when expressed

like this but when it comes to the question of actually putting this in practice, it would be found that it is not quite so simple. We have our elaborate materia medica, the labour of so many giants in Homoeopathy, but is it possible for us to carry all the symptoms of each remedy in mind?

There is a work known as '*The Encyclopaedia of Materia Medica*' by Dr. T. F. Allen and this is in ten parts each containing about 1200 big size pages. In this work, which is an exhaustive materia medica, we have nearly four thousand one hundred symptoms enumerated under *Sulphur* alone; and this in 238 pages of print in small types! Now how is one going to carry such a long list of symptoms in one's mind? There are again certain homoeopathic literature which are supposed to be therapeutic guides, and some of them are called Repertories also. Personally I feel that these may be useful as reference books for working out some stray cases, but if one takes it into his head to work out a majority of cases that come to him in this manner, it will land him in confusion and doubt and I have known many able Homoeopaths who have miserably failed to impress the public by Homoeopathy, on account of their trying to get into too much minute details. It is therefore my advice to my brethren to study each remedy, take out the characteristics of that remedy, and form the image. Thus for *Sulphur* the characteristics would be, as summarised by W. A. Dewey:—

- (1) Dirty and poor habits of body.
- (2) Aversion to water and washing.
- (3) A sinking at stomach at 11 a. m.
- (4) Cat-nap sleep.

- (5) Heat on top of head and burning of palms and soles.
- (6) Defective re-action, after carefully chosen remedies failed to act.
- (7) Walks stooping.
- (8) Drinks much eats little.
- (9) Morning diarrhoea, driving him out of bed.
- (10) Great aggravation at nights.

Here is another tip from Dr. W. H. Burt:—

"It is unwise to confuse and exhaust the mind with the minute details of a remedy at first. It is far better to learn a few bold characteristic symptoms of each drug before going into the details of any one. The characteristics build up in the mind an organic form for each remedy which may afterwards be filled in with the particular details at pleasure.

Every drug has its grand characteristics which make it stand out as an entity, peculiar to itself, just as every man has his characteristics which make him stand out in the world, peculiar to himself"

I commend this to my young colleagues and I would also request them to allot at least half an hour a day, to read something connected with homoeopathy so that they may enrich their knowledge day by day. It is to be stated that every doctor is always a student, because there is so much to learn yet. When they do it, I am sure their failures would be reduced from day to day and year to year.

I thank you, ladies and gentlemen for having given me a patient hearing so far and also let me thank the organisers once again for their inviting me and giving me this honour to-day. Thank you everybody. *

THE WONDER CURE

Dr. A. ABDUL RAHEEM

Diamond cuts diamond. We set a thief to catch a thief. So also, to drive a disease we have to use such a drug which when given to a healthy man can produce the same disease in question. This is the Law of Nature. It was Hahnemann who confirmed this theory and rediscovered the eternal law 'Similia Similibus Curantur'. This natural Law is as unquestionable as a geometrical axiom.

Hahnemann found that a natural disease can be cured by producing an artificial disease in the patient's body. As two persons cannot occupy a single place, the artificial disease drives away the natural one. To produce the artificial disease the drug that is to be used is that which can produce in the healthy the same natural disease which is to be cured. After driving out the natural disease the artificial one also leaves the patient on the expiry of its duration. To reduce the duration of action and to quicken the patient to be free from the artificial disease Hahnemann used a very small amount of the drug. To minimize the dose he diluted the drug, for which he mixed with one part of the drug with ninety-nine parts of the diluent so that the percentage of the drug in the mixture is one percent. To make it a homogeneous mixture he gave vigorous shaking. The diluted drug was given to the patient and it proved fruitful. To find if the drug can work in a still lessor dose Hahnemann still diluted the diluted drug mixing one part of it with ninety-nine parts of the diluent. To his great surprise Hahnemann found that the more diluted drug was more active. To find where the drug ceases to act, he went on diluting step by step proceeding with vigorous shaking as explained above. Every step of dilution he called potency. He found that on increasing the potency, the medicinal power of the drug also increased. But Hahnemann diluted only upto 30th potency. Since his day potentisation has been carried much further and no limit where the drug ceases to act has yet been reached.

Hahnemann, thinking that only the minuteness of the drug gives such a great medicinal power, might have prepared a very

large dilution at a single attempt without going through such laborious steps. The medicine thus prepared should not have done the expected work. Then only Hahnemann should have come to the conclusion that not only the dilution but also the vigorous shaking increases the drug power. Diluting without shaking or shaking without diluting can do nothing to increase the drug power. For it has been found, by using 'emanometer' devised by Dr. Boyed of Glasgow, that shaking increases the drug power only upto a certain limit. Once that limit is reached no more shaking increases the drug power unless it is diluted again.

According to the 'theory of substitution' propounded by Hahnemann, Natural disease is cured by producing the artificial dilase Hahnemann began to find at what dilution the drug ceases to act. But it lead him to find a way to bring out the latent energy of the drug and to put forward the Doctrine of Dinamisation.

Later Hahnemann propounded the theory of Reaction which says that the drug cures the disease by kindling the vital force of the body which is lacking in power to overcome the natural disease. The drug rouses the vital power to action.

There is also another theory that a potentized drug acquires an opposite power against the power it has when it is crude. If the similimum is found out and given to the patient it neutralises the disease as two equal and opposite forces cancel each other.

Some say that while the drug is potentised disintegration of atom takes place and the radio-active power is released which adds to the drug power. But atom cannot disintegrate so easily. But the molecules may break into atoms and the energy absorbed by the atoms to become molecules, may be released. And that energy may cure the disease. The energy released from a particular drug should have a unique character peculiar to itself. So, no two different drugs can release the same kind of energy and therefore there should be only one exact similimum to a particular disease. Dr. Mitchell explains the action the Homoeopathic drugs by wave theory. There are many other theories about how the drug acts but no one is unquestionable and final.

In the higher potencies we should not expect that what cures the disease is the little amount of the drug that remains in the diluent. Though, in his Organon Hahnemann says that substance

divided into ever so many parts must contain a little of the original substance and cannot possibly become nothing. we cannot say that Sulphur in 1000th potency should contain some molecules of Sulphur. For as the potency increases the amount of the drug decreases rapidly. In the first centesimal potency the amount of the drug is one in hundred; in the second potency it is one in ten thousand; in the third potency one in 10 lakhs. Then in the 30th potency the amount is one in one followed by 60 ciphers. In the 1000th potency the amount is one in one followed by 2000 ciphers. So the rate at which the drug is decreasing is not equal to the rate at which the potency increases. But it is so rapid that in the higher potencies there will be no traces of the drug. Many have proved the presence of the drug in the lower dilutions by using the spectroscope. 100th potency is the highest potency in which the presence of the drug was proved and this was tested in copper.

The number of molecules in a particular amount of a substance is not infinite though a very large number. So in very high potencies the drug may become nothing. Here arises the question how the higher potencies being devoid of the drug have power more than lower potencies. The answer may be that the drug, on diluting and shaking imparts its mechanical power to the diluent or vehicle which carry on the actions of increasing the medicinal power on further shaking and diluting. Or according to the law of conservation of energy the mechanical energy we use in shaking may be transformed into medical energy which has the curative power. But some of the early followers of Hahnemann believed that while potentizing the drug it is transformed from the state of matter to that of spirit.

By potentisation the drug develops greater powers of healing and undesirable effects of the crude drug are abolished. All their chemical qualities disappear. Arsenic which separates the soul and the body of its consumer. invigorates the body when taken in the potentized form. Even the inert Silica which is the pure sand, cures great many diseases which are incurable for many nonhomoeopaths. Homoeopathic art of healing, discovered by Hahnemann is really a wonder cure. We owe to God very much for introducing into this world such a miraculous method of curing through Hahnemann.

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HOMOEOPATHY

Managing Editor: Dr. V. R. MURTY

NOVEMBER

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THE HOMOEOPATHY

VOL. II

NOVEMBER 1953

BOOK 23

ANOTHER DISTINGUISHED VISITOR TO "HOMEO HOUSE"

On the 28th of last month we had the pleasure of receiving a distinguished guest at our premises, the "Homeo House". This time it was the Hon'ble Dr. U. Krishna Rao, Minister for Industries, Labour and Co-operation of the Government of Madras. Dr. Krishna Rao had been to Kumbakonam on that day in connection with the laying of the foundation stone of the "SRINAGAR" Colony being built by the Kumbakonam Town Co-operative House Building Society, Ltd. of which Dr. V. R. Murty is the president. He kindly accepted an invitation from Dr. Murty to visit "Homeo House" and have his breakfast there. On arrival the Minister was received at the gate of by Dr. Murty and garlanded by him. The Minister went round the various departments of the Institute and evinced great interest in the work of the Institute. In the library of the Institute Dr. Krishna Rao spent some time going through some homoeopathic books and journals. The minister, before he left, commended the work of the Institute and said that this was the biggest Homoeopathic Institution in the State.

THOUGHT GEMS IN HOMOEOPATHY

(K. N. GOPALA PILLAI M. A., Tallakulam, Madurai)

1. *Teething is a crisis*, and the things that are within come out at the time, just as there are troubles that are likely to come out at the time of puberty and at the climacteric period.

2. *Some may think* because the *milks* are only food for the young they are not medicine, but let one who is made sick from milk take it in potentized form and report the result.

3. When a mother has lost her infant and it is necessary to dry up the milk, *Lac Can* and *Pulsatilla* are the best remedies, when no symptoms are present.

4. *Lachesis* seems to fit the whole human race, for the race is pretty well filled up with snakes as to disposition and characters and this venom only causes to appear that which is in man.

5. It is an unfortunate thing for a doctor to get a reputation of being an ungodly man among pious people, as he will be deprived of doing these people an immense amount of good.

6. *Lachesis* is a long-acting remedy, and if it has been abused, its effects will last a life-time.

7. *Some symptoms* are valuable because of the frequency of their association, and when such is the case, their concomitant relation becomes important.

8. The symptoms of *Lachesis* have sometimes to be taken years after.

9. *Ledum* counteracts the effects of *whisky* and takes away the appetite for it. *Ledum* is to *whiskey* what *Caladium* is to smoking habit. You can treat patients from the habit of smoking so that they go to the other extreme, and have an aversion to it.

10. Remember that the *rheumatic tendency* spreads upwards from the lower extremities, from the circumference to the centre.

11. *The better the internal* is in an incurable disease, the worse the external becomes. When the remedy works in that way, do not change it and try to get something that will drive the external away. So long as the patient is improving and the external is growing worse, that is the *right direction*.

12. *Medorrhinum*, in daytime and *Syphillnum* at night, does not hold good as a sweeping statement. It is true that many syphilitic pains are worse nights, it is true that some sycotic pains are worse daytimes. It is also true that *mental symptoms* of *Medorrinum* are most violent at night. It will not do to be too sweeping with circumstances of this nosode.

13. *Silicea* and *Mercury* do not follow each other well, when well selected; but if *crude Mercury* has been taken for a long time, *Silicea*, like Nitric acid, is a good remedy to eliminate it when the symptoms agree.

14. You should go to the bedside of a case of *dysentery* with the repertory or go home and send medicine. Your *first prescription* must cure in epidemic dysentery, and if you work cautiously you will cure every case. It is a very simple condition to cure, but a very bad thing to get mixed up.

15. Hesitate about giving *Arsenic* in *dysentery*, until you are perfectly sure it is indicated.

THE MIGHTY ATOM.

(Dr. K. Alayam, Homoeopath, Coimbatore.)

Hahnemann had invented the splitting of atom in his infinitesimal doses and high potencies, but he was not aware of these modern discoveries as atom bomb and radio activity then. He had discovered in his tiny doses the power of split atom.

If an atom bomb annihilates a big city of Hiroshima now, Hahneman's split-in atom annihilated many a disease centuries ago in the human beings. He had invented these to save human life and not to destroy them.

Dr. J. C. Bose has proved the eternal fact of "*similia similibus curantur*" by an experiment performed on plants. He injected poison into a living plant. It began to wither away. He had the same poison ready in atomic dose, duly reduced. He injected a little of this and the plant revived. So the potent power latent in the mass of crude drug is brought to wield massive power by splitting the crude drug into atoms and the same again to higher potencies. The more it is split the greater the curative power over the same symptoms created by the massive dose administered into a healthy body. It is evident therefore that the study of symptoms of a disease is indispensable to find a similitum that would cure the disease. Dr. Kent brings home to his students, the importance of the repeated study of materia-medica in order to remember the similitum in Homoeo remedies correctly.

I have observed many homoeopaths making use of Allopathic and Ayurvedic preparations in treating patients. Lack of careful study of the materia-medica only, should be the cause for this.

As a staunch follower of Homoeopathy since 1915, I may say that many magical cures have been effected by me with Homoeo remedies, and especially in some cases where other systems failed, even after long treatment. It will be worthwhile to give here a clinical report or a case treated by me, to show how instantaneously the effect could be observed if only the correct remedy is selected.

Mr. P. R. was undergoing treatment for heart complaint and Diabetes Millitus for over a year under Allopathic doctors. He had a series of injections and medicines orally. He is tall, wellbuilt and of stalwart appearance. Age about 40 years.

On 30-3-53, night at about 4 A. M. he had severe pain in the region of the heart. He was attended by an Allopathic doctor at 5 A. M. and later by an Ayurvedic physician, on the same morning. He could not get any relief. He felt that his condition was taking a serious turn. I was called in by about 9 A. M. When I took up the case he could talk only a little being unable to converse on account of his trouble. I gathered the following symptoms from him and his relations:—I observed that his anxiety about his condition and life was intense. He could not keep his head erect, on account of uneasiness and pain in the region of the heart. A sort of pressure-like feeling in the thoracic cavity. He could neither sit nor lie down. He felt highly restless and thirsty and no position was comfortable to him. Pulse was FEEBLE; breathing was strained, the expression of his face and eyes especially was forlorn. Constipation, loss of appetite were usual for some time. (Numbness in the ankle and toes, heartburn, could not walk even a few yards without trouble to the heart—these were told when he got relief from the acute attack he had.)

The position was that he wanted at least slight relief immediately. I felt that at the moment it was a clear case for heart remedies such as *Digitalis*, *Spigelia*, *Cactus* or *Kalmia*. I had to find one very apt to give him relief at once. I hit upon *Digitalis* in the hope of improving his pulse and thereby I hoped to give him relief. I put four globules of *Digitalis* 6x dry on the tongue and gave another dose to be taken after 15 minutes. At the same time I gave him an assurance that he would have relief very soon. I left the place saying that I would return with some more medicines within half an hour. I came home with the intention of selecting some more remedies. Presently his servant came to me and informed me that he felt much relief and that I could go to him without any haste. When I went to him again he thanked me and said that he had immense relief and that it was a miracle that the two doses worked.

I took up further details of his case examined his urine and found 3'5% sugar. *Digitalis*, *Crateagus*, *Cocculus*, *Virat-Alb.*, *Kalmia*, *Carbo veg.*, *Acid Phos.*, *Lactic Acid* came into play in his treatment further. In a period of 40 days he was brought round. Now he says that he is alright in spite of my advising him to continue the treatment for a month more at least. He says that he could walk pretty long distances without strain. His appetite is sharp and could take hearty meals and is active enough to go about his work cheerfully and in earnestness.

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Modern Medicine and Homoeopathy

Homoeopathy has been discovered through experimentations like all other principles of medicine. In spite of all changes in therapeutic fashions, those who seek to apply the homoeopathic medicines and those who benefit from their application are maintaining sustained interest in the system. Nature knows nothing of ancient and modern. Though the knowledge of the mechanism of the body has increased, no guiding principles have been discovered by the present-day dominant school of medicine — principles that are sure and certain indications in the field of therapeutics.

There has been a good lot of substances like aspirin, luminal, the phenoles, the sulphanilamides, the vitamins, and others, hailed as a modern development of science for conquering the human ailments. Aspirin was used for its harmless sedative properties for the control of pain by physicians and lay-men alike until its depressant properties were noticed by careful therapists. Still they are widely used in hospitals and by physicians who sought first the suppression of the distressing symptoms and not the cure of the disease. Homoeopathic physicians are always recognising the dangers of such drugs as the coal-tar derivatives and they do observe among patients that the depressed vitality, the heart attacks and many other collapsed conditions are due to the frequent use of aspirin and other painkillers.

The phenoles especially phenobarbital are a curative and a palliative of many ills. The dangerous action of these medicines discovered later in a patient, are ignored

till they become as constitutional symptoms and consequently they are unrecognised.

The sulphanilamides have got powerful actions in many infections but they have got a dangerous action too. In laboratory their power of destroying invading organisms has been proved but they have a like power of destroying normal cells.

When the medicinal agents are capable of eradicating organisms by any method other than by stimulation of the dynamic force where nature itself balances the scale, there is danger to the patient sooner or later. Anyhow stilphanilamides have a comparatively good record in such conditions as pneumonia and like infections. Now let us see whether we are to believe that their dangerous properties affecting the normal cells of the patient have diminished in proportion to its possibilities of help against the invaders.

There are instances of deaths even though the blood stream has been sterilized of invading organism. What is it due to? In spite of the limited action of the invading organisms, the system has to overcome the effects of the infection and the toxic effects of the synthetic drugs. With these drugs we try to cure the patient rather than the disease and he may never recover from the drug illness. But the natural laws upon which homoeopathic principles are based, work just as surely in serious diseases as in mild conditions. Certain serious infections are cured before the laboratories are available to furnish accurate diagnoses and in some cases the laboratory diagnosis would weaken both the patient and the physician. Homoeopathic remedy works towards a true and complete cure without any constitutional involvement.

The value of vitamins in the diet is an important subject for research chemists and the scientists. Is there any difference between natural vitamins in fresh fruits etc. and synthetic vitamins available in the market? If the "action and reaction are equal and opposite", the vitamins also will have some actions and reactions. We may estimate that the normal vitamin requirement of an adult is 20 or 25 milligrams per day. If an adult takes in vitamins exceeding the above limit, it is sure to have some destructive effects in the constitution, resulting also in the permanent inability of the system to the normal intake of vitamins. The supply of synthetic vitamins causes the loss of function i. e. the loss of the normal respective capacity to take in natural vitamins, because the need for vitamins is supplied without any effort of the normal functions of the patient. A certain amount of vitamin C and D is necessary for the growth and development of bony structure and it helps to overcome rickets. But it has also been demonstrated that excessive doses will cause rickets. This theory may hold good in respect of other vitamins also.

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THERAPEUTIC REPERTORY

By Dr. V. R. MURTY

MIND

Abies Canadensis: Angry, fretful mind.

Abies Nigra: Low spirited.

Abrotanum: Anxious, depressed, peevish, cross (Cross especially in children)

Absinthium: Insane; idiotic; forgetful; dread of assassination, insensible with convulsions.

Acetic Acid: Stupor and delirium alternate. Confusion. Distention of abdomen with obstinate constipation and violent delirium. Dull and sad anxiety, grieves about sickness of children. Does not know her own children. Irritable.

Aconite: Changable mood, now joyful, now tearful. Fear, of ghosts, of losing reason, of the future, of approaching death. Predicts the day and hour of death. Peevish and impatient. Pittious wailing, reproaches others for trifles.

Actea Racemosa (Cimicifuga): Melancholia; mental and physical states alternate. Would not answer, very loquacious, Sadness depression, weeping mood; aggravation of symptoms from mental emotion. Suspicious, restlessness, moaning. Changing from one subject to another in talk, cannot sit at one place, it makes frantic.

Actea Spicata: Violent delirium.

Aesculus Hippocastanum: Depressed, low-spirited, irritable unable to fix attention, confusion of mind.

Aethusa Cynapium: Mental aberration. Lies unconscious, dilated pupils, staring eyes, confused; great anxiety & pain.

Agaricus: Makes mistakes in writing, irritable, ecstasy at depressed during the day, cannot find proper words, forgetfulness. Great loquacity, sings, talks, but silent to question. Delirium. Depressed; makes verses. Complaints from prolonged study or over-exertion of mind. Getting out of bed, uses wrong words. Indifferent, selfwilled, obstinate.

Agnus Castus: Absent minded. Fear of approaching death. Suicidal thought. Sad, peevish. Anxious, fearful, memory lost.

Ailanthus: Memory lost, all past events are forgotten. Gradual unconsciousness. Constant muttering delirium. Sleeplessness, restlessness. Dreamy state. Stoic indifference. Stupid, cannot understand when spoken to.

Allium Cepa: Anxiety.

Aloes: Disinclined to move. Life is a burden. Hates and repels everyone. Anxiety, ill humoured, Knew that she would die in a week.

Alumina: Always in hurry. Time passes too slowly. Sad, crying against her will. Moaning, Mind worse after waking.

Ambra Grisea: Memory impaired. Jumps from subject to subject asks but does not wait for an answer. Slow comprehension, reads thrice before he understands. Dreamy state of mind. Senility. Angry and depressed like an old man. Excited and loquacious, sleepless, Melancholy. Difficult thinking in morning, cannot take up new ideas. Forced to dwell on unpleasant past at night. Fears of becoming crazy. Wants to be alone, conversation and presence of others make him worse. Cannot pass stools in presence of others.

Ammonium Carb: Anxiety, antipathy and fretfulness. Weeping, fainting fits, Hysteria. Motion exhausts. Worse closed room. Forgetful, makes mistakes in writing and Speaking. Absent minded. Aversion to work. Cannot move, motion sad and depressed with cold sensation.

NOVEMBER '63

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Ammonium Mur: Crying, quiet, does not speak. Apprehensive and gloomy; internal grief. Irritability.

Anacardium Orientale: Loss of memory. Cruel contradiction between will and reason; has two contradictory wills, one leading him on, the other obstructing him. Sensation of a band round body. Difficult recollection. Suspicious of everything around him.

Antimonium Crudum: Loathing of life (in typhoid) Great sadness. Sentimental mood in moonlight, particularly ecstatic love. (child is fretful and peevish, does not wish to be touched or looked at. Speaks with none. Cries when washed in cold water.

Antimonium Tart: Sensitive. Resents touch, being talked to or looked at, whines and cries. Bad humour, restless, fears being left alone; Merry towards evening.

Apis Mellifica: Anxiety. Loss of Consciousness, happy expression cannot help crying; Kicks the cover off. Sudden shrill screams; carries hands to the head; Grinds teeth.

Apocynum Cannabinum: Mind bewildered, debility, sad, always crying. Feels as if she could do nothing but cry.

Argentum Metallicum: Imbecility, loss of memory & reasoning.

Argentum Nitricum: Loss of memory. Does foolish things. Reason and memory give out. Cannot remember right word. Time passes too slowly. Must walk faster and faster. Easily angered, when angry coughs and has stitches in chest and head. Impulse to throw herself out of the window. Time passes too slowly, always in a hurry. Apprehension when ready to go to church or opera, bringing on diarrhoea.

Arnica Montana: Gloominess at night and uterine symptoms in day, soreness all over, the bed feels hard. Unconscious, but answers correctly when spoken to. Fears being touched by persons.

Arsenicum Album: confusion, restlessness. Picks the bed clothes. Fear, delirium, anxiety. Always sad, tearful, loud moanings.

Arum Triphyllum: Low muttering delirium, boring the nose and picking the lips. Screaming (in typhoid) with nose, mouth and thirst symptoms.

Aurum Metallicum: Suicidal Mood, weak memory. Religious mania. Insanity of the will. Fears, sad, weeping. Pain makes her desperate, she would jump out of the window. Self condemnation, self criticism. Alternately peevish and cheerful. Very irritable, worried over trifles, excitable. Cannot bear contradiction. Ailments from disappointed love.

Aurum Muriaticum: Excitement or weariness of mind. Aversion to work, disgust for life, inclination to suicide. Sad weeping, as of impending misfortune. Indolence.

Baptisia: Thinks he is double, another man is in the bed with him. Stupor; falls asleep while being spoken to, or while answering. Body feels sore and scattered about, tosses about to get the pieces together. Cannot sleep because cannot get the pieces together. Sleeps while answering question, but when aroused perfectly conscious. Confusion of ideas. Confused as if drunk; Cannot fix his mind, a sort of wild wandering feeling. Indisposed to think, mind seems weak.

Baryta Carb: Dwarfishness of mind and body. Want of clear intellectual memory. Bashful. Memory deficient; boy cannot learn, cannot remember; is inattentive, forgetful, cannot use familiar words. Mental and bodily weakness. Childish manner of doing things. Premature old age. Child does not want to play, but sits in the corner and picks the nails of fingers. Covers the face with hands and hides behind furniture when strangers enter the room. Sadness anxious for future. Always whining.

Baryta Mur: Mania with increased sexual desire. Non development of brain in early childhood. Loss of motor power but sensible. Idiocy. Slow to learn. Easily angered.

Belladonna: Senses acute. Talks too much. Breaks into fits of laughter. Bites and Strikes the attendants. Acute mania. Picks the bed cloths as if looking for something lost, with confused muttering. Violent delirium, imagines and sees ghosts animals (like dogs and various insects; monsters) Moaning. Starts in sleep, starts in fear at the approach of others. Tries to escape. Aversion to liquids.

Benzoic Acid: Inclined to dwell on unpleasant things. Omits words while writing.

Bismuth: Aversion to remain alone. Often complaining about his disease; dissatisfied.

Borax: Dread of downward motion or rocking (see children) Anxiety, fretful; Anxiety about trifles, fidgettiness.

Bovista: Sad, stammering when reading. Enlarged sensation. Drops things from hands.

Bromium: Sensation of Cobweb in face. Thinks as if some one is looking from behind, quarrelling nature.

Bryonia Alba: Morose, ill humoured, very irritable. Delirium, talks of business.

Bufo Rana: Anxious about health; likes someone to be with him; Easily laughs or cries. Music unbearable, restlessness. Imbecility. Loss of memory. Desire for solitude. Feeble minded.

Cactus Grandiflorus: Sad, moody, crying, consolation aggravates. Sullen, would not answer. Fear of death; he believes his disease is incurable, but without anxiety of Aconite.

Cadmium Sulph: Anxiety, prostration, wants to be still, especially in fever.

Calcarea Ars: Weakness of memory. Obstinate. Anger, anxiety in evening. Fear of future, desire for company. Delusions, sees dead people. Sees visions of fire on closing the eyes. Despair of salvation. Insanity, irresolution, weary of life.

Calcarea Carb: Industrious, always at work or laziness, insanity. Imagines some one is walking beside her. Fears that some misfortune is about to overtake her; fears that she will lose her reason. Imagines that she will fly or jump out of the window. Delirious talk about fire, rats, murders or dogs around and tries to fight them off. Anxiety and palpitation. Loathing of life. Whimpering. Thinks much and talks about little things; forgetful.

Calcarea Fluorica. Depression. Fear of financial ruin.

Calcarea Phos: Forgetfulness, uses wrong words. Peevish and fretful, angry. Tired brain; all tired.

Calcarea Hypophos: Wants doors and windows open.

Camphora: Loss of memory, gradual imbecility, anxiety with palpitation of heart; Mental excitability or the opposite unconsciousness and coldness, yet remains uncovered. Anxiety and restlessness. Dread of being alone in dark. Violent rage.

Cannabis Indica: Exaggeration of duration of time and extent of space. Great exaltation of mind, at times loquacity with enthusiastic language. Inability to recall any thought or event. Full of fun and mischief and laughs immoderately. Imaginations of all forms. Imagines he hears music; incoherent talk. The mental symptoms are all psychical, not organic.

Cannabis Sativa: Says one thing for another when speaking. Sadness, in forenoon, gay in afternoon. Makes mistakes in writing.

Cantharis: Sudden loss of consciousness, face red. Confusion; inability to concentrate thought. Furious delirium; Amorous frenzy, sings lewd songs. Paroxysms of rage, with barking & beating, renewed by bright objects, when touching the larynx, or when trying to drink water. Insolent and contradictory mood in the after-noon. Hydrophobia, fear at liquids at glistening bright objects. Insanity with violent sexual desire.

Capsicum: Home-sickness, with red cheeks and Sleeplessness. Desires to commit suicide. Peevish, irritable, angry, easily

offended, suspicious, obstinate. Awakes with fright, screams. Delirium tremens.

Carbo Animalis: Confusion of mind, does not know whether awake or asleep. Does not want to talk or be talked to. Desire to be alone. Sad, reflective, avoids conversation.

Carbo Vegetabilis: Nightly fear of ghosts. Periodic want of memory. Stupor, collapse. Loss of affections.

Carboneum Sulphuratum: Confusion, anxiety, absent mindedness in morning on waking. Sees visions at night with excitement. Illusions of fancy, forgetful, weeping mood. Cheerful in morning after passing much flatus. Destructive anger. Very excitable, changable mood. Memory lost.

Cardus Marians: Sad.

Calophyllum: Tiresomeness, Angry mood.

Causticum: Weakness of memory, Peevish, irritable, Melancholy. Full of tumorous fancies. Absent-minded. Thinking of Complaints aggravates them, especially hemorrhoids. Sadness. Chorea or epilepsy at puberty.

Chamomilla: Melancholy. Irritable, impatient, peevish; Moaning, whining, restlessness. Great sensitiveness to pain, numbness. Starting and Convulsions after anger. Child wants this and that which when offered are refused. Child cries, quiet only when carried in arms.

China: Indifference, apathy. Ill humour. Slow ideas. Dull. Dislike to all mental and physical exertion. Nervous irritation.

Cicuta Virosa: Mental torpor, feels as if in a strange place. Delirium, singing, dancing. Likes childish toys. Memory quite blank. Anxiety, weeping, moaning and mistrustful. Thinks he is a child of seven years. Confuses the present with the past.

Cina: Pitiful, wearing as if frightened. Very cross. Child does not want to be touched or to come near it. Desires many

things, which when offered refuses. Ill humour, cannot be questioned; averse to being caressed.

Cistus: Headache after mental exertion.

Clematis Erecta: Fear of being alone. Homesickness. Sadness. Weak memory.

Cocculus: Slow comprehension, cannot find right word to express thought. Nursing complaints of attendants of sick persons, i. e. too tired and worn out with anxiety; vexation and loss of sleep. Time passes too quickly. Thought fixed on unpleasant subjects; So absorbed as not to mind anything else, very easily insulted. Every trifle makes him angry, easily started sensitive.

Coffea cruda: Unusual activity of mind and body till midnight causing headache loss of sleep from activity or excitement. Full of ideas, quick to act, convulsions after over-excitement. All the senses are too acute, child cries and laughs easily, laughs in the midst of crying. Bad effects from sudden pleasurable surprise, acute memory.

Colocynth: Extreme irritability; impatient every word provokes him. Lazy women.

Conium: Complete indifference. Inability to sustain any mental effort. Difficulty in understanding what he is reading. Aversion to people, yet dislike of being alone. Loss of memory (date). Disinclination for business. Imbecility.

Crataegus: Goes to the window for air.

Crocus Sativa: Frequent changes in sensations between joy and sadness; hangs, sings, jumps, wants to kiss everybody, or again cries, gets mad, abuses everybody when sad and excited abuses friends.

Crotalus Horridus: Delirium, muttering and Sadness.

Cuprum Metal: Deep thinking, bad thoughts, sadness. Fears of some misfortune. Speaks unthinkable words.

Cyclamen: Dullness and Confusion. Absorbed in deep thought
Melancholy. Joy and irritability alternate.

Digitalis: Great anxiety and fear for the future.

Dioscorea: Excessive forgetfulness.

Drosera: Anxiety with flushes of heat; Impulse to commit suicide
by drowning. Fear of Ghosts, of "Persecution" Distrust irri-
table.

Dulcamara: Depression of mind.

Eupatorium Purpureum: Anger with fever. Crying with pain
of the body, Moaning.

Ferrum Metallicum: Confusion, depression, tearful, excitable,
peevish, least contradiction offends or excites. Cracking of
papers makes him wild.

Gelsemium: Dull quiet, motionless with closed eyes, but con-
scious. Mental exertion impossible. Complete relaxation
and prostration of muscles. When attempting to move, the
muscles refuse to obey the will. Partial or entire motor-
paralysis. Trembling everywhere. Prostration or exhaustion
due to heat of the sun.

Glonoine: Sudden unconsciousness. Senselessness; Loquacious.
Confused flow of ideas, does not know where he is, weeps.
Shudders. Tries to jump out of window with headache Con-
gestion to head and heart alternate.

Graphites: Forgetfulness, slow in thought, inclined to grief.
Sadness, weeping, depressed & dejected. Fretful, ill humoured,
easily vexed, irritable. Crowding thoughts prevent sleep
at night. Thinks nothing but of death.

Hamamelis: Irritable; forgetful.

Helleborous: Total unconsciousness. Anxiety; Muttering passive
delirium. Dull, says nothing Diminished power of mind
over body. Stares unintelligently, dazed. Muscles do not
obey the will. Involuntary sighing; Thoughtless staring.
Automatic motions of the body.

Helonias Dioica: Sore and tender, profound melancholy or great
lowness of spirits. Better when mind is off herself. Continual
consciousness of a womb.

Hepar Sulphur: oversensitive, irritable, quick, hasty speech,
hasty drinking quarrelsome.

Hydrastis Can: Weak, faint, gone feeling in stomach.

Hyoscyamus: Raving, delirium, catches at flocks. "Ludicrous"
actions. Uncovers body. In distinct muttering;
Lewd talk, mania. Fear of being left alone, of being poisoned
Uncovers sexual parts; jealous. Violent biting, striking and
rage Stupor, unconsciousness. Twitchings and spasms.
sees a row of bed-bug on the wall and tries to string them.
Averse to light and Company. Plays with fingers. Disappointed
love followed by epilepsy, convulsions.

Hypericum: Complaints caused by injury to sentient nerves.
Meningitis. Great anxiety, Sensation as if being lifted high
in the air.

Ignatia: Absent minded. Asks questions but does not wait
for an answer. Desire to be alone. Broods our fancied wrongs
changeable disposition, jesting and laughing. Becomes suddenly
sad and sheds tears. Great grief after losing dear persons or
objects Convulsions of children after reprimand or chas-
tisement. Ailments from grief, Silent grief. Mortification
after bad news. jealousy, disappointed love. Extreme
sensitiveness. Impatient, quarrelsome, angry easily frightened
cannot bear contradiction.

Iodium: Anxiety, must keep in motion day and night. Impulses
even to murder. Melancholia, low spirited, Shrinking and fear
when any one comes near in gout cases.

Ipecacuana: Irritable, impatient, cannot bear noise.

Justicia Adhatoda: Irritable, morose, silent, sensitive to noise.

Kali Bichromicum: Dull, stupid.

Kali Bromatum: Excited and constantly busy. Melancholia,
apathy, dullness, timid, suspicious.

Kali Carb : Fear of being alone. Fear of ghosts and of future. Peevish, irritable, starts at noise or touch. Whimsical, angry. Absent minded, lazy, weak. Sudden unconsciousness.

Kali Iodatum: Sad, anxious. cruel, Irritable.

Kali Muriaticum: Thinks he should starve.

Kali Phos: Anxiety, nervousness; indisposition to meet people. Extreme depression. Starts easily. Hysteria. Somnambulism, Loss of memory. Slighted labour seems a heavy task. Shyness.

Kreosote: Music causes weeping and papitation.

Lac Caninum: Despondent, forgetful.

Lachesis: Getting angry when touched by others. Proud, jealous, envious, suspicious, revengeful and cruel like snake. Physical and Mental weakness. Mania after overstudy. Mania (religious) with great loquacity, changing from subject to subject. Quick understanding. Mental excitability or the reverse. Apathy.

Laurocerasus: Loss of speech, of motion. Mind weak, memory almost lost. Fear, anxiety about imaginary ills.

Lilium Tig: Acts on mind well. Hysterical women. Makes mistakes in writing or speaking. Depression of spirits. Disposed to curse, to strike, to think of obscene things with uterine trouble. Hurried manner. Desire to do something. Restless yet would not move. Sad, morose, weeping, fear of impending evil, disease, insanity. Believes that nobody can cure her disease.

Lycopodium: Unconsciousness; weak memory; Confused thoughts. Thinks he is in two places at the same time. Fears appearing in Public; no confidence on himself. Religious insanity. Aversion to life; Sensitive; even cries when thanked. Forgets names of friends.

Magnesia Carbonica: Sad, won't talk; Fear as if an accident will happen. Feels hot sour smell from body.

Magnesia Muriatica: Anxiety, Sad, weeping, prefers solitude. Fear, anxiety, reserved, peevish; Dull.

Medorrhinum: Weak memory, cannot remember his own name or the name of his intimate friend. Loses thread of conversation. Irritable, impatient. Time passes too slow. Is in a great hurry. Thinking of his complaints makes them worse.

(To be continued)

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FOR HEALTH & LIFE



The Pothamarai Tank, Kumbakonam



JOURNAL OF THE
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THE HOMOEOPATHY

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BOOK. 24

THE MEDICAL ASSISTANTS

It was reported a few days ago that the Madras Government had accepted the scheme of "Health and Medical Assistants" formulated by the Central Government and commended to the States. This scheme, it seems, is intended to create a class of medical personnel to be supplied to the rural population to diminish the dearth of medical aid in the villages. From the way in which this scheme has been hatched at the centre and commended to the provinces, one has to conclude that the weight of public opinion about the miserable lack of medical aid in the rural parts has at last reached the ears of the centre, where, (it appears) the only concern seemed to be to plan for greater and greater things for competition and consumption of foreign countries even at the risk and cost of our own country's needs!

It is an accepted fact, and nobody can deny it, that it would be impossible, not only now, but also at any future time, for our production of doctors to keep pace with the needs of the country; We mean doctors as they are produced now. Naturally the State has to find the ways

and means to remedy the situation and lo and behold! here is a scheme and our State which has been frantic over this issue seems to grabble at it.

The Madras Government thought of introducing a shorter course of medicine in allopathy sometime ago to produce cheap doctors for the rural parts. It was opposed tooth and nail by the medical bosses and our Health Minister at the centre voiced her feeling then that our rural people are as much part and parcel of our great country and that she would not tolerate any distinction being made in the matter of medical care between the lucky townfolk and the unlucky rural people. However she did not say as to how and when her Government and Ministry intended to supply the *burra* doctors to the villages in plenty. In fact we understood then that even the Union Health Minister did not approve of the Madras Government's three year course of studies for junior doctors.

Now comes the news that the Union Government has formulated a scheme for a *two year course* of studies, in allopathy, to produce Medical Assistants for the rural parts. Perhaps it is the opinion of people at the top that for the rural folk and their sicknesses a two years' course of studies would be sufficient but *in order to safeguard the honour of our country*, such men must not be called 'doctors' and when they are called "doctor's assistants", no honour is lost in the international field. We found a good lot of hue and cry raised by the medical bosses of the country on hearing of the (three years) Madras scheme, but about the present Central (two years) scheme, the objections from this quarter seem to be subdued and guarded. Here also it appears that only the names seem to

have weighed, rather than anything else. So you cannot ask "What's in a name?"

But the real hitch will come only after these people are produced and sent into the villages. The rural folk may not understand the subtilities and the implications of the name by which they call these rural medical assistants. Anybody with a coat and pant on may be a "doctor" for them and so these may be known in the rural parts only as 'doctor'. Sometimes it may happen that these medical assistants might bring to a successful termination a long-standing disease which some one of the *burra* doctors failed to cure and as such the unwary rural folk may call the medical assistant the "*burra* doctor" and the real "*burra* doctor" may appear and may be called a "*chota* doctor". When such instances multiply there may be again necessity to change the order of the day to something else!

It is said that one Medical Assistant would be settled in each village and for a group of villages a *real* doctor will be responsible. This doctor is supposed to visit the villages at his pleasure and advise treatment. But what is to happen to people suddenly falling ill in the meantime? Will people be told not to fall sick except on days the real doctor visits or will the medical assistant be authorised to treat such cases meanwhile? Supposing he is authorised to treat, is it not possible that in serious and obscure conditions, in conditions that require immediate and expert attention, he may bungle and make matters worse? If he can do so, is it not pure and simple quackery? And does it not follow that the Government in its anxiety to serve the rural people actually produced and let loose on the rural population a number of authorised quacks? Are drugs in allopathic medicine so safe

to-day as to be prescribed by one with a fragment of knowledge and to be taken with impunity by the lay people? These are points that occur to one when he hears of this scheme and we are leaving the rest to the imagination of our readers, when the full details of this scheme are worked out and published, perhaps we may be able to understand things better.

THE VICE-PRESIDENT ON HOMOEOPATHY.

Inaugurating the third All-India Homoeopathic Conference at New Delhi on the 27th November 1953, Dr. S Radhakrishnan, the Vice-President of the Republic of India, said that he considered that medicine in modern times was "an expensive essential." He also said that it was gratifying to see that homoeopathic medicine and treatment were cheap, and that the drugs and medicines used in Homoeopathy did not have any adverse effects on the human system. "That is why" he said, "I feel that this medicine should be encouraged in India."

The Use of *SYPHILINUM* In Acute Conditions

ALLAN D. SUTHERLAND, M. D.

In an averagely busy practice one not infrequently finds one's self prone in the fittail of routine prescribing, having stubbed one's toe on the root of empiricism. The writer, himself, often has had to clamber back to the road of precision from which his careless step and unwatchful eye had so rudely precipitated him. There is reason for routinism—even for a homoeopath—but never an excuse.

In the experience of the writer, run-of-the-mill acute conditions seem to require a coterie of remedies more or less fixed. One has frequently wondered whether the climatic and environmental conditions of a given community, as well as the constitutional backgrounds of a more or less unchanging clientele, may not be factors initiating an unsuspected drift toward routinism in prescribing. When one sees an acute coryza again and again requiring *Allium cepa* or *Nux-vomica*, it is natural, though admittedly not homoeopathic, to begin to think of all coryzas as calling for these remedies. Thus we tend to become empiricists without realizing what is happening.

It is only when the apparently well-indicated remedy fails that one begins to take stock of one's prescription, discovering to one's chagrin that one's choice has been made "by guess and by God" rather than by the principle of *similia similibus curentur*. It has happened so frequently that the writer's second, more accurately chosen, remedy has been *Syphilinum* that he has been under some constraint to review some of the symptoms which indicate this drug and give a few examples of its successful application in acute conditions.

Syphilinum is a nosode made from pus obtained from a syphilitic ulceration. It works to better advantage in the higher potencies.

The most outstanding feature of *Syphilinum* is the nightly aggravation. The patients are frequently worse from the onset of darkness until the appearance of daylight, often with an aggravation of the aggravation in the middle of the night. Allied to *Syphilinum*'s nightly aggravation is sleeplessness, this being a strong feature of the drug's symptomatology.

Syphilinum develops many kinds of pain in many parts of the body, their distinguishing features being the aggravation at night and the gradual worsening and lessening.

The mentals of this remedy will bear repetition because of their similarity to those of other drugs which might appear indicated in specific cases. Loss of memory is marked. There is irritability and excitement with violence when opposed. The irritability is physical as well as mental, the patient walking about much. Weeping without cause and despondency are not infrequently encountered with indifference and apathy.

The modalities of *Syphilinum* are important. The symptoms are worse from touch, though pressure relieves the throat and the pains of toothache. No position suits and motion in general aggravates. Walking, however, ameliorates the pains in the thighs and hips. There is marked aggravation at night as already stated. Warmth and cold both aggravate and ameliorate. Symptoms are all made worse by damp weather; warm, damp weather; thunderstorms; at the seaside and in winter. Complaints are better in the mountains.

While not a complete pathogenesis of *Syphilinum*, the above will serve to indicate in a brief way in what manner this remedy produces its effects.

The following cases show how easy it is to fall into careless and sloppy habits of prescribing. In all of them *Syphilinum* is the remedy which rearranged the disordered vital force so that the diseased state could be overcome.

In 1944, Mrs. L. had an attack of ivy poisoning. The symptoms were these: On June 1st a small area like a mosquito bite appeared on the right leg. Four days latter the eruption had spread upward to thighs and buttocks and downward to ankles.

Many large blebs and small vesicles, containing a clear, yellow fluid, and small pustules on an inflamed base were present. Much itching, worse after scratching, beginning to move. The legs ache when standing. In general she was worse after midnight. The prescription was *Rhus Tox.* 200.

Two days later there had been no improvement, Mrs. L. being much discouraged. All symptoms were worse in the evening and during the night. Taking into consideration the despondency, the all night aggravation, and the character of the eruption, *Syphilinum* 1 M. one dose, was given. Result: improvement with in twenty-four hours going on to cure.

This patient developed ivy poisoning in September 1944 and in July 1945, both attacks similar in symptomatology to the one just described and both responding satisfactorily to *Syphilinum* 1 M. one dose.

When in his fifth decade, Mr. S. acquired chicken-pox. In addition to the characteristic eruption he complained of sharp pain about the navel, relieved temporarily from change of position; and he gets tired lying in one position; dull frontal headache as from eyestrain. In the evening, he is lame. He is sleepless. In general feels worse at night, especially after midnight. *Rhus tox.* seemed called for and was prescribed in the 200th centesimal potency. Result: no relief.

A review of the symptoms added the observation that the patient was weeping, when relating his symptoms, for which he apologized, not knowing why he cried. Based on the all night aggravation, the restlessness and sleeplessness, and the crying without cause, *Syphilinum* 1 M. one dose was given. Result: almost immediate improvement with subsequent cure.

The father of five children was the fourth member of the family to develop Scarlet Fever. *Belladonna* seemed indicated by the initial symptoms of hot, burning skin; dilated pupils; right-sided sore throat; fine scarlet eruption. Improvement followed its administration but did not continue.

On the fifth day of his illness these complaints were elicited: Feels worse in general at night, especially from 11 P.M. to 5 A.M.

DECEMBER '53

Sleeplessness, or catnap sleep with delirium in which he busies himself with his occupation. Chilly on uncovering. Diarrhea of watery, offensive, mustard-colored stools worse after drinking. Thirsty for sips of water which is immediately vomited. Very restless and can't stay in one spot. The eruption now showed tiny pustules.

Mercurius solubilis 1M, *Arsenicum album*, 200. and *Bryonia* 200. were unsuccessfully prescribed. *Syphilinum* 1 M. one dose was now given on the basis of the nighttime aggravation, the sleeplessness, the restlessness and the pustular eruption. Improvement began at once. A subsequent dose of the 1 M and a dose of the 5 M were required to complete the cure.

Mrs. B. came down with what we Brattleboroans, in our countrified way, call gripe. Her symptoms were: lameness in left shoulder and elbow and legs, worse lying in bed; better drawing up the limbs, lying on something hard from heat. In general she is worse in the early morning and in the afternoon. There is a cough which is worse when sitting up, with yellow-green, bitter expectoration and accompanied by rawness in the chest beneath the sternum. *Bryonia* 200. was given without help.

Further questioning elicited the information that she was worse from "7 P. M. to 7 A. M." during which time she could not lie in bed but had to sit up because of the severe pain in hips and thighs. *Syphilinum* 1 M. one dose was now given. Result: marked improvement in twenty-four hours. *Rhus tox.* was subsequently needed for cure.

A 28-year-old nurse developed symptoms, as follows: severe, bursting headache running from forehead to vertex, worse when walking and coughing. Loose cough with soreness along lower ribs and expectoration of yellow phlegm. Chilliness and heaviness in legs with sensation as if they were very large. Rx. *Bryonia* 200., three doses. Result: slight relief of headache.

A few additional symptoms were present: aching from base of skull to base of spine with sensation as if the spine was over-extended and would break at the lumbar region. The expectoration is salty. Rx. *Tuberculinum* 200. 2 dose which did nothing, nor did *Arnica* 200., which was next prescribed.

A review of the symptoms brought the fact that the headache was worse from 3 P. M. until morning; that the back was worse from 6 P. M. until daylight; that the patient herself felt worse from dusk to daylight; that she was unable to lie still though motion did relieve. *Syphilinum* 1M. one dose was now given. Result: the next day the patient stated she was better in all respects. *Syphilinum* was repeated twice more before permanent improvement set in.

This brief paper is intended as a warning against routinism and sloppy prescribing of which the author is perhaps more guilty than most. Only by strict adherence to law can perfection in the difficult art of cure be attained; and while it may not be given to all to reach this goal, at least all may continue to seek it.

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INSOMNIA—NERVOUS TENSION

by G. E. Leonard

The question of sleep is today one of man's major problems. Man needs the quiet refreshment of peaceful sleep in order to replace the energy drained from him by the ceaseless noise and bustle of everyday living; it is for many the only means of escape from the worries and distress of difficult or uninteresting work, for there are many "square pegs" who continually bruise themselves in the struggle for daily bread. The toll of this bruising only too often is not the ready falling asleep when the day's work is done, but a tossing, restless period when the mind refuses to relinquish its hold and the dark hours lengthen to veritable ages of misery. Only those who have suffered the horrors of Insomnia can know the interminable length of five minutes, the keen disappointment that the dawn is still four hours away when the light is switched on for the hundredth time; the irritation of the sound of the tick of the watch on the dressing table or the chime of the clock in the village square.

Modern medicine strives to meet the case by providing an array of sedatives, sleeping pills and nerve tonics, which many exhausted and weary sufferers try one after the other. The medicines produce unconsciousness, but so often I have heard the complaint "Oh, I get sleep but I feel so awful all the day and my digestion seems to be suffering!"

Sleeplessness can be contributed to many causes, but the continued difficulty becomes a serious illness that from the homoeopath's point of view needs careful diagnosis and treatment for there are some hundred or more remedies that can be used for sleeplessness; while if the trouble is deeper, there is the range of many hundreds of proven remedies, any one of which may suit your individual need. For it is YOU who are suffering and it is YOU who must be treated. No homoeopathic remedy correctly prescribed will create further disorder in the system, the habit of sleep may be re-established firmly and the general health be improved because your whole being will be happier and healthier.

Naturally attention should be paid to diet; the habits of eating can seriously interfere with the natural processes of the body and of course sleep is, or should be, natural process. Don't overload the stomach at a late hour, avoid stimulants such as alcohol or strong coffee or tea immediately before retiring, have plenty of salad food every day in the year, raw cabbage when lettuce is not to hand and raw vegetables and fresh fruit in plenty. The natural mineral salts and vitamins of the raw greenstuff, fruits and vegetables will do much to balance the body, and it is in a balanced body that the natural processes can and will function. Take regular exercise, not necessarily vigorous, but rhythmical. Shorten your train travel where possible and walk the last part of your journey to the office—you will be breathing purer, fresher air, circulating the blood, and in every way improving your general condition. Try and see something beautiful every day and let your mind think about it, surround yourself with touches of the colours that please you most. It need not be an expensive business—a simple catalogue picture in colour carefully framed with passe' partout and hung where your eyes will rest on it when you retire can be very refreshing and help to relax you. Pay attention to the excretory system of the body. Insomnia can sometimes be developed as a result of bowel congestion and general toxicity—constipation has been said to be the root of most of man's evils; this is very true, for decayed matter stored in the system will interfere seriously with the bacteriological working in the intestines—and poison gases filtering into the blood stream will hinder all natural processes and create restlessness and discomfort and the inability to relax, for in spite of all the complicated titles given to nerves and nervous diseases, it is really a question of relaxation. When we sleep we "let go" of ourselves, when we are sleepless it is because we cannot "let go", we hold on tightly to our bodies, our work, our troubles, our miseries and in consequence continue to wear ourselves out. Now, when you have made up your mind to attend to all these matters of adjustment to your daily routine, you will find that many of your fears will depart, and as your body begins to feel the new vital forces entering into your system, so your mind will respond and new joy in living supersede the old horror, boredom and tension. But, you may feel that this is going to be a slow process, you are already worn out with weeks of sleeplessness, you must have sleep NOW, as soon as possible.

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Very well; then look carefully through the following descriptions of symptoms and see if they apply to your particular type of sleeplessness. You may not have all the symptoms, but if you have 60 per cent of them it is highly probable that the remedy mentioned will help you to find that rest and relaxation you need, while the body comes back to its full health and vigour. If you cannot decide or find that these remedies are not yours, seek out a homoeopathic doctor or practitioner and explain your individual case to him and he will prescribe for you and give you the assistance you need. The medicine can be taken just before getting into bed and repeated at half-hourly intervals if necessary.

Aconite 6. If you are restless, feverish, full of fears for the unknown; if you have had a fright or shock; if you are feeling sensitive and apprehensive.

Coffea 6. If you have had an exciting, thrilling, unexpected and pleasant surprise and you keep going over the events of the day.

Ignatia 6. If you are grieving over death of a dear friend or member of the family; if you are full of tormenting thoughts and feeling dejected and depressed; if you have had an unfortunate love affair.

Nux Vomica 6. After late reading or a party; after too good a dinner and too many drinks and cigarettes; if you have had much mental strain and are inclined to be irritable and snappy.

Pulsatilla 6. When you feel the effects of too rich food—too much fat; if you are sorrowful and weepy; if you cannot get off to sleep in the first part of the night; if you feel you cannot breathe in a warm room but feel better in the open air.

Sulphur 6. (Not more than two doses for three consecutive nights.) If you wake regularly at 3 a.m. and cannot get to sleep after, and if you do you have horrible nightmares; or if you feel the heat of the bed too much for you, especially your feet—you search everywhere for a cold piece of sheet and finally stick them out of the bed. If you have excoriating discharges from the body. If you feel worse after meals and dislike standing.

Cocculus 6. If you have had a long spell of nursing an invalid and develop headaches with vomiting and just cannot settle to sleep, you feel weak in the back and cannot concentrate in the day; if you ride in the train or in a car you get sick immediately.

Finally, for the aged who find sleep evasive for no particular reason the remedy *Passiflora* (Mother Tincture) will be found to be of considerable help—5 drops to a wineglass of water—a teaspoonful on retiring and repeated when necessary.

From "Health & You"

"There is no duty we so much underrate as the duty of being happy".

Robert Louis Stevenson.

"Many persons might have attained wisdom had they not assumed they had it."

Anonymous.

Hon'ble Dr. U. KRISHNA
(MINISTER, GOVT. OF MADRAS)

visited the Indian Institute of Homoeopaths
on 28-10-1953

WHAT'S YOUR PET DREAD ?

"As knowledge of psychiatry spreads", the word 'phobia' is heard more and more writes the 'Good Health'. "It means an abnormal, unreasoning fear. One of the commonest is *claustrophobia* - fear of confined spaces. Victims of this condition may dread entering an elevator, or absolutely refuse to do so. The opposite is *agoraphobia*, the fear of empty spaces. Perhaps most of us suffer from some degree of *acrophobia* - fear of high places. The man who always wipes his cutlery at table has *mysophobia*, fear of dirt. *Nyctophobia* means fear of the dark, *thanatophobia*, fear of death; *taphophobia*, fear of being buried alive; *pyrophobia* fear of fire; and finally, there is the undue fear of phobias, called *phobophobia*. Most of us have a touch or more than a touch of *triskaidakaphobia*, which means dread of the number thirteen. Unwillingness to sit at table with thirteen, in fear that one guest will die within a year, is based no doubt on the thirteen who sat at the Lord's Supper. That this is extremely widespread is proved by the fact that many tall buildings omit thirteen in numbering the floors. Few hotel patrons would sleep in a room on the thirteenth floor. In fact, this dread is so common that it might even be called normal and thus is not a true phobia".

But a true Homoeopath knows the value of these as symptoms of disease and he also knows the medicines indicated in such conditions.



Dr. V. R. Murty receives
minister at the entrance of
Institute



Dr. Krishna Rau with
Dr. Murty and some
leading citizens.



During his few hours stay at the Institute the minister looked in to some Books and Journals in the Library of the Institute.



Autograph hunting by youngsters!

FOR ALL LADIES' AILMENTS

“SODHARI”

IS THE ANSWER



SODHARI is a good medicine for habitual abortions especially at the 3rd or 4th month. Not only does SODHARI tone up the female reproductory organs but it also increases the general health and metabolism of the whole individual, improving appetite promoting assimilation and absorption of food.



Literature and full details from

Indian Institute of Homoeopaths

Homeo House

Kumbakonam.

THOUGHT GEMS IN HOMOEOPATHY

K. N. Gopala Pillai, M. A. Tallakulam, Madurai.

1. Women who have been in the habit of taking mercury for biliousness remain sterile. Coffee drinkers often remain sterile also and you must stop their coffee.

2. Many times it is possible to suspect morbid mental states by knowing morbid sensations and functions. There is a kind of order in all morbid expressions seen in sick people.

3. There seems to be everything existing in one kingdom that exists in another. The lowest is the mineral the next the vegetable and last the animal kingdom. If we had a perfect knowledge of any one kingdom, we would probably cover the entire scope of curative possibilities. But we have only a knowledge of a few remedies in each kingdom.

4. The evils that are thrown off by man may be absorbed by the vegetable kingdom. The absorption of these evils may cause them to vary in species, and if they continue to grow and each to absorb the evils of the human race, they will continue to differ. This favours evolution and explains it in a sense.

5. *Naja* is the most useful of all the remedies we have in a cardiac state with very few symptoms. This region is particularly singled out by *Naja* to produce its symptoms.

6. Nervous hunger in pregnant women, who cannot sleep unless they get up at night and eat, calls for *Psorinum*.

7. Drugs must all be administered in suitable form. We may need to go higher and higher until the secret spring is touched.

8. A great deal is presented that can be seen by looking at the patient so that we say: 'this looks like *Nat. Mur.* patient'. Experienced physicians learn to classify patients by appearance.

9. All remedies act rapidly, but not all act slowly, the longest acting may act in acute diseases, but the short-acting cannot act long in chronic diseases. Get the pace, the periodicity of remedies.

10. The homoeopathic remedy will cure intermittent fever every time if you get the right remedy. If there is a failure, the case is mixed up so that no one may be able to cure it. First of all a master must realize the case and turn it into order so that it can then be cured.

11. The homoeopathic failures are the worst failures on earth.

12. Often cases spoiled by homoeopaths can be turned into order by *Sepia*.

13. Homoeopathic treatment tends to amplify the human economy and to make diseases more easily managed. Unless this susceptibility is eradicated, man goes down lower and lower into emaciation, emaciation from above downward.

14. Every remedy has its own pace, its order of succession. We must bear in mind the order of succession.

15. The only cure known to man is from above down, from within out, and in the reverse order of coming.

THE OVER-MEDICATION OF THE MASSES

[By "PHYSICIAN"]

NEVER was there a time when such potent medicines were handed out to so many people in such plethoric quantity. This is an inescapable conclusion when the facts reveal an annual expenditure of the tax-payers' money to the tune of £ 60,000,000 in respect of free medicines, the dispensing of 200 million prescriptions per annum under the N. H. S. by pharmacies, apart altogether from those dispensed in hospitals, and the admitted toxicity of many, if not most, of the medicines in common use at the present time.

No wonder a recent Minister of Health declared, sadly "I shudder at the cascades of medicine pouring down British throats", and an Under-secretary of the same Ministry remarked at a public meeting, "Britain is floating in a swimming-bath of medicine". It is a disturbing fact that a would-be healthy nation should need so much medicine, if indeed it is needed.

It is wholly permissible and urgently pertinent to ask certain questions in relation to this huge expenditure on physic from the public funds.

In the first place how much of the £ 60,000,000's worth is actually "taken" how much is poured down British sinks, and how much is occupying space on the shelves of the nation's medicine cupboards?

An exhaustive enquiry into the actual fate of the various medicines prescribed and an intensive search

through the medicine cupboards of Britain would almost certainly bring to light some statistically startling and economically shocking figures of waste.

Moreover whereas the medicines down the drain are out of harm's way, those lying around are a potential menace, especially to children, as we are only too frequently reminded by the record of tragic accidental poisonings in the daily press.

There is, however, a more serious aspect of the matter than this unjustifiable economic waste. It is not possible to feel wholly at ease about the medicine that does actually get swallowed or otherwise introduced in to the body. One cannot help wondering in relation to this utilised quota of the vast whole,

- a. how much of it is really necessary at all?
- b. how much of it is in fact quite useless and ineffectual?
- c. how much of it is genuinely beneficial to the dosee?
- d. how much of it is, on the contrary, not beneficial at all but definitely detrimental to health, though perhaps effective in suppressing this or that symptom?

These are reasonable questions and the last one is perhaps the most pertinent of the four.

Modern drugs have proved of the greatest value and saved many lives in recent years, especially under certain conditions such as jungle warfare and surgery in the presence of sepsis, and in relation to some of the more

devastating and more deadly forms of disease. But there is an ever-growing mass of evidence pointing to the inescapable fact that very many of the drugs in common and widespread use today are potentially dangerous.

The employment of these drugs entails risk of toxic reactions, "side-effects" in the tissues and organs of the body. The result of such poisoning may give rise to,

- a. distressing but temporary disturbances of well-being, or
- b. serious interference with vital functions leading to grave, sometimes fatal, illness, or
- c. a gradual undermining of health with the production of a state of chronic invalidism, due not to "natural disease" but to super-added drug-toxicity disturbance of health.

A book was published in 1952 by three doctors in the Netherlands dealing with the side-effects of modern drugs.

They investigated recent medical literature published on the continent of Europe, in the U. S. A., in Canada, and in Britain and they found frequent and numerous references to and reports of the serious and harmful effects of present-day drug therapy. They recorded a selection of these, with references, in a book of 260 pages, and they gave their reasons for so doing thus, "Our personal experiences, some of which have been most disconcerting, have led us to offer this book on the harmful effects which can arise from the indiscriminate use of drugs. As a consequence of the present-day tendency towards the preparation and marketing of synthetic drugs, many of which are of complicated structure and very different from

the natural element of the body, more and more drugs with possible untoward side-effects will become available.

At the present time, the physician has many drugs at his disposal which, while having a very efficient action against bacterial infections, may also be harmful to the human organism.

A drug may be taken for weeks, months or years before it produces any unpleasant side effect, but on the other hand this may occur after the first dose....." The warning and guidance provided by this book is timely. Recently a speaker at the Cardiff meeting of the B. M. A. is quoted as saying, "The indiscriminate use of the antibiotics must be condemned, and wherever possible antibiotic therapy should be subjected to laboratory control". Dermatologists warn against the danger of applying preparations of sulphadruugs and antibiotics to the surfaces of the body. A lecturer on diseases of the skin at one of our universities speaking of the treatment of eczema states, "Many of the applications in use today contain highly sensitising chemicals. This is a particular offence to doctors and nurses, but also produces trouble in patients who use these medicaments. In a large proportion of patients with eczematous dermatitis immediate improvement follows the cessation of all treatment, because the patient is sensitive to one of the measures employed. High in this long list of sensitising local applications are the anaesthetic and antihistaminic drugs, the sulphonamides, and the antibiotics". A London ear specialist writes, "Some of the worst cases of external otitis one sees are almost certainly the result of ill-advised and too active treatment. In this category must be placed watery and oily preparations of the more recent antibiotic drugs. Penicillin drops are undoubtedly a common cause of

persisting unhealed external otitis, and it is to be feared that chloramphenicol and terramycin will accompany penicillin in this unhappy position". Such warnings and protests are continually appearing in the medical journals of today. They reveal a serious and alarming state of affairs that can, perhaps, be summed up as. "The patient's danger—the doctor's dilemma".

Less alarming but also very disturbing is the realization that much of the medicine handed out is not really necessary either in its content or in the quantity dispensed. In an article on the need for the proving of the value of remedies an experienced consultant physician states, "the impartial observer cannot deny that there is no convincing empirical evidence of the value of many "general" remedies in many circumstances. Moreover the agreed fact that numerous widely used traditional remedies of the recent past were useless or positively harmful provides strong presumptive evidence that other remedies still in use may also be useless or harmful" If quite unnecessary medicaments are purchased by those who have a penchant for drugs and physic that after all is a matter of personal taste and predilection, but that truly vast quantities of expensive drugs should be handed out to little or no good purpose at public expense does seem in the category of inexcusable folly. It certainly is difficult to escape from the conclusion that a very large quota of the medicine demanded by patients, prescribed by doctors and duly handed across by the druggists to the evident profit of the drug trade signally fails to make much contribution toward national health.

In face of this admittedly far from satisfactory impasse has homoeopathy anything to offer? It has.

Overmedication may occur in more ways than one. Too many different drugs may be given at any one time. Too large doses may be prescribed, too large that is for the individual recipient, and, be it noted, people vary tremendously in sensitivity to drugs. The same drug, or drugs, may be taken over a too lengthy period, causing a cumulative toxic effect. Overdosing with homoeopathic remedies is quite possible, but it is unlikely if attention is paid to Hahnemann's teaching on the "single remedy" (giving one drug at a time), the "small dose" (giving "the very smallest doses of drugs chosen for their homoeopathicity to disease"), and the "seldom dose" (infrequent repetition, especially of the higher potencies).

Again the possibility of toxic reactions is reduced to a minimum in the homoeopathic method of therapy. Except in the case of mother tinctures and low decimal potencies, when the size of the dose must be watched, the very minuteness of the dose is a safeguard against untoward reactions. A very "high" potency administered to a very "low" patient may be dangerous, and will obviously be avoided. The aptly similar remedy may on occasion cause an aggravation of the patient's symptoms; this is not a cause for alarm but rather the reverse as demonstrating that the vital curative response has been stimulated. But subsidiary side-effects, "accidental provings", are seldom met with and catastrophic complications almost never.

The efficacy of well chosen and carefully prescribed homoeopathic remedies is a matter of history. Over a wide range of human, and also animal, ills and diseases again and again and most consistently this form of therapy has given good, often surprisingly good, results.

Finally the fact that a maximum amount of benefit to health is often obtained with a very minimal quantity of medicament is obviously significant from the economic angle, tending to economy of discomfort for the patient and economy of cost to all concerned.

The "Homoeopathy" Oct. 1953.

Review :

"THE INDIAN JOURNAL OF HOMOEOPATHY"

The Homoeopathic Medical Practitioners' Association, Bombay, deserve to be congratulated on their bringing out an excellent quarterly journal under the above title. The first number of it was published in August 1953 and we have now received the second number.

Good periodicals on the Homoeopathic System of Medicine are very meagre in this country and the present attempt by the Association is to be welcomed in view of the fact that the journal has been produced in an excellent manner with quite a good number of original articles and clinical reports. This journal is edited by a Board of prominent medical men of Bombay with Dr. P. Sankaran, L. I. M. as the Editor in Chief, and deserves to be subscribed by every homoeopath of this country. Annual subscription: Inland Rs. 2-0-0 (for four issues); Foreign Rs. 6-0-0.

ADDRESS:

No. 8, Shankar Nivas, Shivaji Park Road,
No. 3, Dadar, Bombay 28.

THERAPEUTIC REPERTORY

By Dr. V. R. MURTY.

(Continued from Nov. 1953 Issue)

MIND (Contd.)

Manganum: Weeping mood, constant whining, moaning or groaning. Fear, anxiety, reserved, peevish.

Mercurius Solubilis: Weakness of memory. Anxiety, restlessness. Low muttering delirium. Hurried speech or slow to answer. Softening of the brain.

Mezerium: Headache worse after vexation.

Muriatic Acid: Unconsciousness. Loud moaning.

Moschus: Uncontrollable laughter.

Naja: Inclination to commit suicide. Fear of rain.

Natrum Ars: Nervous restlessness. Concentration difficult. Cannot bear contradiction. Lassitude. Aversion to mental work, to business. Easily frightened.

Natrum Carb: Hearing music induces to commit suicide. Inability to think or perform any mental labour, to grasp when reading or listening. Aversion to society. Sad, depressed, avaricious, irritable and excitable. Anxiety trembling and sweat during the pain.

Natrum Mur: Thinking difficult. Memory and will weak. Sad weeping. Sympathy or consolation aggravates. Tired of life. Anger at trifles. Hateful, vindictive; brainfag, cannot fix attention. Excitement disappointed love; better open air.

Natrum Phos: Fear, forgetful.

Natrum Sulph: Sad (Morning) fearful, music makes her sad. After stool, cheerful; suspicious. Congestion of brain, delirium.

Nitric Acid: Vexed at trifles. Weak memory, mental exertion disagreeable. Tired of life. Sadness, despondency, hopelessness, despair of recovery, rage even at his own action, better after riding in a carriage.

Nux Moschata: Stupor, unconquerable sleep, dazed when awakened. Gradual vanishing of thought when rading, inclined to fall asleep. Seems as if in a dream. Changable mood; cannot recollect what she was doing or saying. Thinking impossible, memory weak.

Nux Vomica: Irritable, oversensitive, fault finding, easily offended; cannot endure contradiction. Anxious about trifles. Spiteful, malicious disposition, careful about oneself.

Oleander: Weak memory, Inattentive. Slow in grasping ideas. Difficult comprehension. Cannot bear contradiction. Confusion in reading.

Opium: Unconscious, emaciation, trembling, moaning, worse by heat, deep coma. Delirious talking, fear of impending death. Ailments from excessive joy, fright etc., Great sensibility to sound, light and odour, or its opposite dullness. Dull mood. Delirium tremens. Unconsciousness, stupor, with stertorous breathing. Sits in a corner like a bundle of clothes with anxiety.

Oxalic acid: Concentration difficult. Sullen, Cannot talk. Complaints worse when thinking of them.

Passiflora Incarnata: Confusion in the morning, restlessness, sleeplessness.

Petroleum: Think she is double, that there are two persons in same bed, two babies in same bed in puerperal fever; does not know where he is; sad, weeping, angry. Feels death is near and settles affairs. Low spirited, dim vision, Angry, quarrelsome.

Phosphorus: Stupor, delirium, grasping at flocks. Excitable, easily angered from which he afterwards suffers. Prostrated from the least exertion of body and mind. Laughing and

weeping alternately (Hysteria) Fear in the evening as if something is creeping out of every corner. Fear of being left alone, of darkness, of death, indifference or mind is over-active. Stupor, aroused with difficulty but quickly relapses

Phosphoric acid: Unconsciousness, apathetic even does not care when pinched, weak memory, forgets names. Incapacity for thought (morning) Does not like to answer questions; unwillingness to speak. Answers reluctantly, sadness. Ailments from grief, sorrow, homesickness or disappointed love.

Phytolacca: Indifference to life; shyness, shamelessness

Platina: Intention to kill others. Pride and over-estimation of herself. "Looking down" upon others. Mania from delayed menses. Physical and mental symptoms alternate. Anxiety and weakness.

Plumbum: Paretic state. Fear of assassination. Apathy, quiet; slow perception. Forgetfulness. Delirium, unconsciousness, convulsions. Delirium alternate with colic.

Podophyllum: Loquacity in all complaints. Delirium in sleep by eating sour fruits.

Psorinum: Sad, depressed; suicidal thoughts. Despairs of recovery.

Pulsatilla: Mild, gentle, tearful, yielding disposition with inclination to weep; not angry. Dread of men. Aversion to women; Aversion to everything. Hysteria from suppressed menses. Religious mania; easily moved to tears or laughter; silent mood. Fears she will be slighted. Indifferent to her household duties. Seeks consolation which ameliorates. Desire to satisfy all.

Pyrogen: Feels as if crowded with arms around her, feels head on the pillow but limbs scattered about (Pottend, in intensity). Feels different persons are lying on the bed.

Ranunculus: Thoughts vanish on reflection. Fear of ghosts. Angry, quarrelsome.

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Lum 21, N56-20 N52-3-22-24

Rhododendron: Leaves out words in writing. **Aversion** to occupation or labour of any kind.

Rhus Tox: Stupefaction with aching all over. Absence of mind; forgetful; difficult comprehension; cannot remember the most recent events. Incoherent talking, hastily or reluctantly; answers correctly but slowly. Low, mild delirium. Unnecessarily sad in evening. Restless rolling in bed.

Rohitak: Forgetfulness.

Rumex Crispus: Sad, low-spirited.

Ruta: Inclination to quarrel and contradiction. Dissatisfied with himself and others. Melancholy disposition towards evening.

Sabadilla: Thinks that she is pregnant. Strange fancies, unconscious, does not answer questions. Delirium during intermissions. Mania, rage, quiets down by washing head in cold water. Mental exertion brings headache and produces sleep.

Sabina: Music is intolerable.

Sambucus Nigra: Fretfulness; startles and trembles. Restlessness.

Sanguinaria Can: Angry; Fear; mental symptoms relieved by eructations.

(Continued)

OPENING OF HOMEOPATHIC CLINIC.

The PARANI CLINIC of Dr. S. G. Rajan was opened by Dr. V. R. Murty at Kivalur on 26-11-53.

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Homeo House, Kumbakonam.

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