

HOMOEOPATHY



Managing Editor: Dr. V. R. MURTY

239

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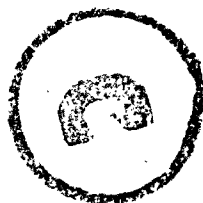
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THE
HOMOEOPATHY

VOL. V

OCTOBER

BOOK 10

HOMOEOPATHY WINGS

Now that the representatives of the nation are in power both at the Centre and in the States, it will be a thousand pities, if ideas of prestige, red-tape, vested interests or sheer slackness and inertia of thinking should stand in the way of the poor man (who forms the majority of the population) benefitting and finding relief from his age-old miseries of hunger, nakedness and sickness.

We appreciate that under the indomitable leadership of Pandit Jawaharlal Nehru, Herculean efforts are being made to make us self-sufficient in food, clothing and other amenities of life.

But, in the realm of health, with which we are mainly concerned, so many interests and prejudices seem still to stand in the way of the poor man and his medicine when he is ill. Want of funds and want of trained personnel are usually trotted out as reasons for not making satisfactory progress in this respect.

And yet, in Homoeopathy, the cheapest method of relieving distress on a large scale in the quickest manner possible is crying for recognition. Even in States where

such recognition is being accorded, it is done in such a left-handed manner that the greatest efficacy of Homoeopathy to produce trained personnel in quick time is sought to be stultified and negated by refusing to recognise the possibilities of postal tuition, for which Homoeopathy is uniquely fitted.

Where bold and unorthodox measures are necessary to solve urgent problems that have waited too long, legislative sanction for measures that have proved themselves inadequate is not going to help.

In such an atmosphere, our great thanks are due to Mayor Ramanatha Aiyar of the Madras Corporation, who in a recent speech (reported on another page) has shown the way to a new approach to the problem.

He said he would very much like the spreading of this cheap and efficacious system of medicine (Homoeopathy) as rapidly as possible by even opening Homoeopathic Wings wherever possible at the existing Corporation Dispensaries. We hope the Corporation will not be slow in taking action on this excellent suggestion of the Mayor, and that the Health Minister will also give serious thought how best to implement this idea in the Hospitals and Dispensaries in his charge all over the state.

Whatever the lower rungs of the medical hierarchy may think, if the Health Minister as a responsible layman is convinced of the utility of Homoeopathy in relieving medical distress, he might give sanction for a certain percentage, be it ever so little, under the amounts allotted for medicine for each Hospital and Dispensary to be set apart for Homoeopathic medicines. A small Wing can be set up for Homoeopathic treatment and be put in charge of a Homoeopathic

physician. Such physicians, in the beginning, may be engaged on a special temporary cadre. While they may be independent in so far as the practice of medicine is concerned, they may for all other administrative purposes form a part of the Hospital or Dispensary.

Given the goodwill, human ingenuity is not so barren that such a system could not be devised to work within the existing powers of the Health Ministry.

Even if this is done in only a very few dispensaries as an experimental measure, many good results are bound to follow.

For one thing, the measure of popular support can be watched and, for another, the comparative efficiency of this system in treating cases of a routine nature, as well as of specially virulent acute, chronic and epidemic diseases can be closely scrutinised to see if the claims made on behalf of Homoeopathy are really true or are too tall. From the most cynical point of view this experiment is worth making. For ourselves, we are confident of the result.

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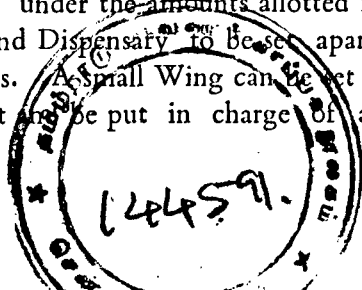
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HOMŒOPATHY



Snatched from the Surgeon's Knife.

(Dr. A. R. Kannappan, Vellore.)

A young merchant aged 28 years of this town came to my dispensary. He was dark in colour, tall, medium built with relaxed abdominal muscles. He was suffering from colic since two years.

He tried some allopathic as well as siddha treatment. There was no relief. So he went to the Government Pentland Hospital for treatment. It seems he was advised to have abdominal operation, after examination, as early as possible. He was afraid and neglected to undergo the operation. This was the history he told me when he visited my dispensary.

The diagnosis of Government Hospital was as follows:- Acid Dyspepsia and Ulcer developing at the region of Duodenal.

He had dull pain constantly in the stomach due to the colic almost every day. But one or two hours after food he had an accumulation of gas in the stomach which < the colic, < fatty food, - pain > by cold application on the stomach when sitting. He had a poor appetite with constipation. There was no venereal complaint, but the patient appeared broken down and very debilitated - the patient was suffering from bleeding of the nose in his youth.

In such a case as this I prescribed Calc. Carb, 6x three times a day 4 globules each dose. After 4 days the patient felt he had partial relief from pain - but in other symptoms there was no result. Thereupon I repeated the same prescription with 12x few doses and 30 a single dose in an interval

of one month. After the 30th potency, the disease returned in a severe aggravation such as the colic pain - Nausea, acidity in stomach, indigestion. The above symptoms > by belching. pain > by eructations and > by getting cold air. At this stage I deeply thought over the case and changed prescription thus. I gave Carbo. Veg. 200 twice in a month. All his symptoms became better in six doses of same potency. Then I continued the treatment by increasing the potency in long intervals and stopped the last dose at 10-m potency.

After eleven months duration of Homoeopathic treatment, the patient was declared cured. Thus, HOMOEOPATHY once again snatched a patient away from the surgeon's knife.

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THOUGHT GEMS IN HOMOEOPATHY

(By K. N. Gopala Pillai Esq., M. A. Perunna, Changanacherry)

1. A suppressed disease seems to have such a complete bond with the life-force that only the higher potencies reach down deep enough to sever that bond.

2. We can never tell how the life-force may react under the right remedy or the proper potency; that belongs to the mysterious law of action and reaction, and comes under the formula of Newton's third law of motion.

3. Venereal patients are noted for their lying qualities and will refer the origin of their difficulties to a thousand and one improbable possibilities.

4. The gonorrhoeal virus does not affect two people alike; all depends on the constitutional dyscrasia and sensitiveness of the patient.

5. Some physicians are foolhardy enough to think that when gonorrhoea is in the gleet stage, there is no longer any danger of infection. No greater blunder was ever made than this.

6. Gonorrhoea often lies dormant for years with but a few annoying or distressing symptoms, and yet may be reproduced with the aid of Medorrhinum or the indicated Homœopathic remedy administered in a high potency.

7. Homœopathy is such a wonderful system of medicine and there is so much to it that it is impossible for us to become acquainted with it in more than a limited degree in the short period of life in which it is ours to work

and investigate this deep and mysterious movement of disease.

8. In taking the pathogenesis of any case, we must give the miasmatic symptoms prominence, and especially so when we find a history of suppression.

9. It is of great importance that the patients early understand that gonorrhoea is a serious disease, and that the outcome, if not treated scientifically, is dangerous not only to their life, but to the life of others, and may blot the life and prospects of many.

10. It is certainly the duty of every man who has had gonorrhoea to abstain from marriage until he has had permission from a physician who understands all the phases of the disease and can give him intelligent advice.

11. Remember that gonorrhoea is not a self-limiting disease, as taught in our works on pathology. True, the acute phenomena are self-limiting, but the systemic or constitutional involvement never leaves the organism unless removed by the law of similia.

12. Those who have succeeded in suppressing chronic gleet can never truthfully say that they have made a cure. They have simply driven the disease in upon the organism, to manifest itself sooner or later in some other form, or to be brought to light in their wives or children.

HEALTH, HAPPINESS AND CONTENTMENT

(By Dr. C. Vincent, Madras)

Health is to be judged, not from mere weight and bigness but by the firmness of flesh, redness of lips and cheeks and straightness of bone. In settling the question whether a child is having sufficient food of the right kind, it is not enough to consider the child's increase in weight. Weight may be gained through the laying down of too much fat in the body on account of the food being too rich in starch, sugar and fat, while all the time the child may be starving from want of flesh-forming-materials.

We require food :—

1. To provide material for building up the body.
2. For repairing loss of substance.
3. For maintaining heat.
4. To provide power or energy.

When milk, the natural food, is analysed, it is found to contain water, flesh-forming material, heat-forming material, and salts, the last named including all mineral substances. We learn from this that whatever food we eat must therefore contain materials that will form flesh and heat. Water is needed by all the muscles of the body to replace what is always being given off by the lungs, the skin and the kidneys. Salts or mineral substances are used by the muscles, also, to keep them in full and healthy activity.

Milk, then, should form part of the daily food of every person, and the more good milk we drink the better for ourselves. It is in a form which makes it easily digested by the stomach, and hence is the food for young children.

Flesh-forming foods. :—These foods are composed of carbon, hydrogen, oxygen, and nitrogen with small quantities of sulphur and phosphorus. The best examples of flesh-forming foods are the albumin found in the white of eggs, casein found in cheese, legumin found in peas, beans, lentils, and gluten found in wheat.

Hence, we see that eggs, cheese, peas, beans, lentils, and wheat are valuable articles of food. The chief materials of which they are composed are flesh-forming and the others, in lesser quantity are heat-giving.

The Heat-giving foods are mainly composed of fats, sugar, and starch. The amount of fat present in the human body is about six pounds, and fat is found in almost all the organs and muscles, forming layers which protect them from injury by cold. The principal fats we take as food are those found in meat, butter, suet, lard, and dripping. Sugar and starch are found in many foods, and held to give heat to the body, but not to the same extent as fat.

Starch is very widely distributed in food materials. It is found in potatoes, arrow-roots, rice, sago, tapioca, and all such foods. In the body it is turned into sugar, which is stored up till required.

Water is one of most important articles of food. Besides being taken as a drink, it is found in almost all foods, especially, in certain vegetables such as cabbage, mushroom, and turnip, which contain from 92 to 96 parts of water in 100. Water enters into the formation of all tissues, and helps to remove waste products from the body. It serves to dissolve many articles of food, and to form the juices which are necessary for digestion.

Minerals are also required for the body, chiefly to aid in the formation of the hard parts, such as the bones, teeth, and nails. Common salt is necessary, because it forms part

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of the juices found in the stomach and bowels. Lime is found in the hard water we drink, and also in milk and meat: it is needed for the bones and teeth. Absence of lime in the water or food is often a cause of children being bow-legged. Where this is the case it is a good plan to mix some lime-water with the milk and use in the daily food. Iron is found in most articles of food, and sulphur in the yolk of eggs.

Beverages—Tea, coffee, and cocoa play so prominent a part in our daily meals that we must devote a little space to a study of their nature. They are alike in several respects:

1. They contain a stimulating property, due to the presence of substances of the same nature as the common drug quinine.
2. They contain an aromatic oil which gives the separate flavours by which we know them.
3. Tea and coffee contain an injurious substance known as tannin.

It is quite true that tea and coffee do give an impression of increased strength, but if one were to rely upon continued doses of them instead of upon supplies of good food and rest, great harm would be done to the body.

Tannin possesses a bitter taste, and produces a drying effect in the mouth and stomach. It often causes serious injury to the digestive organs through too great use of tea. The tannin is not very soluble in water, and hence the first few cups of tea drawn from the pot after the tea has been infused for about five minutes are very refreshing, and contain scarcely any tannin. If the tea be infused or "stewed" any longer, the tannin begins to pass from the leaves into the liquid. This takes place, too, when tea is allowed to boil instead of to infuse slowly.

The tannin of the tea renders the meat tough and unable to be easily digested. This will be readily understood when it is remembered that a substance of the same nature as tannin is used in tanning skins to make leather.

Coffee does not supply any nourishment, but it contains less of the stimulating substances, so that more of it can be taken than of Tea. Coffee contains also much less tannin and thus is not likely to interfere so much with the digestion of food. It is specially useful when one is fatigued, as it invigorates and refreshes without leaving any bad effects.

Cocoa differs from tea and coffee in being a valuable food. It contains almost half its bulk of fat and about one-fifth of flesh-forming substances, while it possesses also stimulating properties, though not to the same extent as tea and coffee. It is the best drink of the three for children; indeed, milk and cocoa should only be used, tea and coffee being left alone until the age of twelve.

Alcoholic drinks—Temperance.—Alcohol is a drug which causes the heart to beat quickly and strongly, and has a marked effect upon the brain. A very small quantity is sufficient to make itself felt in the brain; a large quantity may produce insensibility and even death. It is clear then, that alcohol is a very dangerous drug for people to make use of.

There is no more wretched sight in this world than a human being, made after God's image, given over to drink; the brain ruined, all sense of duty and of kindness dulled; the man reduced to a lower level than the brutes. And the misery that a drunkard brings upon those who depend upon him is even more pitiful and terrible than the wreck of himself. Many a family has been reduced to penury by a drunken father. No person can deny that liquor is proving the ruin of many and is indeed a very serious danger to the nation.

(To be continued)

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THE BODY BEAUTIFUL - GAMA THE GREAT

The Soviet sports journal, "Fizkultura i sport," recently published an article by Chesnokov, in which the veteran journalist describes an interesting episode of sport history. In his article Chesnokov gave the contents of his conversation with the famous Polish wrestler Zbyszko Cyganiewicz. Sr., in the early part of 1915. Here is what the Polish grappler told Chesnokov:

"I lived in London in September, 1910, when I prepared for my match with the American wrestler, Frank Hotch. It was approximately at this time that England was visited by a group of Indian wrestlers, headed by Gama, the lion of Punjab. Gama issued a challenge to all European matmen to free-style wrestling matches.

"The circumstances at the time were such that I could not help accepting the challenge. We began to get ready for a difficult bout; no time-limit was set for the bout, and the one who took two out of three falls would be acclaimed the winner.

"I trained with John Lemm and my brother, Vladislav. Gama spent two hours on the mat daily with his wrestling partners. He scarcely left his hotel, or took a trip out of town.

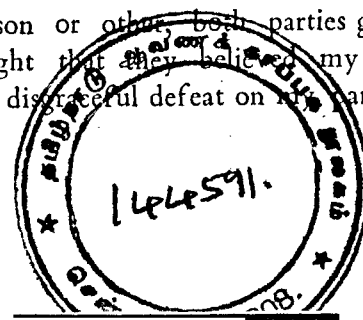
RECORD CROWD

"Our match took place at London stadium and attracted a record crowd of more than 15,000 spectators.

"Stepping out into the ring, I noticed all the Indian wrestlers sitting right on the ground around the mat. Here also were Japanese grapplers who had just arrived in London.

"For some reason or other, both parties greeted me with grins. I thought that they believed my fate was sealed and anticipated disgraceful defeat on my part. I felt ill at ease.

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"Then Gama came out on to the mat. He neither resembled the "terrible Turk" type of wrestler nor the towering Russian giants with their crushing strength. However, in the whole figure of my Indian adversary, in the captivating softness and fullness of his muscles one could sense hidden strength

"I was hardly ever frightened by the strength of my rivals. For example, the measurement of my shoulder (biceps) was equal to the hip measurement of an ordinary person. Gama did not possess such colossal measurements, but the whole upper part of his arm was round and of solid strength. The same could be said of any other group of muscles of the Indian. I realised that before me stood a man of enormous strength and capable of grappling for hours,

SELF-CONFIDENCE

"During the preliminary warm-up, I noticed that Gama did not cast his eyes in my direction even once. I did not know whether this was an example of wilful self-control or a show of self-confidence or merely posing.

"The referee's whistle brought us together in the centre of the mat. I did not feel the strength of my rival's handshake, but I was amazed by the weight of his arm.

"A tense struggle began from the outset. Neither previous to nor after this bout did I encounter an opponent who could get me down in kneeling position if I didn't seek it myself. But here I met with a phenomenon. Gama put me down three times in that position.

"And how! some imperceptible movement, a hardly-felt jerk or a heave of the full weight of the body to the side, the arms did something, and I, losing my balance, as if the support had been wrenched out from beneath one leg of mine, found myself forced into a fall. After the

third time I decided not to make any attempts at rising. I was willing to have the Indian work on top.

LIVELY

"It was a lively bout. Gama, taking full advantage of his weight and the strength of his body (I felt that at once!) put in a stellar performance.

"I grabbed every chance to come out on to top but was unable to hold the Indian under me. He was like rubber. It seemed as if his arms and legs were boneless; they simply folded underneath my clasps in most unusual positions and my efforts proved in vain.

"The spectators laughed, I was furious and not stopping to think whether it was wise or foolish; to spite the public I went over to the defensive, allowing my opponent to grapple on top. But I remained cautious and broke up Gama's holds at the start, because it was taking too much of a risk if I allowed him to get a stronger hold.

"After an hour of wrestling I caught Gama off guard with a side body hold which he did not anticipate, and I threw him on the mat. I thought it was a clean fall, but the judge thought differently. The bout then continued without any more holds and was stopped because of darkness. The bout lasted for nearly three hours.

"This was my most difficult bout, as regards physical tension in the whole professional career. I realised that Gama indeed deserved his title as Lion of the Punjab."

—From the 'Sunday Standard'

[Some twenty years after, a large crowd had gathered in the vast stadium at Patiala to watch the same champions wrestle. After a few preliminary bouts between lesser wrestlers, Gama and Zbyszko entered the ring and the crowd had settled down to what they thought would be a three hour display of human strength and skill. To the utter dismay of the crowd, within a minute of the start, the same hand-hold of which Zbyszko speaks in the article above had lifted this. Western giant bodily and thrown him on the back with a thud that shook the whole stadium and Gama was riding on the top. The bout had ended.

—Editor]

NEWS AND NOTES

Speaking at the inauguration of the slum relief work of the Madras Presidency Homoeopathic Association at Kesari High School recently, Mayor Ramanatha Aiyar said that he would very much like the spreading of this cheap and efficacious system of medicine as rapidly as possible by even opening Homoeopathic Wings wherever possible at the existing Corporation dispensaries. He requested the Association to supply them with doctors qualified in the system.

Mr. N. Venkatrama Aiyar, General Secretary of the Association, said that they had selected four slums in the City for purposes of medical relief and batches of Homoeopathic doctors would visit their allotted areas on Sundays and render free medical aid.

* * *

More than 3,000 students of various colleges in Mysore stayed away from classes on Wednesday and took out a procession to express sympathy for 300 students of a college of Indian medicine, who are on strike. The medical students have been on an "indefinite strike" for the last fortnight demanding better teaching facilities. They complain that there are only three lecturers to teach 300 students.

What a fate for "Indian" medicine in India!

* * *

Mr. Pundit Mahomed, Member, Madras District Congress Committee, presented a memorandum to the Chief Minister Mr K. Kamaraj, requesting the Government to maintain the Government College of Integrated Medicine, Kilpauk, without removing some subjects from the syllabus

resulting in the reduction of work and retrenchment of the staff.

There were no text books and teachers to teach integrated medicine. Of the 800 drugs, only about 200 were available in the Institution and in the circumstances efficiency could not be achieved. He suggested that till States Reorganisation was over the College should be continued without further retrenchment of the staff.

The Chief Minister promised to consider the representation.

* * *

A Co operative dispensary, acknowledged as the first of its kind in India, was opened in Hyderabad by the Union Dy. Minister for Health, Smt. Maragatham Chandrasekhar.

Describing it as an unique enterprise for medical care of middle class families, Mrs. Chandrasekhar advised the organisers and the people to make the scheme a success so that other parts of the country might follow its example.

If this polyclinic proved a success, the State Government proposed to set up a number of similar dispensaries in the twin cities of Hyderabad and Secunderabad.

The aim of the dispensary is to cater to the medical needs of the 30,000 people in its vicinity. Each family can enrol itself as a member of the clinic at a nominal fee of Rs. 2 per month. The Hyderabad Government has sanctioned a grant of Rs 75,000 per year. The members should be treated free of cost.

Seven doctors and two health visitors will run the dispensary. Three auto-rickshaws have been provided to enable the doctors to call on their patients at their residences.

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The Salar Jung Estate Committee has placed a palatial building at the disposal of the authorities to locate the dispensary, which is fitted with an x-ray apparatus.

A special feature of this dispensary is that it has a library to educate its members on health problems.

So far 600 families of the locality have registered themselves as members of the dispensary.

* * *

Reserpine, the well-known tranquilliser drug has been produced in a radio-active form and will be used at New York's Columbia University in studies of physiological and biochemical actions in animal bodies.

Reserpine is a white crystalline alkaloid extracted from roots of the Rauwolfia Serpentina, a shrub that grows in the Himalayan foothills of India and which has been used by Indian indigenous doctors for the cure of insanity and blood pressure for over 3,000 years.

The radio-active Reserpine can be traced in its path through the body and the tracings, it is expected, will be used to aid in the knowledge of how the drug acts and how it can be prescribed for maximum effect.

The research team grew the herb in small, well-sealed greenhouses.

* * *

Dr. J. Carvalho writes in the *Indian Express* of 1st September as follows:-

As regards Homœopaths who have studied the science by themselves or through correspondence courses, it must be stated to their credit and to that of the Homœopathic

passed by the All-India Convention of State Boards and Councils of Indian Medicine, which concluded a three-day session at Delhi on 26th September.

The Convention by another resolution suggested formation of a Central Council for Indian systems of medicine and the setting up of directorates of Indian medicine for the Centre and the States.

It also urged that facilities in Indian Systems of medicine should be extended to Government servants under the contributory health scheme.

Other resolutions adopted by the Convention urged the establishment of a Central University of Indian Systems of medicine and a central museum and research institute for Indian Systems of Medicine.

* * *

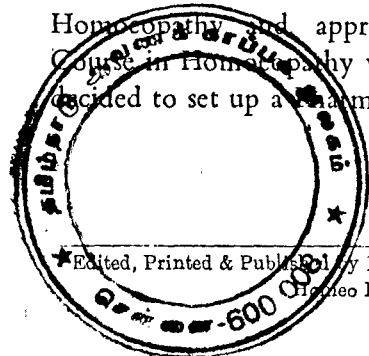
The Union Government have constituted an Advisory Committee on Homoeopathic Medicine with the same personnel as constituted the Ad Hoc Committee.

The Committee will meet once in three months. The first meeting of the Advisory Committee was held on the 8-th September, 1956. It was addressed by the Union Health Minister Raj Kumari Amrit Kaur and later presided over by the Director General of Medical Services.

Representatives of Homoeopathic Institutions were invited to appear before the Committee.

The committee allocated some funds for research in Homoeopathy and approved of the syllabus for the Degree Course in Homoeopathy with some amendments and it was decided to set up a Pharmacopoeia Committee shortly.

The Madras Homoeopathic Journal.



Edited, Printed & Published by Dr. V. R. MURTY, at the Homoeopathy Press, Homoeo House, Kumbakonam

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science, that quite a number of them have been and are very successful. They have effected many wonderful cures, which can be verified by checking up facts and figures. As an Hon. Physician in the Bombay Homœopathic General Hospital at Lamington Road, some years ago, I had the privilege of noting many acute and chronic cases treated and cured by purely Homœopathic Doctors. There is need for public enlightenment on the merits of Homœopathy.

* * *

There is no separate society of homœopathic physicians in the U. S. S. R. So, the scientific writings of homœopaths are published in the same medical journals as those of allopaths. Separate homœopathic journals are not published.

In recent years a number of works of reference on Homœopathy and of a general nature have been printed. Among them is a book by the experienced Leningrad Homœopath Tatyana Grannikova called *Short Guide in Homœopathy*, published in Leningrad, and *Homœopathic Therapeutic Reference Book* prepared for publication by a large group of physicians of the Central Homœopathic Poly-Clinic of Moscow.

Soviet homœopaths attentively follow the work of their foreign colleagues.

Soviet physicians Plevaya, the director of our polyclinic and Dr. Zakharov, took part in the work of the last International Congress of Homœopaths in London.

—Soviet Land.

* * *

The government of India have decided to establish a research laboratory under the Union Health Ministry to carry on research in Indian system of medicine, specially Ayurvedic. The location of the laboratory has not yet been decided upon.

* * *

Dr. A. Laksmanaswami Mudaliar, Vice Chancellor of the Madras University, addressing medical practitioners in Kurnool said that the wearing of flowers by lady doctors and medical students will affect their sense of smell, which is a valuable aid in diagnosis. This had been recognised in the "salutary" reforms introduced by the Dean of the Madras Medical College. Women and men were required to attend to medical work in simple dress, which would not attract attention. The women were required not to wear jewels or flowers.

* * *

The Third session of the All-India Convention of State Boards and Councils of Indian Medicine was held from September 23rd to 26th at Ayurvedic and Unani Tibbia College, Delhi. Rajkumari Amrit Kaur, Union Health Minister, Government of India inaugurated the Convention.

Representatives of various State Boards and Councils of Indian Medicine and Principals of Ayurvedic and Unani Colleges of India and Director of Indian Medicine attended the Convention.

* * *

The Chittoor District Homœopathic Medical Practitioners' Association, Palamaner, has recently decided

(i) to make necessary arrangements to get prohibition permits to the practitioners who are not possessing them and

(ii) to open Homœopathic dispensaries in villages and to obtain the financial support from the village Panchayat Boards for their management.

* * *

A resolution urging the formulation of a code of medical ethics for Ayurvedic and Unani practitioners was

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HOMOEOPATHY



Managing Editor: Dr. V. R. MURTY

NOVEMBER

1956

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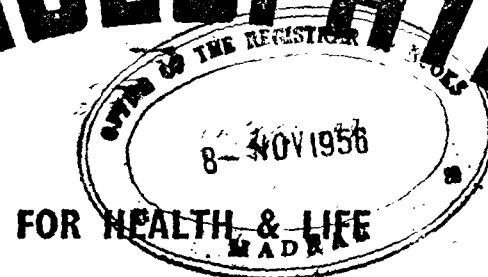
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HOMOEOPATHY



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665
4-56 PARTING SHOT

★
THE INTERNATIONAL
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CONGRESS

★ ★
STERILISATION



**JOURNAL OF THE
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THE HOMOEOPATHY

VOL. V

NOVEMBER

BOOK 11

PARTING SHOT

DURING the scarcity periods of the last War, there was an article of food called the "dessicated potato".

Gradually it came to be known as the "desecrated potato".

A similar fate seems to have overtaken Ayurveda and Unani. They lost their respect and individuality when they became "indigenous". From *indigenous* to *integration* was but a step and integration has necessarily meant "desecration" to both of them.

Ayurved and Unani having been made to combine with "modern" medicine on a one-third basis for themselves and two-thirds for "modern", this desecrated "integrated" medicine finds recognition in the Madras Registration of Practitioners of Integrated Medicine Bill 1956, which was adopted by the Madras Legislative Council on 24th October.

In short, between the Health Minister and the "modern" doctors, they all seem to be supremely satisfied that the safest place for the Ayurvedic lamb is to be inside the stomach of the "modern" wolf.

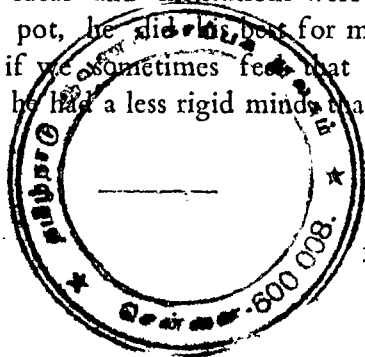
The Health Minister has respect for the views of his friend Mr. Balasubramania Aiyar "who was for Ayurveda" but why should the lamb complain?

Mr. A. B. Shetty's views on indigenous medicines and Homœopathy are too well known. He has taken occasion again during the debate on this Bill to reiterate these in unambiguous terms about Homœopathy. "Reference had been made to Homœopathy. He would only say that it was unscientific and only people who had been fully trained in the modern system of medicine should be allowed to practise it."

It is futile now to try to convince Mr. Shetty that in the final analysis "modern" or allopathic medicine has all the paraphernalia of science, but without the soul or method, or philosophy or basic principles of science. In a scientific garb, it is purely *empiricism*, par excellence, and nothing else.

Anyhow, knowing his views, we wrote once before that the best service he can do to Homœopathy would be not to interfere with it at all. Let Homœopathy not be desecrated. Let Mr. A. B. Shetty, the Health Minister, be more a King Log to us than a King Crane.

We must say that Mr. Shetty has kept up to this request of ours. So, in all good faith, we give him thanks and wish him a happy future in his native State, to which he has returned. In a tense period of Indian history when many well-worn ideas and institutions were being thrown into the melting pot, he did his best for medicine in the Madras State, and if we sometimes feel that he could have done more if only he had a less rigid mind, that is a matter of opinion now.



STERILIZATION

(Dr. Bankim Chandra Chattarjee, M.D. Bhatpara. W. Bengal.)

It is said by Mrs. Dorathy Brush, Editor, "News of Population and Birth Control" published by the International Planned Parenthood Federation, New York, U.S.A., that sterilization is being practised on three major grounds: medical, eugenic, and social. When pregnancy is likely to endanger the life of the woman, when there is the possibility of transmitting some serious hereditary physical or mental disability, or when a couple have had all the children they wish and can adequately rear, sterilization provides permanent protection against conception and may be the method of choice.

Initial interest in human sterilization had its origin in eugenic theory. If the reproduction of individuals afflicted with hereditary physical or mental diseases could be stopped, eugenicists maintained, the transmission of such defects to future generations would be prevented and the race of man improved. This was the basis for the various sterilization laws enacted in a number of countries. In the United States the first eugenic sterilization statute was passed by the Indiana Legislature in 1907. Since then, 27 additional states have adopted various types of sterilization by VASECTOMY (MALE) or SALPINGECTOMY (FEMALE) of certain types of inmates in State institutions. The grounds usually mentioned in the order of frequency are: FEEBLEMINDEDNESS, INSANITY, EPILEPSY, IDIOCY, MORAL DEGENERACY, IMBECILITY, HABITUAL CRIMINALITY AND SEXUAL PERVERSIONS. Most of the sterilization statutes are mandatory in character but in reality compulsion is rarely employed. The OPERATIONS ARE

NOVEMBER '56

GENERALLY VOLUNTARY IN THE SENSE that the written consent of either the patient or of the closest relative or guardian is first obtained.

Until January 1955, a cumulative total of 57,218 official eugenic sterilizations were performed in the 28 States—34,282 on women and 22,936 on men. The grounds were: 44% for mental illness, 51% for mental deficiency, and 5% for other causes. These figures do not include non-official eugenic sterilizations or sterilizations performed by physicians in the course of their practice for therapeutic or social reasons. It is of interest to note that the annual number of eugenic sterilizations has been decreasing during the past decade from a yearly average of some 3,000 in the thirties to about 1,100 in recent years. This may, in part at least, be due to a growing uncertainty as to the respective influences of heredity and environment in the genesis of certain types of mental disorders. The enactment of the wholesale sterilization laws in Germany by the Nazi regime in 1933 and the excesses which followed, brought eugenic sterilization into wide disrepute. The *Eugenic Review* (London, England) for January '55 contains an interesting article on the "German Sterilization Act of 1933" by Hans Harmes, Director of the School of Public Health at Hamburg. The fear was expressed that compulsory laws might be open to serious abuses for political or other purposes. The Brock Committee in England in its comprehensive report on the subject (1934), unanimously condemned compulsory sterilization, recommending that only voluntary sterilization be provided for certain types of people who were likely to transmit mental or physical disabilities. Similarly, a Committee appointed by the American Neurological Association stated in its report (1953) that any "law concerning sterilization under the present state of our knowledge should be voluntary and regulatory rather than

compulsory." This has since been the attitude of most social and medical leaders concerned with this problem.

At present there is again a renewed interest in sterilization, but this time largely on the basis of its value as a FERTILITY CONTROL measure. In many countries of the world, we found a considerable demand for sterilization for contraceptive purpose.

IN PUERTO RICO, female sterilization has already become a fairly widespread practice. Women voluntarily apply to hospitals for sterilization after they have had the number of children they want. In a study conducted in Puerto Rico by J. Mayone Stycos, sterilization was found to be the most popular form of birth control, accounting for one half of all methods in use. And the demand is still increasing. "Every mayor of every city and town on the island," writes Earl Parker Hanson in his recent book on Puerto Rico, *Transformation* (1955) "is constantly under pressure from his constituents to expand the facilities for birth control and sterilization."

IN INDIA, both female and male sterilizations are now in considerable demand. In some of the family planning centres, sterilization is resorted to quite frequently. In Lucknow, for instance, Dr. Abraham Stone, found that out of 750 patients who applied to the Planned Parenthood Centre for advice, 240 women and 20 men, or nearly 35% were sterilized at their own request.

Questions concerning the advisability and after-effects of sterilizations came after almost every address on family planning Dr. Stone, made before Indian audiences. Once, after Dr. Stone had spoken before a national social organization in one of India's larger cities, there was a long discussion about sterilization. Later, the Secretary told

Dr. Stone that he himself had been sterilized for contraceptive purposes some three years before, and that there were in the audience 16 other men who had since undergone a similar operation. The family Planning Association of India, Bombay, has now undertaken a programme of sterilization for men as a part of its activities. In a report received recently from India, the statement appears that "Groups of men are brought down from neighbouring areas for VASECTOMIES once a week. They are brought to a centre in one of the larger cities where surgical facilities for this purpose are available. Men choose the operation because of the greater simplicity and ease of male sterilization,

In SINGAPORE, male sterilizations are not much in demand. Women, however, frequently apply for tubal ligations on medical as well as social grounds. Many of these operations are performed on the first post-partum day. In one of the hospitals, the gynecologist in charge, Dr. Shears, has been using the intra-uterine cautery sterilization technique during the past year and is apparently finding it effective. The equipment was supplied by Dr. Clarence J. Gamble.

In JAPAN, since abortions were made legal in 1948, the interest in male and female sterilization has increased. Both in hospital and in private practices tubal and vas ligations are being performed with growing frequency. In some of the hospitals, sterilizations are routinely offered to mothers of many children who apply for an interruption of pregnancy. In TOKYO, Dr. Stone observed that Dr. Yasin and his co-workers used the cautery technique. When indicated, they sterilize the patient by this method immediately following the performance of an abortion. Satisfactory results have been reported.

HAWAII has long been a centre for experimental studies in sterilization. Under the direction of Dr. Nils P. Larsen a post-partum sterilization program was initiated nearly two decades ago on the sugar plantations of Hawaii, for mothers of larger families where other preventive methods has failed. This program has been continued by the doctors on the plantations who regard sterilization in properly selected cases as a necessary maternal health measure. Objections to sterilization on moral grounds have come largely from the Roman Catholic Church. The Church maintains that preventive sterilization is not a right to offer or require of any individual. This view is vigorously contested by Dr. Joseph Fletcher, an Episcopalian Professor of Pastoral theology and Christian ethics, in his trenchant book *Morals and Medicine* (1954). "There is no Christian doctrine" he maintains, "which supports the prohibition of sterilization for preventive reasons or for any reason whatsoever.

And later, he concludes that "we are on good moral grounds if we choose, by the canons of freedom and knowledge, to employ sterilization for reasons of cure or prevention." It can be, Mr. Brush, says, "an ethical form of medical care."

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Therapeutic Notes of Various English Authors

(By Dr. A. R. Kannappan F. I. H. Vellore.)

NITRIC ACID

ALLEN: (1) *Phthisis*: Useful in some stages of *Phthisis*, with hectic soreness of the chest, haemorrhages from the lungs, offensive, bloody and purulent expectoration. (2) Freckles have been removed by this drug. (3) Always to be thought of in the treatment of *scrofula*, obstinate *strumous* ophthalmia. (4) Often useful in *ophthalmia neonatorum*. (5) *Dysentery*: "Said to be useful in dysentery of a *typhoid* type with *diphtheritic* deposit on the mucous membranes of the intestines.

KENT: *Condylomata*: "It has cured condylomata which has the *splinter sensation*, and bleeds easily and is extremely sensitive to touch." (2) *Diarrhoea* or *constipation*: Broken-down subjects who are disposed to suffer from frequent attacks of *diarrhoea* or from *constipation alternating with diarrhoea* often need this remedy. (3) *Gleet*: "It cures old cases of gleet when the urethra has pain like a splinter on touch or when urinating". (4) *Hernia*: "The relaxed condition in weak infant boys, who are so much disposed to inguinal hernia is often overcome by Nitr. Ac. and the hernia cured." (5) "Nitr Ac has cured many complaints in patients who are never so comfortable as when riding in a carriage or cabin. (6) *Gonorrhoea*: One of the greatest remedies in *gonorrhoea* when the discharge is thin, bloody, later it is greenish or yellow; burning and stinging on urination; urethra swollen and very sore." (7) *Diphtheria*: Has cured diphtheria where the *splinter sensation* was present and other symptoms agreed. (8) "Valuable remedy in Carbuncles, so

sensitive that the patient would cry out when they were touched." (9) "The *biparietal Syphilitic pain* is often cured by this remedy.

FARRINGTON: (1) "Phthisis: 'One of the best remedies to follow *Calc Carb.* It does not often cure but it relieves and prolongs life for years." (2) Recommended in *pruritus-vulvae.*" (3) "One of the chief remedies in *Nasal diphtheria.*

HUGHES. (1) *Specially useful in laryngeal cough*, speedily arrests and cures laryngeal cough with no expectoration, and the characteristic sticking." (2) A powerful anti tubercular remedy. (3) *Menorrhagia*: "Commended highly in *menorrhagia* following abortion or continued *dysmenorrhea.*

COWPERTHWAIT: (1) "May be useful in typhoid, with offensive, purulent bloody stools: Ulceration; great prostration; intermittent pulse; sometimes threatened paralysis of lungs." (2) *Skin Diseases*: A valuable remedy in *skin disease*, specially when resulting from *syphilis* or *sycosis.* *Diseases of the bones and Glands*: One of the best remedies in affections of the bones and glands, specially of *syphilitic and mercurial origin*: (4) In syphilitic ulceration of the genitals of both sexes: superficial, chancre like, or deep and ragged: bleeding easily; chancres after mercury, with exuberant granulation. (5) Often useful in diseased condition of *gums, teeth, tongue and mouth* in general, resulting from abuse of mercury.

NASH: One of our chief *antidotes* to the effects of *allopathic overdosing with mercury in Syphilis*" (2) *Dysentery*: "In dysentery when the patient walks on the floor in agony of pain for an hour or two after stool" (3) "Especially useful in offensive urine."

JAHR: (1) In *typhoid fever* if the tongue has a thick white coating, and the evacuations consist of a greenish offensive mucus, *Nitr Ac* often proves excellent. (2) Very good remedy in *inflamed bubo.* (3) It has invisible action and has cured in *gonorrhoeal ophthalmia*; and *chancres* or *warts*; *Syphilis*; and *secondary Syphilis.*

POTENCY. (1) The 6th potency generally to be used often. The lower dilution, (2 or 3 drop doses of the 1st decimal dilution) and with this all successes of *Nitr Ac* have been obtained, save those of the rectal and anal troubles." (William Boerik)

(2) "In the higher attenuations it is adopted to *Syphilitic and Sycosis origins.*" (Underwood)

(3) "The 30th *Hahnemannian attenuation* is reputed to have effected cures, such as *ulcers; Syphilitic bone pains,* smelling strong like horse's urine, etc. (Hughes)

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MULLEN OIL may also be used internally a few drops diluted with water for irritation of the urinary tract and for dribbling of urine.

Dose: 3 drops three times a day internally.

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TUBERCULINISM—THE FOURTH MIASM

Dr. K. Alayam, Homoeo Physician, Coimbatore.

Definitions:—

TUBERCULINISM: Predisposition to tuberculosis.

TUBERCULINIC: A patient susceptible to tuberculosis.

TUBERCULOSIS: Localised tubercular disease.

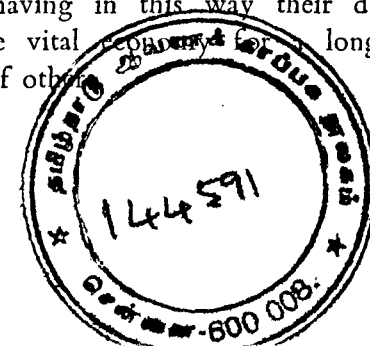
Dr. Hahnemann was first convinced of the law of cure "Similia Similibus Curantur" (like cures the like). Then he got certain drugs proved and with the result of such provings, engaged himself in treating cases of diseases. In the course of treatment he found certain drugs which are similar to a group of symptoms relieved the patients only for a time and the same symptoms would return again. He saw that there was thus a continuous progress of the diseases in the patient in spite of the fact of his being seemingly relieved. It suggested to him that he had not struck at the root of the trouble, or the drugs employed had not acted deep enough to touch the root. Then after a research of 12 long years devoted to the study of drugs and the patients he found out the cause i. e. the three distinct miasms—Psora, Syphilis and Sycosis—lurking in the system, and he formulated the nature and character of the symptoms of these miasms and the symptomatology of deep acting drugs which could reach the root of these miasms. Probably there were no symptoms definitely observable in those days, of the tubercular miasm or it has not then established itself as a distinct miasm on human constitution and therefore he has not touched upon it. Later on, many Homœopaths have observed and recognised these symptoms and had not treated it as a distinct miasmatic disease; and instead treated it as the

localised manifestation of tuberculosis and treated it as such ranking themselves with Allopathy. A few eminent Homœopaths like Doctors Forber Bornville, A Nobel, and a few others have identified it with Psora of Hahnemann. Dr. Burnett who had treated successfully hundreds of cases of unmanifested tuberculosis (i. e. in the miasmatic form, otherwise the latent tuberculosis before its localisation) had only seemingly recognised it as a separate diathesis, but had not formulated it as a separate miasm with distinctive symptoms.

The formulation of tuberculinism or susceptibility to tuberculosis as a separate miasm distinct from the other three, is due to the indefatigable observation, research and experience of the late Dr. N. Ghatak who had successfully practised homœopathy in Bengal for a period of thirty years. The cause of tuberculinism is according to Dr. Ghatak the combination of miasms. The miasmatic diseases of Hahnemann operate in the human organism, each in its own way unnoticed and unrecognised, but undermining all the while the vital economy of the constitution.

Psora affects chiefly the blood vessels causing functional disorders of various organs from time to time. Syphilis the bones, the pericostium and the brain tissues causing various anomalous symptoms in the patient periodically. Sycosis has its seat in the testes, uterus, ovaries etc., followed by a train of its own symptoms. All the while all the miasms are acting more positively on the mind of the patient producing many changes in its expression. The miasms are having in this way their distinct features in disturbing the vital economy for a long time, each, independently of others.

(To be continued)



THE INTERNATIONAL HOMŒOPATHIC CONGRESS

(Dr. P. Sankaran, L. I. M. , D. F. HOM. London.)

The International Homœopathic League Quinquennial Congress was held in London at the premises of the Royal Society of Medicine in the last week of July 1956. It was presided over by Dr. Alva Benjamin the Homœopathic Dermatologist attached to the Royal London Homœopathic Hospital, Dr. Hans Rabe of Berlin being the Vice-President. The delegates numbered nearly a hundred, representing eighteen nations, and included Dr. Pierre Schmidt and Dr. Charles Pahud of Switzerland, Dr. Zakoroff of Russia, Dr. Gagliardi of Italy and Dr. William Gutman of the United States, among others. Delegates from France and Germany were conspicuous by their number.

The proceedings started on the 23rd with a demonstration of some cases at the Royal London Homœopathic Hospital. The delegates were then welcomed by Sir John Weir, physician to the Royal family, the speech being delivered in his characteristic humorous style. Then followed some twentythree interesting scientific papers, each followed by a useful discussion. The papers were all either in English, French or German. All that was spoken was simultaneously translated so that the delegates could follow through their earphones the papers and the discussions in any of these three languages. Among the most interesting papers was the one on the 'Study of the Relationship of the biological blood groups and the corresponding homœopathic constitutions' by Dr. Emile Florentine of Paris.

On the last day Dr. Zakoroff gave a very interesting and encouraging description of the state and progress of

Homœopathy in Russia. This speech which was in Russian was translated by an interpreter.

Side by side with the academical programme, the organisers of the Congress had also arranged for social and cultural functions. There was a reception on the first day at the Grosvenor Hotel where their Royal Highnesses, the Duke and Duchess of Gloucester were present. At the conclusion of the Congress a banquet was held in the famous Greek Hall of the Mansion House, the residence of the Lord Mayor of London. The Lord Mayor and Lady Mayoress were the chief guests at this banquet. The Deputy High Commissioner for India in U. K., Sri. Y. D. Gundevia, was also present. Visits to various places of interest in and around London had also been arranged. The delegates had opportunities to visit the London Docks, the zoo at the Regents Park, a ballet in the Royal Festival Hall, Shakespearian London, Oxford, etc.

All arrangements in connection with the Congress had been so carefully planned and executed, that every delegate was able to derive the maximum comfort, enjoyment and benefit and all left with a deep sense of satisfaction.

(Dr. P. Sankaran represented India at this Congress-The Editor.)

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NEWS AND NOTES

Mr. C. S. O. Neill of Deoghar (Bihar) writes in the Indian Express of the 9th October as follows :—

Since publication of my article on "Nagbala" (*Grewia Populifolia*), I have received a number of enquiries from patients suffering from tuberculosis and cancer as to the dosage etc., I am to state that the essence of the plant should be taken three to four times a day, always after food. If desired, any other prescribed medicines may be taken two hours after the first dose of the essence. It must be remembered that the Nature cure treatment must be followed along with the 'Nagbala' treatment,

* * *

Writing under date 30th September, we are informed that a batch of doctor-trainees attached to the Madras Homoeopathic Association visited the slums in the Kodambakkam area and rendered free medical aid to the dwellers there. The Deputy Mayor, Mr. K. V. Swamy, inaugurated the slum relief campaign.

* * *

The Executive Committee of the Madras Presidency Homoeopathic Association are requesting the authorities to stay the proposed conversion of the Homoeopathic dispensary at Paganeri in Sivaganga taluk into an allopathic dispensary. The Association offered to supply qualified personnel for the dispensary if the proposed conversion was due to the shortage of qualified Homoeopaths.

* * *

At a General Body meeting of the Madhya Pradesh Homoeopathic and Biochemic Association held recently at Jabalpur, Dr. T. K. Joshi has been elected President of the Association for the next two years. Dr. D. A. Sharma will be the provincial organizer.

* * *

Most of the substances that are used on the table as seasonings in foods will in the course of a generation or two be very useful medicines, because parents poison themselves with their substances, tea, coffee, pepper, and tobacco (though tobacco cannot be said to be on the table, yet it might as well be if it is used at all), and these poisonous effects in the parents cause in the children a predisposition to diseases, which are similar to the disease produced by these substances.

—Dr. J. T. Kent

* * *

Modern Medicine while it has gained largely in anatomy, physiology and pathology and even in therapeutics, has lost immensely by its narrowness of spirit, its rigid materialism, its sectarian dogmatism. One school in its purblindness sternly ignores whatever is developed by other schools; and all unite in ignoring every grand conception of man and nature developed by Mesmerism, or by American experiments on the brain—every principle which does not conform to a stolid materialism. It would require a convocation of the hostile physicians of the several different schools to bring together what is now known of medical science, and it too often happens that after the best practitioners have vainly exhausted their art upon a patient, a mesmerist or a healing medium will effect a cure. The explorers of old medical literature, from the time of Hippocrates to that of Paracelsus and Van Helmont, will find a vast number of well-attested

physiological and psychological facts and measures or medicines for healing the sick which modern physicians superciliously refuse to employ. Even with respect to surgery, modern practitioners have humbly and publicly confessed the total impossibility of their approximating anything like the marvellous skill displayed in the art of bandaging by ancient Egyptians. The many hundred yards of ligature enveloping a mummy from its ears down to every separate toe, were studied by the chief surgical operators in Paris, and notwithstanding that the models were before their eyes, they were unable to accomplish anything like it.

Madame H. P. Blavatsky.

* * *

Dr. R. Livingston, writing in the British Homoeopathic Associations' Journal, "*Homoeopathy, The Rational Art of Medicine*", September 1956 issue, giving his impressions of the International Homoeopathic League Quinquennial Congress in London, says:-

"There was a plea for organised provings from India and this was supported by the United States of America. In both countries, as well as in the United Kingdom, efforts are being made to prove both old and new remedies, the only way in which to study scientifically the action of drugs in health for the purpose of using them curatively in disease.

* * *

Inaugurating the Andhra Medical Council recently, Mr. Kala Venkata Rao, Andhra Health Minister, warned the graduates of modern medicine that they were likely to miss the bus in serving the needs of rural areas if they continued to be reluctant to go there, as Ayurvedic and other medical men would fill the gap. He pointed out that a popular and

democratic Government could not resist the demand for medical facilities in rural areas and they had necessarily to fill up the gap.

* * *

Dr. A. C. Ukil, President, Indian Medical Association and National Institute of Sciences in India, inaugurating the 21st Uttar Pradesh State Medical Conference said it was regrettable that research in the indigenous system of medicine was not envisaged in the five-year plans. He stressed the need for a comprehensive planned programme for study and research of indigenous systems of medicine in India.

He did not consider the Research Institute in an "isolated place like Jamnagar, away from centres of allied types of research and clinical facilities can effectively cope with the needs." Dr. Ukil suggested that the tempo of progress could be quickened by having a department of indigenous medicine with a number of attached beds in selected medical colleges, where controlled and comparative therapeutic trials could be carried out by post-graduate scholars and research workers.

Dr. Ukil disagreed with recognition being given to Ayurvedic, Unani and homoeopathic systems of medicine without a corresponding systematic and scientific planning and said this move of some State Governments was in the wrong direction. He suggested that the proper procedure would be to allow graduates in modern medicine to pursue researches into the old system.

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HEALTH, HAPPINESS AND CONTENTMENT

(By Dr. C. VINCENT, Madras)

(Continued from October issue)

Luxuries and their place—smoking:— If the making use of a luxury causes evil to one's self, or to another, its use is distinctly wrong. Now we may buy and use many articles which are not necessary and are therefore luxuries. Certain articles of dress, food and drink, books, music and tobacco may all be classed as luxuries. There is no need to consider the case of books, music, and articles of dress. If these are of good quality, and we are able to afford them, their effect will be of benefit.

Tobacco:— There is no doubt at all that for young people up to the age of twenty, tobacco is very injurious on account of its active principle being a very bad poison known as nicotine. It very seriously injures the nerves, especially those governing the eyesight. Many cases of weak eyes, short sight, and even blindness have arisen from tobacco-smoking.

Boys who smoke run the great danger of injuring the heart, so that they cannot take part in strenuous games, such as football, cycling and running. They are apt to become short of breath, because smoking prevents the heart from beating at its proper rate.

Owing to the action of tobacco upon the heart when it is young, the blood does not flow so vigorously through the body and growth is hindered. The stomach, too, is deprived of its rightful supply of blood, and does not feel the keen appetite for which it ought to have. Thus, boys

who smoke are very apt to feel disinclined to eat as much as they need; hence again, growth of the body is apt to be hindered.

Grown-up people smoke because they find it restful and smoking, for the same reason is harmful for the boy. The action of the heart is weakened for the time; but being much stronger in older people, it recovers rapidly, and no lasting ill is done. When older people, however, smoke too much, or too long at one time, evil results do follow. The stomach and heart are likely to be permanently injured, and the nerves and eyesight weakened.

No boy likes smoking the first time he tries; it probably makes him sick and faint, and gives him a pale and sickly look. That ought be evidence enough to him that the stomach seriously objects to the treatment he is giving it. The boy who smoke before he is twenty is giving himself a very poor chance in the battle of life, and handicapping himself from the very first.

Open air:— Enjoy the open air as often as possible for your health. It will often refresh you, enrich your blood with oxygen and invigorate both your mind and body.

Correct living:— Cultivate habits of correct living. By wrong living the body degenerates, and a degenerate body is easily invaded by disease germs. For good health all your organs should be kept in perfect condition by knowing what they are and what they do, and how so to help them in doing the right thing.

Key to Health:— The real key to health lies in the conservation of the vital energy. Never over-strain the nervous system. Reserve nervous force is really the will power. The drilling, training and development of the will

powers of self-control must be a constant part of education of both boys and girls. It is the preserving of the nervous force, so as to be able to utilise it for some valuable work, that makes the difference between wasted energy and useless efforts and applied energy and useful results.

Exercise:— You need a perfectly balanced nervous organisation and one under your complete control before you can benefit from any physical exertion. Never exercise unless the anticipation of the play or the games is a pleasure to you. Any physical effort which leaves you feeling worse than when you started it is injuring. Exercise, like your daily work, should always be a pleasure instead of boresome labour. It is a good Exercise if you feel elated at what you have done. It is otherwise if you feel completely exhausted after the exercise.

This is the secret of all exercise, brain or muscles; work must be done upon saved-up interest, not upon the capital. If you use the capital, it only means for the body-bankruptcy — sure and certain failure. If you make determined efforts to do any mental or physical work that is distasteful to you, if you work by the clock, then you are injuring yourself every minute you are at it. You are drawing upon your nervous capital, not upon the interest. If you have exercised beyond the power of the nervous system to send impulses to the skin so that it will pour out its poisons, some of this poison remains in the body and sets up a condition known as auto-intoxication, which only means self-poisoning. All kinds of nervous affections arise from this state.

Sex Functions:— Sex functions are the greatest factor in all life. The functions of all the sex organs are directly affected by the nervous system. All the future health,

morals and happiness of a girl or boy depend upon how the first four or five years of the wedding age are lived virtuously.

As long as a girl is virtuous, the womb cleanses itself every month. Everything in nature moves in cycles—that is, moves in regular periods. No girl between twelve and eighteen years of age should ever train for physical contests or any form of athletic competition. A girl or woman should never exercise a few days before or a few days after her periods. Anything, in fact, which lowers the tone of a girl's or a woman's health will affect the menses. Dancing is a good recreation and exercise, but it should not be indulged in two days before the menstrual period and not until two days after.

We should have girls' schools everywhere, and these must have teachers whose first thoughts are the physical welfare of all the pupils and who are thoroughly conversant with sex hygiene and all this means to the future women of our land. Every girl in the school should be placed in the unembarassing position to leave and go home at any time during school hours on the basis of sex hygiene.

Sleep:— Full meals during day time and a sound sleep before midnight are the two main factors contributing to health, according to Napoleon. Sleepiness should not be overcome as a rule, as it is nature's signal to stop work. Sleep with a little covering over you, as is possible with comfort. Keep windows wide open at top when you sleep.

Underclothing Material:— No underclothing of a material to absorb and retain perspiration should ever be worn. Use porous linen underwear—Woolen underclothing will cause a tendency to rheumatism.

Bath:— Cold bath will keep your flesh firm and hard, will take off fat if you are too fat, and put on flesh if you are too lean. Like everything in Nature improvement comes slowly, but it certainly comes. Nothing artificial equals the natural.

Complexion:— A good complexion merely means a perfect state of health. A clear skin does not depend on what you apply to it, but what you keep off it. The complexion depends upon all the effects of the blood beneath the skin and how that blood is treated by the emotions.

Colour is exhibited in abundance over the skin wherever the vital forces are distributed in profusion. Colour and vigour stand in intimate relationship with each other.

Signs of Health:— Good health shows itself in the erect carriage of the body, and in the way in which the head is held up. The limbs are sturdy and free in motion, and the feet are raised and set down with smart action. Nothing so soon betrays the presence of something wrong as the drooping of the head and shoulders and the dragging of the feet. In good health the skin, must be firm, clean and free from marks and the eyes clear and steady. A dry and sealy skin with red marks here and there, indicate poorness of blood, due perhaps to insufficient food or to back of the right kind. Fresh air, good food, exercise, cleanliness, and the regularity are keys to the possession of sound health.

Support the Home:—The weekly budget of a household can be classed under three heads:—

1. Ordinary expenses, such as rent, taxes, food, and clothing.

2. Occasional expenses, such as tools, books, holidays, and medical attendance.

3. Money saved, or invested in some benefit society.

Some General Rules for regulating household expenses:—

1. Pay ready money, or settle accounts at very short intervals.

2. Portion out the income according to the expenses, and buy only what is actually needed.

3. Try always to keep a small sum of money in hand, to be ready for occasions which cannot be foreseen.

4. Buy at shops where you know the articles to be good; never sacrifice value to cheapness.

5. In the matter of dress avoid all shabby finery. Buy the best you can afford.

Contentment:— Health, happiness, and contentment go together, and the conditions that make people really happy and contented are those also that make them healthy. If we know what is needed in our homes, and how to perform our household duties, we can go far to obtain comfort and health without spending a great deal of money. It is ignorance and thoughtlessness that cause waste. Through ignorance we may buy and eat the wrong kinds of food, we may cook good food badly, or allow things to fall into a dirty, disagreeable state, so that poverty, discomfort, ill-temper, and ill-health may be the result.

Manners:— "Manners maketh man", says an old writer, meaning that health and wealth, while excellent in themselves, are not enough to make a man what he ought to be. Man is distinguished from the lower animals, with whom

he has many things in common, by qualities of mind and heart which may endear him to his fellows or render him unpleasant to them.

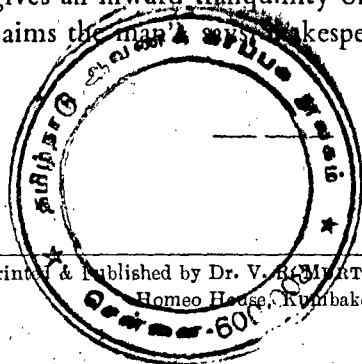
We have duties not only to ourselves but to our fellow-men for their sake, as much as for our own; we must cultivate good health and train ourselves in habits of thoughtfulness. We must exercise our minds to seek the welfare of others, and not unduly to push our own interests to the front. The person of loud forward speech and self-asserting manners is not to be admired. By much noise he imagines he shows firmness and decision, but he forgets that the loudest sounds are not always the most penetrating and effective. Quiet speech and gentle manners are always the marks of the true lady or gentleman. Loud bluster and the tendency to fly into a passion on the least provocation are sure signs of weakness of mind and lack of self-control. Many things occur every day which try the temper and the nerves, but the wise person will not seek relief in outbursts of anger or impatience. 'Better is he that ruleth himself than he that taketh a city'. says Holy Writ.

The true lady or gentleman has always respect for the opinions of others, even though they may seem to be quite unfounded. One can never know completely the circumstances of another person and hence it is rash and unfair to form hasty judgments of conduct. The very best help that one can have in such matters is to think of what is due to one's own self-respect. In our own minds we must form the ideal of what we should like to be, and then right through life we must try to reach that ideal. Self-restraint and self-respect are guides to noble character; they will prevent us from yielding to thoughts or actions which we know to be contrary to the right.

Care of Dress—Good Taste: The appearance of the clothes is generally an index to the character of the wearer. We often speak of a person as having taste in dress; that means simply that his or her whole appearance has an air of refinement and respectability. We are not to imagine that costliness is necessary to the attainment of these qualities; they can be shown in the plainest and cheapest materials, that is, of course, provided that we do not sacrifice value to cheapness. Some articles are so bad in themselves that they would not be cheap at any price, however low.

Good taste never admits anything too showy, yet it allows the best display to be made of any thing that is worth while. It is generally simple, quiet, and plain, and especially does it consider the circumstances of the wearer and the nature of the occupation. For example, good taste would much prefer a simple brooch of real silver to a more showy one of brass gilt. It would even prefer a plain pen-knife with two good steel blades to a more flashy one with four worthless blades. Good taste goes hand in hand with neatness, cleanliness, and sincerity; it dislikes sham of all kinds, and would rather do without an article than have it of very inferior class,

Dress Neatly:—A neatly dressed person is conspicuous, always attractive, no matter whether Nature has given him or her good looks or not. The consciousness of being well-dressed gives an inward tranquillity of mind. "The apparel oft proclaims the man," says Shakespeare.



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HOMOEOPATHY
IN THE SOVIET UNION
::

THE NEED TO
TREAT THE WHOLE
MAN

**JOURNAL OF THE
INDIAN INSTITUTE OF HOMOEOPATHS**



The "HOMOEOPATHY"

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THE
HOMOEOPATHY

VOL. V

DECEMBER

BOOK 12

The Soviet Union and Homoeopathy

BY the courtesy of the Tass Representative in India, New Delhi, we are enabled to publish on another page an exclusive article on *Homoeopathy in the Soviet Union*, specially written for us by Mr. V. I. Varshavsky, Head of the Medical Section and Consultant of the Moscow Central Homoeopathical Polyclinic.

We learn that there are Homoeopathic Polyclinics functioning in many cities of the Soviet Union - Moscow alone having three. The Moscow Central Homoeopathic Polyclinic employs 54 physician-homoeopaths and has the following departments:— Therapeutics, Surgery, Otorhinolaryngology, Gynecology, Dermatology, Neuro-pathology, Urology and eye diseases. The Moscow Homoeopathic Polyclinic serves up to 250 thousand patients a year and in addition, visits patients' homes in reply to calls.

In many cities of the Soviet Union there are Homoeopathic chemists' shops, which are always very busy. In particular, the Homoeopathic Chemists' Shops of Moscow alone prepared drugs for 5 million prescriptions each, in 1955.

In 1952-55 the therapeutic and surgical clinics of the Central Institute for the Improvement of Physicians were given 50 beds at the Botkin Hospital for the work of physician-Homoeopathists.

The preparation of physician-homoeopathists is carried out in an organised way in the U. S. S. R. In Leningrad, correspondence courses are functioning at the Homoeopathic Polyclinic.

These are impressive figures even for such a big country and we make a present of these facts to Rajkumari Amrit Kaur, our Union Health Minister, to ponder over.

We are happy to note that the Government of the Soviet Union recognises the utility of and the need for correspondence courses in Homoeopathy.

We thank the TASS representative, and the learned writer Mr. V. I. Varshavsky, for the illuminating information given on the progress made by Homoeopathy in the Soviet Union.

Rambling Thoughts on the River

I

A CALCUTTA humorist once suggested that an ounce of medicine dropped in the Ganges at Haridwar became a highly potent Homoeopathic remedy by the time it reached the Hooghly at Calcutta.

Western tourists used to wonder how dead bodies and so much other filth used to float down the Ganges and yet many way-side populations used the Ganges water for

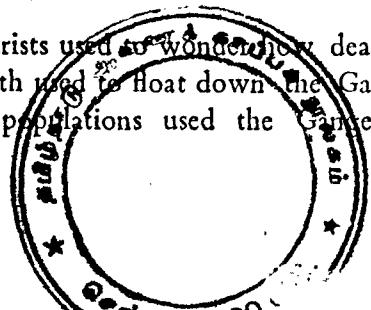
drinking. Every Indian used to feel ashamed of this in those days until at last a *pukka* Western scientist came to their rescue. He took the trouble to take some sample of Ganges water very near a floating corpse, put it to the severest scientific test known to him, and proved to his own satisfaction and to the restoration of our faith in Mother Ganges, that the water showed absolutely no trace of any impurity and might be considered scientifically pure.

We again walked with our heads high in the air, and talked of Mother Ganga bringing down the essences of so many thousands of Himalayan medicinal plants and that, therefore, bathing in the Ganges had not only religious merit, but also curative value.

Those who are Homoeopaths can at once debunk the most rabid of our superstitions as well as the self-satisfied sufficiency of the scientist for, truth lies somewhere between these two extremes.

A little reflection will show that if Himalayan pathway of the Ganges is full of medicinal herbs, it is also full of many poisonous herbs, and the impurities thrown into the river by human effort, so that, at the most, what we can claim is that the Homoeopathic potencies of the one get cancelled by those of the other and a state of perfect equilibrium supervenes. In fact, that is the perfect equilibrium maintained by Nature in air, and light as well as in the vast waters of the Ganges. The mass of the water is so much that all the impurities, medicinal or poisonous, become so negligible that they cannot act even Homoeopathically.

The scientist should know that the fact his sample of water showed no impurity is not a *guarantee* that the water



HOMOEOPATHY

is entirely harmless to human system by itself. Scientific tests cannot discover the remedies in our higher potencies and yet we know that they do exist and can cure or harm a human being!

II

Yet, when all is said and done, it is a fairly knowledged fact that certain diseases like itches, eczema and even heart disease and blood pressure show improvement by habitual and prolonged baths in the Ganges. Probably one explanation is that the enormous quantity of brown-silt carried down by the river acts as *wet packs* on the human system.

Again, milleniums ago, the ancestors of man came from the waters; and although during the course of evolution we all have become land animals, yet water has a great attraction to most animals, as well as man. Who has not felt the calming of the nerves, and the soothing influence of a dip in the flowing waters of a river? The worries of competitive living on land have produced blood pressure in human beings. What more natural for him than to forget all his worries when he enters the water?

The first disease that animals acquired when they came out of the waters on to dry land was itch and it has got such a tough hold on humanity that even now every other man is a victim of psora. No wonder Hahnemann enunciated the theory of psora as one of the three chronic diseases of man. Now, itches and their variety are so much purely a land acquisition of man that if he is able to immerse himself in flowing waters fairly often, itches do disappear.

When we consider that more than 75% of man's constitutents is water, there is nothing much to wonder if man shows a great hankering to dip himself in the waters of

a flowing river or ocean. Probably this is the underlying phenomenon on which hydropaths (water-cure physicians) base their system.

III

If the river water in large *mass* acts as a curative influence in certain diseases, it is none the less true that *small* streams and rivers have been the chief source of infection throughout the country when epidemics of cholera and typhus break out. In fact, the progress of the epidemic from the higher reaches of the river down on its way to the sea can be easily traced and charted even by laymen. These epidemics are caused by the high degree of pollution caused compared to the volume of water carried. The pollution is mostly man-made and is a result of habits that are inconsiderate of the health and well-being of those who further down the river have to use the same water for bathing and in many cases for drinking even.

It needs no argument that the first tenet of proper sanitation and hygiene is that no tanks, water storages or running streams should be used directly for cleansing oneself after calls of nature. We, in South India especially, with all our vaunted culture and civilisation are in urgent need of a sermon in this respect, for every brook, rill and river and tank is not immune from this pollution—not even the holy tanks in the precincts of temples!

In North India, there is a healthy habit that no one stirs out of the village to go to answer the calls of nature without having a *lota* in his hand to take water from the tank or river for his ablutions on the embankment. It is never done in the river itself. In these enlightened days, it is high-time that public opinion and municipal authorities

assert themselves to stop this reprehensible practice and train our citizens in the healthier habit of carrying a water-bottle or *lota*.

IV

At the municipal level, the writer was highly impressed by what he saw on the river-banks in the Ganges on the pilgrim route from Rishikesh to Badrinath. At every bathing Ghat on the way two enclosures are maintained, one for men and another for women, where bathers can urinate and perform their ablutions, before entering the water for bathing.

Our holy rivers cut across many municipal towns in South India where pollution of this nature is rampant. Perhaps habits of generations cannot be stopped in a trice but no doubt a beginning could be made in this direction in the chief bathing ghats. An essentially intelligent population will easily respond to such a good example if it is set up and in the course of a few years we may be able to get rid of this unhealthy habit.

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HOMOEOPATHY IN THE SOVIET UNION.

(By V. I. Varshavsky, Head of the Medical Section and Consultant of the Moscow Central Homoeopathical Polyclinic.)

The speciously paradoxical fact that diseases can be cured by the very same means (plants, minerals, and others) that in healthy persons would produce symptoms of the disease, has attracted the attention of people with inquisitive minds for a long time.

At the end of the XVIII century, the German scientist Samuel Hahnemann established the main principle of homoeopathy, that of treating diseases by drugs producing similar symptom. The finding of S. Hahnemann, who, on the background of the knowledge of that time, found a new way to cure a number of diseases, caught the imagination of physicians and founded a school of followers of his teachings.

In tsarist Russia there were very few doctors who were familiar with the homoeopathic method of treatment. It was mostly the hobby of landlords, the clergy and country teachers. Thus, at the First All-Russian Convention of Homoeopaths held in St. Petersburg in October 1913 only 30 of the 716 participants were physicians.

Only after the Great October Revolution did the homoeopathic method begin to attract the attention of physicians and gain wide recognition with the people. After 1917 the Moscow Association of physician-homoeopaths was organized, which was reorganized in 1928 into the All-Russian Society of Physician-Homoeopaths incorporating a number of branches (in Leningrad, Kiev, Kharkov; Tomsk,

and others). Polyclinics were opened in Moscow, Leningrad; Kharkov and other cities, which were incorporated in the general system of the Ministry of Health.

In 1918, when the decree on safeguarding public health was issued, the question of homoeopathy was not raised separately. Then, at the dawn of Soviet Medicine it was correctly decided not to separate, not to oppose the different medical methods. And now, utilizing all the achievements of modern medical science, physician—homoeopaths improve their knowledge from day to day, regarding the homoeopathical method as one of the methods of modern therapeutics, not opposing homoeopathy to other methods of treatment, but using it to expand the possibilities of therapeutics.

The professional and civic duty of all physicians obliges them to seek ever new ways and effective means of preventing disease and curing the sick. Many physicians have long since known that the homoeopathic method is very often effective, even though modern medical science has not yet found conclusive theoretical explanations for it. This is what induces us to study homoeopathy more profoundly to find ways of wider application of this original method of treatment.

At present there are homoeopathic polyclinics functioning in many cities of the Soviet Union. In Moscow there are three. In addition, many physicians have mastered the Homoeopathic method and use it in ordinary clinics in their daily practice.

The homoeopathic polyclinics specialize in various branches of medicine. For example, the Moscow Central Homoeopathic Polyclinic, which employs 54 physician homoeopaths, has the following departments: therapeutics, surgery,

otorhinolaryngology, gynecology, dermatology, neuropathology, urology and eye diseases.

The Moscow Homoeopathic Polyclinic serves up to 250 thousand patients a year and, in addition, visits patient's homes in reply to calls.

In many cities of the Soviet Union there are homoeopathic chemists' shops, which are always very busy. In particular, the homoeopathic chemists' shops of Moscow alone prepared drugs for 6 million prescriptions each, in 1955.

Research into the homoeopathic curing method was begun in the USSR in 1934. Investigations into the efficacy of the homoeopathic method of treatment of a number of diseases was carried out in 1934-38 in the Leningrad branch of the Institute of Experimental Medicine, under the supervision of professors Barsuk, Voyachek, Chernorudsky and others. The results of these investigations were discussed by prominent Soviet scientists. They noted the efficacy of the treatment of a number of diseases (vasomotor rhinitises, ulcers of the cornea, furunculosis, etc.)

In 1940-41, the Moscow Central Institute of Pediatrics studied the effect of the homoeopathic method of treatment on children with intestinal diseases, while the Ostroumov Hospital dealt with diseases of the joints. This work was interrupted by the war. At the present time it is being continued.

In 1951, the Scientific Council of the Ministry of Health of the USSR heard a number of reports on the theoretical basis and practical application of homoeopathy. In 1952-55 the therapeutic and surgical clinics of the Central Institute for the Improvement of Physicians were given 50

beds at the Botkin hospital for the work of physician-homoeopaths. Together with workers of the clinics, the physician-homoeopaths treated patients there who had ulcers of the stomach and the duodenum, bronchial asthma, halistitis, acute suppurative diseases, thrombophlebitis, endoarteritis and burns. The results of the treatments were discussed by the homoeopaths and workers of the clinics and it was established that ulcers of the stomach and the duodenum were cured no less successfully by homoeopathic methods than by ordinary methods. With homoeopathy pain disappeared rapidly, as well as the unpleasant sensations which disturbed the patients. All the patients left the clinics in good condition.

Favourable results were also obtained in the treatment of burns of the 2nd and 3rd degrees.

As a result of the discussion of the work, done, it was decided to conduct experimental investigations of the homoeopathic method and of homoeopathic drugs at the physiological and pharmaceutical Institutes of the Academy of Medical Science of the USSR.

The preparation of physician-homoeopaths is carried out in an organized way in the USSR. In Leningrad, corresponding courses are functioning at the Homoeopathic polyclinic. In Moscow, physician-homoeopaths are being prepared by the Central Homoeopathic Polyclinic.

The results of the investigation of the homoeopathic method are summarized and published. Thus, in 1956, the book of the Leningrad physician T. A. Grannikova, entitled "Brief Manual in Homoeopathy" was put in a 630,000-copy edition. The work by Moscow physicians M. S. Rudnoy, V. I. Varshavsky, A. F. Polyevoy, and K. V. Grachyev, the

"Therapeutic Homoeopathic Handbook" is in print, and will come out at the beginning of 1957.

It is difficult to give an exhaustive account of the development of homoeopathy in the USSR in such a brief article. At the present time it is being considered to embark on the wide-scale preparation of physician-homoeopaths in clinics, and polyclinics. Homoeopathic offices will be opened in regional polyclinics. Experimental and curative work is being conducted at research institutes on the substantiation and study of the homoeopathic method of treatment.

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Therapeutic Notes of Various English Authors.

(By Dr. A. R. Kannappan L. H. M. & F. I. H., Vellore, N.A.)

CINCHONA (or) CHINA

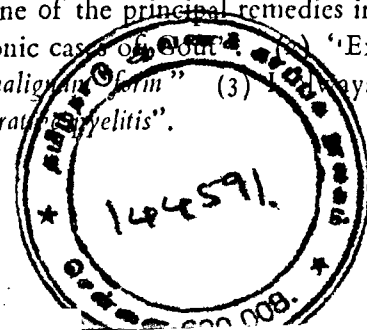
ALLEN. (1) In China "the different stages of paroxysms follow in succession: contra-indicated where there is much thirst during *cold and hot stage or perspiration always profuse*". (2) "China 6th will permanently cure a tendency to *Gallstone colic* with all the attendant symptoms". (3) Will commonly ward off the development of an incipient attack of *catarrhal Jaundice*".

KENT. (1) Cures low types of fever, remittent or intermittent typhoid, or malarial". (2) Useful when *debility or anaemia* comes off from *loss of fluids*. (3) *Diarrhoea*: "Every diarrhoea coming on after acute disease are often met by China". (4) *Nervous patient*: "Throughout the body there is a gradually increasing sensitivity, a gradually increasing irritability of the nervous; the nerves are always in a fret so that these people will say: "Doctor, what is the matter with me, I am so nervous? Everywhere there are twinning, tearing, cutting pains in the limbs and over the body". (5) *Periodicity* "Allopaths give Quinine whenever there is any periodicity in complaints, but still periodicity is a strong feature in this remedy. Pains come on with regularity at a given time each day". (6) *Labour*: If a draft of air blows on a China patient, while in labour, *she may go into convulsions*". (7) China is indicated in those who are suffering from sexual excesses, (loss of fluids from secret vice.) (8) "Very useful when the patient becomes weak, relaxed, emaciated, pale with feeble heart, feeble circulation, and tendency to dropsy. A peculiar thing about this dropsy is that it comes after haemorrhage".

FARRINGTON: (1) Especially suited to *neuralgia of the infraorbital nerve* on either side when the symptoms are typical in their return and when the slightest touch or draught of cold air makes the patient worse". (2) "May be used in *disorganised states*, either of external tissues or of lung substance". (3) "I recommend China in cases where *retained placenta is attended with haemorrhage*". (4) "In some cases of night sweats, indicated when profuse sweats occur after acute disease e. g. typhoid etc". (5) Valuable remedy in the treatment of chills and fever, - useful either in tertian or quartan type". (6) "Of essential service in the treatment of Hectic types of fever, such types of fever as indicate *long lasting suppurative process*". (7) "Excellant remedy in *gastric troubles of children* who are continually asking for food". (8) "Frequently called for in *antipartum and partum haemorrhage*". (9) "You can scarcely do without this remedy in *haemorrhage*".

NASH: (1) A great remedy when indicated by symptoms for the periodic affections whether of malarial origin or not". (2) "Very good in *splenic disease* closely resembling the *splenic troubles* resulting from the *abuse of quinine*". (3) One of the best remedies for *chronic liver troubles and jaundice*. (4) It is useful in *painless diarrhoea* with *undigested light coloured stool* and large discharge of flatus. (5) DROPSY: Particularly adopted to females after delivery, *when swelling of the face and of the tissues*, attended with pain all over in the joints, bones and periosteum, as if sprained, feels better from pressure.

JOUSSET: (1) "One of the principal remedies in *mono-articular form* and in chronic cases of *Gout*." (2) "Excellent remedy in *erysipelas of malignant form*" (3) "I always insist upon it in chronic *suppurative pyelitis*".



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(1) Acts well in at least the lower dilutions, from 6th to 12th. For liver troubles, gallstone and jaundice, the lower attenuation acts best than higher dilutions. In splenic troubles and diarrhoea complaints of chronic cases the 200th and upwards acts better than the lower.

(UNDERWOOD)

(2) The medium potency (30th) acts best in debility after loss of blood, and other fluids, particularly by nursing or salivation, bleeding, cupping, whites or seminal emission etc.

(BOERICK)

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THE NEED TO TREAT THE WHOLE MAN *

(Dr. P. Sankaran, L. I. M., D. F. Hom, Lond.)

First of all I shall thank you for the privilege you have offered me of addressing you, my colleagues from the world over, and then I shall proceed to the subject.

Verily, the medical man of the present day looks back at triumphs of the profession, with a sense of satisfaction and pride. Not only has the problem of sickness been removed from the realm of ignorance and superstition but an attitude of scientific observation and logical Analysis has been adopted resulting in the evolution of effective therapeutic techniques, so that considerable progress has been made towards the goal of universal health. The last few years especially have witnessed pharmacological and therapeutic advances which will be considered unparalleled in the history of medicine. This, combined with the adoption of prophylactic methods has cut down human mortality and increased life expectation. So, the medical man of this era might feel justified in assuming that the goal is almost achieved.

Such, however, would be a mainly subjective estimate. A more objective assessment, if undertaken, would reveal to us our many deficiencies and limitations. There are still vast uncharted waters where we continue to grope. For instance, our knowledge of pharmacodynamics, of the exact role of the many elements that vitalise our body, of the

* Paper read at the International Homœopathic League, Quinquennial Congress, London, in July 1956.

ultimate nature of bacteria, of the full significance of symptoms and of the very nature of disease itself is all too superficial; and these are but a few instances! As has been summed up by Dr. Alexis Carrel,

"It is quite evident that the accomplishments of all the sciences having man as an object remain insufficient, and that our knowledge of ourselves is still most rudimentary".

Even as we acknowledge that medical progress has not been as uniform and unequivocal as it has been spectacular, the question arises if such a progress is at least in the correct direction. No doubt, general mortality has been lowered, life expectation has appreciated etc., etc. But, as scrupulous persons, we cannot remain satisfied with such statistical data which provide a not-so-penetrating view. To obtain a more comprehensive and true picture, it would be necessary for us to compare the extent and types of illnesses and causes of death as at present with those as they were, say, fifty years back. As, unfortunately, such data are not available, one is forced to be content by drawing an analogous comparison. This is done by extracting the following table wherein placed side by side are the causes of mortality in the three countries-Ceylon, the United Kingdom and the United States for the years 1948 and 1949. Ceylon is a typical Asiatic state, economically backward, whose population does not enjoy modern medical and health facilities to the extent as the other two nations compared. The United Kingdom, an economically advanced country, enjoys the benefits of the National Health Service whereby the whole population received modern medical attention; the statistics of this country being therefore particularly valuable. The United States represents a still more economically advanced nation, also facing the full impact of large-scale industrialisation.

Classification of Deaths by causes and rates

Country	Ceylon		U. K.		U. S. A.	
Year	1949	1948	1949	1948	1949	1948
Total Mortality	1259.3	1322.5	1183.2	1080.2	971.7	989
Infectious&Parasitic diseases	409.3	408.9	218.1	195.8	102.3	150.9
Neoplasms-Malignant	13.6	13.0	193.0	182.8	138.9	134.9
Avitaminosis & deficiency diseases	124.9	118.7	—	13.3	—	12.4
Diabetes	7.2	7.0	8.0	7.5	16.9	26.5
Cardio-vascular (including Intra-cranial vascular lesions)	73.1	46.9	384.7	353.8	444.2	346.2
Central Nervous	114.1	122.7	—	1.1	—	6.9
Suicides&Homicides	10.8	10.6	11.5	—	16.8	17.0

A large percentage of deaths in Ceylon is caused by the deficiency and the infectious parasitic group of diseases. In the other two countries the deficiency group has been almost eliminated and the infectious markedly cut down. Apparently these differences arise largely from and mirror the higher nutritional standards and the better and more extensive medical and public health services of the western countries. But there is a considerable compensatory rise in the west in the mortality due to malignant tumours and cardio vascular conditions. The increasing incidence of these disorders, is attributed to such factors as the lengthening of life-span resulting in an aggregation of persons in the older age groups, the strain associated with modern living conditions, the better diagnostic recognition of such disorders, etc. There is no doubt that these factors are really responsible to a large extent for the increase of these cases. Yet, it would amount to

complacency if we were to satisfy ourselves with such facile interpretations. The incidence of cancers and coronaries, hysterias and hypertensions, is definitely rising and this upward trend is not gradual and proportionate but sudden and alarming. Further, cases of allergy, psychosis and neurosis which are quite numerous and continue to multiply are not at all well-represented in these mortality tables for they rate very low as causes of mortality, though they are most disabling, distressing and depressing. Naturally, the serious student would be inclined to review our position.

An analysis of the disorders that now predominate reveals that they are either the products of altered reactivity or a diminished capacity of adjustment. Allergy represents an altered sensibility and a lack of adaptation so that the very stimuli that our body normally resists or assimilates, overcome it. Neuroses and psychoses represent an inability of adaptation in the mental and emotional planes. Man is highly adaptable, develops immunity and tolerance to morbid influences in a remarkable way within a surprisingly short space of time. It would seem that now, (whether in spite of or owing to modern drugs) this basic adaptability of man is breaking down and his innate harmony getting disturbed. Traditional medicine, which so dramatically suppresses acute suffering, fails to restore and maintain the patient in the state of inner balance which we term health and which is exhibited by his well-being in the physical mental and moral planes. Even the conception of health has been diluted and it has been accepted by many to mean an absence of acute or visible changes. Gradually, a state of physical acquiescence, mental disorganization and disintegration of personality has been permitted so that society now abounds with sub-clinical or latent cases, physical and mental, of varying degree and kind, the sum-total of their aberrations being reflected in the state of society itself.

It is certain that this imperceptible but steady degeneration owes its origin to an incorrect approach and an improper handling of the question of health and disease, in the zealous attempts to uncover the ultimate causes of disease, too much attention has been focussed on tissue-pathology and an extraordinary amount of energy spent in studying the same. The microscope and the laboratory, which have claimed the exclusive attention of medical men, have surely extended the depth of their vision but have narrowed the field of perception. This is an unfortunate development because tissue-changes are always the ultimates and are preceded by a stage of functional disorders in which stage they are far more easy to cure. Disease is basically a dynamic disturbance whatever the accompanying or ensuing tissue-pathology, and is recognisable only by the signs and symptoms evoked. Unless this is understood and the symptoms of the suffering individual considered as a whole wherein the knowledge obtained from the laboratory has been integrated and considered in the background of his whole symptomatology, we shall continue to fumble. To quote Carrel again.

"Disease consists of a functional and structural disorder. Its aspects are as numerous as our organic activities. There are diseases of the stomach, of the heart, of the nervous system, etc. But in illness the body preserves the same unity as in health. It is sickness as a whole. No disturbance remains strictly confined to a single organ. Physicians have been led to consider each disease as a speciality by the old anatomical conception of the human being. Only those who know man both in his parts and in entirety, simultaneously under his anatomical, physiological and mental aspects, are capable of understanding him when he is sick."

The increasing daily output of new and more powerful drugs capable of suppressing symptoms and palliating patients

and the corresponding rise in the incidence of chronic illnesses cannot be a more coincidence. Every symptom is but one manifestation, one indication of a disorder and any attempt to suppress such single manifestations without reference to the basic disturbance of which it is but a part or without any consideration of the whole individual who is suffering, is bound to fail miserably and further is likely to aggravate the suffering. Such a partial and symptomatic suppression would also deflect the disease-force inward so that a subclinical but persistent imbalance within the organism is sure to ensue which in course of time would mutate into some deep-seated disease process.

The total inability of traditional medicine to appreciate that the organism is not merely the sum total of the organs but the sum total of the physical, mental and moral characteristics of the body-mind-spirit triune, is also a major cause of its failure. If it is just realising the enormous importance of the psyche thanks to Dr. Freud and others—it has as yet failed to comprehend the ethical element of man. To an enlightened clinician a change in the personality of the patient, as for e.g. a lack of moral feeling, ought, to be as much a material symptom as an anxiety of the mind or a tumour in the body. Had such a recognition been conferred, there would be a lesser following for faith healers.

To the unbiassed physician, in search of a therapeutic method that would restore the sick individual to a state of positive health, Homoeo-therapeutics offers the most satisfying answer. As against the parochial approach of orthodox medicine towards the same, the attitude of Homoeopathy offers a refreshing contrast. The single individual is studied as a whole and his symptoms—all of them—assessed in their proper perspective. No symptom is ignored

or devalued merely because its pathological basis is obscure to us. The therapy does not rest upon the nosological labels of diseases wherein there is the constant risk of the classification being wrong and the label being treated instead of the basic disorder. Even advocates of traditional medicine are realising that the naming or classifying of disease conditions on the basis of those symptoms which are outstanding as in, for example, anaemia, asthma, hypertension, nephritis, etc., is both unscientific and misleading: unscientific because the names do not indicate to us the cause, nature or extent of the underlying disturbance but only focus our attention on how or where the resulting changes are manifesting; and misleading because however prominently a symptom may manifest itself or however markedly a particular organ may be affected it is but a part of a general disorder, a manifestation locally of a total turmoil of the whole organism, for the organs function as a coherent and coordinate integer, so that it is impossible that one member should be sick while the others remain free.

The aspect of Homœopathy that has militated most against its acceptance by the conservative majority is the apparently irreconcilable procedure of administering doses in which the quantity of drug-substance is practically non-existent. Whereas this very fact, that the restoration of health is brought about by such infinitesimal doses which suffice to provide the necessary vital stimulus, ought to weigh heavily in its favour, yet the crudely material and antiquated beliefs of most modern medical men have proved a stumbling block. Seemingly, for these physicians do not exist the findings of physicists that matter and energy are but different states of the same entity and that mass is transformable into an extraordinary amount of energy. The researches of Dr. Boyd have also provided proofs of the activity of homœopathic high potencies. Yet there are those who seeing will not see.

Any amount of evidence is available to prove that Homœopathy is most scientific and that it is very effective - sometimes magical in its efficacy. But the real criterion of any system of medical treatment is that it should consistently succeed in practice; and this criterion Homœopathy can be depended upon to meet most satisfactorily. Since the strongest convictions are those based on our own practice. No one, who has tested Homœopathy in this way, will remain unconvinced. It is, therefore, a tragedy, if not a gross neglect of duty, that the medical profession at large, with the avowed aim of rendering assistance to sick humanity by any and every means available, has failed to put the claims of Homœopathy to a fair test and has thus cheated itself of a most useful method of drug-therapy. If Homœopathy served a purpose in the nineteenth century—the purpose of resurrecting medicine from the hands of butchers and unscientific quacks—it is absolutely needed now to deflect medicine from the path of unnecessary drugging and unneeded surgery, and to strengthen, in all its aspects, frail humanity which is exposed to a thousand vicious influences—natural and artificial. Homœopathy presents the answer not only to the sick individual but also to sick humanity, which is steadily advancing towards a state of material glory and mental perplexity.

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NEWS AND NOTES

We understand that the Third All-India Conference on Family Planning will be held in Calcutta from 5th to 9th January 1957 under the presidentship of Srimathi Dhanvanti Ram Rau M. A. President, Family Planning Association of India. Dr. J. C. Ghose, Member, Planning Commission, is expected to deliver the inaugural address. Dr. Bankim Chandra Chatterjee, M. D. (Homeo) of Bhatpara is a member of the Reception Committee. Further particulars can be had from Shri B. M. Singhi, Hony. General Secretary, Reception Committee, Third All India Conference on Family Planning, 126, Chittaranjan Avenue, Calcutta-7.

The monthly meeting of the All Tamil Nad Homoeopathic Association was held at Tiruchirappally on 18th November when interesting papers were read on Dysentery and on Eye Diseases.

Dyes and colouring substances used in sweetmeats, ice creams and other dishes had been found on many occasions as the causes for cancer, according to Mr. V. R. Khanolkar, Director, Indian Cancer Research Institute, Bombay.

It had also been found statistically that beedi smoking had been the cause of cancer, he said addressing the local Rotary Club here on November 15. Replying to questions, he said that there, however, was no evidence to show that alcohol had anything to do with cancer.

Psychology has no worse enemies than the medical school denominated *allopathists*. It is in vain to remind them

that of the so called exact sciences, medicine, confessedly, least deserve the name. Although of all branches of medical knowledge, psychology ought more than any other to be studied by physicians since without its help their practice degenerates into mere guess work and chance-institutions, they almost wholly neglect it. The least dissent from their promulgated doctrines is resented as a heresy, and though an un-popular and unrecognised curative method should be shown to save thousands they seem, as a body disposed to cling to accepted hypotheses and prescriptions and decry both innovator and innovation until they get the mint-stamp of *regularity*. Thousands of unlucky patients may die meanwhile, but so long as professional honour is vindicated, this is a matter of secondary importance.

—Madame Blavatsky,

In a written reply to a question in the Lok Sabha the Union Minister for Health, Rajkumari Amrit Kaur said that it was a fact that the Government of India were contemplating a developmental scheme of higher and better teaching of homoeopathic science in India under the Second Five Year Plan. The Minister added that the scheme envisaged the upgrading of five homoeopathic teaching institutions, preparation of a homoeopathic pharmacopoeia and encouragement of schemes of research in homoeopathy.

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TUBERCULINISM

(By Dr. K. Alayam, Homoeo Physician, Coimbatore)

(Continued from the previous issue)

At last, in the course of time there comes some fruitful opportunity for these miasms to combine together and as it were to form a knotty combination. It is easy to cure all miasms while they are acting independently of each other; but when once a combination is effected, complications arise and it will be difficult to untie the knot formed thereby. A patient in whom there is a fusion of miasms rarely exhibits in his life-time, recognisable symptoms of such fusion. But when it passes on to his progeny children are born with the marks of such fusion undeniably stamped on them. It is therefore that we find today innumerable forms of diseases such as scrofula, rickets, infantile paralysis and such other and so many other diseases in infants and children of tender age for the infringement of Nature's Law, for which, the infant is not responsible. These and many other diseases variously named and each appearing distinctly from the other, have a common cause and toot in the tubercular Miasm. It is not also improbable that many other forms in which this diathesis may express itself in future, may bring into our midst millions of named diseases with no end.

The starting point of attack for all miasmatic combinations is in the stomach; where an abnormal appetite is felt and in spite of eating plenty of food, there is no absorption of such food into the system, assimilation is not in order, waste is disproportioned; digestion is impaired or there is complete loss of appetite and the taste or desire for food is lost. In either case malnutrition results, cell metabolism does not go on properly and the body dwindles.

A continual wastage of the system is set up which, goes on from day to day and the tissues, bones and the blood are illnourished. This is the way of tubercular diathesis. Much time is wasted in toning up the patient with calcium, liver extracts, codliver oil and vitamins etc. The modern school of medicine cannot detect at this stage what is wrong with the patient in spite of their precise instruments of diagnosis. The vital disorder in the interior of man not visible to our physical examination but indicated only by the signs and symptoms, externally manifested is not taken note of by the modern School of medicine.

Mentally, tuberculinism has timidity and irritability to a great extent. The timidity is characterised by fear of loneliness, fear to be in dark room and all sorts of fears, imaginary and real. Even dreams caused while asleep are such that induce the element of fear in him. The irritability is noted even in trifles of life. The nerves are so weak and so sensitive that any little thing or incident that comes in the way of the tuberculinic irritates him. This irritability is most marked immediately on awakening from sleep.

Tuberculinism also causes mental depression and bodily exhaustion without perceptible reason. He broods and broods blankly without any subject to brood on. The memory gets weak; concentration on any subject becomes difficult. At times he sits in a depressed mood for which he cannot assign any reason. Physically he dreads work, gets lazy and is not inclined to actively move about or to attend to his normal functions of daily routine.

There is also an element of cosmopolitanism in the tuberculinic i. e. the constant change of desire, place, companion, food, dress and everything. Change, change is the motto. This dyscrasia is also characterised by the cosmopolitanism even during childhood, and multifarious

disease symptoms appear in one organ or other or in one form or another.

There is also an air of suspicion cast about the mind of the tuberculinic about everybody and everything. He feels that every one who meets him in his life has some sinister motive behind. When he walks on the road he feels that some one is chasing him and frequently turns back. He suspects that some one is ever plotting against him. So he is suspicious by nature and of an extreme grade. Tuberculinism also shows a desire for things that do not agree with his system. He craves for all things that do not agree with his system. He craves for all things that tell upon his health. He also develops an abnormal desire for sexual relationship. All these will aggravate his illhealth and yet he does not realise that these must be avoided.

Physically, tuberculinism has special affinity for attacks in the head, brain, lungs, circulatory system, throat glands including tonsils, testes, ovaries, stomach and every organ. Lungs are more frequently the seat of the disease. A tuberculinic will frequently catch cold, and pneumonia, bronchitis etc. are in him as a matter of frequent occurrence. There may be vagaries in the circulation; nose bleeding and flushing of the face are found at the slightest provocation. Menses of girls or women are not regular and the flow is either excessive or scanty or there may be vicarious discharge. Nocturnal pollutions are a matter of frequent occurrence. Throat gets hoarse, tonsils swell often, uvula elongates and testes inflames; there may be diarrhoea frequently or alternate with constipation, weakening the patient day after day. However, these physical symptoms are not the criterion for the diagnosis of tuberculinism. But when these and similar symptoms are found, it is for the physician to find out whether the patient is under the sway of the tubercular miasm.

(to be continued)

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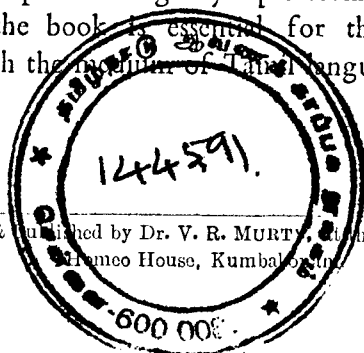
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Organon of Medicine

THE HINDU in its Weekly Magazine section of its issue on the 18th November has reviewed the Tamil translation of ORGANON OF MEDICINE by Dr. V. R. Murty, our Managing Editor, as follows:—

Dr. V. R. Murty has rendered signal service to the Tamil-knowing public interested in Homœopathy by bringing out this translation of the work which has been truly styled the Bible of Homœopathy. Homœopathy is now becoming fast popular and the trends of modern scientific medical thought are veering round to the view which Dr. Hahnemann emphasised two centuries ago viz that individualism is the sane approach in the treatment of the sick individual. Homœopathy is based on the law of similars viz., that a drug which produces certain symptoms when administered to a human being is capable of curing the same symptoms when present in a sick person. The Organon expounds the principles on which the system is based and the philosophy underlying it. Dr. Hahnemann emphasised the real duty of the physician as curing rapidly, gently and permanently the sick without worrying himself about building up theories or explaining phenomena. The book lays down the principles of diseases the selection of the remedy, the knowledge of medicine and the relationship between drug and disease. The translation is done in simple flowing style preserving the spirit of the original; and the book is essential for those learning the system through the medium of Tamil language.



Edited, Printed & Published by Dr. V. R. MURTY, The Homocopathy Press, Arameo House, Kumbakonam.

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