

# HOMOEOPATHY

FOR HEALTH & LIFE



JANUARY 1961

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## THE HOMOEOPATHY<sup>32</sup>

Managing Editor: Dr. V. R. MURTY

JANUARY

1961

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# The HOMOEOPATHY

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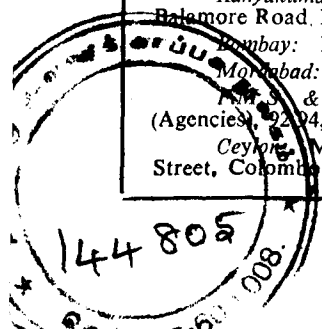
Book 1

## HOMOEOPATHIC EDUCATION

Presiding over the Second Madras State Homoeopathic Doctors' Conference at Madurai on the 11th December 1960, Dr. V. R. Murty dwelt on the dearth of medical aid in the rural areas of our vast country. He pointed out as to how it is impossible for the government to meet all the needs of the country by the products of allopathy and also pointed out that it would be impossible even at any future time, to satisfy the country's needs of medical personnel by only allopathy.

In recent months we hear much about the training of auxiliary medical personnel for service in the rural areas and we also hear about recognition to postal tuitions for the study of scientific subjects in the country. These come from high places and from persons who are in the know of things both here and abroad and who are in places of responsibility too.

Dr. Murty made out a case for the recognition of the postal tuitions for Homoeopathy and pointed out that the State must come forward to fix the syllabus for such studies and that the examinations should also be conducted by the government. This, no doubt, will eliminate the bogus institutions and bogus doctors who masquerade as homoeopaths and bring a bad name to the very system. Another very useful suggestion was also made by him. He wanted that all persons who passed the government examination should undergo a practical training for six months as apprentices under experienced doctors to be entitled to practice independently and enter the profession.



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There can be no other way by which Homoeopathy can be encouraged in this country and there is no other way by which true medical aid can be provided to the rural population of our vast country. These suggestions come at the right time and in the right spirit and we recommend to the powers—that—be to consider these with an unbiassed mind, thus encouraging Homoeopathy and helping the people at one stroke.

## NINE YEARS OF SERVICE

With this issue "THE HOMOEOPATHY" starts its tenth year of service to Homoeopathy and through it to the people. It is an accepted fact that the first few years of any journal are the most critical time in its existence. The continued existence of this journal for nine long years must be taken as a sure sign that its teething troubles are over and it can look forward to a future, full of hope and ambition, to serve the profession and the people alike in a greater measure.

We take this opportunity to thank one and all of our readers and contributors for their valuable co-operation in the past and we earnestly solicit their continued support in still greater measure in the years ahead.

With the beginning of the tenth year "THE HOMOEOPATHY" is appearing with additional features, with more original articles of interest and usefulness by experienced doctors and contributors. The inclusion of the "Question Box", "Our Readers Write" etc. are surely additional attractions, besides being useful. We trust that these and other features and pages to be included will be appreciated by our readers.

It was the policy of this journal in the past not to publish advertisements, except our own. We are now making a departure in this also by allowing advertisements and notices of well-known manufacturers and laboratories and these must be useful to the readers. We wish one and all of our patrons  
A HAPPY NEW YEAR.

JL  
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## CONTROL OF COMMUNICABLE DISEASES

Dr. (Mrs.) N. A. RADHA,  
O. L. H. W. & C. Clinic, Coimbatore.

In the modern world, science has made such profound advances that almost all spheres of human life and activity are being transformed before our very eyes. The inter-planetary travel, exploration of outer space are examples of such scientific researches. Strictly speaking these researches aim at the outside world than within it. Let us see what is happening in the world in general and in India in particular. Eradication of poverty and disease have become two chronic problems facing all the statesmen and social reformers of our land. To this end we have got the various welfare schemes and plans.

Statistics in the medical branch of the scientific world claim that in the aspect of eradication of disease, the discovery of up-to-date antibiotics, vaccines and serums added to the tremendous achievements in the field of surgery have simplified the matter considerably. Clinically, observations of the multitudes of common ailments causing such constant drainage in the slender economical resources of our common man show that surgical incidents are comparatively lesser in significance and sequence. In India we badly need a system that cures as quickly and economically as possible and physicians who will attend more to their individual patients and who will

go to the country-side where the need is so acute than of building up a large practice in the town where money and facilities exist. In this respect the Homoeopathic profession has been serving our people since the last several decades. Considering the background in which the system has grown and developed and the atmosphere towards it is progressing, the profession however is faced with numerous problems to be solved and responsibility to fulfill.

The modern Homoeopathic physicians in the first place have to win the confidence of the masses by conducting ideal Homoeopathic clinics and by effecting speedy cures with single remedies and fewer doses. In Homoeopathy we have got the various drugs, the various Homoeopathic strengths of the same drugs and the mother tinctures both external and internal. Again a disease may be chronic or acute, medical or surgical. Under these circumstances, the selection of a single remedy requires "tremendous work and memorising capacity, uninterrupted concentration on Materia Medica, keen sense of observation, the best possible adaption of the potency to the type of disease (acute or chronic) to the state of health and to the physi-

cal state of the patient"—Dr. S. Hahnemann.

Besides effecting a speedy cure the physician must know how this system could successfully be applied in many of the vital issues of the time, like prevention of communicable diseases, family planning, etc.

The old adage, 'prevention of disease is better than cure' fits in well with control of communicable diseases. During the outbreak of an epidemic, besides treating the infected, immunisation has to be successfully promoted on a mass scale. If Dr. Samuel Hahnemann were to be alive today he would have been ahead of others in this campaign. A student of Homœopathic medicine has to study the various diseases grouped under communicable diseases, both from its curative and preventive aspects.

As a short working definition, communicable diseases are those that are transmitted from one person to another; tuberculosis, cholera, typhoid, diphtheria, etc., are a few examples. As and when a major fraction of the population in a single locality develop a particular disease, say for example, cholera, it is termed as an epidemic. When a particular disease appears frequently in a community, it is called as endemic. Typhoid fever for example is endemic in many parts of India. When an epidemic spreads to a large area of the world, it is termed as pandemic. Virus flu of 1957 for example was 'pandemic.'

The world of bacteriology believes that communicable

diseases are caused by the entrance of certain micro organisms into the body. These micro-organisms of various diseases are discovered and grouped under various heads according to their origin and reaction in the human body, viz., plants, animals and viruses.

1. *Plants*: Bacteria causing enteric fevers, plague, tuberculosis, etc., and fungi that account for ringworms come under this category.

2. *Animals*: Protozoa of amoebic dysentery, malaria, etc., worms like hookworms, guinea worms and insects like scabies, lice are grouped under this head.

3. *Virusses*: These filterable viruses account for influenza, small pox, etc.

Under favourable environments these micro-organisms of all groups have the extreme power to eat, excrete, move and reproduce. Bacteria reproduce by dividing into halves as frequently as once in twenty minutes and are extremely small, seen with the aid of a microscope. It is believed through research in the field of bacteriology that these micro-organisms enter the body in the majority of cases through the respiratory and digestive tracts. Under favourable conditions, these organisms grow and multiply in the body causing structural and functional disorders and disability. People of a particular constitution are easily susceptible to these diseases due to lack of natural immunity. Each type of organism has its

own favourite portal of entry and exit. From an infected person these germs are set free in vast numbers through purulent discharges, faces, urine, sputum, skin rashes or through the bites of insects. Infected persons and carriers like insects are the most common sources of infections. A healthy person usually gets infection by direct or indirect contact with an infected person by kissing or shaking hands or inhaling the germs while talking or coughing and in the former case, touching or using the articles used by the infected person, in the latter condition.

*Control of communicable diseases*: Control of contagious diseases are best done by immunization, isolation and disinfection.

In Homœopathy we have got the potentised microbes and viruses of diseases. Immunization could be promoted on a mass scale in the event of an epidemic. By immunization is understood that a person is artificially made immune to a particular form of the various types of contagious diseases. If a person is able to resist a certain disease to which he has been exposed, he is said to be immune to that particular disease. Such self-resisting capacity on immunity can either be natural or acquired. During the outbreak of an epidemic, by administering a remedy selected by studying the

typical symptoms in a few cases, to healthy persons in that locality sensitize them to resist the disease. I have tried with effect Tuberculinum 200x for tuberculosis, Pertussin 200x for whooping cough, Variolinum 200x for small pox, Camphora 200x Sulphur 200x for Cholera, etc.

*Isolation*: By isolation it is meant the segregation of infected persons from the other healthy members whether in home or in hospital especially in the most highly infectious diseases like influenza, small pox, measles, etc. Usually there is a superstitious belief among the common people in general and in rural areas in particular that the outbreak of communicable diseases like small pox, cholera etc. are due to the wrath of some goddesses who have visited the area to claim human lives. Tom Tom, Margo leaves, Saffron and religious rights reign the place instead of the necessary medical aid, proper sanitary condition and diet. The urgent need for the physician is to instruct the public on the dire consequence of communicable diseases and how the healthy members of the locality have to be protected from an attack (apart from trying to cure the infected persons with properly selected remedies) especially in slum areas where people are huddled up.

(To be contd)

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

— Robert Louis Stevenson

## "IT IS SCIENCE"

M. Manomohan, A. M. I. H., Olavakkot, (Kerala)

It was as late as after 12 P. M., when I was called up from my deep slumber, to attend a case in my neighbourhood. The patient was a lady, at the end of her teens. She was known to me well, and her complaint was also known to me far more than any doctor who treated her before, because I had many a time witnessed the lady sick with the same complaint and eminent doctors of the town "cured" her with their injections. As per her relatives, the disease was cured by the doctors many times—no, very often—no, exactly every week, and a good amount was also spent for such cures every time. But still the complaint returned every week! The doctors who treated her called it 'Hysteria'.

I attended the patient. All the symptoms were the same as were seen by the other doctors; severe dyspnoea, choking at throat, hysteric fits, etc. She had a feeling as if a ball was rising from her stomach into her throat and this produced a very severe empty retching, every second, making a roaring sound which could be heard a furlong away. This retching recurred every second and was extremely distressing and painful at chest. The choking and dyspnoea were so high that she could hardly have a breath. This made her lie down, get up, turn from side to side, stoop down, bend back and be in all odd forms. Often

she was jumping up from the bed and many people had to hold her to be retained in bed. Tears were running down her eyes.

I really felt pity for her, as anybody could have. My heart throbbed when I stood near her bed, due to anxiety, but my deep faith in the efficacy of the medicines I had got with me calmed down my mind.

I examined her. Auscultation was next to impossible due to the great retching sound that hit my ear-drums every moment. Still, I had a 'thorough examination' to the satisfaction of the on lookers. I had no questions to be asked, not because I wanted to follow the paths of the Allopaths, but because I knew everything about the lady, and had, in fact, decided her medicine a few months in advance—nay, months earlier, when the allopathic doctors were injecting their specific hypnotics.

You may, perhaps, not understand fully well why I took out "Ignatia 200" from my medicine chest and doubtlessly gave a drop of it in lactose. True, before it touched her tongue the powder was flown off by her expiration through mouth. This made me realise that medicine in water too, if given, would find its end in the same way, and therefore, without any hesitation I gave a hypodermic

injection of 1 c. c. of a mixture of 1 drop of Ignatia 200 with 5 c. c. distilled water, i.e., 1/5 of a drop of Ignatia. 200. The people around me had a sigh of relief on seeing that I had injected medicine to put her to sleep as others did on previous occasions. They waited without winking their eyes to see the poor lady sleep comfortably. But, what happened was just contrary to their expectation. The patient did neither sleep nor even calm down. Time crept on, but the lady went from bad to worse. Ten minutes passed. I heard someone remark: "when Dr.—injected last time she slept immediately."

I felt in my mind a slight depression, but sat down quietly watching the patient. I wondered: "What, a terrible aggravation as the result of the injection?" But no question arose in my mind about giving her another remedy as I was so sure that she required Ignatia.

Now, you might be eager to know of my clue, the symptom that guided me to Ignatia. The lady was married some 2½ years back; but due to certain family quarrels she was soon at the verge of a divorce. She was disliked and uncared for by her husband though she was a faithful and loving wife. She was in great grief ever since that mishap and nursed her sorrow,

keeping it from others. I knew the history of her grief, and am sure that the complaint had its origin there.

Do you think that Ignatia failed to do good for this grieving poor? It worked a miracle, and proved to be most reliable. After 17 minutes from the moment of the injection and after a violent aggravation the patient slept! If you doubt that her sleep was not on account of the action of the remedy, I tell you, on that day the complaint had started at 8-30 P. M. and abated only after seventeen minutes of the injection. After two minutes, I examined the sleeping lady. Her pulse, heart beats, breathing, everything was normal. I assured the parents that she would sleep the rest of the night without any trouble, and it was so.

Now, you might ask me: "Haven't the attack recurred after a week as happened under the care of the Allopathic hands?"

I PLACE BEFORE YOU A BIG "NO"

Now it is eight full months since a single dose of Ignatia entered into her system, and I believe it is time to report the case to the interested readers. My old patient is now hale and hearty.

Many persons would have attained wisdom had they not assumed they had it.

— Anonymous.

## JUSTICIA ADATHODA

By T. S. Srinivasan B. Sc., (Pharm), Chief Chemist,  
Bahola Pharmaceuticals, Kumbakonam.

India is a store-house of medicinal plants which are found growing in different climates and soils all over the country. Some leading homœopaths in our country have taken up proving of some of the Indian plants like *Justicia Adathoda*. Still there are many yet to be proved and included in the Homœopathic *Materia Medica*.

*Justicia Adathoda*, otherwise known as *Adathoda Vasica* is an evergreen shrub belonging to the botanical family *Acanthaceae*. It grows to a height of 3 to 8 feet and is often found wild in nature. It is distributed all over the plains of India and in the Himalayan ranges ascending to a height of 4,500 ft. It is also found in Ceylon, Burma and the Malayan peninsula. The name of the genus "*Adathoda*" has been derived from its Tamil name "*Adu Thoda*" (அதுதோடா).

Chemical analysis of *Justicia Adathoda* shows the presence of two active principles. One is an alkaloid called *vasicine* present to an extent of 0.25% in the leaves and the other is a volatile principle of the nature of an essential oil. *Vasicine* has no marked action on the alimentary canal or on the circulation. It produces slight but persistent broncho-dilatation in experimental animals and this effect is considerably increased after administration of atropine. The

essential oil present in the leaves appears to help the expectorant action of the drug. Research workers Gupta and Chopra studied the antibacterial properties of the essential oil of "*Adathoda*" and found that it inhibits the growth of all the strains of *Mycobacterium Tuberculosis* in concentrations varying from 2 to 20 micrograms per c.c.

The leaves, roots and flowers of *Adathoda* are extensively used in indigenous medicine, as a remedy for cold, cough, bronchitis and asthma. Both decoction and leaf powder of *Adathoda* form constituents of many preparations used in Ayurvedic medicine for various affections of the respiratory tract. For the latter disease, the dried leaves are made into cigarettes and are smoked. The juice of the leaves is used in Southern India in diarrhoea and dysentery and the powder of the leaves is used in malarial fevers.

In Allopathic medicine, it is used as an expectorant, anti-spasmodic and alterative. The flowers and the roots are given in ague, rheumatism, constipation, asthma, chronic bronchitis and other chest affections. The root is a good substitute for *Senega*. In acute bronchitis, it was found always to afford relief, especially where the sputum is thick and tenacious, acting like *Ipecacuanha*. In chronic bronchitis, the cough is relieved and

the sputum is liquified so that it is brought up more easily. Many Allopathic Pharmaceutical concerns in this country have put forth several preparations from the leaves of this plant, such as *Extractum Vasakae liquidum* and *syrup vasaka* for relieving respiratory complaints and these preparations and the drug have been included in the Indian Pharmacopœa.

Dr. S. C. Ghose of Calcutta has proved *Adathoda* to be a sure homœopathic remedy for whooping cough, which return periodically in spasms, lasting for a long time and producing extreme exhaustion. The cough induces the vomiting of food and the patient is very restless and sleepless. Sometimes, there will be paroxysms of severe spasmodic cough which continued with uninterrupted growing inspiration, till the patient grows purple and blue in the face and is quite exhausted. The disease is worse in the later part of the night and the bowels do not move freely.

*Adathoda* is also recommended as a homœopathic cure for Broncho-pneumonia. Here the mucus rales are heard distinctly over the chest; there is much difficulty in breathing and there is a feeling as if the patient will die of suffocation. The chest is full of mucus which does not come out at all. The face is pale and somewhat bloated, tongue dry and brown. The patient is very thirsty and drowsy, the temperature rising to 103.4°.

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Adathoda can be given safely for patients suffering from the early stage of pthisis. Adathoda patients are low-spirited and over-sensitive. There will be burning sensation on the forehead. The face is pale with blue rings around the eyes, the tongue dry with excessive thirst for cold water. The patient is always constipated and feels constrictive pain in the lungs and tightness across the chest. The whole body trembles, while coughing and this is accompanied by haemoptysis, followed by severe dyspnoea and short breathing. The expectoration is dry, rusty and blood coloured. The patient is worse when lying on the left side. He feels chilly in the evenings and suffers night sweats.

The Homœopathic Pharmacopoeia does not recommend any standard method for analysis of mother tinctures, to find out whether the preparations manu-

factured by different firms and available in the market for sale are genuine. Even the Indian Pharmacopoeia has not given any method to analyse and find-out the drug content of Allopathic Adathoda preparations. It is therefore suggested that a chemical method of analysis can be adopted for this purpose in all laboratories where Justicia Adathoda Q and other preparations from this plant are manufactured. The method recommended is based upon the removal of tannins, resins etc. from the mother tincture with lead acetate solution. Excess lead is removed by dilute sulphuric Acid and filtered, the clear filtrate containing the alkaloid is washed with Chloroform to remove colouring matter and other chloroform soluble impurities. The clear filtrate is made alkaline and the alkaloid is extracted with chloroform and estimated titrimetrically after removal of chloroform.

THIS is the season when all bronchial troubles get aggravated, and old and young are beset with irritating and troublesome cough.

Of course, there are several cough remedies widely advertised. But have you tried our

### HOMEOPATHIC COUGH SYRUP?

This is a purely homœopathic preparation and does not contain any physiological sedatives and can be used in all coughs, acute and chronic, safely without any fear of bad effects.

Price per bottle Rs. 2-25 np.

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## VETERINARY PAGE

### A WONDERFUL CURE

Dr. (Mrs.) G. Jayalakshmi Ammal, Meiktila (Burma).

As I am very fond of the small feline tribe, a friend of mine, presented me with a pretty little black kitten to be my pet. The little fellow soon made himself quite at home, in his new abode and began to play his pranks on my children. Adjoining my compound there is a little jungle in which lives a wild cat, causing depredations on the poultry and even on our dogs and puppies. After some time, when my kitten grew up a little bigger, he began to explore the region. Unaware of the wild one thereabouts, he began his night prowling. During one of his nocturnal adventures, he chanced to meet our old enemy, the wild cat, face to face. Naturally there was a bout, and as the little fellow was no match to the big and sturdy wild one, the former got the worse of it. Consequently, there had been a great weird noise, which woke us up, from our restful slumber.

We lighted up our hurricanes and began searching about the place, for the combatants. At last we discovered our cat lying down, quite unconscious, in a pool of blood, inside a bush. Forthwith we carried him home and immediately gave him First Aid. He recovered, but was not able to move about. Thinking the wounds might have caused terrible pain, I administered orally 3 doses of Arnica Mont. 30, and painted the wounds with Calendula (External Tincture). They acted like a charm. It then raised its head up and saw about himself. Perhaps it might have all appeared to him like a dream. But he could not raise himself or walk as his hind part was totally paralysed. 3 doses of Causticum 30, put him on his legs again. Now he is all hale and hearty, carefully keeping himself indoors and not daring to stir out. Jai, Jai! to HOMOEOPATHY.

To cure is the voice of the past, to prevent, the divine whisper of today.  
— Dr. John J. Sutter.

Worry is interest paid on trouble before it is due.  
— Deen William Ralph Inge.

## OUR READERS WRITE

To The Editor, 'Homœopathy'.  
Sir,

On the 23rd December last, there appeared a news item in a prominent English daily of Madras about a "Miracle Cure" at the grave of an obscure individual who died young about two years ago in an out-of-the-way place in Kerala. It is said that people believed that taking a pinch of earth from the grave would cure all illnesses, whether acute or chronic or whether serious or trivial. It was also said that people from all walks of life, high and low, poured in their thousands at this grave to have a dose of the "sacred earth" and they arrived in their thousands in all sorts of conveyances including taxis and cars.

Well, leaving alone the merits of the case, does it not reflect upon the sorry state of the medical aid that is available for our people today in spite of the tall talk about the "modern" system of medicine and researches etc., at what cost—God alone knows?

Chellawamy, Madras.

To The Editor, 'Homœopathy',  
Dear Sir,

You have shown the moral courage (as demanded by Sri M. L. Agraval of Jaipur) in publishing his letter in your magazine of December issue. It is now upto Sri Agraval to show his own moral courage in bringing all the facts relating to Homœopathy to those who are at the helm of affairs.

It is an admitted fact that Homœopathic medicines have cured must of the diseases which have been declared as incurable by other systems of medicines. There is no justification on the part of State Governments in hesitating to recognise Homœopathy and encourage it when advanced countries like U. S. A., Germany, etc., have recognised it.

One of the main reasons for the Government in not recognising Homœopathy may be due to the cheapness of its medicine and due to some bogus institutions who advertise postal tuitions with low fees and bogus diplomas. But, this is not the correct attitude. Government cannot shirk its responsibility by simply remaining ignorant of the real value of this science. Instead it should investigate and root out the evils of bogus institutions that not only prosper at the cost of public money but also bring bad name to a system of medicine.

In order to alleviate the sufferings of poor people specially rural folk, the Government should appoint a high power expert committee to investigate and report their findings and then arrange for its encouragement. When so much is being done to improve the lot of our nation, our Government cannot deny the poor people the prime necessity of cheap medical aid within their reach.

Pallavaram, } Yours,  
20-12-60. } P. S. A. RAZACK

## DIET AND HOMOEOPATHY

Dr. T. K. Varma, Kotagiri, (Nilgiris)

(Paper read before a recent meeting of The Nilgiris District Registered Homœopathic Medical Practitioners' Association.)

Under all methods of treatment, the question of prescribing a diet comes up. As soon as a medicine is prescribed, the patient puts a question, 'What diet shall I take doctor? and what are the restrictions?'

Now, an allopath will have his patient foods and other auxiliaries ready for the patient and so has an Ayurvedic Physician with his stock formulae and fixed dietary. A Homœopath, on the other hand, has no fixed formulae in this regard just as he has no specifics for a disease.

I will not go into the fuller problem of diet or try to give details of Homœopathic Dietary which differs from case to case. It is impossible to lay down any hard and fast rules; every individual case has to be studied by itself, and suitable diet prescribed.

As a routine measure, an allopath believes in frequent nourishment, an ayurvedic physician has the slogan of general fasting and a naturopath believes in pure water and fresh air. Has any Homœopath got a fixed slogan, a fixed regimen? the answer is a simple "NO". And for the simple reason that we do not believe in fixed and routine methods.

In Homœopathic treatment, the desires, the aversions, the modalities and constitutional

requirements should guide us in prescribing a proper diet for the patient just as we prescribe on the totality of symptoms.

Drs. Kent, Nash, Boenninghaussen, Clarke and others have given us their views in this matter. Likewise Hahnemann himself has given us clues in his Organon and Chronic Diseases.

In para 259 of Organon, we read "Considering the minuteness of the doses necessary and proper in homœopathic treatment, we can easily understand that during the treatment everything must be removed from the diet and regimen which can have any medicinal action, in order that small dose may not be overwhelmed and extinguished or disturbed by any foreign medicinal irritant".

Dr. Clarke says that if a person lives plainly and the disorder is not connected with his digestive system, no change need be made in his dietary. In acute cases, we should not put obstacles in the way of the patient in this matter of diet as is clearly stated by Hahnemann in paras 262 and 263 of Organon. Dr. Kent holds a similar view and in writing about Belladonna (Lectures on Homœopathic M. M. 4th Edn.), he writes on page 223 "In acute diseases when they crave lemon it is good for them. They often crave things to eat. You must not be

so violently temperate and in favour of prohibition that if a patient longs for beer you will not give it". So it is clear that if your patient has a strong desire for anything and which does not seem to interfere with the action of the homoeopathic remedy, we may safely give it and not be too rigid in this matter.

It is quite different, however, when we are dealing with chronic cases. To quote Dr. Kent again. He writes (p. 267, M. M.), "When patients are under constitutional remedies, they need caution about certain kinds of foods that are known to disagree with their constitutional remedy. A Bryonia patient is often made sick from eating sauer kraut, from vegetable salads, chicken salad, etc., so that you need not be surprised, after administering a dose of Bryonia for a constitutional state, to have your patient come in and say she has been made very ill from eating some one of these things. It is well to caution persons who are under the influence of Pulsatilla to avoid the use of fat foods, because very often they will upset the action of the remedy. It is well to say to patients who are under LYCO., "See that you do not eat oysters while taking this medicine". So according to Dr. Kent, the rule is that homoeopaths should prohibit foods or other things inimical to the remedies prescribed and disagreeable to the particular constitution. He goes on "It is not an uncommon thing for a patient who has been under the

influence of Rhus Tox., and has been doing well up to a certain time, after he has taken a bath, to have his symptoms return in the form of a Rhus state; the action of the remedy stops right there. He must of course take a bath, and yet it is true that some constitutional cases under Rhus must stop taking their ordinary bath in order to keep themselves under the influence of Rhus. It is the same with Calcarea—a bath will often stop the action. I only speak of these things to impress upon you the importance of feeding and treating your patient in accordance with a principle and not by rule; do not have one list of foods for your patients, do not have a list of things for everybody. There is no such thing in Homoeopathy."

One could go on quoting Kent, Nash, Clarke, Bœnninghausen and a host of others on the subject, but it will suffice to mention a few known facts.

While prescribing Arg. Nit., it is good to prohibit the use of sweets. Stimulants should be avoided while under Nux., Opium or Lachesis. Fats should be prohibited for patients under the action of Carb. Veg., Puls and Ferrum. Fruits do not agree with Ars., Bry., China and Colocynthis. Milk does not go well with Calcarea, China, Conium and Sepia.

Apart from the above, in my experience Coffee disturbs the action of Canth., Lyco and Sepia. Salt disturbs the action of LACH.

Dr. Bœnninghausen in his, "Lesser Writings" pp. 269-278 gives us broad general instructions as well as a list of articles of food which may be permitted and deals generally with vegetables, meats, fruits, beverages and even articles of toilet and clothing and dress. His article is worth reading and re-reading.

However, there is another point which requires our careful attention. In cases of longstanding habits, it is unnecessary to impose many restrictions. In America Dr. F. K. Bellokopy mentions giving of remedies even in Orange Juice and other beverages. Dr. Sankaran of

Bombay mentions a Sepia case which improved even though coffee was not stopped. My personal experience shows that generally tea, coffee and such things should not be tabooed for regular drinkers except in the case of remedies whose action is disturbed by these things.

A word as regards prescribing a proper diet for certain cases such as fevers, pneumonia, typhoid, gout, high blood pressure, dyspepsia, gastric ulcers, etc., we must be guided by the standard works on the subject coupled with the rule "Individualise each case".

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## QUESTION BOX

(The Editor answers to readers' questions)

### 1. Mr. M. Veluppillai, Trincomalee, (Ceylon)

The following advertisement appears in one of the local newspapers:—

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The phenomenon is undoubtedly Homoeopathic! Could the extract prepared in the crude form have any permanent rejuvenating effect on the hypodermic cells and the growth of new hair?

May have!

### 2. Mr. K. Vasudevan, T'Nagar.

(a) Is it possible to cure Myopia by the Homoeopathic method? I have not found such a case in any case record book of eminent Homoeopaths.

It must no doubt be possible.

(b) There are so many homoeopathic conferences going on. But though I am a Registered Practitioner I never receive

any invitation. What is to be done?

The very fact that you know of Homoeopathic conferences taking place must have induced you to participate in the same. Probably you are not yet so popular to be known to the organisers of conferences!

(c) While potentising Homeo medicines why should we use only alcohol; why not water or other liquid? Even in alcohol, all are not soluble?

Questions pertaining to the Science and Art of Homoeopathy, Hygiene, etc., will be answered by the Editor in the journal in the order of importance. One person can send three questions at a time.

Questions must be legibly written, or preferably typewritten only on post-cards and instead of writing the address, the coupon below must be cut and pasted on the address portion of the post-card. Questions sent without the coupon and those sent in envelopes would not be considered or replied.

The Editor reserves the right to reject or not to answer any question without assigning any reasons therefor.

Questions eliciting short answers only are solicited.

The full name and address of the person sending the question must be given.

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Jan. '61

Alcohol is the best preservative. Those that are insoluble in Alcohol are first prepared in water.

### 3. Mr. P. S. A. Razaak, Pallavaram.

(a) What is the Homoeopathic remedy for; Male aged 33, general health good; constipation occasional, but not usual feels pain in knee joints specially while climbing the stairs or steps.

Try Bryonia 6, twice a day for a fortnight.

(b) Female aged 52—a little anaemic-constipated—sometimes a little cough with some difficulty in respiration—feels headache and lumbago.

Looks like a case for thorough case taking by an experienced physician.

(c) What are the causes and remedy for Gas troubles?

The main cause is bad eating and bad food. For remedying correct food & appropriate homoeopathic medicine.

### 4. Dr. A. M. K. Swamy, Quilon.

(a) Why do Germs love people?

Because they find fertile soil in some of them.

(b) What causes Cancer?

The cause of cancer has so far defied investigation!

(c) What can we do about it?

Treat it!

### 5. Dr. P. S. Kumar, Madanapuram.

(a) Is Homoeopathy recognised all over the world as Allopathy?

How do you expect Homoeopathy to be recognised as Allopathy?

(b) What is the difference between Homoeopathy and Allopathy?

The same as between black and white!

(c) Why do the allopathic doctors hate Homoeopathy?

Probably because it is in their interests to do so!

### 6. Mr. K. Madhwachar, Rampur.

(a) Do Bio-chemic Medicines work better than Homoeopathic Medicines?

Each works best in its own way!

(b) What is your opinion about the Ayurvedic Medicines prepared on the Homoeopathic basis in the form of potencies, Triturations etc?

Should be tried.

(c) What is the difference between the Potencies 30c and 30x? Which is powerful?

30x is equal to 15c. 30c is more powerful homoeopathically.

### 7. Dr. Jai Narain, Avadi.

(a) Kindly explain the causes and treatment of Satyriasis and Nymphomania?

(b) Kindly explain Potentization and also define the theory.

(c) Please explain Subjective and Objective symptoms and say which of them should be considered relatively important?

Are you appearing for any examination, Narain? Wait till I am able to publish a book!

8. Mr. A. S. Koil Pillai,  
Avanipatti.

(a) Why are the lips of some persons reddish and shining? Is it a type of leprosy? What is our treatment?

May be due to various causes including lipstick? Not necessarily. Treatment by the indicated remedy according to the Homoeopathic Law!

(b) I read in the papers that the Indian Air Marshal Mr. Mukerjee died in Tokyo at a dinner party due to a piece of meat going into the air passage obstructing respiration. What

is the preventive measure to avoid such an accident?

Avoid eating meat!

9. Mr. G. H. Parmar  
56 A. P. O.

(a) Homoeopathy is the cheapest system of medicine which everybody can afford, easily. Why is our Government not recognising this system?

The Govt. has recognised Homoeopathy as a System of Medicine.

(b) All Allopaths consider Homoeopathic practitioners as quacks. Why and on which ground? Why they are doing such propaganda against other systems?

In their own interests!

(c) Can we have a Homoeopathic Research Centre in future?

Why Not?

## INDIAN INSTITUTE OF HOMOEOPATHS KUMBAKONAM

### NOTICE TO STUDENTS

A short term personal (Practical) class is conducted at Kumbakonam from 23-1-1961 for the benefit of our past students on use of Stethoscopes, injections, obstetrics etc. The Medium will be Tamil. Those that are interested may apply for rules etc. to

THE DIRECTOR,  
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January '61

## THE DOCTOR

The first occasion on which the word "Doctor" seems to have been used in its modern sense—that is to say, to denote a man holding a special qualification for the treatment of illness—was in the year 1221, year in which King Roger II of Sicily decreed that no one should be allowed to practice medicine until he had been examined and approved of by the medical professors of Salerno. At that time Salerno was by far the most progressive of all the universities in Europe, and this special law on the subject of the practice of medicine was drawn up by King Roger II in order to protect his Sicilian subjects from the malpractices of incompetent physicians. Henceforth the following preliminary requirements were demanded of all candidates for a licence to practice medicine: that they should have attained the ripe age of twenty-one, that they should be able to prove their own legitimacy, and that they should have studied logic for at least three years. The medical course that had to be taken after these conditions had lasted five years, and even then the candidate had not finished his training but had to serve another year's apprenticeship to an experienced physician. Then having completed his long train-

ing and passed all his examinations, he took an oath to uphold the honour of his Alma Mater (the Medical School at Salerno), to attend the poor free of all charge, to refrain from administering noxious drug or from keeping an apothecary's shop, and to avoid teaching anything false. The newly fledged Salernital doctor was finally presented with a ring, a laurel wreath, a book, and a 'kiss of peace', and was ALLOWED TO CALL HIMSELF MAGISTER OR DOCTOR.

—Kenneth Walker in *Patients & Doctors*

### BOOKS RECEIVED:

"SOME CONSTITUTIONAL REMEDIES - Psorinum, Thuja and Mercurius" — by Dr. C. R. K. Menon, B. A., — Published by The Homoeopathic Study Centre, Chittur Road, (Valanjambalam) Ernakulam 1. Pages 96; Price Rs. 2-50. A note by the publishers states that the net proceeds from the sale of this book will be utilised exclusively for the propagation of the Homoeopathic Science.

Make it a rule never to be angry at anything a sick person says or does to you.  
— Dr. Benjamin Rush.

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## TIT - BITS

### *Irritable Colon*

Living habits are chiefly responsible for the irritable colon, which is the most common cause of abdominal distress writes Dr. Theodore R. Van Dellen of Northwestern University in the *Chicago Tribune*. They are both physical and mental in their nature. The victims may be overwhelmed with domestic business problems. They may also have the laxative obsession. The irritable colon is a signal that changes must be made in attitude and living conditions. Stock must be taken of the use of laxatives, tea, coffee, and alcohol. Business and home affairs must be considered, as well as status of sleep, vacation and exercise. A bland diet is helpful. The pain may be due to ulcer, gallbladder disease, cancer or kidney disease. The diagnosis must be made by the physician.

### *Emotion causes Disease*

A study of 739 patients suffering from stress diseases was made at the New York Hospital by a group of eighteen physicians. The results are given by Dr. Beatrice B. Berle and her associates in the *Journal of the American Medical Association* (Vol. 149, p 1624). The ailments thus classified included essential high blood pressure (which does not originate in some other organ), irritable colon, bronchial

asthma, headache due to sustained muscle contraction, migraine, peptic stomach or duodenal ulcers, urticaria (hives or nettle rash), hay fever and ulcerative colitis.

### *The Tongue*

Burning, stinging or soreness of the tongue is common occurrence. The cause is often difficult to determine. This organ is subject to irritation from foods, condiments, smoking, jagged teeth and pyorrhoea. It is influenced by internal conditions and hence it is an indication of general health or lack of it. It may disclose dehydration, anemia, deficiency diseases or vitamin or mineral shortage.

### *Mental Attitude and Paralysis*

Numerous instances appear in medical and lay publications showing how the mind may cause physical ailments. A curious case is reported by Dr. D. C. Wilson, of the University of Vergenia, in the *Psychiatric Quarterly* (Vol. 28, p. 387). The patient was a man of middle age with his right arm paralysed. It hung limp and he could not move it. He felt no pain in it and smiled when sharp instruments were driven into the flesh. It was disclosed that he hated his wife and particularly resented her demand that he cut wood. His paralysed arm enabled him to get the better of

her. He had unconsciously separated his arm from the rest of his body. The patient was cured, but the doctor does not tell whether he or his wife won out in the end.

\*                      \*

### Grief Brings Illness

Enforced separation of children from one or both parents may

have profound psychological effect. Miss Anna Freud, of the Child Study Centre, London, found that in consequence such bodily disturbances as colds, sore throats and intestinal troubles are frequently produced.

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## HOMŒOPATHIC SYSTEM PLEA FOR MORE GOVT. SUPPORT

### MADURAI CONFERENCE RESOLUTIONS

(FROM OUR CORRESPONDENT)

Madurai, Dec. 11.

The second State Conference of Homœopathic Doctors held here to-day urged the State Government to appoint an Expert Committee to elicit the views of the Homœopaths while undertaking any legislation affecting the practice of Homœopathic system of medicine in the State.

By a resolution, the Conference requested the State Government to see that the Homœopathic doctors were enabled to stock with them medicine containing 20 percent alcohol. Another resolution adopted at the Conference which related to the teaching of Homœopathy stated that Government should bring in a legislation making it essential for candidates learning Homœopathy to receive postal tuition for at least two years besides an apprenticeship training under qualified hands for a period of Six months. Such candidates should be tested at an examination which should be held by the Government and successful candidates must be recognised as qualified doctors.

Another resolution requested the Government to accord recognition to all existing Homœopathic practitioners. Yet another resolution urged the Government to start a separate institu-

tion for the teaching of Homœopathy exclusively.

The Conference was held under the presidency of Dr. V. R. Murty, Governing Director, Indian Institute of Homœopaths, Kumbakonam, and President of the Madras State Registered Homœopathy Federation at the Sourashtra Secondary School here.

Dr. T. V. Rajagopal, Chairman, Reception Committee, welcomed the gathering.

Mr. S. Devasahayam, Chairman, Madurai Municipal Council, who inaugurated the Conference, said that the country needed more and more medical facilities and it was regrettable that the Government should consider that only allopathic system needed encouragement. Government, he said, should in fact give fillip to Homœopathic system and if they could not do so, they should at least encourage those who had undertaken the task of imparting education in Homœopathy. The Chairman also stressed the need for newly qualified Homœopathic men to undergo practical training under an experienced doctor like Dr. V. R. Murty.

### DR. MURTY'S PRESIDENTIAL ADDRESS

Dr. Murty in his Presidential address, said that inasmuch as

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Government were not in a position to make the services of qualified allopathic doctors available to the country in sufficient number, people in rural areas suffered due to the lack of medical facilities and this need of rural people was being fulfilled to some extent by Homoeopathy now and it was necessary, therefore, that Government should take all possible steps to safeguard their interest in view of the fact that there was no concurrence of opinion among the Homoeopaths in the matter of fixing the syllabus for Homoeopathy. He expressed the view that Government regulation was necessary for the purpose. While there might not be any need for imposing restrictions in the teaching of Homoeopathy through postal tuition, he said, at the end of the training. Government should hold an examination to prescribed candidates. This type of training of Homoeopaths would ensure public confidence for Homoeopathic treatment in any case, the apprenticeship training under a qualified, experienced doctor after passing the Government examination would go a long way to enable them to become full-fledged Homoeopaths. He deprecated the tendency of Homoeopathic practitioners to administer allopathic medicines.

Mr. V. Sankaran, M. L. A., said that Government were aware of the efficacy of the Homoeopathic system but as it was a subject of technical nature, it might take some time to adopt measures for the development of the system.

quacks here and there caused bad impression in the minds of the people about the system itself. He, therefore, wanted that those who took the Homoeopathic system just for the purpose of making a living, should leave it, so that the name of the system was not spoiled.

Dr. V. S. Subramaniam, of Madras, unveiled the portrait of Dr. Hahneman, founder of the Homoeopathic system.

Dr. K. T. Thomas of Pollachi, Dr. U. Pakianathan, convener of the Conference, and Kaveri Maniam spoke at the Conference.

### Medical Exam. System must be Reoriented

*Sri Karmarkar Stresses the need*

Inaugurating the Indian Association for Advancement of Medical Education at Hyderabad on 4-12-60 Sri Karmarkar, Union Minister for Health, strongly criticised the present system of medical examination and said, that it looked as though the examiners did not want to test the knowledge gained by a candidate, but to cross-examine him and prove that he was deficient.

It was not enough if the student was able to commit to memory some portions of the text-book and vomit them in the examination, only to forget it once he walked out of the examination hall. The student should not only gain knowledge, but also wisdom. Only then could he be called really educated. It was also not enough to be told that a doctor possessed good academic

was required that would enable him to have confidence and ability to make himself acceptable to the patient.

The Union Minister said: "I do not want a doctor merely to be an encyclopaedia of knowledge, for such compendiums are available in the market. On the other hand, I should like them to turn out good and successful doctors, with an average knowledge, much commonsense, and greater understanding, who looked upon the patient as something different from an object on the table".

The Minister said at the pace at which they were turning out doctors they would not be able to meet the requirements of the increasing population. Nor

would any increase in the medical colleges solve the problem.

*The Canara Homoeopath's Association, Mangalore, Dec. 4;* Under the Canara Homoeopaths' Association, a reception was accorded to Dr. Shanker Rao, P. Koppikkar of Madras at 6 P. M. on 23-11-60 at Mangalore. Dr. Sreesh Karnal Presided over the function. Dr. J. Zackarias welcomed the gathering.

A similar reception was also accorded to Dr. S. K. Padiyar of Ernakulam at 10 A. M. on Sunday the 27th November last, on behalf of the above Association under the Chairmanship of Sri K. B. Jinaraj Hegde B. Sc., L. L. B. advocate.



Miss Indubala (Standing bes de Padmini) is the youngest daughter of Dr. V. R. Murty. She was in Delhi recently with the Travancore Sisters. In the picture we see her answering some question put by Nehruji. They seem to be cutting jokes!

# LYCOPODIUM: A PSYCHOSOMATIC STUDY\*

EDWARD WHITMONT, M. D.

Psychosomatic medicine is one of the "newer" branches of allopathic science. For more than a hundred years homœopathy has anticipated and applied it by prescribing for the totality of mental as well as physical symptoms. Moreover, homœopathy could make the most fundamental contributions inasmuch as allopathic medicine lacks the possibility of the true clinical experiment in this field. For the purpose of scientific deduction it is necessary to show that whenever, in a heretofore normally functioning organism, certain mental changes are induced, they are invariably followed by certain physical changes, and *vice versa*. Obviously, experiments with animals are not suited for this work, as the mental and emotional attitudes of animals absolutely do not compare with the human level. Nor has allopathy any reliable and safe method to induce at will in an experiment with human beings mental changes that last long enough to induce physical symptoms with said changes not permanent enough to cause real damage to the health of the experimenter. Such an ideal experiment is carried out in a homœopathic proving. In this way, homœopathy has amassed a tremendous amount of reliable experimental material which in order to furnish a fundamental basis for a new

and revolutionary psychosomatic science requires only assortment. Without such material, psychosomatic medicine is foredoomed never to advance beyond mere speculation and guesswork.

The following presentation is an attempt to gather material for psychosomatic research by such reassortment. The material is not new in itself. The attempt is made to extract from the maze of known symptoms a grand pattern of lawfully interlinked physical, emotional and mental states which one remedy demonstrates.

The experienced homœopath knows that what is described by arranging these symptoms of a remedy into the picture of one single personality, represents but an ideal grand pattern which rarely is to be found with the same clarity in the given case of any one patient. Such a pattern, however, is always dynamically inherent, running like a red thread through every case that responds to the correct prescription of the remedy.

Symptoms directly quoted from the *materia medica* are printed in capital letters.

The key to the understanding of the personality of patients who require *Lycopodium* as a constitutional prescription seems

\*Read before I. H. A., Bureau of Materia Medica, June 1946.

to be offered by describing them as: PERSONS OF KEEN INTELLECT WITH WEAK MUSCULAR POWER. DRY TEMPERAMENT WITH DARK COMPLEXION. We are confronted in this kenote description, derived from clinical experience, with the expression of a functional antagonism between the activities of intellect and what we may loosely characterize as vital power and vegetative organ functioning. The physical result of this conflict, in which the nervous pole appears to prevail and to depress the activity of its vegetative counterpart, is found in DRYNESS: namely decreased glandular and lymphatic activity, and DARK COMPLEXION due to a centering of this glandular underactivity in the function of the liver and the adrenal glands, which in turn results in a lowering of the general tonus: WEAK MUSCULAR POWER, GENERAL WEAKNESS and DEBILITY, LACK OF VITAL HEAT.

Observation suggests that in general the conscious activity of intellect and brain has a depressing effect upon the purely vegetative and vital functions. It is during sleep, with its loss of consciousness that the vital forces regenerate our body. We know also (to mention another example) that mental exertion interferes with digestion. On the other hand, the vegetative (autonomic—unconscious) functions of digestion, metabolism and reproduction, centered in the lower part of the organism and representing the main life supporting activities, in their turn tend to depress the mental and intellectual

functions. A Latin proverb says, "*Plenus venter non studet libenter*" (A full stomach does not care to study). Most certainly, a good, hearty meal makes us sleepy.

A rhythmical pendulum swing of alternative dominance between these two poles seems essential for intelligent life functioning. Permanent prevalence of one tends to depress its partner. Thus, people of a robust muscular or fat digestive type are usually mentally less active than people of the cerebral type who tend to suffer from digestive and muscular weakness and are of frail vitality. The *Lycopodium* patient presents a special instance of the "cerebral" type with its life depressing nerve activity proceeding from head (brain) downwards towards the vital and reproductive centres. Thus we find that *Lycopodium* affects WEAK CHILDREN WITH WELL DEVELOPED HEADS BUT PUNY SICKLY BODIES; that its symptoms generally are: AGGRAVATED FROM ABOVE DOWNWARDS; and that it produces and cures a STATE OF EMACIATION OF THE UPPER PART OF THE BODY WITH A SEMIDROPSICAL CONDITION IN THE LOWER PARTS.

In general, children start out with a tremendous store of vitality and regenerative power. Their intellectual activity is at first on a proportionately lower level. In turn, the old person shows the opposite balance of keen intellectual and proportionately lower vital strength. The *Lycopodium* like disturbance of keen intellect and low vital

## HOMŒOPATHY ON THE MARCH

### Proceeding Televised

THE Second World Homoeopathic Medical Congress was held at Mexico last month when over one thousand physicians from all over world attended the Congress.

The meetings were held at place of BELLAS ARTS one of the finest meeting-halls of Mexico. Simultaneous translations were available in any language by excellent translators, and the United Nations type ear-phones were used. The entire proceeding were carried by the Mexican newsreel and Homoeopathy was well advertised in the press, radio and television.

According to reports reaching us from the Congress sources, Argentina, to-day, is leading all other countries as some 90 per cent of its medical graduates are practising some form of homoeopathy. Moreover, great strides have been made by this system in Columbia and Venezuela.

It may be recalled that in Brazil homoeopathy is already the official medical system and the people and Government of this country are obtaining excellent benefits from it due to its suitability as the cheapest and curative system. In Mexico itself, the system is becoming exceedingly popular and there are indications that the United States is also making all possible effort to make up the lag.

power is apt to affect more heavily children and older people: THE EXTREMES OF LIFE. A child with less than its full share of vital energy with which to counter its abounding intellect will be more hampered in its formative and growth processes by this imbalance than the adult whose body is already finished.

Thus, *Lycopodium* is most helpful for INTELLECTUALLY KEEN CHILDREN WITH HIGH NERVOUS TENSION WHO ARE PHYSICALLY WEAK and for children of LYMPHATIC CONSTITUTION (depressed glandular activity) with a GREAT TENDENCY TO TAKE COLDS. Conversely, the older person by virtue of his normal development, approaches a *Lycopodium* like state himself which makes it more likely for any pathology to call for this remedy. The adult in need of this remedy will reveal a condition which as part of a normal development should be reached but with more advanced years. He appears PREMATURELY AGING, with EARLY GRAYING HAIR, has an EARTHY, DARK COMPLEXION, DEEPLY FURROWED FACE and is likely to be THIN, WITHERED, FULL OF GAS.

A great deal of the further symptomatology can be understood by tracing the development which a person of this basic type is likely to undergo. Psychology shows that the experience of physical weakness during the early, formative years results in a feeling of inferiority and insecurity. Our materia medica therefore logically lists: FEELING OF INSECURITY AND LACK OF SELF CONFIDENCE among the

mental symptoms of *Lycopodium*. There always is the tendency to compensate for one's weakness by laying greater stress on one's potential strength. The physically weak but intellectually keen individual will therefore lean more toward his intellectual endeavours the more pronounced his physical "inferiority complex" becomes. Such a vicious circle carried to the extreme, results in the "bookworm" or the brooding introvert. The average *Lycopodium* type always shows a leaning in this direction. He is likely to be engaged in an intellectual occupation (librarian, secretary, etc.) with a maximum of sitting and a minimum of outdoor activity. Such a "sitting" mode of life slows down the general and especially the portal circulation which in the well known chain of symptoms referred to: indigestion due to liver disturbance and reduced intestinal motility (flatulence, eructations, gas colics, constipation, haemorrhoids, etc.) A vicious circle is easily established as the general vitality sinks and the physical activity consequently is even more restricted. Frequently, however, we find an instinctive attempt for correction in the modalities BETTER FROM MOTION, CRAVING FOR AND BETTER FROM OPEN AIR, AVERSION TO AND WORSE FROM TIGHT CLOTHING.

Some differentiation will ensue from what one might call the fineness of the inner grain of the soul. The finer natures will be SHY, TIMID and CAUTIOUS; they

withdraw from the crowd and in a thorough and stillway tend to their own work. They diligently concentrate upon their mental efforts. They are MILD and SUBMISSIVE and often have decidedly philosophical leanings. In their inobtrusive way they may attain the highest goals of spiritual effort. The outer weakness here turns into inner light and strength. Other *Lycopodium* natures are less unselfish and lofty. They seclude themselves from the company of others, (AVERSION TO COMPANY) and by engaging exclusively in self observation and analysis become increasingly self centered, and egotistic. A personality ensues which is thoroughly neurasthenic or neurotic. GENERAL APPREHENSION, FEAR OF BREAKING DOWN UNDER STRESS, MELANCHOLIC DEPRESSION, OVERSENSITIVENESS, are the symptoms growing out of this situation. Being egotistic and self centred they are EASILY OFFENDED, INTOLERANT AND QUARRELSOME, UNABLE TO ENDURE OPPOSITION, HAUGHTY and DOMINEERING, OVERBEARING IN THEIR CONDUCT, MISTRUSTFUL, MISERLY GREEDY, ENVIOUS, MALICIOUS, suffering from the CONSEQUENCES OF ANGER, VEXATION AND MORTIFICATION which they succeed in finding on any innocent occasion.

Through all shades of *Lycopodium* personalities run a certain peculiar strain of conservatism and slowness of action: the caution of a person who has learned to rely not on physical strength with its impulsiveness but rather upon the forces of

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mind with their slower pace and careful scrutiny. (CONSCIENTIOUS EVEN ABOUT TRIFLES.) Often under this hard and slow surface their smolders quite a choleric vein with sudden vehement emotional outbursts, more of course in the irritable neurasthenic who is devoid of self control.

A person given to mental strain who loses the support of his failing vitality will end up in a state of profound exhaustion and prostration. The symptoms expressing it are FATIGUE FROM ANY INTELLECTUAL EXERTION, INCAPABILITY FOR MENTAL LABOUR, WEAKING OF MEMORY, CONFUSED THOUGHTS, WRONG SPELLING OF WORDS AND SYLLABLES, STUPIDITY AND DULLNESS, FAILING BRAIN POWER, PHYSICAL AND MENTAL IMPOTENCY.

What we broadly call "vital strength" has its organic basis in the function of our glands, particularly the liver and the endocrine system. The peculiar DRYNESS and low vitality thus are accounted for by an under function of these glands. Clinically we find that the disturbance of the liver and digestive function combined with the characteristic lack of physical exercise are responsible for the meteorism, indigestion and constipation which are so characteristic of the *Lycopodium* picture. The resulting accumulation of autogenous toxins derived from the disturbed metabolism gives rise to uric acid diathesis and the well known kidney and urinary symptoms, thus completing the picture of the "NON ELIMINATIVE LITHE-

MIC." The lowered function of the adrenals probably accounts for the LOSS OF HAIR, BALDNESS, DARK COMPLEXION and the FEELING OF WEAKNESS and EXHAUSTION. Adrenalin has been called the sympathetic hormone. A lowering of the adrenal function is associated with a relative or absolute vagotonia which expresses itself in intestinal spasticity, slow pulse and vascular hypotension. This circulatory inadequacy explains the LACK OF VITAL HEAT with AGGRAVATION FROM WARM AIR and a WARM ROOM as fresh cold air stimulates the vascular tonus (BETTER OPEN AIR). Inasmuch as during sleep the vagus function prevails, and the blood pressure falls, such individuals will feel WORSE AFTER SLEEP as it tends to aggravate temporarily their vascular imbalance. The gonads, finally, when "drying up" result in IMPOTENCY and STERILITY.

*Lycopodium* frequently is indicated in tuberculous conditions. It would be an interesting task to investigate to what extent a personality type that, as it were, overreaches himself in his mental efforts is characteristic of the tuberculous makeup. An intuitive grasp of this fact is expressed in the interesting characterization of tuberculous patients in Thomas Mann's *Magic Mountain*.

The characteristic features of the advanced disease conditions of *Lycopodium* fit logically into the pattern. We expect to find a person devoid of vital resistance, exhausted, dry and withered appearing old

regardless of the actual numbers of his years. We find the TENDENCY TO SLOWLY PROGRESSING DISEASES, a state of GENERAL ATONY and MALNUTRITION and a tendency to CANCEROUS GROWTH and CACHEXIA

It is interesting to compare shortly the botanical characteristics of the plant with the picture of the person who needs it as a remedy.

*Lycopodium* is a moss of dry and thin growth; it prefers dry forests and heath, growing to a length of about 3½ feet but always creeping shyly along the ground. The spores which are used for the preparation of the remedy do not moisten as they repel water (hence their use as a drying powder). They are extremely hard but burn with a very bright flash when ignited. The spores germinate only after 6-7 years. The plant itself reaches maturity with the ability for reproduction only after 12-15 years.

Thus the herb itself in its dynamic structure expresses the tendencies of dryness, slowness, hardness with hidden fiery qualities, and a great hesitance in growth and reproduction.

The testimony of remedy proving and clinical experience definitely establishes the connection between a certain personality expression and functional as well as organic pathology. No attempt should be made at this point to raise the question of etiological priority of either mental or physical state. Such a question would be tantamount to raising the old problem of the chicken and the egg.

Systematical comparing of other personality patterns with their characteristic organ pathology as offered by our many proven remedies should thus greatly enrich our understanding of physiology as well as psychology thus giving the rational basis for a true psychosomatic medicine.

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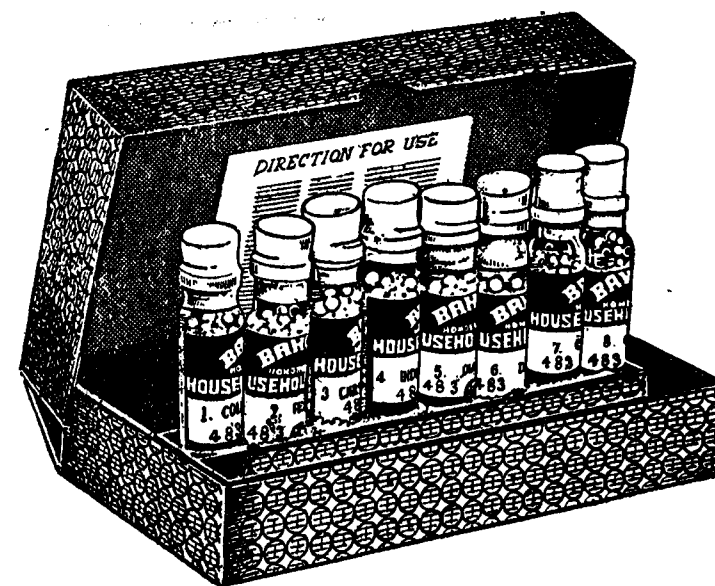
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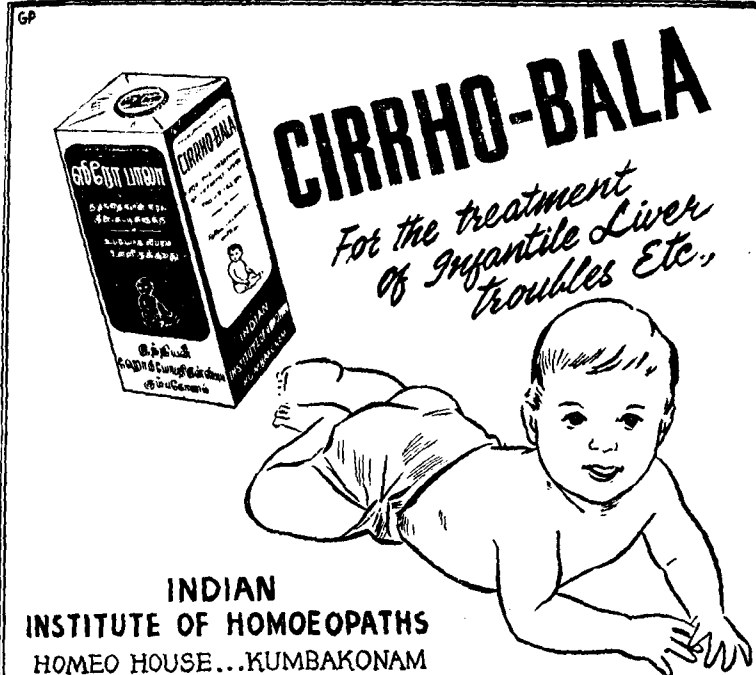
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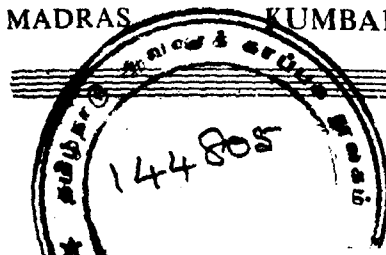
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# The HOMOEOPATHY

VOL. X

FEBRUARY 1961

Book 2

## DREAM REALISED

It was in the year 1935 that the idea occurred to me as if in a dream, to start an institution in South India to impart education in the science of Homoeopathy through postal tuition, both in Tamil, the regional language of Tamil Nad, and in English. To this dream some realistic shape was laid only in 1939 when I first started the Indian Institute of Homoeopaths in Madras. After several trials and tribulations, including the shifting of the institution from Madras to Kumbakonam due to war scares and evacuation of Madras, my first ambition to house the institute in its own building was realised and "Homeo House" was declared open on the 11th February 1951.

In those days, Homoeopaths in South India were entirely dependent for their needs of Homoeopathic medicines on North Indian manufacturers and foreign countries. Even then I realised that, for the proper development and practice of Homoeopathy in South India, it was essential to have a full-fledged pharmacy for the manufacture of all Homoeopathic medicines at least to make the South of the Peninsula self-sufficient in this respect. This thought that the South should not lag behind in this respect became almost an obsession with me. To realise this object a small laboratory was started in the Institute and we began to manufacture certain special household remedies with only two assistants to help us. The patronage given to our preparations by our students and doctors was so encouraging that the laboratory began to outgrow its then location within a few years. The result was that the laboratory had to be shifted to a more commodious building.

It was in June 1958 that the *Bahola Pharmaceuticals*, our manufacturing laboratory, under Drug Licences and *Non-bonded Laboratory* for the manufacture of Homoeopathic mother tinctures and dilutions were formally declared open by the Hon'ble Mrs. Lourdammal Simon, Minister, Government of Madras.

Although the beginning of the non-bonded laboratory and the Bahola Pharmaceuticals enabled us to manufacture the medicines, special preparations, injections etc., on very scientific lines and with Government licences, still I was not satisfied. Further, even within the short period of two years it was found that the building was not sufficient to accommodate the various sections and machineries and equipments of the laboratory and the need for more space was becoming acute day by day. I eagerly looked forward to a day when the laboratory also should have a spacious building on most modern lines, with up-to-date fittings, machinery and facilities, a building which can vie with its allopathic counterparts, manufacturing almost all Homoeopathic medicines, Mother tinctures and potentised dilutions, at least some basic materials, special preparations, injections, vitamin tonic preparations and one which will have sufficient garden space to grow the essential botanical plants and herbs. Further, each section of the laboratory, viz., manufacturing, analytical, packing, storing, tabletting, non-bonded manufactory, administrative etc., needed separate accommodation. Plans and blue prints were got ready and approved by various authorities; building construction was also started and finally by the end of 1960 the new series of buildings in the grounds known as "JAYAJYOTI" stood in resplendent beauty in architecture and modernity to receive the laboratory.

12-1-1961 was indeed a red letter day in the annals of the Indian Institute of Homoeopaths, a day in which another milestone was reached when the buildings, housing all the sections of our laboratory was declared open by no less a person than the Minister for Health of the Government of Madras, the Hon'ble Sri M. A. Manickavelu.

In the new buildings with the most modern machinery and equipments installed therein and with the trained technicians

working, we are now in a position to meet almost the entire demand for Homoeopathic medicines of the whole of not only Tamil Nad and South India but also Northern Indian States and our neighbouring countries, viz., Ceylon, Burma, Malaya, etc. This laboratory has indeed given a big status to Homoeopathy in India, and I feel sure that the genuine and pure quality of the medicines now being made available to all Homoeopaths will be greatly appreciated by the profession and the public.

I also take this opportunity to thank all my students, friends, clients and lovers of Homoeopathy who have so far given me their patronage, help and encouragement all these years, and I earnestly believe that only with their co-operation, good wishes and blessings I have been able to achieve all this and thus contribute my mite for the cause of Homoeopathy in India.

My full dream has not yet been completely fulfilled. I still visualise a day when it will be possible for us to have a full-fledged College for teaching of Homoeopathy with a big hospital attached rendering pure Homoeopathic treatment. May God help us to this goal.

Jai Hind.

V. R. MURTY

### ACKNOWLEDGMENT

We gratefully acknowledge receipt of the numerous messages and felicitations received by us from our well-wishers, friends and patrons in response to our invitation on the opening of our **NEW LABORATORY BUILDINGS** at Gandhinagar, Kumbakonam, on 12-1-1961, by the Hon'ble Sri M. A. MANICKAVELU, Minister for Health, Madras, and request every one to treat this as individual acknowledgment.

V. R. MURTY

Governing Director,

INDIAN INSTITUTE OF HOMOEOPATHS,  
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## RAMBLING WITH KENT

by Noel Puddephatt

The potency question has been a perpetual headache with Homoeopaths, especially the layman, and the question one is invariably asked; "What potency shall I give, and how often should it be given?"

The late Dr. James Tyler Kent has much to teach us on this vexed problem, so I propose herewith, to quote from his writings, and thus, perhaps, give some sort of guide to the layman of some experience, but I am afraid that to the novice it will all seem double-dutch, so please forgive me, Mr. Beginner.

Kent states:

"I have been in the office of many homoeopathic physicians who have in their armamentarium nothing but tinctures... I have been in other physicians' offices where nothing could be found but CM.s." "In my opinion, that too was a somewhat arbitrary selection; there is a wonderful latitude between the tinctures and the CM.s. and in my judgement the selection of the best potency is a matter of experience and observation, and not as yet a matter of law."

I am sorry about the last two lines of the above quotation, Mr. Layman, but there it is. Be not disheartened, for there is light in the darkness.

Kent goes on to say:

"We might well begin with Hahnemann's statement that

the 30th is low enough or strong enough to begin with. Individualization, in regard to potencies as in other branches of homoeopathic work, furnishes us with an additional element of accuracy and success, enabling us to reach certain cases that we otherwise could not reach. Some patients are very sensitive to the highest potencies, and are cured mildly and permanently by the use of the 200th and 1000th potencies; there are other individuals who are torn to pieces by the use of the highest potencies. Patients who have heart disease or who are suffering from phthisis are apt to have their sufferings increased and the end hastened by the highest potencies; they do better under the 30th or 200th. Sometimes very sensitive patients will do well on a high potency if they have been prepared for it by the use of a lower potency. I have frequently seen patients recover from their symptoms for a while under the 1000th potency, and then the remedy would cease to act. A repetition of it would be followed by no effect. The 10,000th would then produce a very beneficial effect and make the cure permanent. Give the necessary doses at long intervals until the repetition brings no effect; then if you are sure that it is the simillimum give it in a higher potency until that ceases to act, and finally the highest."

"In this way we can put a patient on a series of potencies

and keep up a prolonged curative action lasting for *several years*." (Italics mine.)

"Degrees are in sevens (Kent is of course referring still to potencies) as in octaves of music. If you strike too high, she is not sensitive, it is not sufficient. *Keep to the mild potency so long as it works.* It is not well to jump too many degrees. From the crude to the 10,000th there is a range of degrees in the ordinary person. You do not go from the first to the last in music, it does not preserve the chord, you take the thirds and the fifths. You can repeat the series, beginning with the lower potencies, and do good work. Too high a potency gives an unnecessary aggravation, and then will not perform the best curative action. The best action is the slight aggravation, as in the first few hours in the acute disorders. *The ideal is the one that gives no aggravation but amelioration.* We do not seek to produce an aggravation, that is not the best, not the longest curative effect. As a rule, two doses (sometimes three) in the same plane (i.e. potency) give the best results. It has become almost routine, as the records indicate, *that the third dose in the same potency gives no effect*" (Italics mine.)

To recap, Kent teaches :

You will always stay young if you live honestly, eat slowly, sleep sufficiently, work industriously, worship faithfully, and lie about your age.

1. The potency to be given is a matter of experience and observation, and is not yet a law.
2. The 30th is a good one to start with.
3. Sensitivity to potencies varies in patients.
4. If you have the right remedy, then go up in a series to the highest if necessary.
5. Degrees are in sevens. What he means to say is this, the 30th, 200th, 1,000th, 10,000th, 50,000th, 100,000th, D. M.
6. Best results are obtained by giving the same potency twice only.

A final tip he gives us is, that, constitutions *can* be changed, and in order to do this, potencies from the Mother tincture in a series to the highest may have to be given over a number of years. He has done this.

Patience is indeed a virtue !

How many people, these days, when everything must be done at once and at full speed, are prepared to wait two or more years to be cured of their chronic complaints?

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## "HOMOEOPATHY— MERE HUMBUG!"

[Sri M. MANOMOHAN, A. M. I. H., Olavakkot]

If I say in your front that Homoeopathy is a mere humbug I am sure, you will slap me on my face. One day, I had to keep my hands in their proper place and merely pray God for a chance to prove that it was a wrong notion of my cousin when he said to me the same words during a general talk about medicines. I thank God for having heard my heartfelt prayer.

On a Saturday night, I was dressing up to go with my family for a drama performance in the local theatre. When my cousin came running to my house and asked me to go with him to see a child in his wife's house. He told me that the child was in a sinking condition and its parents and relatives were very anxious. Without any hesitation I started with him. He asked me to take with me the best medicine for severe and continuous vomiting that was the complaint of the child. We proceeded, and on our way I was told that the eight year old girl had been vomiting ceaselessly for the past five days and was first under the treatment of the ablest allopathic doctor of the locality, and subsequently that of a good Homoeopath put up a mile away. The girl was unable to retain a morsel of food or a drop of water in the stomach and even medicines given were vomited immediately every time.

We reached the house at 8 P. M. True, all were very anxious, and every face was gloomy. The child was on the bed, in a very exhausted condition, eyes half closed, with dry blue lips, anaemic face, bloated abdomen, and cold legs. She was restless and was tossing on the bed. I examined her, she had fever 104°, intermittent pulse, and thirst for small quantities of water which was vomitted soon after drinking. She also vomitted once after our reaching the house. I first doubted that it was an Arsenic case, but soon noticed that her mother was fanning her constantly. On enquiry, I was told that the child demanded fanning. This guided me to Carbo Veg. I had only a vial of Carbo Veg. 1M in my medicine chest. I gave two globules to my cousin and directed him to dissolve it in half an ounce of boiled and cooled water and then give it, with strict instructions not to give any of the other medicines stocked there. As my family was waiting for me to go to the theatre, I had to return soon, and so I thought of leaving there two doses of Arsenic. 200 to be used in case Carbo Veg. did no good. So I did, and gave proper directions, and left the house.

The next morning, I got up a bit late, and heard someone talking to my father about

medicines. I went out of the bedroom and saw the father of the child in a joyful mood. On seeing me he exclaimed: "Yesterday's medicine worked marvellously. She did not vomit anymore. So the second medicine was not given."

"What about the first medicine? Did she vomit it?" I asked.

"No. Good God! That was the liquid which was retained in her stomach ever since the commencement of the complaint five days back."

"How is her fever?"

"Fever is still there. But the great worry is over" he said.

I went along with him to see the child. She was given two doses of Bry. 30 on her symptoms, and when I said, while putting the sweet powder into her mouth, that she gave much anxiety to all, she smiled with sweetness. The next morning she was O. K.

Later, I asked my cousin: "Is Homoeopathy a mere humbug?"

He said in a low tone: "I was wrong. But why did Dr. x's homoeo medicine fail?"

"Do you believe that Dr. x's failure is homoeopathy's failure?" I asked. He slapped on my shoulder and replied: "No, your success is Homoeopathy's success."

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## CONTROL OF COMMUNICABLE DISEASES

[Dr. (Mrs.) N. A. RADHA, O. L. H. W. C. Clinic, Coimbatore]

In my previous article you have read how communicable diseases could be controlled by immunization and isolation. Now let us proceed to disinfection. What is meant by disinfection? Literally it means the process of purifying articles from infectious matters. The world of bacteriology having discovered the various types of viruses and microbes believes that these microscopic little fellows account for all sorts of contagious diseases, each type having its own portal of entry and exit in human body. As a matter of fact the excretion, urine and articles used by the victims of these diseases are contaminated with bacteria. Disinfection serves as a scientific method of destroying these infectious organisms. It can best be done by heat, sunlight and disinfectants such as lysol, carbolic, etc.

According to the homoeopathic science, the procedure however is a sound hygienic measure. The method adapted mainly depend on the nature of the disease and articles to be purified. In the first place the room should be properly aired. Bedsteads, cupboards, wood-works and windows should be dusted and wiped with 5% carbolic acid or 2% lysol. The wall may be white washed. Dishes, enamelware, bed-linens, towels, etc., used by the patient must be

boiled after use. Faeces, sputum and urine may be collected in a covered container. Discharges from nose, mouth and throat have to be collected in paper bags or towels and burnt immediately. A still better method is to pin a paper bag by the bed for collecting these waste products. Mattresses and pillows should be well brushed, shaken and sunned for a day. Blankets should be sunned before washing. Rubber sheeting should be scrubbed well with soap and water and rinsed with a suitable antiseptic.

Besides these measures it is of the greatest importance that the modern homoeopathic physician must instruct the community on the correct method of living, personal hygiene, correct food and promote prophylactic treatment. These acute miasms according to Dr. Samuel Hahnemann are occasioned by an already existing susceptibility in certain individuals added by external influences. Man is more often rendered susceptible to these diseases by poor health habits, improperly selected food, living in slums, etc. During an epidemic, by instructing the masses on sound health habits, further spreading of the disease can effectively be checked.

From the curative point of view it must be remembered that there is no miasm of the human

race (acute or chronic) that does not have its manifestation in the potentised drugs. The genuine duty of the physician is to utilize his keen sense of observation to study the common symptoms with individual peculiarities in a number of patients and work out the group of epidemic remedies best suited for that particular disease. Now, for example, in *virus flu* as it develops in a particular locality, most of the victims will have the aching pain in the bones of *Eupatorium*, rawness and irritation of trachea of *Causticum*, cough and chest symptoms and nervous chills of *Gelsemium* and so on. Thus the physician will be able to work out a few remedies best suited for flu by which a majority of the victims can be cured. The problem of Tuberculosis in India is another example. Starting T. B. clinics, researches in bacteriology, training of more personnel, promoting B. C. G. vaccination

are the active steps taken by modern medicine, as the anti-tuberculosis campaign. Controversial opinions, are, however, strong among the intelligentia as to the efficacy of B. C. G. vaccination. In this respect homoeopathic medicines are highly effective and the service rendered by the profession to our common man is highly commendable and the results are encouraging. Medicines such as *Tuberculinum*, *Bascillinum*, *Variolinum*, etc., are such wonderful remedies that serve the double purpose both as curative and preventive of the miasm, if properly selected and suitably administered.

In conclusion let me emphasize that by raising the living condition of our common man through better sanitary conditions, unadulterated food, proper dwellings, proper instructions on health and hygiene, great achievements can be obtained in the control of contagious diseases.

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## CHRONIC DISEASES AND THE PATIENT

(By FRANK WATT)

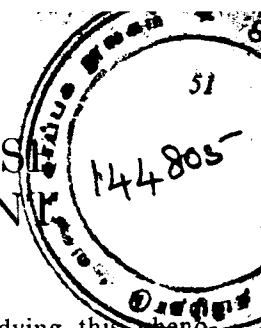
We have now been studying and discussing the miasmatic phenomena at considerable length, for quite a number of months and no doubt some will be saying. "Well what does it all add up to?" Well, we must continue to study and be guided by the works of the masters of Homoeopathic philosophy, principally the philosophy and technique of the master, Dr. Hahnemann, so if we turn to the *Organon* and read sec. 38 we find him stating: "If the disease which is dissimilar to the old be more powerful than the latter it will then cause its suppression, until the new disease has either performed its own course, or is cured—that is removed by the indicated remedy—but then the old or former disease reappears."

In this statement Hahnemann is merely saying that a disease which has been suppressed by another disease (crude medicine) will have allied itself with that disease (crude medicine), taken the life force into bondage and manifested disease in another form, but with the elements of homoeopathic antidote (remedy) the crude drug force will be overcome and the original disease will reappear, and if the original disease has continued treatment, in direct relationship with the remedy that reproduced it, then it also will be made to disappear.

It is in studying this phenomenon that we see the rise and fall of the different miasms, that go to make up a chronic disease, or to make it chronic, if we want to put it that way. Usually one miasm is active and others are kept in abeyance. If they are all active at the same time then we have a condition which is impossible to overcome, it is incurable—instances, cancer, phthisis. Cancer when it has reached the final stages has a high percentage of tubercule in combination with it.

Generally, however, if only one miasm is active, at the beginning of the trouble it will be Sycosis. Now we know of that great combination Sycosis on a tubercular basis and practically everyone suffers from that combination in degrees that will be in keeping with their heredity, environment, etc.

This is where the trouble begins, the trouble in treating the patient. We have them in front of us. We observe them closely, every movement false or otherwise that they make. We examine them, take their blood pressure, percuss them, auscultate them and so forth. Previously we have questioned them minutely, getting them to state in their own way all the symptoms they have and when they are finished, we augment that with our own observations and



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questions, and finally we have a grand list from which we make a wonderful totality putting down everything—if we are industrious.

Now in that grand totality the most prominent, and most numerous symptoms may be of a tubercular nature and the remedy selected will be a prominent and deep-acting one and this is probably where the mistake is made. If we have studied those symptoms properly we would have seen that the symptoms selected were in reality latent symptoms. Now the patient, if keen, will tell you every symptom he has, or has had, and most of them may at the moment be of little value in finding the "similar" remedy. Out of that grand and glorious totality one or two symptoms were prominent, but they seemed to be not too deep, but never-the-less they were the predominantly active symptoms and belonged to, at that present moment, the active miasm, and the remedy based upon them alone should have been prescribed. Much more of this can better be brought forward in class and discussed. It would take a library to write about it in totality.

Another mistake that can be made is this. We have studied and we know the miasmatic remedies that are purely Psoric, purely Sycotic, or purely Syphilitic and, there are fewer than we imagine. There are many more that have a combination and the most prevalent combination in medicines, as in miasms are those that have the

tubercular-sycotic combination. Calcarea Carbonica, Sepia, Mercury, Kali Carbonica, Silica, are a few that have that combination, and we may say, "well here we have a case that is definitely sycotic on a tubercular basis and Calcarea Carb., and Sepia are prominent on this leet and have that totality" and we give one or other of them and again we would not be exactly correct. Is the case as it now stands chronic or acute? That is what we have to ask ourselves. Are the prominent annoying symptoms chronic or acute? If acute, then for goodness sake treat them first and as they disappear the other and deeper symptoms will arise into activity.

To pursue the matter further, suppose one of the prominent and most distressing symptoms was itch, Cuban itch, itch caused by a corrosive discharge per rectum. When we think of itch—and at one time in our homoeopathic career I suppose we all made the same mistake—our minds immediately fly to that statement, "itch is Psoric" no matter what the trouble and we give Sulphur or Psorinum both of which may make the case worse. We have forgotten that, although the trouble was suppressed as itch in the first instance, through the actions of the remedies and the vital forces it has now become sycotic, and nature has produced one of its "healing crises" and the remedy should be some acute sycotic medicine. Although generally considered a chronic remedy, Sepia can be acute enough and

has sufficient sycotic symptoms in an acute form to enable it to be classed among the acute groupings. It is a wonderful remedy for sycotic purposes. Actually it is more sycotic than tubercular. But in all those acute sycotic symptoms we must study Dulcamara, Urtica Urens, Digitalis, Rumex Crispus and so forth. I used the symptom itch as an illustration but there are many others, prominent among which are dryness of tissues, desires and aversions of patients.

Quite a number of people are a little perturbed and perhaps afraid of the nosodes. They need not be, if they regard them as ordinary medicines, but the trouble is that they are so seldom entered into the Repertory, but this we can overcome by studying the materia medica and entering the symptoms of the nosodes under the various rubrics. In fact without a

comprehensive study of the Materia Medica our prescribing will be extremely poor.

• In these discussions I am purposely, as far as I am able, avoiding statements such as: "this remedy is useful for this, that remedy for that," because a great many people ask for such advice, and it would be poor advice, if given and taken! Each one is an individual who should be prepared to add his or her quota of ascertained facts to the general pool of homoeopathic knowledge and to tell anyone to use specifically this or that is all wrong. That little "microcosm" or little "universe" the patient is what has to be treated, not the name of a disease, otherwise it is not the philosophy or technique taught by the master.

—The Homoeopathic World

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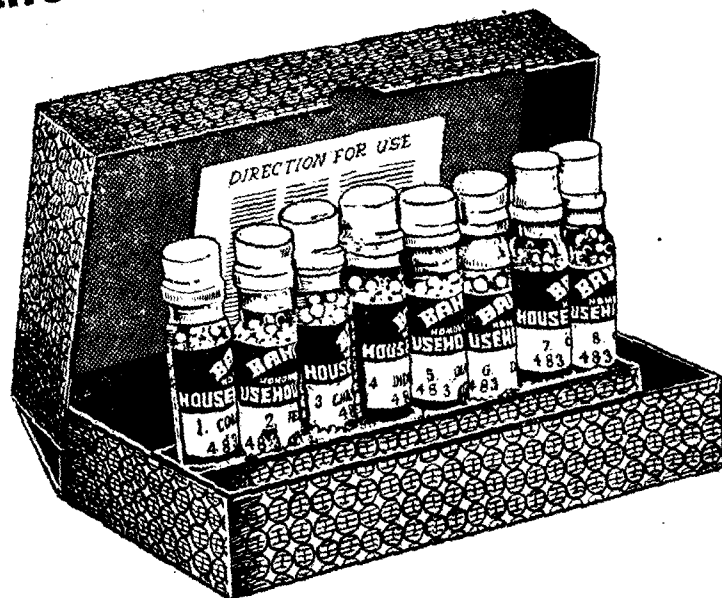
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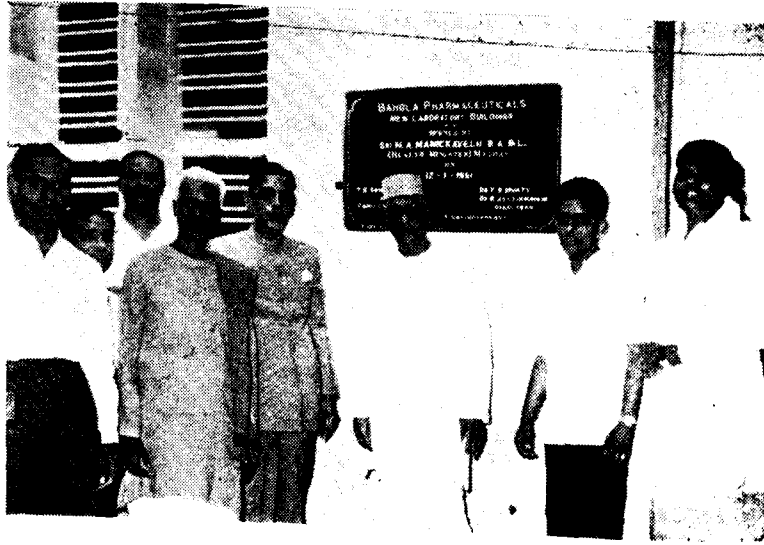
## PHOTOS TAKEN DURING THE OPENING FUNCTIONS OF THE BAHOLA PHARMACEUTICALS



The Minister being received by Dr. V. R. Murty at the entrance of the Laboratory



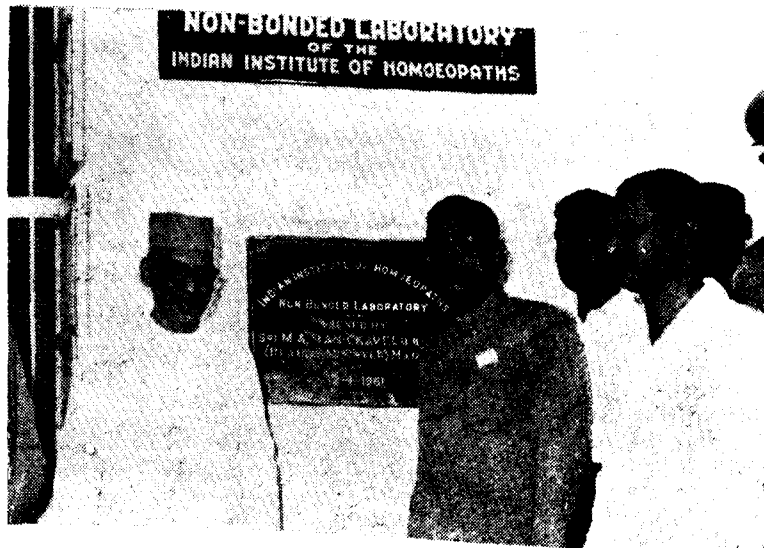
The Minister opening the Laboratory Buildings



A section of the Main building of the Laboratory



Dr. V. R. Murty has just garlanded the Minister.



Portion of Non-Bonded Laboratory



Sri. T. R. Ramamirtha Thondaman, M. L. A. is speaking.

## OPENING OF THE NEW LABORATORY BUILDINGS FOR BAHOLA PHARMACEUTICALS



A section of the distinguished visitors present.



Another section of the gathering.

Kumbakonam, Jan. 12— Mr. M. A. Manickavelu, Minister for Health and Revenue, Government of Madras, paid glowing tributes to the hard and earnest efforts of Dr. V. R. Murty, Governing Director, Indian Institute of Homoeopaths, Kumbakonam, for promoting medical service in the Homoeopathic system for the past 25 years and expressed appreciation to his progressive ideas in manufacturing homoeopathic medicines here itself so as to make self-sufficiency in that sphere and thereby avoiding import of homoeopathic medicines from abroad. Such an earnest effort and endeavour, the Minister said, should be made in our country in the agricultural sphere too for increasing the production especially in Tanjore District.

The Minister who declared open this morning the newly built laboratory buildings of Bahola Pharmaceuticals, (Manufacturing Laboratory under Drug Licences and Non-bonded Laboratory for manufacturing Homoeopathic medicines under L. 2 licence) units of the Indian Institute of Homoeopaths, Kumbakonam, stressed the necessity of expanding medical service under all systems of medicines including Homoeopathy besides the allopathy. He said that in the present context when the population of the

country and the world was rapidly growing they could not depend on allopathy alone. In view of the vast scope and necessity for medical services in our country, the Minister said Government wanted to encourage all systems of medicines including indigenous systems and Homoeopathy. He said that a meeting of the Health Ministers of all States would be held in Feb. in New Delhi to discuss the matters relating to the manner in which they could encourage all systems of medicines other than allopathy and help for their expansion in an appropriate way and introduce a standard for the whole of India in the matter of practice. Till recently the system of Homoeopathy had not been recognised by the Madras Government and that it was recognised only last year. However, the Government wished that only those who had attained good training in Homoeopathy should practice and with this intention, the Minister said, Government had proposed to bring in legislation shortly. He wished that a College to impart education in Homoeopathy should also be started and said that any such initiative in that direction taken by Homoeopaths would be supported by Government.

The Minister said that he was glad to note that Dr. Murty had made arrangements to manu-

facture all medicines in Homoeopathy in the most hygienic way and complimented him for becoming an inventor of machines similar to the imported ones. Any endeavour which would save foreign exchange through local production should be welcomed and Dr. Murty's efforts for the manufacture of Homoeopathic medicines here itself and also equipments and thereby saving foreign exchange should be appreciated by one and all, he said. Since the allopathic system of medicine cost exorbitantly which was beyond the reach of the common people, homoeopathic medicines, which were comparatively cheap, deserved encouragement, he added.

Mr. G. Karuppaiah Mooppa-nar, Kabistalam presided over the function.

Dr. V. R. Murty welcomed the Minister and others and said that it was his long felt dream and desire to establish a laboratory with best equipments and on most modern lines where homoeopathic medicines could be manufactured to the level of standard found in the medicines prepared in America and Germany. He said that he had been succeeding gradually in his endeavours in popularising the medical service under homoeopathic system. For the past 60 years homoeopathic medicines used in India were mostly imported. Medicines of this system are being prepared in North India only for the last about 20 years. Homoeopathic medicines to the value of about

Rs. 80 lakhs are being sold in India annually out of which medicines worth about Rs. 15 lakhs are probably being imported. Unfortunately, there is an impression among our people that the imported medicines and other articles alone are of best quality and effective. As such, Dr. Murty said, we have to manufacture medicines of high standard so that they are infuse confidence and create proper impression among the people. The people of England who were using Homoeopathic medicines imported from America and Germany began to utilise later, only the medicines manufactured in their own country. Dr. Murty said that our people should also develop such an attitude. To create confidence he said, he wished to manufacture homoeopathic medicines, the quality of which would be on a par with similar preparations manufactured in any part of the world and thereby pave way for total stoppage of imported medicines and save foreign exchange.

Dr. Murty explained the process and principle of Dr. Hahnemann, inventor of Homoeopathic system and said that it was not wrong to give homoeopathic medicines in the form of injections if it was found more effective. He said that machines and other equipments had been installed in his new laboratory for the manufacture of injections and that drugs manufactured there are under Govt. licences. Dr. Murty told the meeting that homoeopathic

medicines manufactured by his laboratory were also exported to the value of about Rs. 35,000 per year and that this export trade can also be developed, in due course as there is a demand for the medicines in Ceylon & the far east.

Later, Mr. Ramamirtha Thondaman, M. L. A., spoke eulogising the qualities and

efficiency of Dr. V. R. Murty and his invaluable service to Homoeopathy.

Dr. S. Narayanaswamy, Manager, Indian Institute of Homoeopaths, Kumbakonam, read the messages of good wishes received on the occasion.

Dr. K. V. Swamy, General Manager of I. I. H. proposed a vote of thanks.

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## QUESTION BOX

(The Editor answers to readers' Questions)

### 1. K. S. Narasimhamurthy Lokikere.

(a) I prescribed "Suba" as a contraceptive for one month and gave necessary instructions, but conception occurred. What is the reason for the failure?

"Either this contraceptive is not suitable for the particular person or the direction would not have been properly carried out."

(b) Can a qualified Homoeopathic doctor, if he is fully bound in some other employment, practise medicine in his spare hours?

"He can do so if his employer allows him."

### 2. Janata Pharmacy, Madras-21

(a) Name all the nosodes generally used by Homoeopaths. Give their therapeutic use. Are they as powerful as vaccines of allopathy?

"You will get answers to your questions in the book, 'The Materia Medica of the Nosodes' by H. C. Allen, M. D. This book contains 604 pages.

(b) Please enlighten as to how homoeopathic injections are prepared in your laboratory.

"Please read the article on injections in the December 1960 issue of 'Homoeopathy'."

(c) You also use some of the allopathic drugs in your preparations like Baholin etc. Is this admissible in Homoeopathy?

"Baholin" is manufactured under allopathic drug licence".

### 3. C. D. Brahmachari, Shillong.

(a) What does Hahnemann actually mean by "small dose" and "large dose" of Homoeo medicine?

"Small" and 'large' are relative terms."

(b) Is it a fact that our Master Hahnemann wrote in his last edition of the Organon (6th edition) about a new type of potency which is named, etc.

"Whatever Hahnemann wrote in the 6th Edition of the Organon will be found in the copies available now. Refer to it."

### 4. K. Madhwachar Rampur.

(a) What is the remedy for Hiccough which occurs only during Meals?

"The indicated constitutional remedy for the patient."

(b) What is your opinion about higher potencies such as 1,000, IOM, CM, etc?

"They are double edged weapons."

**5. S. Natarajan,**  
Mathur.

(a) Why should not Homœopathic injections like 'Piresai' be prepared in five or 10 cc. vials?

"They can be".

(b) Why should there not be difference in colour, appearance, size, weight, etc., in homœopathic tablets?

"Such tablets are available today."

(c) Why should there not be intravenous homœopathic injections?

"They are unnecessary."

**6. S. H. Somayajulu,**  
Tilaru.

(a) How does the betel nut powder affect the health of an individual, if he eats it off and on without betels and chunnam?

"Anything eaten which is not necessary for health will surely affect one's health."

(b) What percentage of improvement of health of the nation might be there by the first and second five year plans, when compared to it today or ten years back?

"Old diseases may disappear and reappear in new forms."

(c) Why Homœopathy should be preferred over other systems of medicine? If I say that this must be preferred, prove please.

"If you say a thing, it is for your to prove it please!"

**7. P. S. Kumar,**  
Malavapuram.

(a) What is meant by "The headaches of school girls"?

"The head-aches that school girls frequently suffer from due to over-straining by study."

(b) Give full description of "vital energy".

"Life Force"

**8. S. V. Sarma,**  
Karjat.

(a) Hair is falling off in patches from my cheeks and chin for the last 4 months. Any homœopathic remedy please?

"Try four doses of Bacillinum 200, one dose once in 10 days only."

(b) Can colour-blindness be cured by Homœopathic medicines?

"Congenital colour blindness does not generally yield to treatment. But, if it is a symptom due to disease of the retina or optic nerve, the constitutional treatment may be useful."

(c) Here, a Homœopathic physician says: "Homœopaths use stethoscopes just to satisfy the patients but there is no necessity to use it". Is it true?

"It is wrong. Those who know the uses of the stethoscopes find valuable information about the patient's condition by using it. Homœopaths also should know the condition of the heart and lungs of the patients they treat."

**9. S. N. Mundas,**  
Bellary.

(a) How many beds are there in your hospital? Present strength of the patients?

"There is accomodation for twenty five patients."

(b) How many types of gangrene, are known? Mention suitable remedies for each type.

"Diabetic gangrene, dry gangrene, embolic gangrene, hospital gangrene, moist gangrene, primary gangrene, secondary gangrene, senile gangrene, symmetric gangrene, white gangrene etc."

The indicated remedies according to the law of Homœopathy is the treatment."

(c) Mention the varieties of hernia and suitable remedies for them.

"Hernia abdominal; Hernia of bladder; hernia diverticular, hernia femoral; hernia inguinal, hernia ischiatic, herenia labial, hernia mesocolic, hernia obturator, hernia properitoneal, hernia retroperitoneal, hernia scrotal, hernia strangulated, hernia vaginal, hernia ventral, etc., etc. Treatment depends on the individual case."

**10. R. Vimala,**  
Quilon.

(a) How to postpone the funeral?

"The body may be embalmed!"

(b) What habit is one of the chief causes of decaying teeth?

"The habit of not properly cleaning the teeth after eating."

(c) Preventive remedies against cholera and small pox?

"Against cholera—Camphor and against small pox 'Variolinum.'"

Questions pertaining to the Science and Art of Homœopathy, Hygiene, etc., will be answered by the Editor in the journal in the order of importance. One person can send three questions at a time.

Questions must be legibly written, or preferably typewritten only on post-cards and instead of writing the address, the coupon below must be cut and pasted on the address portion of the post-card. Questions sent without the coupon and those sent in envelopes would not be considered or replied.

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## SOME METALS USED IN MEDICAL PRACTICE

### GOLD (*Aurum Met*)

From the earliest times gold has been the most sought after of all metals, and it has probably been the cause of more avarice and misery than any other single substance.

Hence it is not, perhaps, inappropriate that its chief keynote for use in scientific medicine should be mental depression—depression even amounting to tendency to suicide.

Gold does not seem to have been used to any extent as a remedy in disease until the genius of Hahnemann disclosed the powers, through potentizing and proving in 1818. The only other proving of note seem to have been that of James Compton Burnett in 1879.

The form in which gold is usually prescribed homoeopathically, is that of the pure metal Aurum Metallicum, though the chloride, Aurum mur. is sometimes used, and has similar mental symptoms.

### SILVER (*Argentum*)

Argentum Nitricum was apparently used as a remedy by ancient Arabs and was actually introduced into medicine by Paracelsus. Argentum metallicum is sometimes used in Homoeopathy. It has similar symptoms but is less well proved.

Silver, in the form of nitrate, has been used in ordinary

medical practice for many years, chiefly in two ways.

One is as a caustic—lunar caustic, and the other as a remedy for inflammatory conditions of the eye. This later use has some scientific basis as the proving of Argentum nitrate (which is the salt used) show a very marked effect on the eyes, and in potency it is frequently of use in our own practice for such conditions.

If the keynote of Aurum be mental depression, that of Argentum is fear usually manifested as an inferiority complex. There is a nervousness of appearing in public or of meeting people, stage fright, examination funk may result in diarrhoea. And very prominent as a mental symptom appears, fear of enclosed spaces—claustrophobia. No other remedy has this so strongly.

(Dr. Harold Fergie Woods, M. D.)

### IRON (*Ferrum*)

The primary interest of iron lies in its remedial power over anaemia. Whether this condition arise as the chlorosis of defective menstruation, or the simple "poverty of blood" induced by haemorrhages, by deficiency of air, light, and suitable food, or by exhausting diseases—iron is its one great remedy. It so rarely fails to cure, that it would be unpardonable to deprive any patient of

its benefits, whatever be our theory of its action or the manner in which it must be given. The treatment of anaemia by iron is one of the few satisfactory and certain things in modern medicine, and we who believe in the supreme value of the homoeopathic method may not neglect it because it does not seem conformable thereto, unless we can do better. That we cannot is the general confession; we must, therefore, give our anaemic patients the iron they need, in whatever quantity may be necessary.

First of all we notice that iron, like lime, is a normal constituent of the body, and is continually being supplied with the food. It is, again, in the red corpuscles of the blood that the metal finds its habitat and performs its functions. Now it is the deficiency of these very corpuscles wherein the "poverty of the blood" we call anaemia consists. It is impossible to deny the significance of such facts or to resist the conclusion that the relation of iron to the blood is a fact of the same order as that of lime to the bones.

### PLATINUM

The chief action of *Platina* appears to be upon the nervous centre—the symptoms, when allowance is made for the temperament of their chief source, being generally characterised by depression. There is a strong tendency to paralysis and anaesthesia, localised numbness being a frequent sensation; and in the emotional sphere there is anxiety and apprehension,

even to the fear of death. With this—perhaps through an action upon the abdominal and pelvic plexuses—there is torpor of the intestinal canal, shown in flatulence and constipation; and also premature menstruation. As is usually the case, many spasmodic and neuralgic phenomena are mixed up with those of paralysis and anaesthesia; the pains are mostly crampy, and associated with numbness and coldness.

(Richard Hughes)

### LEAD (*Plumbum*)

The symptoms of *Plumbum* or Lead, may be studied from its main property, that is, its tendency to cause contraction of muscular fibre, both voluntary and involuntary. It will cause this contraction of muscles, and it will also cause contraction of the blood-vessels, because it affects the involuntary or non-striated muscular fibres. The first symptom that usually follows lead-poisoning—whether taken by the stomach in small doses, as in the case of drinking water impregnated with it, or whether by inhalation as in the case of painters—is lead colic and this consists of horrible griping, crampy pains, with retraction of the abdominal walls, making the abdomen concave rather than convex. There is understood to be spasm of the recti muscles; as these are contracted, of course they draw the abdominal walls in. Pain radiates in all directions, generally following the course of the nerves, sometimes causing delirium when extending to the brain, dyspnoea when involving

the chest, retraction of the testicles when extending in that direction, and violent cramps in the legs when reaching the nerves there. With this colic there is obstinate constipation, and in some cases, even stercoraceous vomiting.

### COPPER (*Cuprum*)

Copper possesses considerable interest as a prophylactic in disease. Workers in Copper seldom contract Asiatic cholera. Here it resembles sulphur. Unlike sulphur, however, it is a remedy for the symptoms of cholera. It is indicated for the following symptoms; intense coldness of the surface of the body, blueness of the skin and cramps of the muscles, the muscles of the calves and thighs being drawn up into knots. There is considerable distress, referred by the patient to the epigastrium, and this is associated with most intense dyspnoea. So intense is the dyspnoea that patient cannot bear his handkerchief approached to his face—for it takes away his breath. Now, this picture of *Cuprum* seems to place it between Camphor and

*Argentum Nitricum*. Camphor has symptoms of collapse, like *Cuprum*, and *Argentum Nitricum* has terrible distress in the epigastrium with dyspnoea. It differs from Camphor in this; camphor lacks the prominence of the cramps, which are ever present in the collapse of *Cuprum*.

There is another condition in which *Cuprum* may be used, and that is in the uraemia or uraemic convulsions following cholera. The character of these convulsions will appear in a few minutes, when I speak of the nervous symptoms of the remedy.

We had *Cuprum* indicated in chlorosis, after the abuse of Iron. The symptoms are worse in hot weather.

We also find it indicated in fever with a marked tendency to frequent relapses; hence, in a sort of relapsing fever. It is not the specific relapsing fever, but rather a fever in which the relapses are the result of defective reaction.

(Dr. Ernest A. Farrington M. D.)

Never change a remedy unless the changed symptoms call for another; never repeat the dose (or change the remedy) when the patient is improving.

—Dr. J. T. Kent

Except in dangerous acute cases patients should not be awakened from sleep to receive their medicine.

—Dr. J. H. Clarke

## WHICH REMEDY

BY DR. D. M. GIBSON

### SNAKES

The nature of a remedy, of the source from which it is derived, be it plant, animal or mineral, will well repay intimate study. This is in addition to the enumeration of the symptoms associated with the action of the drug as a poison or as discovered in action or planned provings.

For when a drug similarity can be observed in the nature and personality of a sick individual as well as in the picture of his symptoms, this over-all correspondence provides the true basis for homoeopathic prescribing. Indeed it is the similarity in nature and personality as evidence both physically and psychologically that is often of priority importance.

It is thus of the greatest value to study the source of a remedy, its habitat, its manner of growth or development, its ecology and behaviour pattern, everything that can be ascertained about it, as it has been developed and as occurs in the natural world.

The venomous snakes provide an excellent illustration of this and especially in relation to the remedy LACHESIS, derived from the venom of the dreaded bush-master of South America, *Lachesis Muta*. Only a few of the possibly 400 different kinds of venomous snakes have found their way into the homoeopathic materia medica, but the thera-

peutic value of these is undoubted. It is a matter for regret that more research has not been carried out along this line.

Recently an interesting proving was put through using potencies of the venom of the sea-snake *Hydrophis Cyanocinctus*, a highly poisonous but not particularly aggressive denizen of the off-shore waters of Malaya. Much information was provided of a symptomological kind but it still remains to learn more of the natural history of the snake itself and also, of course, of the possible therapeutic value of the potencies.

### NATURE

But to return to snakes in general. Much may be learned by a study of the nature of the beast. All down history, in ancient cultures of widely separated races, the serpent has been chosen as a symbol or emblem.

The poison snake with its terrible fangs and lethal venom obviously symbolises death. It was the serpent who was held responsible for initiating man into the knowledge of good and evil, and thereby impelling him along the paths of death.

Thus the serpent was the symbol of enticement and allure. Its power to hypnotise and fascinate its victim, even to the point of practically walking into

the wide open waiting jaws, is a phenomenon well-proven by observation.

Again, the serpent has been widely used as the symbol of healing. "And it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived."

Indeed in some of its ways the snake suggests active living, and notably in the annual miracle of rebirth when "she arises out of her winter grave in all the glories of a resplendent new dress of brilliant colour and shining texture."

The shedding of the old skin has been the inevitable outcome of inward growth and renewal, an evidence of life processes which work from within outwards, of the elimination and discarding of that for which the growing individual has no further use. Thus is denoted a striving after better, fuller and more permanent living. Interestingly enough a ring formed by a coiled snake with its tail in its mouth has long been accepted as the symbol of ageless living.

This renewal of life and healthful vigour is paralleled by the amelioration in the LACHESIS patient which follows free discharges, the elimination from the body of blood of fluids which have become a hindrance to health.

The snake is normally a shy and retiring creature, with one or two exceptions, but at the time of the spring renewal it is

likely to be much more temperamental than usual and in consequence more of a menace at such times.

Periodicity in inward metabolism is a feature also of higher forms of life, especially in the hormonal system. Such changes are often accompanied by emotional disturbance, and at such times LACHESIS has been found to be of great therapeutic value.

### APPEARANCE

The expression of the snake with its thin unsmiling lips and glazed unwinking eye is anything but attractive. Indeed with its evil-looking forked tongue constantly flickering in and out the impression is one of repugnance even fear.

The thin taut lip conceals the venom sac; the eyelids, being fused together, form a transparent protective covering for the cornea; and the whole flattened head conveys an air of balefulness that is not belied by the snake's behaviour. It is essentially concerned with its own appetites and ruthless in the pursuit of its prey.

One is reminded of the LACHESIS mentality, which is egocentric in a marked degree entirely lacking in the ability to laugh with those who laugh and weep with those who weep. The LACHESIS subject may weep but they will be tears of self-pity, not of sympathy. This over-absorption with self probably derives from a state of anxiety, restlessness and hypersensitivity.

resulting from the threat of an eruption of repressed emotionality. There is an inward turbulence due to the conflict between the will at a high level and the upsurge of lower instincts at the metabolic level.

A peculiar feature of the cobra is, of course, its expansile hood just below the evil little head and mouth, which adds terror to the menace of its appearance. The shape of the hood is suggestive of the heart, and it is interesting that homoeopathically cobra venom, *NAJA*, has been found of special value in heart disorders. Recently a heart-poisoning factor has been isolated from the venom of the cobra, which is also a very powerful nerve-poison.

#### MOVEMENT

The movement of the snake is of peculiar fascination. This limbless reptile does not run, or scamper, or jump, or hop. It just flows. "That rivulet of pure silver", as one author describes its motion.

The limbs have been replaced by endless pairs of ribs, up to 400 in some cases, and movement is brought about by the alternate left-right, left-right movements of these ribs, like a column on the march. By this side to side sinuous progression the animal can move with astonishing speed not only pursuing its fleeing prey till the latter wearies in the chase, but also striking from a partially erect position with lightning rapidity.

This characteristic of "flow" coupled with the restless flicker-

ring tongue ties up with the *LACHESIS* loquacity. It is true the snake has no organs of speech and can only produce sound by its intimidating "whispering hiss" or the rustle of its scales, as it streaks through the grass, or over the verandah boards. But in the human subject the anxiety and restlessness of spirit finds expression in a spate like flow of words, often somewhat inconsequent and darting hither and thither from subject to subject.

The necessity for free flow is found also in relation to the circulation of blood and lymph and of discharges when these are pent up in disordered states of health. This is most apparent in the modalities of the snake remedies, notably of *LACHESIS*. Rest, relaxation, warmth, sleep all tend to reduce conscious awareness and increase stagnation of body fluids and thus produce an aggravation. Whereas coolth, open air, movement and eating (not to repletion) are stimulating and encourage flow in the the circulation and bring about a measure of relief.

#### FEEDING

It is said that the main pre-occupation of the snake is eating. It goes upon its belly and in its make-up everything is orientated round the digestive system. It swallows its meal whole and to this end it has specially adapted jaws, a pair of modified hinged ribs which can open to admit a food bolus several times the beast's own diameter.

For the same reason, in its anatomy there is no constriction at neck or waist which might obstruct the onward and inward passage of its meal, the foremost end of which is often being digested while the hinder part is still in process of being swallowed. The snake does not chew its food but having grasped its prey, and paralysed it with a dose of venom or by crushing in its coils, it then proceeds literally to walk over, or rather around, its meal by the left-right left-right movements of its ribs from the jaws downwards, or backwards. Obviously, therefore, any constrictions on the way down are contraindicated. There must be full scope for distension at all levels.

One of the notable features of the snake remedies, *LACHESIS* for example, is the tendency to complain of choking, obstructed or constricted sensations in the throat and neck and of bloating in the belly. Moreover the *LACHESIS* subject strongly resents anything at all tight round either neck or waist. Interestingly enough also there is more relief in relation to throat symptoms from swallowing solids than from attempting to take fluids.

The snake has no proper ear but its sense of touch and ability to detect movement and vibration is highly developed, especially in the darting tongue which can also pick up the odour of its prey and enable it to pursue with speed and accuracy unaided by sight.

Hyperacuity, of all the senses, is characteristic of *LACHESIS*, and especially sensitivity to touch (though firm pressure may be tolerated) and to noise, even distant noises.

Left-sided-ness is a feature of very many symptoms associated with the snake remedies and a tendency to spread from the left side to the right. There may be a complaint of the bed swaying from side to side, reminiscent of the sinuosity of the snake's progress and its propensity for swaying movements to "charm" its prey.

#### TOXICITY

Snake venom is the total poison, destructive to life at its fount. It contains a variety of toxins, able to arrest the heart and respiration, able to destroy the blood and reduce resistance to infection, able to inactivate the vital centres in the brain or deprive the organs of their essential nervous control by interfering with the transmission of impulses at the nerve-endings.

Many, in fact, of the snake venoms are deadly in the extreme. The bite of the bushmaster or of the king cobra may kill a man within minutes. An elephant struck in the foot by a 16-foot specimen of king cobra "stood shaking for 20 minutes, then sank slowly to his knees, groaned a few times, and fell over dead."

Of the Northern Rhodesian baby cobras it is recorded: "These unpleasant little devils are born with a near lethal dose of poison in their fangs. Two

hours after birth they can kill a fowl, and at the ripe old age of 24 hours they are capable of inflicting a fatal bite on a human being."

Yet this deadly poison can provide remedies of wide usefulness in the relief of sickness both bodily and mental. The composition of the venom varies from species to species and its sphere of usefulness as a remedy in potency will also vary.

#### THERAPY

LACHESIS, for instance, exerts its healing effect in affections of the throat, in disorders of the heart and blood, in low fevers accompanied by offensive discharges, in emotional disturbance, especially at time of physiological change.

NAJA has long been used homoeopathically in heart disorders, especially when the heart action is accelerated, the rhythm irregular and the heart beat varying in force. It has also proved effective in dealing with left-sided headaches of the migraine type—headaches which come on during the night or are particularly severe on waking from sleep.

CROTALUS HORRIDUS, the rattler, has many similarities to Lachesis. It is of significant value in hæmorrhages of the persistently oozing type, in malignant or fulminating types of infection and sepsis, often associated with pitting, edematous swelling of the inflamed parts.

VIPERA, the adder, has a special sphere of application in affections of the veins, varicosity, phlebitis, especially when accompanied by severe pain and swelling when the limb is dependent. Elevation gives relief. It has also been found useful in nose-bleed.

More extensive studies of individual types of snake in their natural surroundings, of their individual venom effects, both in victims of bite and in planned provings, could add still further to the scope of remedies prepared from these violent poisons, which can both kill and cure.

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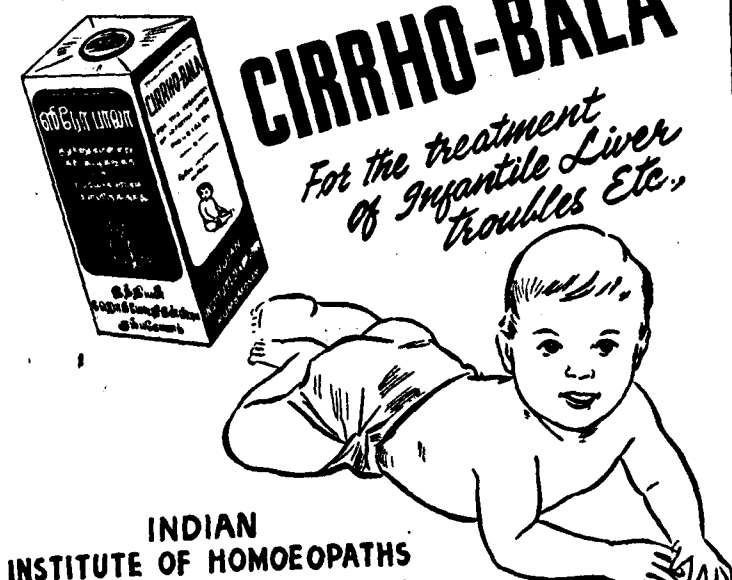
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# THE HOMOEOPATHY

Managing Editor: Dr. V. R. MURTY

**MARCH**

1961

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# The HOMOEOPATHY

VOL. X

MARCH 1961

Book 3

## EXPEL THE PSEUDO HOMOEOPATHS

NOW that the recognition of Homœopathy and the regulation of the teaching and practice of it in the Madras State is under the active consideration of the Government, everyone connected with Homœopathy, and the various associations in the state, seem to be anxious over the probable attitude of the Government in this matter. We also find of late that Homœopaths organise themselves into new associations, wherever possible, with the idea that they may be able to impress upon the Government, when the time comes, that they are an organised body and that any decision taken by the Government on Homœopathy must have the concurrence of the representatives of the profession.

It all looks very well on the face of it but it is unfortunate that neither the various associations nor even the federation have been able to do much for the benefit of the homoeopaths or the profession as a whole in the past. This is probably due to the fact that inspite of the various endeavours to unite, much headway has not been made so far. Various reasons contribute to this sorry state of affairs, among which are rivalries in business, small mindedness of some and selfish interests. Sometimes we find people with absolutely no qualifications, experience or ability or knowledge wanting to be leaders and veterans and at the same time calling others fools. This naturally brings the whole body of genuine homoeopaths to ridicule in the eyes of the educated and the Government and the result is obvious.

It is high time the homoeopaths of this state realised their responsibilities and begin to act in a manner that they would be respected all round. Otherwise, the future of homoeopathy in this state and the status of those who practise it today would be bleak indeed.

Very often we hear complaints from well-meaning friends, some of whom are respected practitioners of allopathy, that many of the practitioners who call themselves homoeopaths do not follow their own "pathy" but resort to all sorts of "allopathic quackery". Says one elderly allopathic practitioner of standing and experience: "I do have regard for Homoeopathy, but when I wish to send a patient to it, I want to be sure that my patient will get homoeopathic treatment, because many of the so-called homoeopaths try to give him the same treatment that I have been giving him." He also says that he has seen many practitioners of homoeopathy going about invariably carrying penicillin, the mycins, and the sulphas etc. and trying to treat patients only with these.

Complaints of this sort are voiced not only by the allopaths but also by many patients and even by the Minister of Health. Mr. Manikkavelu has been openly requesting homoeopaths for some time now not to resort to this kind of practice.

We have made it plain and have declared many times in unmistakable terms both in these columns and in public platforms that those people who call themselves homoeopaths but resort to allopathy cannot be considered as homoeopaths and that this alone should be sufficient reason to expel them from a homoeopathic society. But, unfortunately, many who talk of pure homoeopathy and *Hahnemann's* Homoeopathy in public do, we hear, resort in the sly to such practices because there is less labour, apparent quick results and temporary profits.

It must therefore be the prime duty of Homoeopathic Associations to weed out such pseudo-homoeopaths from their ranks and expel them, if they really mean to serve homoeopathy as they profess. If any association is not able to do this, then it has no right to exist and call itself a homoeopathic Association.

## IS HOMŒOPATHY SLOW ?

By JAMES BARRINGTON

On many occasions people have said to me "Homœopathy is effective but so slow" and they have been absolutely convinced that this is true.

First of all it is essential to consider acute and chronic conditions separately as Homœopathy deals with both troubles in a most efficient manner.

In the case of injuries there are remedies which are almost specific, for instance *Arnica* 30 and higher will bring a badly-injured person back to consciousness in a few minutes, and most of us have experienced the speed with which it relieves the pain after falls, etc.

A school-mistress friend who has had great experience in dealing with all the accidents that happen to children says that *Ledum* 200 administered promptly after the accident clears a real black eye within two or three hours.

When fingers are shut in a door and there is excruciating pain from the nerve endings *Hypericum* 200 relieves the pain in a very short time and this remedy works quickly in any part of the body where the nerve endings are injured. Surely these few examples show that Homœopathy is effective and quick in common injuries and, another important point is that there is no drugging, the remedy has the power to heal not merely to deaden the nerves.

In these and all other injuries Homœopathy gives relief and

commences the healing process promptly, indeed I do not know of any other method able to deal with injuries so quickly. Of course, if there is a displacement or breakage of a bone the usual physical measures must be taken but Homœopathic remedies should always be given as they supplement such operations and surgeons using Homœopathy state that *Symphytum* reduces, by one half, the time taken for the mending of broken bones.

Now let us turn our attention to acute troubles such as colds, influenza, fevers, etc., in fact ailments that crop up in every household. I have, on a number of occasions, aborted a cold in a matter of an hour or two with *Aconite* 30 taken immediately the first signs appeared but it is advisable to bear in mind that once the trouble has secured a hold this remedy is seldom called for. However, there are many others to choose from and they are all capable of controlling the symptoms very promptly. Many people seem to think there is a specific Homœopathic remedy for "a cold" but this is not so and disappointment with the results must ensue for anyone with such a belief and this helps to create doubt about the efficacy of Homœopathy. There are many different symptoms of colds and it is, at times, difficult for the tyro to select the correct remedy based on the totality of the symptoms but once it is found the trouble vanishes, again, without suppression of

symptoms leading to other troubles.

I recall a youngster of about 16 years in the first stages of a cold exhibiting various symptoms (including shivering, tiredness, dull and heavy eyes, etc.), calling for *Gelsemium* and a few doses of this remedy in the 12th potency commencing at 11 o'clock in the morning, made a great improvement by mid-day and he was free of symptoms by tea time. His parents were most impressed by the rapidity of the cure and kept the remaining pills for use against the next cold that cropped up in the family but, unfortunately, the next time they were used the symptoms were different and *Gelsemium* was not the correct remedy; it is difficult to make people understand that every case must be considered individually and there is no specific for a named trouble. This applies to all acute troubles, the correctly prescribed homœopathic remedy will cure more promptly than any other medicine and by *cure* I mean that the cause is removed and the patient restored to health without any after or side effects whatsoever. Here it is necessary to stress that if the selected remedy only partially covers the symptom picture then palliation may take place and some symptoms remain and, may be, others will return later, this is not a cure (palliation and suppression are just as easy in Homœopathy as in other forms of treatment) and such treatment helps to create the idea that Homœopathy is slow when, in actual fact, the fault lies with the

prescriber. The art of Homœopathy is to find the remedy that will, when taken by healthy people, bring out the same symptoms as those exhibited by the sufferer. All the necessary information for the selection of the remedy is contained in the various text books but many people seek specifics and are not willing to learn the basic principles of Homœopathy.

And now to chronic disease. These are troubles deep within the person and although the *cause* has been in the constitution for many years, and in many instances, from birth, the disease may only come to the surface because the sufferer has been exposed to strain or other influence which flares up the weakness thus enabling the troubles to find a suitable site for external manifestation. These troubles are usually considered incurable and orthodox treatment can only offer palliatives. It is here that Homœopathy shows its powers because a competent prescriber can cure these troubles (providing that there is no great tissue change and even here the pain and suffering can be greatly mitigated) although the complete eradication may take up to two or three years. How can a system of medicine able to *cure* the most deep-seated troubles which no other method can deal with be termed slow? Indeed, it is almost miraculous to see the wonderful results obtained by the Homœopath who truly applies this system of healing according to the laws laid down by Dr. Smauel Hahnemann.

—Health & You

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## QUESTION BOX

(The Editor answers to readers' Questions)

### 1. Mr. V. Sundara Varadhan Madras.

1. In cases of emergencies or when Homoeopathic injectible ampoule of a particular medicine is not in the kit, is it advisable to take a drop of that medicine which is available in dilution form and dissolve the same in distilled water, heating it and injecting or if globules, to dissolve them in distilled water, heat it and injecting the same? In this case pyrogen-free test is not performed. Is it safe? If not, what is the harm by adopting this method?

"This can be done only in very grave emergencies and when scientifically prepared ampoules are not available. If the product injected is not pyrogen-free the patient may have an attack of fever due to the injection."

### 2. Can Homoeopathic medicines be given intravenously? Are they available?

"Homoeopathic medicines need not be given by the intravenous route. It is unnecessary."

### 3. In cases of acute poisoning, can Homoeopathic medicines in the potentised form be given to antidote the poison?

"Acute poisoning is not generally antidoted by potentised remedies. Only physio-

logical antidotes to the particular poison and other aids would be useful. For the after-effects of acute poisoning potentised remedies may be useful."

### 2. Mr. G. Ramachandriah, Chittoor.

#### 1. Why not personal classes be conducted in English?

"Can be conducted if sufficient number of students offer to attend it."

#### 2. In my view one and the same colour and taste in all pills create less confidence in patients and thus it requires different colour and different taste. What is your opinion?

"The vehicle for homoeopathic medicines must be very pure and free from all other medicinal substances. Hence pure cane sugar globules are used for all medicines. For colouring and to alter the taste some chemicals will have to be added and this may retard the action of the remedy."

#### 3. Is Homoeopathy recognised?

"By whom?"

### 3. Mr. A. E. Shunmugham, Madras.

#### 1. The theory of biochemic system (deficiency of salts) and the theory of homoeopathic

system (*Similia Similibus Curantur*) are different ones. The homoeopaths are using biochemic remedies potentised homoeopathically and that too in higher potencies like 200, 500, 1000 irrespective of the relative theory. How do you account for this? Similarly biochemists are not using homoeopathic remedies. Why?

"Biochemic remedies if used in high potency may act only on the homoeopathic theory."

#### 2. What are the essential factors to be observed in cases of intermittent fever to find out the *similimum*? Name some remedies with indications therefor.

"The essential factors to find the *similimum* in intermittent fever are the same as in any other case. For remedies with indications please refer to a good *Materia Medica* or book on therapeutics."

(NOTE: Your question No. 3 with the numerous sub-questions looks like an examination question paper! You can find answers to all the questions in any standard text book. This section is not intended for questions of this type.)

### 4. Mr. D. Ethirajan, L. N. Puram.

#### 1. (a) Thiamin (b) Riboflavin (c) Flavine (d) Lecithin. Are these included in vitamins and if so, the substances in which they are found?

2

Thiamin (vitamin B<sub>1</sub>) is found in cereals, pulses and yeast. Riboflavin (vitamin B<sub>2</sub>) is found mainly in meat, milk and whole wheat flour. Flavine is a powerful bactericidal chemical, and not a vitamin. Lecithin is a phosphorised substance occurring in the body and plant tissues."

#### 2. Criterion to easily distinguish antidotes in homoeopathic medicines? Name of the book with this information?

"Refer to the book 'The Clinical Relationship of Homoeopathic Remedies' compiled by Dr. P. Sankaran, Bombay."

#### 3. Dropsy by excessive loss of fluids in China, water collections or oedematous swelling in lower and upper eyelids, effusions in brain, chest and cardiac dropsy scanty fluid in China causing dropsy is controversial?

"In dropsy when there is excess collection of fluid in some parts some other parts starve for it."

### 5. Mr. Antony Pereira, Bombay.

A case of *sycosis barbae* does not respond to the treatment of *Ant Tart* or *Cicuta Virosa* supplemented with *Mag. Phos*. What treatment do you suggest and for how long? The infection is on the chin, right side.

"As the case does not yield to the routine treatment, it requires careful study to find the *similimum* taking into

consideration aetiological and other factors."

**6 Mr. A. M. K. Swamy,**  
Quilon.

1. Why are mental symptoms paramount?

"Because they give the best clue to the whole case."

2. How to conquer that tired feeling?

"Which?"

**7. Mr. N. M. Vakkund,**  
Hubli City.

1. What is the cause for frequent attacks of cold? Even after regular remedies, it never fails to come.

"There must be some latent weakness of the respiratory organs or the patient must be allergic to something."

2. Different pharmaceutical centres in the country manufacture various medicines for particular disease in the particular system of medicine. May I know which centre is standard and is there any controlling body for this?

Allopathic drugs are now manufactured to standards according to the Drugs Act. Best homoeopathic medicines are manufactured by conscientious people!

3. Is there any idea to open a branch of your institute in Mysore State? If so, will you consider our place where the anxiety of the people is more towards Homoeopathy?

"There is no such idea at present."

**8. Mr. J. F. D. Rosario,**  
Erode.

It is common knowledge to people on the Malabar coast that eating *Mackerel* (the fish called *Ilay*) causes skin eruptions and discharges from wounds and sores. Is this a good indication and in accordance with homoeopathic philosophy of influx?

"Not necessarily; but anyway I don't know anything about fishes."

**9. Mr. P. Arumugam,**  
Ceylon.

1. Is there any homoeopathic remedy for birth control? If so kindly prescribe.

"Try 'SUBA' of Indian Institute of Homoeopaths. It is a combination of homoeopathic remedies only."

2. I was awarded a diploma of A. M. I. H. by your Institute. Will there be any objection to my using the word A. M. I. H. in my writing pad by the side of my name?

"There must not be any objection."

**10 Mr. K. M. Lakshmi**  
Narasimha,  
Devasamudra.

1. Boy aged 15. Suffering from asthma of severe type, from his childhood. I gave him your "Goldrops". The usage of a single phial of 1 oz. gave him relief. Can your "Goldrops" alone give permanent cure for this case? Otherwise, mention any other single remedy

"Congratulations! In many cases "Goldrops" alone is sufficient."

2. What are causes and remedy for noises in ears since the past three or four years?

"Send a full case report to the Medical Consultation Department of the Indian Institute of Homoeopaths."

3. Will you kindly explain the causes and treatment of milky urine, in the case of my friend, aged 45, so that I can do the needful to him.

"This may be due to filariasis. If the filariasis is treated this may disappear."

**11. Mr. Syfuddin,**  
Karjat.

1. What should be the correct homoeopathic dose for an infant, a child and an adult, when medicine is given in the form of globules of size Nos. 20, 30 and 40.

"In homoeopathy the quantity of the medicine per dose is immaterial. The smallest quantity possible will be quite sufficient for child or adult."

2. What is the homoeopathic remedy for an adult (26), vertigo and nausea as soon as allopathic injections or vaccination taken on arm, relief after vomiting some bilious matter or undigested food?

"Send a full case report to the Medical Consultation Department of the Indian Institute of Homoeopaths for study and prescription, as these meagre particulars are not sufficient."

**12. Mr. H. S Somayajulu,**  
Tilaru.

1. What is your opinion about B. C. G. vaccination?

"It is an experiment by the intelligent people on the gullible!"

2. Can I have the hope that my questions also will be surely answered?

"Why do you doubt? So long as you send intelligent and useful questions they will be answered."

3. Why do many people prefer Homoeopathy for infants and children only?

"Homoeopathic medicines are given in small quantities. Since infants and children have small bodies, perhaps, they think that the small quantity of medicines will be sufficient for them. They, perhaps, feel that for the "big" bodies of adults, these small doses will not be effective!"

Questions pertaining to the Science and Art of Homoeopathy, Hygiene, etc., will be answered by the Editor in the journal in the order of importance. One person can send three questions at a time.

Questions must be legibly written, or preferably typewritten only on post-cards and instead of writing the address, the coupon below must be cut and pasted on the address portion of the post-card. Questions sent without the coupon and those sent in envelopes would not be considered or replied.

The Editor reserves the right to reject or not to answer any question without assigning any reasons therefor.

Questions eliciting short answers only will be entertained.

The full name and address of the person sending the question must be given.

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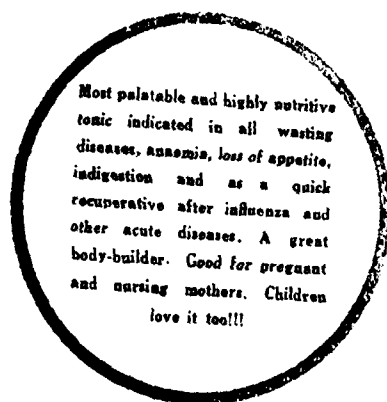
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**PURPURA AND HOMŒOPATHY**

(By a Doctor)

I was at that time about two hundred miles away from home. My son telephoned to me asking me urgently to take the car and come home to see my wife who, according to him, has suddenly been attacked by a virulent form of skin trouble with temperature and delirium. I reached home in about five hours putting as much speed as I could into the automobile.

I found my wife (aged 45) lying prostrate with 102° temperature, pulse weak and fast and she was restless. Her whole body was covered with something like a rash but by closer examination it was found that they were not actually rashes but minute haemorrhages into the epidermis. There were slight swellings in some of the joints. When I enquired her about her condition she told me that her whole body was burning like fire. Ordinarily the case looked like the haemorrhagic form of small pox. I enquired about the duration of the disease and was told that they all came out quite suddenly in less than about 6 hours even though she had been feeling weak for the last four days and was having intermittent temperature during the period.

The case was a perfect picture of *Purpura Haemorrhagica* and symptoms pointed out to *Arsenicum Album*. A local allopathic doctor was attending

upon her for about a fortnight previous to this for some non-descript pain in her abdomen and when this development came out all of a sudden he has also been treating for this also. It was 10 P. M. in the night and the doctor was some distance away. I decided to wait till the morning but in the meanwhile on account of the very strong indication for *Arsenic*, administered one dose of *Arsenicum Album* 30. This had no effect and the patient spent a restless night and in the morning was weaker than on the previous day. The swelling had spread to some other joints also. Burning was intense, and haemorrhagic patches began to appear on the tongue inside the mouth and the throat also.

The doctor arrived in the morning and appeared helpless. He said that as he failed to give the patient relief to her abdominal pains, doubted it may be due to amebiasis and administered some arsenic preparation in tablet form. The patient being highly sensitive to arsenic, the present trouble was probably due to arsenic reaction. He said that all that could be done then was to give the patient a lot of Vitamins C and P and await the reaction to subside. However, the condition of the patient was grave. So, it looked like a hopeless case and it also appeared that we could do nothing except to pray.

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It was clear to me then as to why the patient exhibited arsenic symptoms. *She was proving arsenic.* That is all. Hence my Arsenic 30 administered the previous night had no effect.

I was worrying to find out a potentised medicine which could antidote this arsenic poisoning. The usual antidotes to arsenic are given as *Opium, Carbo.V., China; Hepar; Nux.*, etc., but the symptoms of the patient did not correspond to any of these. I remembered *Sulphuric Acid* as a good medicine for purpura and in view of the sulphur element in it and the burning sensation of the patient I thought I could try this for whatever it may be worth. Anyway I did not have much hope.

I gave a single dose of Acid Sulph. 30 at 8 PM. By about 10 PM the patient began to sleep and woke up only at about 4 A. M. the next day. By the morning the patient was very much better and refreshed. The burning sensation had reduced to a bearable level, the haemorrhagic patches showed signs of repair and the swellings in the joints had considerably reduced. Another three doses of the same medicine in the same potency followed by a single dose of the 200th brought the patient to absolute normal in the course of a week.

The allopathic doctor, finding the miraculous cure, was very grateful to homoeopathy since he said he was really worried. So, here was another of the very great successes of the "little pills" demonstrated truly and well.

March '61

## THE STOMACH—THE MUCH MISUSED ORGAN TODAY

Now-a-days acute and chronic disorders of the stomach are frequently met with. Bad and improper food and eating habits are almost common. Added to these, emotional strain also contribute to a very large extent towards stomach and digestive disorders.

Derangements of digestion produce widespread effects in the general economy besides the acute sufferings. There may be prostration and depression and also failure of nutrition. In chronic stomach disorders the nervous system is also considerably disturbed.

The local symptoms of stomach disorders are pain and discomfort; nausea, vomiting and sometimes haematemesis. There may be bad taste in the mouth and sometimes foul breath. Thirst and flatulence are also present. Heartburn, i. e., a burning sensation passing up from the epigastrium, and acid eructations are usually met with. Mouthfuls of acid fluid are brought up.

### ACUTE DYSPEPSIA

This is a condition in which there is sudden disturbance of digestion in a previously healthy person. The symptoms come on suddenly. There is a feeling of distention in the epigastrium. There may or may not be tenderness on pressure. Nausea and vomiting may follow.

This may be due to too large a meal, especially when fatigued or errors in diet, such as fats, ice cream, etc. There may also be often a history of such previous attacks. Acute dyspepsia usually passes off in two or three days, even if untreated.

A few doses of medicines like Antim. Crud., Asaf., Carbo. Veg., Nat. Carb., Nux. Vom., Pulsatilla., etc., may relieve an acute attack quickly.

### ACUTE GASTRITIS

This is a much more serious disorder, because the digestive disturbances in this are due to inflammation of the mucosa of the stomach.

In this there is intense pain and burning in the stomach with a feeling of distention immediately after food. There is vomiting also but not immediately after food. There is prostration, headaches, depression, slight fever and thirst. The tongue is coated and furred. There may also be diarrhoea in some cases.

In a majority of cases acute gastritis is caused by errors in diet and especially by taking decomposed food. Irritant poisons may also cause gastritis and if the vomiting is long continued poisoning is generally to be suspected.

Recovery takes place in about 3 to 5 days and in any case the

disease may not last longer than about 10 days.

As to treatment remedies like Arg. N., Bryonia, Hydrastis, Ipecac, Iris. V., Kali Bichrom., Pulsatilla, etc., may be needed according to indications.

#### CHRONIC GASTRITIS

This is almost a form of chronic and long continued dyspepsia. The symptoms are: Pain and distress usually in the upper abdomen and this comes on immediately after food. The pain may be in the back also and shoot up to the shoulders. The appetite is usually diminished. Sometimes it may be good but diminishes

with a few mouthfuls. Bad taste in the mouth; flabby tongue; eructations, heartburn, nausea and vomiting may occur. As to general symptoms there may be headache, depression, fatigue, general discomfort, drowsiness, palpitation and dyspnoea.

In chronic gastritis the complaint frequently recurs and the patient suffers on most of the days in the month, every attack continuing for a few days.

The medicines mentioned under acute gastritis may be useful and must be administered according to indications.

(To be continued)

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## Pulse Rate for Physical Condition to Examine Weak Hearts or Leaky Valves.

(GABRIEL P. THAMBISAMI, TIRUVAIYARU)

No single test of physical fitness can be infallible. The following one is the best for ages 13 to 16 and above. Any healthy patient should pass high. It is based on the following facts:

A strong and regular pulse and a prompt recovery to normal rate after an exercise usually go with first class physical condition. Slow recovery indicates lack of training in exercise. When the pulse slows down ir-

regularly after exercise or when it is slower than normal after exercise, general weakness or some disorder is to be suspected

1. Find the patient's pulse rate.
2. Have him run in place for 15 seconds or to take bhaskis.
3. Find how soon the pulse recovers normal rate.

| Time to recover             | Grade | Degree of fitness | Physical type |
|-----------------------------|-------|-------------------|---------------|
| $\frac{1}{2}$ minute        | A     | Fine              | Athletic      |
| 1 "                         | B     | Good              | Active        |
| 2 "                         | C     | Fair              | Moderate      |
| 3 "                         | D     | Poor              | Sedentary     |
| Pulse slower after exercise | E     | Very Poor         | ...           |

If the pulse is irregular after the run or exercise drop one grade down the scale.

The following directions must be followed exactly:-

The person to be tested must be well; it should be made just after a quiet period such as a working session of an hour or more because the pulse is quickened by exercise and the normal rate cannot then be found. For the same reason it cannot well

be made just after a meal or a bath or during any considerable excitement.

*To find the normal pulse rate:* While the patient is standing quietly, count the pulse for one minute, using the second hand of a watch; be exact. Repeat until the same result is found three times in succession. This repetition is to make sure of accurate counting and sure of quiet condition of the subject. If pulse shows marked irregularity

rity or is faster than 108 per minute do not give the running test with advice from an expert physician

**Exercise:** This is done to quicken the pulse and should be done at the rate of three steps per second, 45 steps in all, lifting each foot to half the height of the opposite knee. The examiner can easily say "faster", "feet higher" or any other correction needed while the subject runs. Notice carefully the time of stopping. Ordinary 'bhaski' (squatting and raising) can be substituted to this running.

**To find the time of recovery:** Beginning exactly one half minute after stopping the run count the pulse for twenty seconds. Write down the result. Multiply later by three to give rate per minute.

Beginning exactly one minute after the run stopped, count it again.

Beginning exactly two minutes after the run stopped, count it again.

If the pulse is not yet at normal rate repeat at intervals of one minute until normal rate returns.

Find the person's rating in the table above.

Difference of two to four beats per minute may be disregarded.

If a slower rate is found after the run, in a case where the subject is strong and well, repeat the test from the beginning, as it is likely that the rate found before exercise was for some reason too high and the normal is what is found afterwards.

## BOOK REVIEW

1. *My Experiments with 50 Millesimal Scale Potencies:* By Dr. Ramanlal P. Patel, D. M. S., D. M. Hom. (Lond), L. M. (Dublin), Principal, Athurasramam Homoeopathic Medical College, Sachivothamapuram P. O., Kottayam, Kerala State, and Printed by C. M. S. Press, Kottayam.

Based on the principles propounded by Dr. Hahnemann in his 6th (Posthumus) edition of *Organon*, paragraphs, 246, 247 and 248, the author has experimented with the so-called 50,000 scale potencies and the experience gained by him by the use of these potencies are given for the benefit of homoeopaths. The author has given several case reports, illustrating the results obtained by him by the use of the Millesimal potencies in various scales. This work must be useful to Homoeopaths.

—S. N.

## AFRAID OF HEART TROUBLE?

(Arthur S. Kotz, M. D.)

RECENTLY a woman came into my office with the complaint "Doctor, it's my heart." After a careful examination I was able to assure her, "Mrs. Jones, your symptoms are not of heart but of nerve origin". "Well!" she exclaimed, "you're the twelfth doctor who has told me that."

Because of the widespread and persistent fear of heart diseases this article has been written. The following is an interpretation of the nine most frequently encountered symptoms. We describe them as functional symptoms because they so often are present in the absolute absence of any structural heart disease. These symptoms are a variation from the usual normal response of the heart to various nervous exciting factors. There is no actual damage of the heart itself.

First, let us understand that every organ in the body is controlled by nerves, the electricity, or radio waves of the body. The chief sending and receiving station is the brain; it is the union station of all nerve trunks reaching to every vital cell in the body. Anything that disturbs this sending station produces static at the receiving end.

Most of us know that the blood must get to all parts of the body for those parts to live. If the blood supply is interfered with, the affected part will behave abnormally, but many

do not know that wherever there is a blood vessel there is also one nerve or more. Voluntary nerves are the nerves that give us the power to control conscious action, as throwing a ball. On the other hand the automatic, or autonomic, nervous system, takes care of many body activities which need no conscious thought. As examples we find that the heart beats automatically, the lungs continue to fill and empty, even during sleep, the digestive glands pour out their juices, the hair stands up on end when we are scared or cold. This is an important functioning system. We cannot voluntarily make the heart beat faster or slower any more than we can tell any one hair to stand up on end. These effects are the body's automatic response to various outside stimuli.

The power of this automatic nervous system needs to be fully recognized for us to appreciate the production of many so-called heart symptoms. Here is the list.

### Rapid Beating

Rapid beating of the heart normally accompanies bodily exercise in order to provide an extra amount of blood for the increased need. When our Army moves fast in the field we at home have to work harder and faster at the production lines. Even an emotional exertion such

as "boy meets girl" or a first speech in public stimulates the automatic nervous system, causing the heart to beat faster.

Sudden great stimuli, as a severe fright, may produce the opposite effect, with slowing of the heart. This gives the impression that it has stood still. The same nerve causes blood vessels in the face to contract and it becomes white, and at the same time the hair stands up.

### Skipped Heartbeats

Then we can have skipped beats or extra beats of the heart. The individual feels a disturbance in the regular heart rhythm. Some describe it as a "flop of the heart", "the heart turning a somersault", "skips" or "hesitation", "a sudden thump or jump or choking sensation in the throat" "the heart suddenly sinking" or "a wave passing over me". Actually a normal heart beat has come a little ahead of schedule. counting the number of heartbeats per minute, we will still find the same number as the minute before even though there were one or more early beats.

In order to offset this early heartbeat there follows a pause a little longer than usual. During this pause, which is actually only a fraction of a second longer than usual, the heart fills with blood. Because the heart has had more time to fill, the next heart contraction sends out more blood. This of course fills and distends the arteries leaving the heart. We feel this as a sudden "wave" or "flop".

These early heartbeats do not indicate heart disease. They are due to an irritable nervous control. These disturbances of rhythm are most apt to occur while one is at rest, especially while quietly sitting in a chair or trying to fall asleep.

Scientifically it has been demonstrated that many of these impulses to the heart come from a nerve centre in the brain. So it is that emotional or other irritants to this nerve centre may produce the premature heartbeat.

### Pain over the Heart

Offhand I would say that for every patient who has come under my observation complaining of pain "over the heart" or pain in the heart, which was actually from the heart, there were ninety-nine in whom the pain was produced by other causes. The pain that comes with coronary heart disease is most frequently found after the age of forty, is located under the breastbone as a squeezing pain, is usually produced by some form of exertion, and is typically relieved by rest. On the other hand functional, or extracardiac, pains are more to one side, are short, sharp, and jabbing in character, come on just as likely at complete rest or in changing from one position to another, and are frequently relieved by local heat, rubbing, or even exercise. We find that more folk in the younger, less stable age group complain of heart pain than in the older age group.

The most frequent causes of pain about the region of the

heart are neuralgia and referred pain from a distended stomach or colon. Both of these organs are located just beneath the heart and are separated only by a thin dome of muscle, the diaphragm. When we see how many stomachs are abused by careless eating, it is no wonder that they many times cry out in agony. Because of proximity to the heart, innocent hearts have been blamed for pain from this source, just as the proximity of a painful tooth has led at times to removal of a perfectly sound neighbouring tooth.

### Shortness of Breath

Shortness of breath is one of the symptoms encountered in true heart disease, but it also occurs with many other conditions, such as simple over-exertion, general weakness after an illness, asthma, and nerve and emotional tension. If you feel short of breath when sitting perfectly relaxed, you either have no heart disease or yours is so advanced that there will be many other symptoms which will leave no room for a doubt. If you get short of breath in climbing one flight of stairs today, but you can climb the same stairs tomorrow or even spade the garden without shortness of breath, the chances are against organic heart trouble. Usually the same amount of exertion will cause similar shortness of breath in true heart disease.

### Swelling of the Ankles

Swelling of the ankles may take place in heart disease but also in other conditions.

perfectly normal heart. In kidney disease the swelling takes place during the night and disappears in the daytime. Some other conditions are varicose veins, sluggish circulation in the legs in fat people or delicate and thin women, or prolonged disuse of a limb. As in heart trouble, the swelling comes on during the day and is gone in the morning after a night's rest. If there is sufficient heart damage to cause swelling, then additional heart symptoms will be present.

### Irregular Heartbeats

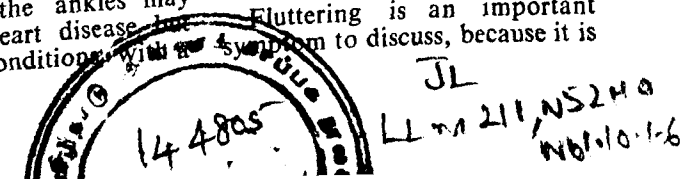
An irregular heart rate is found very frequently in young healthy adults and children in whom the rate is rhythmically affected by changes of respiration; it slows on deep inspiration and speeds up on expiration. Emotional disturbances often markedly influence the pace setter of the heart. In children and young adults who must frequently present this complaint, irregular rate is normal in the great proportion of cases.

### Heavy Feeling

Many, many nervous people complain of a heavy feeling in the heart. If that is the only symptom you have, you most likely need a vacation from your strenuous present emotional work programme rather than a heart tonic. If the heart has enlarged to the extent it produces heaviness, there will be many other evidences of it physically.

### Fluttering

Fluttering is an important symptom to discuss, because it is



such a frequent complaint. The individual suddenly feels his heart racing, perhaps a hundred and sixty beats a minute, and he may feel faint. He is frightened the first time or two, before he has learned to know what is happening. Such an attack, which we call paroxysmal auricular tachycardia, may subside in a few minutes or in a few hours, occasionally in days, just as abruptly as it began. The heart rate again is as normal as if nothing had happened. The causes that start this racing of the heart are numerous and inconstant. Sometimes a sudden twisting of the head or bending forward to tie a shoe-lace may be a cause. Much less frequently violent exertion may initiate it. Emotional factors and even sudden thoughts and dreams will set off an attack, or again it may be an excessively large meal.

The cause of such occurrences is that a new pace setter for the heart commences to send out electrical messages. This may occur in one of several of the nerve centres of the heart, and in the majority of cases without any organic heart disease. Therefore this type of fluttering is classed among the functional disorders. In the majority of cases there are no serious after-effects to these attacks. Some folks do feel faint during the episode, and if the attacks are frequent we make an attempt to reduce them. A simple trick is to take a deep breath and hold it as long as possible or apply firm, sudden pressure with the thumbs on each eyeball.

However, if these attempts are unsatisfactory certain drugs are available through your physician which reduce this nervous muscle irritability.

### Weakness

Finally, there are some folks who are bothered with several of the foregoing symptoms, and in addition they complain of extreme weakness. Their condition is identified by a term now familiar to many not in the medical profession, namely, neurocirculatory asthenia (nervous circulation weakness) also known as "soldier's heart". Patients with this disorder are often young, and they complain of palpitation, weakness, dizziness, pain in the region of the heart, and frequently shortness of breath, or a combination of several of these conditions. The palpitation is usually associated with normal heart rhythm. The patients merely feel the pounding of the heart, which has either a normal rate or is slightly accelerated. This condition was found frequently during the Civil War and also during World Wars I and II.

We are all born with different temperaments and constitutions, with which we react differently to various emotional strains. The stress of war and of the aftermath of war brings out any unstable circulatory tendencies. That is why we see much of it today. The very thought of becoming a soldier, with the hardships entailed, is sufficient to produce palpitation, weakness, chest pain, tremulousness, sweating, giddiness, and dyspnea in

many individuals. Some will show these symptoms in training camps; others when landing abroad; and still others may have stood the strain of battle for several years, and then on returning home will commence to complain of heart difficulties.

Probably the most important factor in setting the stage for this disease is the constitutional factor. Many have a family history of sub-normal nervous make-up, such as nervous breakdowns, weeping spells, and psychoses. In ordinary life the same hereditary constitutional factors are present, but there the direct precipitating causes are anxiety after loss of fortune, the death of some friend or relative a love affair, or any other state conducive to fear or emotional nervous tension. We can safely assure these persons that the outlook in cases of functional heart disease is excellent. One does not fear, any serious complications, and there is no mortality from this condition. Cures, however, are obtained only in the proportion to which the underlying fear

tension or mental disturbance can be removed.

Some will have symptoms that will go through regular changes, improving and then reappearing as different periods of stress and strain come and go. Because of the great fear of heart disease that prevails among so many people, those who have only functional heart trouble need constant reassurance and encouragement to carry on.

If you have sought competent medical advice, and your doctor tells you that your heart is structurally sound, then follow his advice and stop the worry about your heart. Overcoming this fear and worry will go a long way toward overcoming your symptoms. And here again let us take the advice of the wisest man that ever lived on this earth. "A merry heart doeth good like a medicine."

— "Life and Health"

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There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a man in everlasting ignorance—that principle is contempt prior to investigation.

—Herbert Spencer

"Without the most minute individualization, homoeopathy is not conceivable."

—Dr. S. Hahnemann.

"The most beneficent and most valuable discoveries are recognised and utilised only centuries after they have been made."

—A. Von. Humboldt.

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Group photo of the students, with our Governing Director, who participated in our 22nd personal class held at Homeo House, Kumbakonam in January - February 1961.



22nd Personal class in session in the "Hahnemann Hall" of the Homeo House.

March '61

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## APIS MELLIFICA \*

(A. DWIGHT SMITH, M. D.)

Some of our most valuable medicines have come from domestic use, from herbalistic lore, from accidental poisonings, from observing the bites and stings of poisonous reptiles and insects, and from traditions of country folk and savages.

There are different preparations of *Apis* but, according to Hering, there is only one right one. This is the pure poison obtained by grasping the bee with a small forceps, and catching the minute drop of virus suspended from the point of the sting in a vial or watch glass. This is then potentized. Hering says there is no object in drying and powdering the whole bee, with all the foreign matter and impurities.

Dr. E. E. Marcy in *Elements of a New Materia Medica* noted that his attention was first directed to *Apis mellifica* as a remedial agent by the following unique cure:

A lad, aged about twelve years, had been afflicted for several months with ascites and hydrothorax. He had been treated for some three months by allopathic physicians, first for dysentery, followed by ascites, and afterwards for several months by a homoeopathic physician. No permanent benefit resulted from either

mode of treatment and the symptoms finally become so urgent that I was called in consultation, and tapping was at once resorted to in order to save the patient from imminent danger. Appropriate homoeopathic remedies were again prescribed, but without arresting the onward course of the malady. The patient began to fill up again with great rapidity. The secretion of urine was nearly suspended, the skin was dry and hot, pulse rapid and weak, respiration short and difficult, great tenderness of abdomen, dryness of the mouth and throat, thirst, excessive restlessness and anxiety, short irritating cough, and an almost entire inability to sleep.

At this stage of the case a strolling Indian woman—one of the few survivors of the Narragansett tribe—suggested to the family the use of a honey bee every night and morning. She enclosed the bees in a covered tin pail, and placed them in a heated oven until they were killed, and then after powdering them, administered one in syrup every night and morning. In twenty-four hours the skin became less hot and softer,

\* Presented to the Bureau of Materia Medica, 78th Annual Meeting, I. H. A., San Francisco, California, June 24, 1959.

the respiration less difficult and more free, the pulse slower and there was a decided increase in the quantity of urine. From this time the symptoms continued steadily to improve, the dropsical effusion diminished day by day, until by the end of a few weeks, the patient was entirely cured. This was the first case of dropsy cured by *Apis* which was ever reported.

#### KENT SAYS:

It is queer how old women knew, long before *Apis* was proved, that when the little new-born baby did not urinate they could find a cure by going out to the beehive and catching a few bees, over which they poured hot water, and of which they gave the baby a teaspoonful. Some domestic things like that have been known among families, and it is consistent because it is just like what we give *Apis* for."

*Apis* has very definite symptoms, and is very definite in the tissues which it affects, and in the way in which it affects them.

It affects the coverings of the body, not only the skin and the mucous membranes, but also the coverings, of the organs e. g the meninges of the brain, the pericardium; and always in the same way, with swellings, dropsical conditions, and its own peculiar stinging and burning pains. These sharp stinging pains often provoke a shriek or the

*crie cerebrale* of meningitis. Every where where there is the *Apis* swelling, edema, stinging and burning, there is the *Apis* aggravation from heat: aggravation from a hot room, aggravation from the heat of the fire and aggravation from a hot bath.

The complaints of *Apis* are attended with more or less violence and rapidity. Kent describes the effect of bee sting on a sensitive individual. He comes down with nausea and anxiety that makes him feel that he is dying, and in about ten minutes he is covered with urticaria from head to foot. He stings and burns and wants to be bathed in cold water. He fears that he will die if something is not done to relieve his dreadful suffering. He rolls and tosses as if he would tear himself to pieces. The antidote for such a bee sting is *Carbolic acid* in potency, which will give very quick relief.

*Apis* is a violent, debilitating, prostrating, restless, edematous, burning, stinging, thirstless remedy.

Mentally there is a premonition of death. Loss of consciousness. Sleep interrupted by piercing shrieks. Awkwardness. Depression of spirits with constant weeping. No sleep from worrying. Very irritable. Suspicious and jealous.

*Apis* is a good remedy for the eyes. It has deep-seated, inflammatory complaints of the eyes as a result of disease. Inflammations that are erysipelatous in character, that have thicken-

ing of the mucous membranes and lids, and white spots over the eyes. Inflammation with opacities, very extensive or in patches. Enlarged blood vessels. When the inflammatory condition is active, it is attended with edema of the lids, both upper and lower, and the whole face may be edematous, such as one would expect after a bee sting. Burning and stinging like fire, better from washing, from cold applications, worse from heat. Chronic, granular lids. Eye troubles extending from the right to the left eye. Upper eyelids so swollen that they hang like little sacs over the face.

Dr. Tyler tells of a medical student who contracted trachoma while spending some time in Egypt. A homoeopathic physician cured this case in about twenty-four hours with *Apis* CM. This medical student on returning to Egypt, although not yet a physician, was given all of the trachoma cases to treat and most of them responded to *Apis* CM, usually within twenty-four hours. Some people say that Homoeopathy is slow, but have you ever heard of any other method clearing up trachoma as quickly?

Hering's description is "redness and swelling, with stinging and burning pains in the eyes, eyelids, ears, face, lips, tongue, throat, anus, testicles," with relief from cold, and aggravation from heat.

*Apis* is a great throat remedy. It is often indicated in tonsillitis and diphtheria but always with the *Apis* swelling, edema, ag-

gravation from heat, and burning and stinging pains, or it may be a violent throat that is painless. Nash describes the *Apis* throat in diphtheria. *Apis* is indicated in those intensely violent and rapid cases in which the whole throat fills with edematous swelling, the uvula hangs down like a transparent sac filled with water, and the patient is in danger of death by suffocation from the actual closure of throat and larynx. Nash tells about being called in consultation for a very bad diphtheria case. One had already died in this family and four had already died in the area that day. Over forty cases had already died in this town in this epidemic, in fact all that had contracted the disease had died. Dr. Nash suggested *Apis* and the patient recovered. From then on every diphtheria case who received *Apis* in this epidemic recovered. I still believe that good homoeopathic prescribing will cure more diphtheria cases than antitoxins, although it takes more skill to do it homoeopathically. We can be thankful that cases of diphtheria are now rare, but in the old days a homoeopathic physician who lost a case under homoeopathic treatment was looked upon as a criminal; but if he gave antitoxin, no matter how many he lost, he had done his duty.

While I was in the Children's Homoeopathic Hospital in Philadelphia, one of the nurses came down with a severe tonsillitis. One of the visiting staff physicians saw her and prescribed one of the mercuries. Late that night the assistant superintendent of

nurses asked me to see her. She had a violent follicular tonsillitis, throat very edematous and swollen, temperature 104°F. It was in the winter time and she had only a sheet over her. She was so dopey, I do not believe she realized that we saw her. I told the assistant superintendent of nurses that I was going to show her a real homoeopathic action. I gave the patient *Apis* 10M. Early the next morning I stopped in to see her and found her alert, happy and with a normal temperature.

In exanthematous diseases with rheumatic complications, *Apis* is invaluable, especially if there is the peculiar wax-like swelling of joints, with prostration, fever (but no thirst), together with the other concomitants. In chronic articular rheumatism, it has proved of value with the same general symptomatology. In all cases it should be carefully differentiated from *Rhus toxicodendron*, because *Apis* and *Rhus Toxi Codendron* are inimical. *Apis* follows well after *Arsenicum album*.

Watery diarrhoea is common in *Apis*: yellow stools, green stools, watery stools. Six to eight diarrhoeic stools every day which smell like carrion. It is especially useful in a peculiar kind of stool occurring in children and infants, an intermingling of blood, mucus and food, giving the stools an appearance like tomato sauce. Stools occurring with every motion of the body, as if the anus were constantly open, is another symptom of *Apis*.

The urine is scanty, coming only in drops. There is much straining before the urine will start and then only a few drops. As soon as a few drops collect in the bladder, the urging comes: constant, ineffectual urging. Later the urine may be almost completely suppressed. It is very similar to *Cantharis* and the two remedies antidote each other. Retention of urine in nursing babies.

In the extremities there is a marked dropsy, swelling with pitting upon pressure. The face is very swollen at times, the eyelids look like bags of water, the uvula hangs down like a water bag, the abdominal wall is of great thickness and pits upon pressure, and the mucous membranes in any part look as if they would discharge water if they were punctured. Puffiness or edema, with pitting upon pressure, is a general condition that may be present in any inflammatory state.

There is a general amelioration from cold and aggravation from heat. The skin symptoms and the patient generally are aggravated from heat. This prevails also in the mental state in inflammatory condition in cardiac disorders, in dropsy, in sore throat, etc.

Joints swollen, edematous, hot, white and waxy. Sensation in the toes and in the whole foot as if too large, swollen and stiff. Sometimes the edema increases until large blisters like bags of water are formed.

Nash says that in inflammations and fevers, when there is dry heat alternating with sweating think of *Apis*. In all inflammatory affections and in inter-mittent fevers, if you find the patient alternately dry and hot, or perspiring, think of *Apis*.

Kent says, "*Apis* is full of dropsy, red rash, eruptions, urticaria, erysipelas—in all of these there is stinging and burning: burning like coals of fire at times and stinging as if need- less or small splinters were sticking in."

*Apis* is thirstless, especially in edemas and fevers. Tenderness

and sensitive to touch, as if bruised. Great desire to sleep; extreme sleepiness. Chilly every afternoon at 3 P. M.; aggravations 3 to 4 P. M., and from touch.

*Apis* is a right-sided remedy. The trouble begins on the right side and extends to the left, whether internal or external.

In conclusion, whenever one sees the swelling, the edema, the relief from cold, the aggravation from heat, the burning and stinging pains, think of *Apis*. It is an extremely useful and powerful remedy when indicated.

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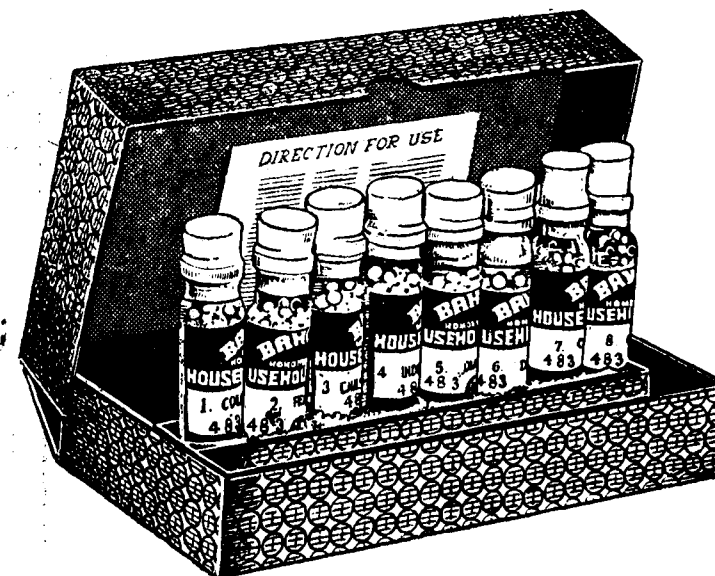
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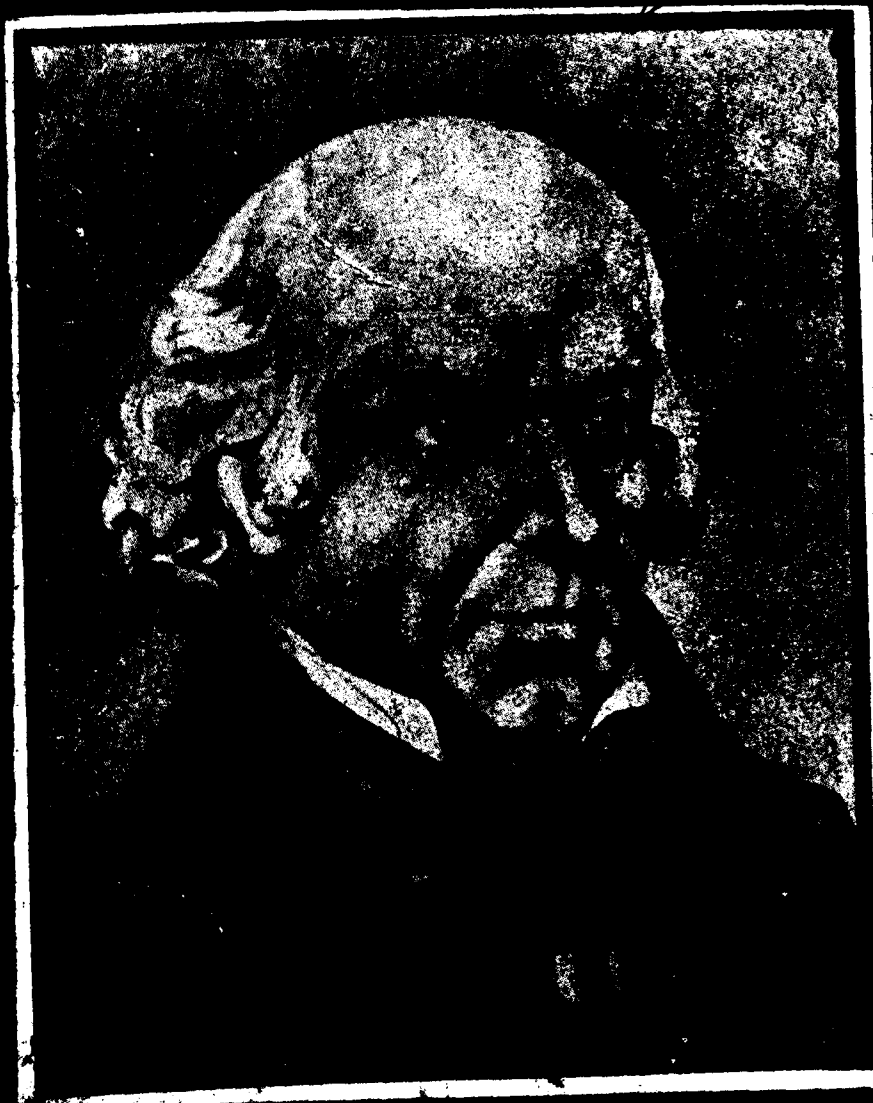
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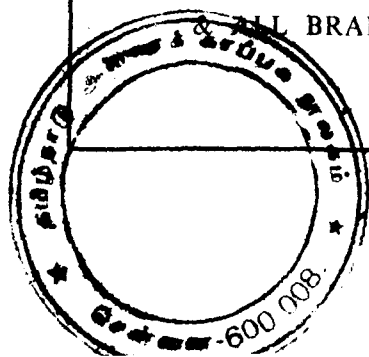
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VOL. X

APRIL 1961

Book 4

## THE MASTER'S BIRTHDAY

The month of April is a sacred one for all Homoeopaths. On the tenth of this month falls the birth anniversary of our great master DR. SAMUEL HAHNEMANN and this year Homoeopaths all over the world would be celebrating the 206th anniversary.

Our Master gave to the world a great science — the Science of Healing and as that is based on absolute truth, we are able to enjoy the fruits of his labour to this day and we do know that the world would benefit by it till its end. Such is the power of TRUTH.

Homoeopathy is practised in almost all countries of the world today and we find that it is adding more and more adherents to it as time moves on and it can be truly said that when once one takes up to this great Law of Cure he always lives in it because there has not been any better method of healing discovered after Homoeopathy. That is the greatness of Homoeopathy, the fruit of a life-time of labour of our Great Master.

On this day we pay homage to his memory and dedicate ourselves to the cause of the great truth "*Similia Similibus Curantur*"

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## THE HOMOEOPATHY <sup>234</sup>

Managing Editor: Dr. V. R. MURTY

APRIL

1961

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drugs in their practice. Like all great seers and thinkers, Hahnemann wrote as follows in the preface to the fifth edition of the *Organon* in 1833.

"That some misguided physicians who would wish to be considered homoeopaths, engraft some, to them more familiar, allopathic malpractices upon their nominally homoeopathic treatment, is owing to ignorance of the doctrine, laziness, contempt for suffering humanity and ridiculous conceit; and, besides showing unpardonable negligence in searching for the best homoeopathic specific for each case of disease....."

Let us remind ourselves on this great day the following words also of the Master;

"I must warn the reader that indolence, love of ease and obstinacy preclude effective service at the altar of truth, and only freedom from prejudice and untiring zeal qualify for the most sacred of all human occupations, the practice of the true system of medicine. The physician who enters on his work in this spirit becomes directly assimilated to the Divine Creator of the world, whose human creatures he helps to preserve and whose approval renders him thrice blessed".

### INDIAN INSTITUTE OF HOMOEOPATHS KUMBAKONAM

*The 206th Birth Anniversary of Dr. Samuel Hahnemann will be celebrated by the Institute at 4 p. m. on 10-4-1961 at the Hahnemann Hall Homeo House, Kumbakonam.*

*All Homoeopaths, sympathisers and our students are requested to attend the function and make it a success.*

Dr. V. R. MURTY

## WHICH REMEDY?

By Dr. D. M. GIBSON

There are some 700,000 known species of insects roaming, flying, burrowing, and buzzing around in the world of nature, but of this vast host only a mere handful have found their way into the *Materia Medica* as therapeutic agents. This seems rather a pity for numbers of these small creatures possess poison-forming glands and tissues which might quite conceivably prove of value in relation to medicinal therapy.

There are only four which have achieved any sort of fame in this respect in homoeopathic employ—the wood ant (*FORMICA RUFA*), the worker honey bee (*APIS MELLIFICA*), the blister beetle (*CANTHARIS VESICATORIA*) and the cochineal beetle (*COCCUS CACTI*).

These insect remedies seem to have a special relation to the skin and the genito-urinary system. They have few mental symptoms—insects have not very much brain anyway—and when present, as in the stupor of *APIS* or the wild delirium of *CANTHARIS*, these are mainly the result of inflammatory involvement of the brain and its wrappings. Such symptoms are somato-psychic rather than the reverse.

### *FORMICA RUFA*

#### *Ants and their Community*

*FORMICA RUFA* is derived from the common ant found in the woods living its ordered communal life in a large heap or nest of twigs. The life on

the nest centres round the queen whose job it is to lay innumerable eggs; and the care of the eggs to ensure their viability and proper development is the chief task of the colony.

To this end the greatest care is taken in regulating the temperature of the nest and in moving the brood eggs from spot to spot to ensure their being kept at the optimal temperature for hatching. Warmth is further conserved by the device of stopping up the exits of the nest at night and of moving into deeper nests in the winter.

There is a highly developed sense function, especially in relation to the rays emanating from the queen and also to the sun's rays. If anything happens to the queen the whole community is at once thrown into confusion, the information being obviously conveyed by wave-force. The sense of direction both to and from the nest is orientated by sensitivity to the rays of the sun.

The extremely sensitive antennae respond to touch, sound, odour, flavour, temperature and humidity and the activities of the colony are directed accordingly. Its members, for example, have a distinctive odour as they use their sense of smell to distinguish between friend and foe. The sensitivity to cold is also a prominent feature.

### Chief Constituent of Poison

The ant does not possess a sting but, when it bites, the acid contents of its poison vesicle are squirted into the wound. Only the queens and workers have poison organs and the chief constituent of the poison produced is a simple aliphatic acid, formic acid.

Crude preparations of crushed ants have been used in the past both for the purpose of application to the skin as a counter-irritant and also as an internal medication, more especially in relation to "rheumatic" disorders.

It is now known that formic acid plays quite an important part in the metabolism of mammals and man, acting as an intermediary metabolite in the synthesis of certain amino acids and of purines. Proving of formic acid have been carried out revealing affinities with muscles, joints, and peripheral nerves. Itching, mainly at night, and skin eruptions of urticarial type were also noted.

### Aggravation from Cold

The outstanding modalities of *FORMICA RUFA* are aggravation from cold, from washing in cold water and from movement. There is relief from heat, from pressure and from friction.

Pains afflict the locomotor system and the peripheral nerves and impairment of function results from associated muscular weakness. Pains are of sudden onset, are shifting and erratic, worse from movement and associated with restlessness. There

### The Homoeopathy

may be a sensation of flaccid paralysis in one or other site.

Headache is recorded, lasting all day and accompanied by vertigo. It is worse in the afternoon and relieved to some extent by combing the hair.

Flatulence may be excessive in the morning and associated with painless, putrid diarrhoea which occurs on waking or after the early cup of tea (*NATRUM SULPHURICUM*)

Urinary symptoms are the passage of large quantities of urine at night, and turbid, bad-smelling urine. The remedy is much used in France with infections of the urinary tract, especially those showing the presence of *Bacillus Coli*.

Finally, affections of the skin are recorded such as redness, burning and especially violent itching in various sites, aggravated by contact with cold water.

### *APIS MELLIFICA* Stereotyped Behaviour Pattern

The beehive, like the ant hill provides a truly amazing example of a stereotyped behaviour pattern perpetuated through generation after generation with unfailing consistency. The queen bee has the interminable task of egg-laying and the activities of the hive are co-ordinated to ensure that nothing interferes with this main end and the nourishment and development of future generations of males (drones), potential queens (only one per hive being allowed to survive) and the worker bees. It is from the latter that the

remedy used in homœopathy is derived.

Like the cells and tissues of the body the worker bee has distinct and graded functions to perform and her physiological make-up alters in sequence to fit her for these various jobs. She starts as a scavenger, the first duty of the newly-emerged worker bee being to clean out brood-cells for reception of the queen's eggs.

Her next job is to act as wet-nurse as a gland at the front of her head starts to secrete the vital, highly proteinaceous, brood-food known as royal jelly. This must be fed to all the larvae; those larvae destined to become queens are fed on it till they are ready to pupate.

On about the tenth day of the worker's life her feeding glands dry up and she then must undertake the duties of lady's maid, attending to the personal toilet of the queen, cleaning out the hive, dumping the refuse outside at a distance, and also looking after, or acting as, the air-conditioning plant and keeping the temperature of the hive just right.

### Honey Manufacture

Next she must take on the important task of honey manufacture and storage, receiving from the forager bees the nectar and pollen they have collected, transforming this into honey by a process of digestion and regurgitation, and packing it into hundreds of cells, which are then

"Each science can only judge and throw light within its own department; it is folly to expect from one science information upon matters belonging to other sciences".

—Samuel Hahnemann

duly sealed for use in the winter months.

From the twentieth day of her life onwards her main task will be that of foraging in all directions and sometimes at considerable distances away from the hive. Orientation by means of the sun's rays and direction by sense of smell and by information imparted by older foraging bees enable her to carry out this task with uncanny precision.

Late in the season when supplies of nectar are becoming scarce she may have to act as concierge at the entrance to the hive and take over the job of chucker-out, or even bumper-off, of unwanted or dangerous intruders such as wasps or robber-bees from other hives. These latter can be recognised by their swaying flight at the hive entrance and they will lack the distinctive odour of the home hive.

This odour is produced by a tiny gland at the tip of the abdomen; it leaves a distinctive smell at the sites visited in search of pollen and in this way acts as a guide for return visits and also for the bee-line return to the hive. This is a striking example of sensitivity to extraordinarily minute traces of emanation.

"So true it is that the careful observer alone can become a true healer of diseases"

—Samuel Hahnemann

#### Function as Architect

This indefatigable little worker can also function as architect builder, and producer of the material wherewith to construct and repair the combs—the wax secreted by special glands in the abdomen in the form of white transparent scales. Those workers who survive the ceaseless exertions of the summer may live some six months instead of the seven weeks of the active forager. Their main activity then will be the less exhausting duty of keeping the queen and the hive at the optimum temperature throughout the colder months. The gentle, rhythmic movement of many hundreds of bees forming a living ball round the queen generates a suitable warmth, which is conserved in turn by an outer insulating circle of bees between the combs.

All this suggests a highly organised and consistently orderly pattern of existence, but one which can on occasion suffer sudden interruption and erupt into belligerent activity of an entirely different type. The reaction to the presence of an unwelcome intruder within, or even in proximity to the hive, is one that is positively anaphylactic in its violence and furious intensity—as many a would-be honey thief has found to his cost.

#### The Homoeopathy

It is only the queen and the worker bees that possess a sting and manufacture a poison that is lethal to their own kind and to related insects such as the wasp. The queen uses her sting to liquidate all rivals in the hive and the workers deal with enemies sundry and various. The stung enemy dies almost immediately, the venom apparently acting on the nervous system of the victim.

#### Highly Complex Venom

The venom has an acid reaction; it is a highly complex substance having also hæmolytic properties akin to those of the rattlesnake and an ability to stimulate plain muscle. Unlike the wasp which withdraws its sting that of the bee is left in its victim. It should be eased out carefully and not squeezed in the process, thus injecting more venom.

The effects produced by the venom in the body are both local and general or systemic. Not only is there local swelling, redness, burning, stinging and itching at the site of the sting but in sensitive subjects there is an allergic type of reaction on the part of the whole body.

Weals, puffy swellings erythema, appear in various parts and are accompanied by burning, stinging and itching of intolerable intensity. The condition is aggravated by heat in any form and relief is obtained only by cold applications.

— "Homoeopathy" London

## REPETITION OF THE REMEDY \*

HORACE E. REED M. D.

To the uninitiated the matter of the repetition of the homœopathic remedy in the treatment of disease is a problem fraught with confusion. There is much talk on the one hand of the low-potency remedies with their frequent repetition, while on the other hand is just as much talk of the high-potency remedies with their single doses and very infrequent repetition. What rules do we have to direct us in this business? Are they to be complicated rules, hard to understand, hard to master? Or are they to be simple and easily understood? In paragraph No. 2 of the *Organon* Hahnemann settles the question. He states:

The highest ideal of a cure is rapid, gentle and permanent restoration of the health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable, and most harmless way, on easily comprehensible principles.

So, in line with this maxim, the rules for the repetition of the remedy must be easily comprehensible. Where do we begin? The true homœotherapeutist must begin, of course, with some understanding of how the remedy works. We know that every substance in nature is endowed with an energy. This energy is the force which binds the atoms of that substance into a molecule. Since no two substances are identical in structure, it stands that no

two energies are the same. We know that, in our processes of dilution and succussion of a substance, a certain amount of the energy of that substance is released and it is that freed energy, entering the sick human economy, that brings about the relief from sickness. Now, we know also that the more we dilute and succuss our remedies the more energy is released. So, when we are dealing with the so-called low-potency remedies we must realize that the energy given off from those remedies is comparatively little and when it enters the sick economy it is very quickly used up in its endeavour to rid the system of disease. Therefore one must administer the low-potency remedies frequently and at short intervals—say from two to six hours apart. This is the general procedure of the so-called low-potency homœopath when treating acute and more active disease entities.

Now, as we proceed with further dilution and succussion, we arrive in the realm of the higher potencies. As we said before, more energy is released and its action in the system is prolonged. Here we do not repeat as often as we did the low potencies. In acute illnesses, when being treated by the higher potencies, it is frequently necessary to repeat the remedy only at daily intervals. However, if the

\*Read at the 72nd Annual Meeting, Southern Homœopathic Medical Association, Atlanta, Georgia, November, 1959.

energy of the patient is being destroyed or burned up very rapidly by the disease, it is frequently necessary to repeat even the highest potencies at short intervals. Dr. George E. Dienst of Aurora, Illinois, once told us of treating a boy acutely ill with a violent pneumonia. He spent the night at the patient's bedside and administered *Phosphorus* 10M every 20 minutes until the patient began to improve. He explained his procedure on the basis that the disease was using up the energy of the potency so rapidly that repetition was necessary. So much for the repetition of the remedy in acute and subacute illness.

Now we come to the administration of the remedies in the chronic case. Usually this type of illness calls for the use of the higher potencies. Here we have certain fundamental rules to guide us. In the first place, the administration of the remedy depends on a careful taking of the history. This means not only the immediate symptom picture, but the symptom pictures that have preceded it—symptom pictures that have appeared and disappeared throughout the months and years of the patient's life.

Now, after repertorizing the case and deciding on the nearest to the simillimum that we can get, we administer the remedy to the patient. If our choice of remedy is correct, then we may expect an amelioration of the symptoms. As long as this amelioration continues we do not repeat the remedy. When the

energy supplied by the potency is used up, then the symptoms begin to get worse again. This calls for a repetition of the remedy, usually in the same potency. Amelioration again follows for a period of time. If this period is shorter than the previous period, then a raising of the potency is called for.

Now, let us suppose that, instead of the symptoms getting worse, the symptom picture changes. If the new symptoms are in the same symptom picture of the remedy being used, then repetition of the remedy is not called for. Our remedy is unfolding the disease according to the law—from above downward, from within outward and in reverse order of the appearance of symptoms. As long as this process goes on the remedy is not repeated. When it comes to a standstill, a repetition of the remedy is then called for.

Now let us suppose that, in the progress of the cure, new symptoms make their appearance that are not in the symptomatology of the remedy being used. The repertory may then show us that a change of remedy is indicated. When this is determined, then the old remedy is not repeated but a new remedy is administered and the process is then repeated.

—*Journal of the American Institute of Homoeopathy with the Homoeopathic Recorder.*

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## QUESTION BOX

(The Editor answers to readers' Questions)

### 1. S. R. G. Alwandi.

#### 1. What is agranulocytosis?

"A serious disease with fever and anæmia".

#### 2. Can we, homœopaths, practise the antibiotics after preparing under the law of homœopathy?

"They have to be proved first and then they can be used according to the law of similars".

### 2. S. S. Ariyalur.

#### 1. What is the period of action for the various potencies such as 200, 500, 1000, 10M, etc.?

"Depends on the particular medicine and the reaction of the patient".

#### 2. How many types of leprosy are known and what are they? Are they curable by Homœopathic treatment?

"Broadly two types are known, viz., *Maculo-anæsthetic* and *Nodular*. This disease can be treated by homœopathic medicines."

#### 3. I want to qualify myself as a Bachelor of Medicine and Surgery in Homœopathy?

"You may try to join one of the colleges in Calcutta, Andhra, Kerala or Bombay".

### 3. N. B. Karaikudi.

#### 1. Can any one who has no fundamental knowledge of medi-

cine practise as a physician anywhere in India by studying the homœopathic System both theoretically and practically?

"When once he studies this system theoretically and practically, he will have fundamental knowledge of medicine to practise".

### 4. A. F. P. Bombay.

#### 1. What is the treatment for excessive perspiration of soles of feet and palms of the hands?

"Depends on the cause and other characteristic symptoms of the patient".

#### 2. What is the remedy for a deep cut on forehead, sinus bone being injured?

"Surgical interference, if necessary".

### 5. M. M. F. Rampura.

#### 1. Can Homœopathic and Allopathic medicine be given alternately?

"What a question! My answer is 'No'."

### 6. S. H. S. Tilaru.

#### 1. In the Question Box, would you answer questions in a witty manner or otherwise?

"It depends on the question".

#### 2. Will sterilization for family planning interfere with normal enjoyment of life?

"Generally not, except perhaps in a very very small percentage of cases".

**7. D. E. Lakshminarayanapuram.**

1. Mention a book treating with bio-chemic salts. Is there "Drug Proving" in that system?

"The book 'The Biochemic System of Medicine' by G. W. Casey, M. D., is a standard one. You may find all about the system in it".

2. Aconite is said to be not useful in Typhoid and that it should not be altered with other drugs in inflammatory fevers. If the law of similars favours, can we use?

"You may use any medicine including Aconite according to the law of similars in any condition or disease".

3. What is the difference between the Homoeopathic Silicea and Biochemical Silicea?

none.

**8. A. M. K. S. Quilon.**

1. How long does Arthritis and Rheumatism last?

"If you mean the 'chronic' varieties they are progressive and may last a life time if not cured by homoeopathy".

2. What is the ideal diet from a medical point of view?

"The one that gives sufficient nourishment".

3. What is the only real tonic for the muscles and joints?

"The ideal food".

**9. G. R. Chittoor.**

1. Is there any external remedy for headache?

"None in Homoeopathy".

2. What is meant by non-bonded laboratory?

In a bonded laboratory the Government Duty on alcohol is paid after the manufacture, when the product is sold. In a non-bonded laboratory the Duty is paid to Government before manufacture at the time of release of the spirit from the distillery.

3. If I sit for a while, my legs get benumbed very soon and I cannot immediately get up and make use of the legs. Please prescribe the best remedy.

"If other symptoms agree, try a few doses of Rhus Tox 30".

**10. L. R. Namagiripettai.**

1. Will you please be good enough to prescribe suitable medicines, injections, etc., for Leucoderma of 10 years standing?

"It is my profession and I will certainly do the prescribing if you bring the patient to my clinic. Please fix up an engagement through my Secretary."

2. Can stammering be overcome by homoeopathic medicines?

"Yes, along with some psychological advice"

3. Any specific medicine to cause menstruation for a case of suspected pregnancy of 40 days lapse?

"None in Homoeopathy, but prescribing for this is an offence under the Indian Penal Code.

**11. D. N. Tinnevely.**

1. What is (a) Progesterone? (b) Mountain sickness.

(a) "Progesterone is the corpus luteum hormone which prepares the endometrium for the fertilised ovum."

(b) "Mountain sickness is a condition with nausea, rapid pulse, headache and dyspnoea".

2. What is psychology? Why should nurses have to learn anything about it?

"Psychology is the science of mental phenomena. A knowledge of this will enable nurses to understand patients whom they have to care for.

3. What are the complications that may occur after typhoid fever?

"The most common complications are: bronchial catarrh, pneumonia, pleurisy, hæmorrhage from the bowels, perforation, peritonitis, etc.

**12. M. M. Madras-24.**

1. Is there any treatment for the bites of poisonous snakes and stings of scorpions in Homoeopathy?

"There does not appear to be any potentised remedy for the cure of bites by poisonous snakes. For the stings of scorpions the following will be useful: Ledum Pal., Nat. Mur; Echin. Ang. Q and Drona Q.

**13. S. V. S. Karjat.**

1. Can we rely entirely on our homoeopathic medicines for

prevention and cure of smallpox?

"Yes, cent-per-cent".

2. There is a superstitious belief among the village folk that no medicine should be taken during measles or small pox. What is your candid opinion?

"My candid opinion is in your question itself - Superstition".

3. But, Sir, Dr. B. K. Sirkar says that we cannot risk human life by experimenting with our unreliable homoeopathic drugs for the prevention of smallpox and he advises vaccination.

"That is his opinion; but, perhaps, he does not know that vaccination also sometimes causes great danger even to life.

Questions pertaining to the Science and Art of Homoeopathy, Hygiene, etc., will be answered by the Editor in the journal in the order of importance. One person can send three questions at a time.

Questions must be legibly written, or preferably typewritten only on post-cards and instead of writing the address, the coupon below must be cut and pasted on the address portion of the post-card. Questions sent without the coupon and those sent in envelopes would not be considered or replied.

The Editor reserves the right to reject or not to answer any question without assigning any reasons therefor.

Questions eliciting short answers only will be entertained.

The full name and address of the person sending the question must be given.

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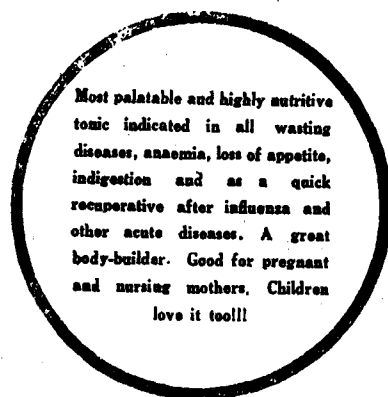
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## JOHN HENRY CLARKE, M. D.

By NOEL PUDDPHATT

I have been asked so often, why it is, I quote so much from Clarke.

There are two reasons.

Firstly, a personal one, and secondly, in my opinion, there has been no man in Great Britain who has done so much, not only to fight for the Truth of Homœopathy and its doctrines, but to present the Homœopathic Materia Medica in such a concise, orderly and tangible form. This he did in his "Dictionary of Materia Medica." in three volumes, a monumental task.

Dr Clarke states in the preface to this work: "if I had chosen to wait a few more years before publishing, I have no doubt I could have improved my work, but if I had waited till doomsday, I could not have made it perfect. In the meantime, I want it every day for my own use, and if I could have found any one else to do the work for me, I should most gladly have spared myself the task."

He states once again—"homœopathic practice consists in knowledge of Materia Medica and knowledge how to use it."

In other words, without the Homœopathic Materia Medica, Homœopathy is unthinkable.

His work is a dictionary, and a dictionary is a compilation of all available facts presented in a concise, orderly and tangi-

ble form—a Herculean task indeed.

If Clarke had never written anything else than his dictionary, it alone entitles him not only to a place in the galaxy of Masters of the Art, but to the eternal gratitude of all Homœopaths.

Now for my personal reasons. I was born in India, as my family, especially the maternal side, has been connected with India since 1821.

When I was four years of age or thereabouts, my mother informed me, I was struck suddenly with a bout of what she considered naughtiness, in that I utterly refused to have my head washed. I did not mind so much being bathed, oh, no, but my head washed—CERTAINLY NOT.

So thinking she would cure me of this perversity, I was well spanked. I apparently took a dim view of this spanking, for I yelled bit, and worked myself into convulsions. After a few days of this nightmare, my parents became alarmed, and summoned the best physician in the district. I was observed and examined thoroughly, but the said physician, I understand, could find nothing wrong, and my mother was told I would grow out of it, as it was simply a passing phase.

I did not grow out of this so-called naughtiness, but got steadily worse.

Fortunately, my father was due for leave, and I was brought home. Within twenty-four hours of arriving in London, I was rushed off to Dr. Clarke.

My mother told me, I was with Clarke for over an hour, and Clarke put her through a sort of brain-washing!

He said nothing to her on this occasion. He prescribed, and my mother was instructed to bring me to him once a month. It appears that after a month or two, I was greatly improved in my behaviour and condition.

About three weeks before my Father's leave was up, I was taken to see Clarke to bid him good-bye.

Said my mother: "I have brought Noel to see you for the last time, as we are sailing in three weeks for India."

"You must be mad," Clarke exploded.

"Mad!" said my mother. "Why?"

"Do you know what ails your son?"

"No" replied my mother rather meekly.

"And do you know who should have had the spanking?" Mother remained dumb. "YOU" said Clarke, looking through her with those piercing grey eyes.

"I don't understand," said mother very humbly.

"Your son has what we call 'Hydrocephalus,' or in other words, 'Water on the brain.'"

Poor mother nearly passed out.

To cut a long story short, my father had to return to India alone, and mother stayed on in London with me for over a year. Dear old Dr. Clarke—God bless him—did the trick. He restored my health, and I have never had any further trouble.

When I was about eight years of age, I was sent to a boarding school in the hills of South India, where we were fed on vegetable curries. My digestive organs revolted, and I am told I developed dysentery and was passing about ten stools a day of pure blood. I was removed from this school, and had not only to stew in the plains, but receive medical treatment. The doctors did what they could for me, but I got thinner and thinner and looked apparently as if I had been in Belsen for a few months.

It is a remarkable fact, that my father's leave seemed to always synchronise with the time when I was moribund. It was a case of "Home, James, and don't spare the horses."

When I was presented once again to Dr. Clarke, who incidentally could be rather a wag, he said to my mother, "You know, Mrs. Puddephatt, the only time I have the pleasure of seeing Noel is when his obituary notice is about to be published," or words to that effect.

Once again, Clarke restored me to health, and notwithstanding the first world war, and some years on the North-West frontier of India, where we had

only strong chlorinated water to drink, I have never had the slightest return of the trouble.

To continue in this vein would be tedious, but these two examples, when I was literally dragged out of the grave by Dr. Clarke and Homoeopathy, are sufficient evidence, for not only my great affection for him as a man, but the most profound and awed admiration for him as a supreme Homoeopathic Artist.

I have been extremely fortunate in being nurtured in Homoeopathy, as my mother was a born healer. She not only knew Clarke well, but learnt a lot from him. He said to her one day, "You know, Mrs. Puddephatt, you have missed your vocation. Had you read medicine, you would have made a fortune, for you possess that intangible 'something' which no school of medicine can possibly teach."

This was praise indeed from Clarke, for he himself possessed that intangible "something" in high degree.

My mother was a fearless woman, with the heart of a lion, and the more catastrophic the situation the cooler she became. She was small of stature, whereas my father was a big man, but timid. It was a case of Dignity and Impudence.

I was privileged in later life to pick up a few crumbs from Clarke himself. He would descend from the heights to my

"I know full well that it requires heroic courage in order to cure ourselves of prejudices grown almost into mental infirmities which have become sacred to us on account of their hoary age, and that it demands a very uncommon strength of mind to eradicate from our memory all the absurdities that have been imprinted upon our youthful susceptibilities as oracular deliverances and to exchange them for new truths".

—Samuel Hahnemann

level; listen to and answer my childish and futile questions, and never make me feel a fool. This was, in my opinion, a sign of true greatness.

He may have been christened JOHN HENRY CLARKE, but intrinsically he was Dr VALIANT-FOR-TRUTH, and on receiving his summons to depart hence, he could say quite truthfully: "I am going to my Father's; and though with great difficulty I am got hither, yet now I do not repent me of all the trouble I have been at to arrive where I am. My sword I give to him that shall succeed me in my pilgrimage, and my courage and skill to him that can get it. My marks and scars I carry with me, to be a witness for me that I have fought his battles who now will be my rewarder."

—The Homoeopathic World

## NEW PRODUCT

The Bahola Pharmaceuticals, Division of the Indian Institute of Homoeopaths, are putting in the market a new homoeopathic combination preparation early in May 1961 under the trade name of



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DOSE: 15 drops with a little water or sugar, three times a day, or as oftener as the physician directs.

PACKING: Put up in 1 oz. bottles with separate dropper and direction in carton.

The price is Rs. 3/- per bottle in the retail. This product will be made available at all the branches and Sales Depots of the Indian Institute of Homoeopaths early in May 1961.

INDIAN INSTITUTE OF HOMOEOPATHS  
KUMBAKONAM.

April '61

## HOMŒO BILL TO REGULATE PROFESSION

Dr. V. R. MURTY'S ADVICE TO HOMŒOPATHS  
(From our Special Correspondent)

Madurai, March 26—  
“The object of Homœopathy Bill which is now under the active consideration of the Government of Madras is just to regularise the profession and to raise the standard of those who are engaged in this system of medical profession,” said Dr. V. R. Murty, Governing Director, Indian Institute of Homœopaths, Kumbakonam, and President, Madras State Federation of Registered Homœopathic Practitioners. He expressed the hope that the Homœopathy Bill would be placed on the table of the Legislative Assembly before the end of 1961. Strong unity among the Homœopathic Practitioners at this juncture, Dr. Murty said, was indispensable to safeguard the interests of Homœopaths and to move with the Government for amendments, if necessary, in the proposed Bill.

Dr. Murty who presided over the meeting held at Kottampatti, about 30 miles from here on March 24 under the auspices of the Melur Taluk Registered Homœopathic Practitioners' Association stressed the need for improving the standard and practical knowledge of the new entrants to this system of medical profession and said that the Associations should come forward to give proper personal

training to them so that they (new entrants) could equip themselves to satisfy the standard required by the Homœopathy Bill. The Speaker further pleaded for the recognition of imparting education in Homœopathy thorough postal tuition.

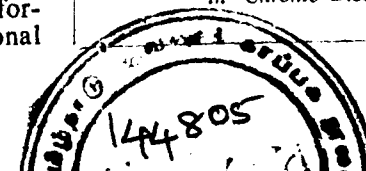
Dr. O. V. Narasimhan, Proprietor, Madura Homœo Stores, Madurai, and Dr. Muruganandam of Indian Homœopathy Medical Home, Melur, also spoke on the occasion on Homœopathy Bill and the duty of Homœopaths.

At the outset, Dr. A. D. Pandyan, President of Melur Registered Homœopathic Practitioners' Association, welcomed the gathering. Dr. K. Rajaram, Secretary presented the report of the association;

The meeting terminated with a vote of thanks proposed by Dr. Ismail of Kottampatti and a garden party.

“That a homoeopathically potentised dose of medicine should ever fail of having an effect in a treatment conducted WITH CARE, I think impossible; I have never experienced it”.

—Samuel Hahnemann  
in “Chronic Diseases”



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ESSENTIALS OF  
HOMOEOPATHIC PRESCRIPTION\*

(George Royal, M. D.)

As Homœopaths prescribe remedies for their patients upon the "totality of the symptoms" presented by their patients, it is apparent that a thorough knowledge of symptoms is necessary in order to prescribe homœopathically. Not only is it true that you must have a thorough knowledge of a symptom to prescribe homœopathically, but it is also true that in proportion to your knowledge of symptoms will be the accuracy, the success of your prescription.

Let us define a symptom as the manifestation of disease. It shows that the condition or function of some tissue or organ of the body is abnormal. A person is perfectly healthy when his tissues and organs are perfectly normal and functioning perfectly.

The essentials of a symptom are location, sensation and modalities. Of the three essentials of a symptom modality is the most important. By location we do not mean the head or leg or hand but some tissue or organ. As all organs are composed of more than one tissue we can only speak of them as locations when we think of them as a whole and functioning as such. Let me illustrate by taking the region under the left nipple. Beneath this we have such tissues as the

skin, fascia, muscle, periosteum, bone, pleura and a portion of the heart which we consider as an organ composed of several tissues. All of these tissues are supplied by another tissue, i. e., nerve tissue.

The sensations indicate the tissues involved, e. g., a sharp, shooting, lightening-like pain indicates a nerve; a pulsating pain indicates an encapsulated organ; a sharp, splinter-like pain indicates an ulcerated mucous membrane or skin.

By modality we mean that which makes a condition or sensation worse or better. We speak of them as aggravations (agg.) or ameliorations (amel.). To illustrate, a pain is agg. or amel. by heat, cold, position, exercise, eating, time of day, etc. The brain is the most important location, because the homœopathic physician individualizes each case and the brain is the most important part of the human body.

Symptoms may be divided into many classes:

**Objective and Subjective  
Symptoms.**

An objective symptom is one which may be recognized by an observer who has the use of all his senses, e. g., color, a

\* Text Book of Materia Medica

murmur, an odor, a taste, heat, coldness, smoothness, roughness, etc. A subjective symptom is one which is preceived or imagined only by the patient himself, e. g., a pain, an illusion or delusion in regard to sight, hearing or sensation.

Which of the two should rank the higher? That depends whether or not your patient is intelligent, reliable and rational. As I have stated above, we Homœopaths individualize and in this process the mental symptom should be given the highest rank. Therefore if the patient be perfectly normal mentally, the subjective symptoms should be given the highest rank. A mental symptom is always a subjective symptom. But we find so many of our patients unreliable, irrational and wanting in the kind of intelligence necessary to accuracy and we have so good an opinion of ourselves that we prefer to believe our own senses rather than those of our patients.

#### *Dynamic, Functional and Pathological Symptoms.*

Our second class includes dynamic, functional and pathological symptoms. A dynamic symptom is difficult to define. Some consider it the purest kind of a subjective symptom; others understand by a dynamic symptom the manifestation of some condition which we are unable to detect by any of our senses, due to the fact that we have not as yet instruments of precision sufficiently developed.

#### *Pathognomonic and Characteristic Symptoms*

A pathognomonic symptom is the distinguishing symptom of a disease or condition, e. g., the peculiar rash and odor of measles, the primary and secondary fever of smallpox, etc. A characteristic symptom is the distinguishing symptom of a drug. It is to the drug what the pathognomonic symptom is to the disease, e. g., agg. of all the symptoms by means of sleep under Lachesis. You ask if there are diseases and conditions which are agg. by sleep, i. e., are there patients who really feel worse as the result of sleep? Experience will tell you that any conditions resulting from improper elimination are worse after sleep, especially is this true of uremic headaches or headaches resulting from constipation.

#### TOTALITY OF SYMPTOMS

Probably there is no expression in our homœopathic literature more confusing than "Totality of symptoms." In our text-books, in our journals, we find almost as many definitions of the phrase as there are writers. The first thing I want you to understand is that totality is not a numerical totality. Three symptoms out of fourteen may determine the totality. If this last statement be true symptoms must have different degrees or rank. There must be higher and lower degrees or rank of symptoms. And it is a fact that most writers on materia medica and repertories divide and arrange the symptoms into five

groups or classes, according to the importance each writer gives a symptom.

How do we establish the rank of a symptom? There are many ways. When speaking of the essentials of a symptom, I told you that mental symptoms (those showing abnormal condition of the brain) should be given the highest rank and modalities the second rank. I have always put sensations in the third class. The pathological symptoms, I have been in the habit of putting in the fourth class. In the fifth class, I have put all the so-called "common" symptoms, such as lack of hunger, thirst, diarrhoea and other functional symptoms which may be easily caused by errors of diet, exposure to cold or heat, etc. But the above only touches the surface of our subject, and one would be poorly equipped whose knowledge of symptoms was not clearer and deeper.

Going a little deeper into our subject we find that certain mental symptoms rank much higher than other mental symptoms, certain functional higher than other functional, and pathological higher than other pathological. How did Allen determine that a certain symptom should appear in large black type in his Hand Book, denoting the highest rank; or how did Boenninghausen decide what remedies should be in capital letters in his repertory or Knerr what ones should be marked with the heavy double lines in his repertory? The conclusion was reached from several view-

"Truth is co-eternal with the all-wise benevolent Deity. It may long escape the observation of man, until the time fore-ordained by Providence arrives when its rays shall irresistibly break through the clouds of prejudice and usher in the dawn of a day which shall shine with a bright and inextinguishable light for the weal of the human race".

—Samuel Hahnemann

points. If they found a *Peculiar, Unusual or Striking* mental symptom they gave it the highest rank. Let me illustrate. A man came into our clinic who said he had something like a lizzard in his stomach. It had been there for thirteen years. This insect caused much distress in the man's stomach, his joints and the left side of the head, when the insect was active, and the insect was active when a storm was "coming up" but would quiet down as "soon as the storm broke". Here was not only a mental symptom but a peculiar symptom and a marked modality. Such a symptom would receive next to the highest rank.

Another illustration: Nearly all the provers of a certain drug had pains in the joints and other symptoms agg. just before a storm but the agg. ceased when the storm broke. A peculiar modality. Such a symptom would receive next to the highest rank.

A third illustration: Half of the provers of a certain drug had diarrhoeic stools, cutting,

twisting, grinding pains in the abdomen (enteralgia and enteritis), the pain amel. by hard pressure on the abdomen also by hot drinks. Five drops of this remedy in a cup of hot water cured without a failure in five hundred cases to which it was given. The symptoms appear in black type in Allen, "caps" in Boenninghausen and doubles lined in Knerr. We call such a symptom a verified symptom.

Now for the application of that illustration. We take a case and find fourteen symptoms. Only three of these symptoms appear under Colocynth but they are all of the highest rank, the first one because it is peculiar, the second because it is a modality, and the third because it has been verified a thousand times. All of the fourteen symptoms are found under Nux. but all of them in the lowest rank. Expressing the highest rank by the numeral five and the lowest by one, we find that Colocynth represents fifteen and nux four-

teen. And we say Colocynth has the "totality of symptoms".

Besides the peculiar symptoms, the verified and the symptoms reported by a large majority of provers, I have found another symptom to which I attach much importance. I call it a reasonable symptom. You will not find it under that name in your text-books so I will describe and define it by illustration. Several years ago while we were proving a certain remedy here in our College, there were certain head symptoms, subjective symptoms, reported by the majority of the provers. Then followed certain other symptoms, diarrhoeic stools, etc., but not until the provers presented yellow sclera and the laboratory tests demonstrated bile in the urine could I give the proper rank to the head and stool symptoms. The fact that certain causes will always produce the same results when operating under similar conditions should be recognized and remembered in our study of symptoms.

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## DR. MURTY AT COIMBATORE

Under the auspices of the Indian Institute of Homoeopaths, Kumbakonam, a meeting was held on the 26th March 1961 at 6 P. M. at 'Nanjappa Choultry' in Coimbatore. A large number of homoeopaths from different parts of Coimbatore District and old students of the Institute had assembled to hear Dr. V. R. Murty, Governing Director of the Institution, who delivered a thought-provoking lecture on 'Homoeopathy as a profession'. Dr. Murty was listened to with rapt attention throughout, for nearly 1½ hours.

Dr. Murty in the course of his address dwelt upon the significance and greatness of Homoeopathic medicines and emphasised that only by dint of hard labour and sincere efforts Homoeopaths could help advancement of Homoeopathy.

Referring to the treatment in Homoeopathy he said that there

were effective remedies for almost all diseases and that the success lay in selecting and administering the proper and correct remedy. This would quicken the healing process.

He strongly criticised the practice of some homoeopaths indulging in adopting medicines of the allopathy system due to mere ignorance. This he said, would lead Homoeopaths nowhere and this attitude on their part would be detrimental to the progress of Homoeopathy. He appealed to Homoeopaths to put an end to this undesirable practice.

Dr. Karuppanna Thevar proposing the vote of thanks praised the I. I. H. in having organised the meeting and suggested that the institute should arrange meetings like this at least once in 3 months particularly in Coimbatore and requested the I. I. H. to help achieve this object.

### Doctor's Predicament.

New Delhi, March—29

A doctor was today admitted in a hospital here with injuries stated to have been inflicted upon him by the uncle of a patient whose life he could not save.

The doctor, it is stated, was attending an 18-month old ailing girl at her house. But despite his efforts the child died in his presence.

The uncle of the child who was standing near by got hold of an iron rod and hit the doctor hard. The doctor fell unconscious and was taken to the hospital.

— Indian express

## DR. MURTY'S PORTRAIT UNVEILED

Dr. V. R. Murty participated in a pleasant function held at the N. G. R. Nursing Home, Krishnapuram, Coimbatore—5, in commemoration of a popular labour leader, under whose name a Nursing Home is being run, by Dr. R. K. Shanmugam M. I. H. on Monday 27—3—61. This Nursing Home with 16 beds is doing yeomen service to the Mill Workers and their families of the area. In the same function Dr. Murty's portrait was also unveiled by Dr. C. R. Venkitachari, Secretary of the Coimbatore Homoeopathic Association and an

Honorary Magistrate of that town, besides the opening of a portrait of Sri N. G. Ramaswamy by Dr. (Mrs.) N.A. Radha of the Women's and Children's clinic, Coimbatore. Sri N. Ponnuswamy, Chairman of the Uppilpalayam Panchayat Board, presided and Sri S. R. Narayanaswamy of Krishnapuram welcomed the gathering.

Sri P. S. Chinna Durai M.L.A., Sri Kodumudi Krishnan, Dr. V. R. Murty, and Dr. (Mrs.) Radha, addressed the gathering. Sri S. Venkitesan of Uppilpalayam proposed a vote of thanks. Earlier there was a tea party.

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## THE STOMACH—THE MUCH MISUSED ORGAN TODAY

(Continued from the previous issue)

We were writing about the lighter forms of stomach disorders, namely, dyspepsia and gastritis. There is another form of complaint which is quite often met with in general practice and which does not yield to the ordinary treatment. The patient may approach the doctor complaining of nausea and eructations. These do not have any relation to the taking of food and any amount of careful investigation will not reveal any pathology, i. e. structural disorder of the stomach. But the discomfort to the patient may be too great and the frequent repetition of this condition makes the patient to resort to all sorts of every kind of medicine. He goes from doctor to doctor and finding no permanent relief to his sufferings which recur often and often in spite of so many medicines, he gets into a state of anxiety about his health and begins to select his food. The patient gets into a depressed state of mind and worry takes hold of him. Naturally enough anxiety and worry cause spasms in the stomach and the intestines and there is delay in the movement of the food and this causes more discomfort making the patient to resort to more and more of palliatives for temporary relief. The innumerable drugs of all kinds so indiscriminately taken in their turn

cause so many new troubles to start and this vicious circle goes on without end leaving the patient in a state of exhaustion and anæmia.

All kinds of investigations may be made but still pathological damage may be absent and hence a diagnosis in the correct sense may be difficult. All that would be said is that the patient is *neurasthenic*.

How very unfortunate it is for one to be suffering from so many discomforts only to be told by his doctors that nothing is the matter with him and that all his troubles are imaginary and that too after treating him for a long time! But this happens many a time and leaves the patient in utter despondency and exhaustion with a lot of fatigue and quite a good amount of anxiety.

The chief symptom generally is a feeling of tiredness, mental fatigue and physical prostration. The patient becomes conscious of his own heart beats and in his anxiety fears that he has developed heart trouble! His whole attention is directed to his body and to every organ and he tries to interpret the various sensations he feels in his own way. So full is he of his illness that he cannot devote his attention to his work and outside

activities and he attributes this to his mental failure. Due to all these causes sleeplessness adds to his misery. There may be giddiness, coldness of the body, lowered blood pressure and loss of weight. In women the menstrual periods may be irregular.

Such cases are now frequently met with even in a small practice, and treatment for this condition is not quite satisfactory except by Homoeopathy, since it is only Homoeopathy which can give relief both to the physical and the mental symptoms by a properly selected remedy according to the law of similars.

Living conditions incidental to modern life, lack of balanced diet, improper food and improper way of eating, lack of exercise and a host of other causes may bring about a condition similar to this in a gradual way. In such cases, it is absolutely necessary to take the case in a thorough manner and treat the patient with understanding and sympathy with the correct similitum and it would be astonishing as to how quickly such cases respond to "Hahnemann's Pills" no matter how many experts have failed in the past. It is in such cases that Homoeopathy wins its laurels and we say "Long Live the memory of Hahnemann".

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## THE HOMOEOPATHY

Managing Editor: Dr. V. R. MURTY

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MAY 1961

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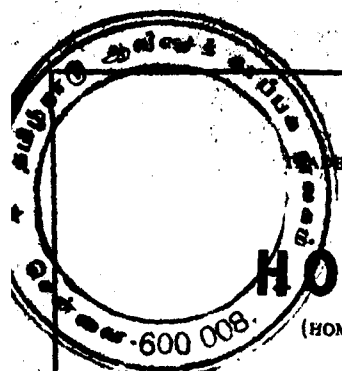
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This is a very useful pick-up when symptoms of palpitation, hard breathing, faintness and mild or severe chest pains occur.

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# The HOMOEOPATHY

Vol. X

MAY 1961

Book 5

## THE HEALTH-GIVING POWER

Despite the vast improvement in what is called public health, there is a steady increase in painful and debilitating disorders afflicting men and women, who, unfortunately, seek for remedies in the wrong quarters, writes A. G. REEKIE in the August 1950 issue of "Health for All".

Immense publicity has been given to new drugs, and the work of chemists, in elaborate laboratories, seriously engaged in seeking cures for grave diseases, is reported in sensational fashion. The idea spreads that health is a commodity that can be manufactured and that the consumption of medicines is all that is necessary for enduring health.

Another misleading notion arises out of some of the various schemes of health propaganda now being carried out on a national scale. These advocate constant examination for physical defects and symptoms. A large group of factory workers was given a talk by a medical practitioner who described the early manifestations of several diseases. The next day there was a record number of absentees! The story of the man who began to take his temperature regularly and ended by keeping the thermometer permanently in his mouth is a parable of what happens to people when the facts of ill-health are put before the knowledge of the principles of true health.

### A Tendency to Worry

The craze for periodic medical "overhauls"—American in origin—also fosters a preoccupation with the technicalities of medical assessments of health. When people are told that their blood-pressure is higher than normal, there is a tendency to wonder what the figure will be next week and to worry about it.

This preoccupation with the characteristics of diseases and disorders produces a condition of mind that is an obstacle to the operation of powerful natural forces of health-building. We

are only at the beginning of an understanding of these inner forces. We are learning slowly how to allow the natural forces to work for us. Combined with a reasonable self-discipline and the avoidance of adulterated, impoverished foods, these powers will ensure for us a degree of well-being that will persist even when the body may be exposed to the risk of infection.

In an American general hospital, a man, 60 years old, was brought in from a street accident and died of his injuries. To a specialist, his wife testified that her husband had never been in hospital and that he had led a healthy life. Yet examination showed that this man bore the marks of having had four major diseases. Both lungs had the healed scars of tuberculosis; his liver had a degree of cirrhosis, but compensatory adjustment had been developed; his kidneys also gave indications of long-standing trouble, and yet there was sufficient kidney tissue to function. His arteries were hardened and his heart enlarged in compensatory reaction.

This case, reported by Professor Russell L. Dicks in his book *Thy Health Shall Spring Forth*, is striking proof of the fact that even when severe physical disorders are experienced, it is possible to live a useful, fruitful life provided the natural health-promoting forces are at work within.

Misleading propaganda tends to make many feel that there is so much in our physical life that can go wrong that they wonder how anyone can be really well. The fact is that there are inexhaustible sources of a health-promoting character within the human body and mind.

Nature is not neutral. Many manifestations of Nature, such as a storm at sea, may suggest that Nature is indifferent to our interests. But when we study the natural order at work in our minds and bodies we find there not a depressing neutrality, but very active beneficent processes. When we encourage these we feel at once an upsurge of well-being.

Another feature of the natural forces at work within us is that they are peculiarly suited to combat the maladies which modern civilization has produced or aggravated.

Many of the most troublesome disorders arise out of the speed and tension of modern living. No generation before us has been subject to such pressure as falls to our lot. We are bombarded with news from every corner of the earth; our minds

are overstimulated by radio and newspapers and films. Modern forms of pleasure are increasingly hectic, and the constant rushing to and fro at high speeds makes heavy demands upon our nervous energy. The consequences are that nearly everyone suffers from varying degrees of tension. Tension is the producer of many heart, circulatory, and nervous disorders.

### **The Power is Within**

Not all the phenobarbitone in the world will give us the power to resist the troubles of hypertension. That power is within, and, if we are not aware of it, then the reason is in an obstacle for which we ourselves are responsible.

This obstacle is frequently emotional, but often is nothing more or less than a mistrust of life. We suffer inhibitions or fears which prevent us from relaxing. The availability of the natural, buoyant forces depends upon the practice of certain sound principles.

The miracles of healing start from within; so does the miracle of persistent health. What is essential is the clear realization of the abundance of health-giving energies from which we can all draw. This calls first for faith and then for practice. We must cultivate the healthy outlook. Cheerfulness, hopefulness, and a confident frame of mind are some of the simple ways we can help to harness the health-giving powers of the universe.

Just as a vitamin-deficient, over-cooked, over-seasoned diet poisons the system, so does a negative attitude of mind. We are not made for negations. Our bodies are conditioned to function at their best in positive achievements.

Personality goes to pieces when a person becomes a chronic negativist. When we retreat from our difficulties, we increase their effect upon us. When we advance against them, they are reduced in size and often evaporate. A negative outlook is unnatural and therefore harmful. It obstructs the free flow of the natural forces that are ready to work for us for our good.

A plant trusts its environment. It absorbs all the elements in the air, light, and soil, and it grows. Our human environment contains all the elements necessary for our well-being. Only our bad habits of thought and behaviour, our misuse and misunderstanding of the laws of healthy living keep us fearful of ourselves, and thus impaired. The kingdom of health is within us!

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## USE AND MISUSE OF VITAMINS\*

GARTH W. BOERICKE, M. D.

Professor and Head, Department of Therapeutics,  
Hahnemann Medical College and Hospital Philadelphia, PA.

"A little knowledge is a dangerous thing," may not do as much harm to the enthusiastic vitamin taker as to the dietary faddist, but it is certainly expensive and at times fraught with danger.

As far as the general public is concerned, I am convinced they have no rule for taking vitamins other than the seductive displays in drug store windows and in department stores. They put vitamin capsules in their mouths the same as they place nickels in a coca-cola dispenser and expect the mechanism to do the rest. They cannot know and many of the medical profession seem to neglect to inform them that vitamins must have adjuvants to work with and an understanding of the pathology present may have an important bearing on the efficacy of the vitamin taken.

Vitamins are given on a deficiency basis and we like the classification of McCombs who summarizes the indications as follows: (1) Direct deficiency is caused by diet from improper or overcooked food and indirect from overuse of alcohol and often to the low protein diet of the aged. (2) Deficiencies caused by decreased absorption from the G. I. tract chief among which

are abnormal intestinal mucosal changes, change in motility, and in bacterial flora and excessive alkali medication. (3) Deficiencies due to increased requirements; such as, fever, growth, pregnancy, lactation, infection and post-operative states. (4) Deficiencies due to increased elimination of the vitamins because of vomiting, diarrhoea, diuresis and lastly the failure due to impaired liver function, chiefly vitamin A.

Discussion of some of these cases reveals that we often have eating problems in the aged. Besides the frequent dislike for so-called heavy foods, meat and eggs, we have at times the loss of teeth for proper mastication and diminished gastric acidity for hydrolysis. Therefore, a cereal grain diet follows with deficiencies in the amino acids; such as lysine, arginine, histidine, tryptophan. If we give a patient taking such an inadequate diet synthetic vitamin supplement in the absence of the above amino acids which help supply the respiratory enzyme to the vitamins they are a total loss.

To balance deficiencies of the amino acids in cereals and grains, we depend upon the yeast protein. The digestibility of whole yeast due to resistance of the cell walls to intestine hydro-

\* Presented before the Bureau of Public Health, Social Hygiene, Preventive and Industrial Medicine at the 103rd Anniversary Meeting of the American Institute of Homeopathy, June 24, 1947, Swampscott, Mass.

losis is such that we should use an enzymatic preparation of yeast which will yield free amino acids and polypeptide. Several satisfactory preparations of these yeast hydrolysates are available. I use M. R. Thompson Protein Hydrolysate.

Parenthetically we might say that edema occurring in the aged is not always due to cardiovascular renal changes but possibly to deficient urea formation. A factor which has a diuretic effect. A cereal diet low in arginin obviously is deficient in urea formation and hence leads to water retention.

Sieve, in a series of articles emphasizes the role of vitamins and especially points out the interrelationship and their dependence on hormones in order to function properly. Endocrine deficiency may impair vitamin action and both are affected by focal infection. The more important types are infections of the prostate, abscessed teeth, subacute sinusitis, subacute hepatitis, chronic bronchiestesis to which we would like to add low-grade, deep-seated phlebitis the latter of which is especially seen in the aged.

We feel that Sieve's thesis on the prostate as a source of infection in the male should be emphasized and we, therefore, quote his view, "The prostate has been found to be one of the chief sites of chronic infection in the male. The last group of male patients observed by this author have previously been treated for prostatitis. Therapy consisted chiefly of massage and in some

cases bladder irrigation has been given at the same time. These patients have been discharged as apparently cured but subsequent examinations by the author usually reveal a large boggy gland with prostatic smears showing only a few pus cells at first. Soon after the hormones and vitamin replacement therapy have been instituted, however, large numbers of pus cells were found in subsequent smears.

"The reason for this increased discharge of pus cells becomes apparent upon analysis of the factors involved. That alteration and sex hormone imbalance occur at the climacteric period in both sexes has been well established. Is it not conceivable, therefore, that hormonal imbalance can be an important factor in simple hypertrophy associated with infection of the prostate gland? Moreover it was demonstrated that endocrine dyscrasia will interfere with the synthesis and absorption of vitamins. It seems reasonable to assume then that establishment of hormone vitamin balance by replacement therapy produces further drainage of pus which could not be obtained by routine genitourinary therapy. This accounts for the further discovery of infection in the gland which has previously been considered normal."

On the foregoing, it is obvious that vitamin therapy is not just simply giving the patient vitamins. The patient must be "conditioned," so to speak, for the favourable action—by correcting endocrine imbalance,

removing infection, and close inspection of the diet to see that it is adequate, especially in the aged.

Regarding the recognition of the endocrine aspect of a case who is a candidate for vitamins, we depend more on subjective and objective signs than on laboratory data. The following points are subjective: The menstrual cycle must not be dismissed lightly as normal on the patient's say so. Inquiries should be made regarding the amount and type of flow, whether diminished or increased, the presence of irritability, depression, headache, insomnia, together with symptoms of polydipsia a tendency to edema at this time or carbohydrate intolerance or mastodynia. However, some of these may provide a clue to disfunction of either the ovary, thyroid or pituitary gland individually or more commonly a combination.

Menopausal symptoms may far outlast the secession of periods by years. Although the ovaries in the female and the testes in the male atrophy and decrease their production of hormones, yet the anterior pituitary, adrenal and probably the thyroid help in the maintenance of hormonal balance and ovarian and testicular deficiency supervenes. In regard to the male climacteric there is a school of thought which holds that in cases where liver damage such as cirrhosis is present, here a lack of adequate vitamin B may interfere with the destruction of the estrogens by the liver which normally

takes place. In such a case intensive liver therapy promotes the normal process. Hence, menopausal symptoms in the male; such as flushes, emotional upsets, depressions, action liberdo may yield to treatment along these lines.

If these endocrine deficiency states, infections and malnutritions are not considered and corrected the willy-nilly exhibitions of vitamins may be fraught with definite drawbacks.

Perhaps the most serious is overdosage with vitamin D. At present large doses (200,000 units daily) are often used in arthritis and in certain skin diseases; such as, lupus and scleroderma. The long continued use in such cases is not of established advantage. Symptoms of intoxication may be expressed by anorexia, vomiting, abdominal cramps and diarrhoea. Polyuria and polydipsia, pains in the muscles and joints, dizziness and occasionally numbness and tingling in the extremities may also be included. Then there are the severe signs of renal failure and demineralization of the bones.

Original enthusiastic reports regarding vitamin A as protective against infections have not been fulfilled.

Unbalanced thiamine chloride has an antilipotropic effect in causing deposition of fats in the liver.

By imbalance is meant an inadequate supply of vitamin B complex to aid in metabolizing the high carbohydrate diet. As has been touched on

before, adequate amino acids are also important.

Machella in a symposium on vitamins and hormones presented at the Philadelphia Postgraduate Institute, April 15, 1947, declares that there are four major fallacies encountered in therapy with water soluble vitamins. (1) The administration of vitamins to patients who do not need them. (2) The prescription of unnecessary large amounts. (3) The wrong choice of vitamin preparation. (4) The practice of injecting them when oral administration would be equally or more effective. Only four of the several water soluble vitamins give clinical evidence of specific defi-

ciency. They are thiamine, riboflavin, nicotinic acid, and vitamin C. Deficiencies in other water, soluble vitamins notably, biotin, pyridoxin, pantothenic acid, inositol and para-aminobenzoic acids are not accompanied with stigmata which can be recognized at present.

The best route of administration is the oral. It is uneconomical to inject vitamins when there is no reason for so doing. For example, the intravenous injection of 100 mgs. of thiamine is followed by the excretion of 98% in the urine within three hours.

In conclusion, to laymen, my advice is to consult your physician and not the drug clerk.

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## "PREVENTION IS BETTER THAN CURE"

Dr. Gabriel P. Tambisami

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Homoeopaths who discard the Tissue Remedies are, at times, at a great disadvantage in the treatment of diseases. Hepar Sulph. cannot take the place of Calc. Sulph. which has neither the sensitiveness to cold draft of air nor the painfulness to touch, belonging to the former. Dr. Kent has placed Calc. Sulph. on the same level with Tuberculinum, Psorinum and Sulphur.

Tissue Remedies are prescribed in conjunction with homoeopathic medicines to enhance their effects or to prevent and remove their unpleasant results, if any. Therefore, we may say that the Homoeopathic system is not complete without the sister science of Biochemistry which is complementary and supplementary to it.

Persons of any age who are subject to the ailments listed below would be well advised to build up their resistance against these troubles by taking regularly

at certain periods of the year the indicated Tissue Remedies. It is admittedly more difficult to cure an illness than to prevent its inception.

At middle age, the period of life in which the human organism often begins to show the first signs of breakdown, it is even more important to avoid troubles which might easily lead to serious constitutional diseases. Very few persons of middle age are in perfect health and the fact that they are not perfectly well proves that they have reached the dangerous age.

**Colds:** If you are subject to frequent colds, coughs or respiratory troubles—take daily during the fall and winter months FERRUM PHOS. and KALI MUR.

**Run-down conditions:** If you are run down, weak or anaemic, take daily as a tonic FERRUM PHOS. and CALCAREA PHOS.

**Nervous pains:** If you are subject to head-aches, neuralgia, neuritis, rheumatism, take daily KALI PHOS. and MAGNESIA PHOS.

**Stomach troubles:** If you are subject to indigestion, acidity or loss of appetite, take daily NATRUM PHOS. and CALCAREA PHOS.

**Nervous conditions:** If you are nervous or irritable, if you suffer from mental depression or

sleeplessness take daily KALI PHOS and CALCAREA PHOS.

**Inactive Liver:** If you are subject to bilious attacks, if your tongue is coated, if you have a bitter taste on arising, if you have a sallow or yellowish complexion, take daily NATRUM SULPH. and KALI MUR.

**Weakness, poor circulation:** If you feel tired and are easily fatigued, if your circulation is poor, if your legs are stiff and your step is heavy, take daily CALCAREA FLOUR and FERRUM PHOS.

**Old Age Debility:** Older people who especially need a tonic to improve their bodily resistance to preserve to the utmost their remaining strength should take daily CALC. PHOS. and FER. PHOS.

### PREVENTION OF SEASONAL ILLNESS

During the summer months digestive and intestinal troubles are most frequent and to provide a reserve supply of cell salts, KALI MUR. in the morning and NAT. PHOS. in the evening should be taken regularly.

The fall months are the period when the sudden changes of temperature and chilly nights act powerfully on systems weakened by heat of summer and as protective measure take daily FER PHOS. in the morning and KALI. MUR. in the evening.

During winter, coughs, cold, pneumonia, bronchitis and similar troubles of the nose, throat and lungs are prevalent. These

are caused by a deficiency of KALI MUR. and FER. PHOS. in the system, brought about by the sudden changes of temperature and exposure to cold, drafts of air, etc. By taking FER. PHOS. in the morning and KALI MUR. in the evening and thus maintaining a reserve supply of these salts for the body to call upon at need disease may frequently be prevented and an attack of possibly dangerous illness warded off.

*In the spring* a condition of anaemia exists in the majority of people, manifested by fatigue lassitude, inability to concentrate the mind on work and a vague feeling of discomfort, frequently known as "spring fever". FER. PHOS. and CALC. PHOS. are the lacking salts which cause anaemia. The persistent use of FER. PHOS. in the morning and CALC. PHOS. in the evening is a wise defence against the possibilities of "spring fever".

In this way, throughout the year, a reasonable amount of precaution may be taken against disease.

Furthermore, during epidemics of "flu" hay fever, measles, and other troubles, the cell salts lacking in such diseases should be taken regularly as a preventive.

### KAPOZIN

is a Digestive Tonic indicated in all run-down conditions.

## QUESTION BOX

(The Editor answers to readers' Questions)

### 1. F. M. K., Jamshedpur

1. Why are there so many Homoeopathic Materia Medicas? If each Materia Medica is an individual investigation on drug proving, why not compile one up-to-date Materia Medica with the use of original works so that the practitioner has one complete ready reference for each and every drug whose symptomatology has been investigated by one and all of the authors?

"Most of the authors of the original Materia Medicas have long ceased to exist. There was one work, something like what you say, known as the "Encyclopaedia of Pure Materia Medica" edited by Dr. T. F. Allen and published by Messrs. Boericke & Tafel, America in 1879. This work was in 10 volumes each of nearly 800 pages in small type. It is out of print now".

2. Ref. your article (Dec.'60) "Why philosophy" by Grimmer, the author says that the modern toothpastes arrest the action of Homoeo drugs. What are the dental preparations in the market or other preparations which can be used by the Homeo patients?

"So far as I know—none. But pure common salt powder is a good dentifrice"

3. Does insulin used by diabetics interfere with the action of homoeo drugs?

"I think that insulin and Homoeopathic treatment go well with each other."

### 2. H. W. D., Ponnampet

1. What are the anaesthesia drugs in Homoeopathy?

"Homoeopathic drugs are not classified that way."

2. Is there any antidote to cobra poison?

"For the acute poison—nil".

3. My friend says that Homoeopathy is only mesmerism. What is your opinion?

"My opinion is that Homoeopathy is the only rational system of therapeutics."

### 3. K. M., Rampur.

1. Can tuberculosis be cured completely by treating Homoeopathically, without using streptomycines?

"Yes, in respect of all curable cases and in the curable stage. Homeopathy has been doing it long before the Mycines were invented."

2. Can we get Registration in the Madras State, if we pass the C. A. I. H. Examination?

"Only passing the Examination will not do. One must practise and be useful to the people, then the

Collectors will register practitioners in Madras State".

3. Why can't you open a branch of your Institute in Mysore State and arrange to teach in Kannada?

"Because I do not know Kannada".

4. S. N.. Mathur.

1. People say that allopathic medicines when given intra-muscularly are likely to create skin rashes when it mistakenly touches the vein. Is the same likely to occur by Homoeopathic injections also?

"No, if properly prepared Homoeopathic injection ampoules are used."

2. 'Pure mother tinctures can be injected' so some homoeopaths say. Are they right?

"I do not think they are right".

5. K. S. N., Lokikere.

1. Can I expect an appointment in your Laboratory and the pay that will be given to me?

"There is nothing wrong in your expectation! The pay will depend on your usefulness if appointed."

2. How to treat a highly dehydrated child with diarrhoea and fever—absolutely a big quantity of water is required.

"Give the correct remedy and a lot of liquid nourishment".

6. V. R., Vengodi.

1. The Homoeopathic diplomas and degrees recognised by the respective state governments may please be given in their order of importance.

"All recognizable degrees and diplomas have been recognised by all the state governments. They stand on equal footing."

2. Is it possible to have an information bureau for the convenience of the homoeopaths pertaining to the developments in homoeopathy from time to time?

"Why not, when we pay all kinds of taxes. You will please make this a condition when the candidates come to you for your vote at the next general election."

3. The effective treatment for KELOID? Whether any of the three miasms have anything to do with this disease?

"Give Graphites 200, once a week for 3 months. Probably Psora or Syphilis may be the underlying cause".

7. S. R., Nowgong.

Is there any homoeopathic Medical College in Madras and Bombay and if so please give details.

"If you mean regular 4-year course Colleges, in Madras there is none yet and in Bombay there seems to be one in the starting stage".

8. P. K., Bangalore.

1. Please confirm that on the date of enforcement of

legislation by the Government of Madras regularising the practice of Homoeopathy, all persons holding Diploma A.M.I.H. will automatically be recognised/registered.

"I am not the Government of Madras."

2. Is it possible to impart practical classes in Madras Branch also as is being done in Kumbakonam?

"It may not be possible for want of proper accommodation for the classes and lodgings and the inconvenience of transporting so many teaching equipments."

3. Can firm nodules in the uterus which cause profuse haemorrhage during menstruation be completely absorbed/cured? If so what medicine could be administered?

"Any disease of the kind can be cured by the proper medicines selected according to the totality of the case. In such cases the local symptoms alone are not sufficient to give a prescription."

9. G. R., Chittoor.

1. Any journal or Magazine is made available for readers even a day in advance of the particular date of publication. But it is a pity that the readers of HOMOEOPATHY are able to receive the Journal on 8th or 9th of the following month at the earliest.

"This journal is published on the 5th of every month and

posted on that date to all subscribers regularly every month."

2. Define a 'Wart'.

"A hyperplasia of the papillas of the skin, forming a small projection."

3. Are lodging facilities attached to Hahnemann Hall?

"Yes."

10 A. F. P., Bombay.

1. Are there many homoeopathic Research Centres in the world to find cures for new diseases like Cancer?

"None to speak about seriously."

2. Isn't it true that Homoeopathy is a science which requires more than a lifetime to study properly?

"Quite true."

3. Homoeopathic medicines are incorporated in allopathic medicines; e. g. Cratagus Oxy, Passiflora etc. extracts. Is this mix up good?

"The plants and herbs of nature do not belong exclusively to any school of medicine."

11. R. V., Quilon.

1. Can we cure Polio? Preventive remedies against this?

"Yes; read Lathyrus."

2. When milking small-pox affected cow, the hand feels a kind of symptom around the fingertips (scraping of skin with pain). What remedy should be applied to this?

"Cow which is affected by small-pox should not be milked."

3. How to conquer that "all gone" tired feeling?

"Take a few homoeopathic pills and cultivate new interests. ALTOBEX may also help."

12. B. S., Attili.

1. Shall we have to use the same potency of antidote to antidote a Homoeopathic remedy?

"Preferably."

2. Are we to use higher potencies in acute diseases or are we to use lower ones?

"The lower ones are preferable."

3. Through which route is the Homoeopathic remedy conveyed to the whole body?

"Through the sensitive nerves."

13. R. S. Tiruturaipoondi.

1. Will Homoeopathic medicines cure Asthma completely?

"I think so."

2. Is there any age limit to study Homoeopathy?

"There need not be any age limit for acquiring knowledge."

14. K. M., Rampur.

1. Please recommend some useful books on Homoeopathy for beginners.

"Nash's leaders in Therapeutics; Ruddox's Vade Mecum; and a host of others."

2. Can Homoeopathy be adopted successfully in veterinary practice? If so the potency, and the dose?

"Yes. Homoeopathic medicines are useful in all potencies in veterinary practice also. Try the human dose."

3. I heard that the use of Nat. Mur. half-an-hour before coition, is a good measure of birth control. Is it right?

"If your informant is reliable, why not try and proclaim the result for the benefit of all?"

15. P. M., Ettayapuram.

1. M. F. (Hom) London-Full definition? Can we study by post?

"Member of the Homoeopathic Faculty, London. Nothing doing by postal tuition."

2. Can a Homoeopath study any specialist courses? Are there any Institutes for these?

"Homoeopathy is in itself a specialist course. There are many institutes specialising in issuing diplomas without study!"

16. P. P., Elaiyapuram.

1. What is the sudden cure for fever and gas troubles?

"The indicated remedies."

2. Are there any research Laboratory for this in India?

"For what?"

17. K. S. N., Lokikere.

1. What will be the value of the Homoeopathic degrees when anybody can get high sounding degrees without studying, by paying only Rs. 40/-

"Very high sounding letters are sold even at cheaper prices as Rs. 10/- and Rs. 5/- each by V. P. P. In Homoeopathy the degrees or letters one adds to his name does not matter but knowledge does."

2. Is there any Homoeopathic Dispensary run by the Madras Government?

"None so, far"

3. Pregnant ladies are prevented from seeing the Lunar or Solar eclipse. Why?

"So that the off-spring may not suffer from the eclipse!"

18. M. M. F., Rampura.

1. Can Homoeopathic tonics and mother tinctures be given to smokers?

"Yes."

Questions pertaining to the Science and Art of Homoeopathy, Hygiene, etc., will be answered by the Editor in the journal in the order of importance. One person can send three questions at a time.

Questions must be legibly written, or preferably typewritten only on post-cards and instead of writing the address, the coupon below must be cut and pasted on the address portion of the post-card. Questions sent without the coupon and those sent in envelopes would not be considered or replied.

The Editor reserves the right to reject or not to answer any question without assigning any reasons therefor.

Questions eliciting short answers only will be entertained.

The full name and address of the person sending the question must be given.

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## WHAT IS YOUR AGE ?

SOMEONE, being asked, "How old are you ?" replied, "Six thousand years." He no doubt felt like it. In reality that was his age. It is your age, and it is my age. As a race, we are six thousand years old, and our age is telling on us, for we to-day are suffering the results of our sins and the accumulated results of our ancestors' sins.

Man, at the beginning, lived to the age of more than nine hundred years. Had not man been endowed with a degree of vitality to which we today are strangers, the human race would long ere this have been extinct.

### Fewer centuries

The race is becoming weaker and more infirm. The century mark is now seldom reached. We age prematurely. Deaths from organic diseases are on the increase, and few reach the age of one hundred, ninety, or even eighty years.

I hear someone say : "But, doctor, is it not true that the average length of life has greatly increased during the past half century?" Yes, that is true, but while the average length of life has increased, the maximum age has decreased.

Dr. Haven Emerson, former Health Commissioner of New York City, U. S. A., tells us that "in the city of New York during fifty years the mortality from scarlet fever diminished ninety-nine-percent, diphtheria ninety-five percent, acute res-

piratory diseases fifty-three per cent." This looks most encouraging. It is an accomplishment of which we may justly be proud.

But while the mortality in infancy and from germ diseases diminished, he tells us that mortality from cancer during the same period "increased 176 per cent, from heart disease 187 per cent, from diseases of the arteries 663 per cent."

### Centenarian's testimony

There are individuals here and there who have succeeded in living to the century mark. At the age of ninety-nine years, Stephen Smith, one of the founders of the American Public Health Association, in addressing the members of the organisation at their annual meeting in New York City, at a banquet given in his honour, said :

"Others were associated with me in the founding of this organization; but, like the servant of Job, I can say, 'I only am left to tell thee.'" All his former associates, he said, were more robust than was he, and should have been with him on the platform.

A young woman stepped up to him before he went into the platform and asked, "Dr. Smith, how does it feel to be old?" to which he replied, "I don't know."

### "Take care of your stomach"

His advice to one who was anxious to learn the secret of his

long and useful life was, "Take care of your stomach the first fifty years of your life, and the next fifty the stomach will take care of you." He himself did this. With him this was not a matter of choice, but of necessity, because he had by inheritance a frail constitution. In his address he expressed the hope of living to the age of 120 years; and since he had a feeble and infirm constitution and succeeded in living to the age of nearly one hundred, he said he could see no reason why a robust person, living as carefully as he did, should not live even longer than that, and why the expectancy of human life should not be raised above the popular expectancy of three score years and ten.

Thomas Edison lived to an advanced age. Had he died early in life, it would have been chargeable to himself and not to his ancestors for his great-grandfather lived past the century mark. His grandfather lived to the age of one hundred and three years. To him were born seven children all of whom lived to the advanced ages. Samuel, the father of Thomas, reached the age of ninety-seven years.

#### Secret of Edison's long life

His excellent heredity combined with careful living was responsible for the useful and long life of Edison. Speaking of himself, Edison said: "I keep my health by dieting. People eat too much and drink too much. Eating has become a habit with almost every one. It is like taking morphine; the

more you take, the more you want. People gorge themselves, with rich foods, use up their time, ruin their digestion, and poison themselves."

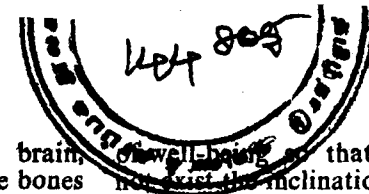
He added: "If the doctors would prescribe dieting instead of drugs, the ailments of normal man would disappear. Half the people are food drunk all the time. That is the secret of my health, I always live abstemiously. It is a religion with me."

Dr. Elliot, who for many years was President of Harvard, and one of America's foremost scholars and educators, at the age of eighty said: "That I have borne much labour and responsibility without ever suffering even a temporary break-down seems to me to be due, after the inheritance of a sound constitution, to my possessing a good muscular and nervous system, preserved by open air exercise and the habit of moderate eating. This may have contributed to the fortunate result, and at no time of my life have I ever made habitual use of any nerve stimulant like tea, coffee, tobacco, or alcohol."

#### Old at forty—young at sixty

Some men are older at forty than others are at sixty. A man of forty with sclerotic or hardened arteries is, in reality, from a medical standpoint, older than is the man of sixty whose arteries are still soft and elastic.

It is not merely the arteries that undergo sclerotic changes in old age. The liver, the



kidneys, the heart, the brain, the muscles, and even the bones undergo similar changes. This hardening of the tissues determines the age of the individual. The number of years a person of fifty is capable of living may be determined by the conditions of these structures.

When the tissues and organs of the body undergo these degenerative changes, they are no longer capable of functioning as in youth. Glands, which have to deal with the poisons that are introduced into the system or formed within it, are no longer capable of neutralizing or eliminating them perfectly. In time the function of these organs is interfered with to the extent that death results from the retention of poisons.

Someone has said, "To live to the age of one hundred years it is necessary to develop a chronic disease early in life, and then take care of it," or possibly it may be necessary to be rejected by a firstclass life insurance company. The man who has a chronic ailment and knows it, gives attention, as a rule, to his habits of living. Living more carefully than the one who by heredity has robust health, he may outlive his boastful neighbour who affirms, "I can eat anything." For this reason it is the apparently robust who are as a rule cut off suddenly in life without remedy.

#### Avoid unnatural stimulants

It is possible by careful living to be permeated with a feeling

of well-being so that there will not exist the inclination to resort to the use of unnatural stimulants such as tobacco, tea, coffee, and so forth, which the masses feel they must have to keep going. It is lowered vitality that calls for stimulation. Only subnormals feel the need of stimulants, but they, above all, should abstain from them.

The fact that stimulants are so universally sought is in itself evidence that the human family is subnormal. It also affords the explanation why our girls and boys, because of this defective heredity, are becoming addicts of the cigarette and narcotics. Not much can be hoped for the future. The constantly increasing mortality from heart disease and other organic diseases will continue. To my mind we are in a fair way of depopulation unless some very radical changes in the habits of our people are made speedily.

#### "Sin no more"

To improve the race physically and morally, thought must be given to wrong physical habits. A religion that does not direct attention to causes in the effort to get rid of results is of little or no permanent value. It is not enough to say, "Son, be of good cheer; thy sins be forgiven thee." To this must be added, "Sin no more, lest a worse thing come unto thee."

—Dr. D. H. Kress, M. D. in *Good Health*,

## ANNOUNCEMENT

To fall in line with the Government's order to adopt the Metric System of weights and measures, we shall soon be gradually changing over to this system, for all our preparations both in liquid and tablet forms. This change over to Metric System is effected so as to cause minimum inconvenience to our customers.

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Due to the recent levy of Central Excise Duty on Patent & Proprietary medicines, Bottles, packing materials, etc., we have justification for the increase in prices of all our preparations by about 15 to 20%. But, in the interest of our customers, and the common, poor people, to whom our preparations are mostly useful, we have decided, for the time being, to bear the increase in the cost of production ourselves. However due to the change over to Metric measures, the prices of some of the preparations have to be slightly altered.

We are giving below a list of preparations which will be available hereafter in Metric Measure, and the new revised rates also are shown against each:-

| Name of preparations              | Revised Packing | Revised Rate.<br>Rs. nP. |            |
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| Alfalfa Tonic                     | 500 c. c.       | 8—50                     | ,,         |
| Altobex Tonic                     | 100 c. c.       | 3—50                     | ,,         |
| Altobex Tonic                     | 500 c. c.       | 13—50                    | ,,         |
| Homeo Cough Syrup                 | 100 c. c.       | 2—25                     | ,,         |
| Goldrops                          | 30 c. c.        | 3—75                     | ,,         |
| Sodhari                           | 30 c. c.        | 3—00                     | ,,         |
| Dibet                             | 30 c. c.        | 3—00                     | ,,         |
| Bahola (Homoeopathic)<br>Liniment | 50 c. c.        | 2—75                     | ,,         |
| Omkar                             | 30 c. c.        | 1—50                     | ,,         |
| Homo Cord                         | 30 c. c.        | 4—00                     | ,,         |

Customers are requested to mention in their orders the revised, new packings of the above preparations while placing their orders with us.

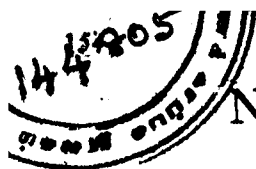
Further additions to the above list will be announced by us from time to time.

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*The Homoeopathy*

## NEWS AND NOTES

*The Masters's Birthday at Indian Institute of Homoeopaths:* The 206th birth anniversary of Dr. Samuel Hahnemann, our great Master was celebrated in The Indian Institute of Homoeopaths, Kumbakonam on 10th April 1961, in a befitting manner. The Hahnemann Hall in the Institute was the very scene of jubilation. Enthusiasts from outstations who had arrived at the Institute in large numbers participated in the celebration.

The function began with a tea-party in the evening and Sri. V. M. Subramaniam, Vice-Chairman, Kumbakonam Municipality presided.

Dr. V. R. Murty, who welcomed the gathering spoke at length on the greatness of the celebration and brought home the truth that humanity owed much to the Master who showed the world the great science of Homoeopathy.

Dr. Yellaivanam, M. I. H. Lecturer, Thiruppanandal Tamil College, Dr. N. Krishnamurthy Iyer, Dr. Muhamed Sultan, Dr. Kanakasabhai and Dr. Pakkirisamy also spoke on the occasion.

*Homoeo news from Vidarbha:* The first Vidarbha Pradeshik Homoeopathic and Bio-chemic Conference was held at Amra-

vathi recently. Dr. Yudhaveersinghji, the Ex-Minister of the Delhi State and the Chairman of the Delhi State Homoeopathic Board, presided. About 500 delegates and enthusiasts from far and near took part in the conference. Some of the distinguished participants were Dr. Baba Saheb Nandurkar, Chairman of the Homoeopathic & Bio-chemic systems of Medicine, Vidarbha, Nagpur, Dr. A. D. Pendharkar, Nagpur, Rashtrasant Tukadoji Maharaj etc.

Dr. Homi Talyarkhan, Minister for Health, who inaugurated the Conference and the first Botanical Exhibition of Homoeopathic Medical plants, dwelt at length on the praise-worthy work done by the Vidharbha Homoeopathic Board and Homoeopaths.

The Conference, after its numerous deliberations, passed a number of resolutions. One of the resolutions requested the Government of Maharashtra to appoint registered Homoeopathic and Bio-chemic practitioners in State Medical services, and in all other aided or non-aided local bodies health services. By another resolution, the Conference urged the State Government of Maharashtra to allocate a sum of Rs. 15 crores in the State Third Five Year Plan for the development of Homoeopathy.

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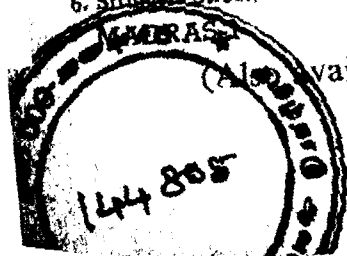
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# The HOMOEOPATHY

VOL. X

JUNE 1961

Book 6

## THE MODERN TRENDS

In December last, we wrote in "THE HOMOEOPATHY" that in case the Governments wanted that no rural dispensary is closed for want of suitable doctors to serve in rural areas, it was absolutely necessary to recognise Homoeopathy and standardise and recognise the Postal Tuition System of education. Again in January this year, we had occasion to comment on the Presidential Address of Dr. V. R. Murty at the Second Madras State Homoeopathic Conference at Madurai in which Dr. Murty made out a very good case for both the above.

Well conducted correspondence courses of studies for Homoeopathy have been in vogue in this country for the last nearly twentyfive years and in this, THE INDIAN INSTITUTE OF HOMOEOPATHS AT KUMBAKONAM, under the able guidance of Dr. Murty, has been doing yeomen and excellent service. The correspondence course of this Institution is so well organised and conducted that if one, with an average general education and an aptitude for medicine and social service takes it up he will be able to master the fundamentals of the science in about a year. This leaves him where he will have more hunger for knowledge and so pursues the studies further with the aid of the available textbooks and by personal tuitions under senior practitioners and thus enriches his knowledge to be able to take up all medical cases that may come up in an ordinary general practice.

We do not deny that in the name of correspondence courses of studies in Homoeopathy, many ignorant and unscrupulous individuals exploit the gullible by pretending to teach by correspondence, but actually selling scraps of paper in the name

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## THE HOMOEOPATHY

Managing Editor: Dr. V. R. MURTY

JUNE

1961

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of diplomas but the cause of this is only the want of State recognition to the system and to the well-conducted correspondence courses. In fact we have been crying hoarse for so many years now that the Government must set up a standard and conduct final examinations for the award of the diploma to all those who study through the correspondence medium and wish to appear for such an examination. When this is done, those ignorant folks, who themselves do not know much of medicine or Homoeopathy, but issue diplomas like selling platform tickets will meet with their miserable but well merited end.

We find that the Government now accepts in principle that Correspondence Courses are not only desirable but essential. Only the other day, Dr. K. L. Shrimali, the Union Education Minister, said at Trivandrum that the fear that students would fail if correspondence courses were introduced was unfounded but that, according to him, the standards may improve due to the fact that only people who were serious would take up such courses.

About standards and failures in the regular classes in colleges, he said that "many boys and girls who were not fit to receive higher education manage to enter university courses and that was the reason for low standards. He therefore wished that some sort of a screening must be done at the admission stage. We all know that we do have a system of screening and marks and grades to enter the colleges but we feel that such screening as we find today certainly does not serve the purpose which Dr. Shrimali contemplates. By some ingenuous form of selection of candidates for admission, some-how or other, aptitude is never taken into consideration. At the time of college admissions professional or academic-there is a scramble for seats anywhere-somewhat-and, one with an aptitude for medicine gets a seat in the Engineering College and VICE VERSA. Again a student with aptitude for science gets a seat in the Humanities and VICE VERSA. This is a phenomenon which we have been helplessly witnessing for the last so many years. Parents are happy that their children have got seats somewhere somehow, but aptitudes and initiative are killed and naturally if a majority of the students so admitted lose interest in the studies to which they were fortunately or unfortunately admitted, surely they cannot be blamed.

A boy, with aptitude for medicine, who wishes to become a great doctor in his life and thinking about it from an early age, does not get a seat in any medical college when the time comes, because he got a "B" instead of an "A" in some silly subject, loses all interest in life and becomes a misfit in any other profession. It is so very unfortunate that in our country even after fourteen years of independence, one is not able to get that education which he craves for but has to take what is thrown at him.

It is while considering this, that we breathe a sigh of relief when we are told that the Government contemplates to introduce evening classes and correspondence courses of studies in the colleges. Let us hope and pray that at least this wise move would not be nipped in the bud by the vested interests.

### " THE DIPLOMA COURSE "

Politicians who run the Government, and who would like to do so in future also, wish to please the people by re-opening closed rural dispensaries for want of doctors who are willing to settle in the rural areas and so would wish to open Medical schools to train diploma holders for rural service.

The Indian Medical Council, the supreme body that controls medical education and practice in the country, cannot tolerate such a move as it fears that lowering of standards of medical education could make them look small in the eyes of the world!

It is not certainly a serious matter if a few crores of people who are forced to live in the rural parts do not get any medical aid when they or their children become sick, but, how can we, as a nation, stand before any other advanced country, without blushing, when we produce diploma holders in allopathic medicine! Therefore it is that the Indian Medical Council is opposed to the move of the Mysore Government to re-establish medical schools to train diploma holders!

But, we ask, why should the diploma course be in allopathy? Cannot the Mysore Government start diploma courses in Homœopathic medicine, thus serving two purposes at a time. The Indian Medical Council can have no say in the matter and the people will have better and efficient treatment at a cost they can well afford. It is time that our rulers learnt more about Homœopathy if they really want to serve the people.

## Things that Interfere with the Homœopathic Prescription

Arthur H. GRIMMER, M. D.

The homœopathic physician must work hard and carefully on all his cases if he wishes to cure them.

First obtaining a full and complete case history requires much time and labor. Then the chase through repertory and *materia medica* for the most similar remedy uses up more time and labor. When that precious talisman, the *similium*, is found and administered, the doctor with a sense of duty well performed relaxes and is content to wait for anticipated reports of desirable changes for the better in his patient on his next visit.

For do we not all know the power of cure residing in that *similium* once it is obtained? Have we not many times seen the proof of "the law" in cures that had defied other medical means?

What mingled feelings of doubt and disappointment overwhelms the doctor, when, after long and laborious study and effort, a classical case is worked to the one remedy that alone most completely covers the symptoms and history of the case—and the remedy is administered with supreme confidence that a prompt and gentle restoration to health in the suffering patient will soon come. Then after the prescribed lapse of time the patient returns, not with joyous news of beginning

cure, but he is either no better or even worse than before the remedy was taken! Such an experience as this is enough to shake the faith of the strongest, and confuse, the wisdom of the wisest!

What about the vaunted Law, and the miraculous power of the *similium*; whence have they vanished, what is wrong? After all the work and study with the acquired knowledge of remedies and all the courageous faith, comes failure, dismal failure like an evil omen to blight the promise of glorious success held out to all those who have the energy to work and the faith to study and apply the great law of cure.

Is the Law then but an illusion? Or a subtle and deceptive force, a changling in a changing world to bring the joy of a cure here and the gloom of defeat there? No, the Law is immutable and perfect; it needs but free and uninterrupted scope to perform its wonders.

The physician has failed in one respect in spite of all his learning and knowledge of remedies, in spite of his laborious energy and painstaking care, he has failed to instruct his patient in the many things that can nullify a good prescription or cut short a remedy's action and efficiency.

Outside of proper social, psychological, dietary and hygienic

conditions which every physician should insist upon having for his patient along with the remedy administered, there are many things in common use among the laity that will inhibit and antidote the action of the homœopathic remedy.

The most frequent and noxious of these things that have occurred in my practice during the last 40 years, to harass and embarrass me and to plunge me deep into gloom and doubt from time to time will be mentioned in the course of this paper. Nothing is so valuable or vital to the homœopathic cause and the doctors who practice homœopathy than this knowledge of the interfering forces that work against the life force of humanity and thus nullify the harmony and power of curative forces. Never in the history of man has life been so complex, so beset by forces that destroy at every turn; from the time of the tiny babe in the crib all through flowering youth into the pride and strength of maturity, and down to hasty and premature old age the evil genii of dissolution hold sway and this in spite of, and much of it because of, a so-called scientific advance and progress, especially in things medical.

There are so many things that interfere with the action of the homœopathic remedy it is hard to know just where to begin. Perhaps the most important of the common antidotes to homœopathic drugs is camphor and camphor compounds, synthetic compounds of menthol contained in moth balls, and in in-

numerable salves, rubs and ointments. Liniments and inhalants such as "Vick's Vapor Rub" are very pernicious things as they not only antidote curative remedies but they have a depressing effect upon the life forces of the body. Many a good homœopathic action has been cut short by a whiff from the garments reeking with the vile odor of moth balls and kindred things.

Many pneumonic cures have been hampered and even prevented by the zeal of a nurse ignorant of the harmfulness of camphorated oil and grease rubbed on the patient's chest and back. Myriads of common colds that break up in 24 hours under the uninterrupted action of the homœopathic remedy will linger for weeks because of camphorated nose unction or nose drops of menthol, argyrol and other powerful chemicals applied as inhalants, rubs or lozenges.

This is one of the things the homœopathic doctor will do well both for himself and his patient, to warn most strongly against the use of these things when using homœopathic remedies.

Another very common and most vicious class of interfering agents are the many coal tar drugs, derivatives of coal tar with complex chemical formulae. These drugs come under the many trade names from Bromo-Seltzer (one of the most harmful with its load of acetanilid) to the phenobarbital series and many others too numerous to name such as Midol, Aspirin,

Anacin etc. Every physician knows then are all depressants and blooddestroying agents producing great and lasting evil effects on the organism.

Another common interfering agent obstructing homœopathic action is the common use of suppressive salves and lotions that deodorize and suppress under-arm perspiration. These things drive back into the blood stream toxic material that nature throws off through the natural outlets of the body created for that purpose. These things contain poisonous metallic ingredients, zinc and alumina compounds that in themselves are toxic to the body and together with the effete matter they drive back into the blood render the work of establishing harmony in the play of the body physiologic forces difficult and tedious and sometimes entirely destroy the action of the curative remedies.

To the aforementioned things may be added cough drops containing codeine and other analgesics, dentifrices and mouth and throat washes and gargles laden with antiseptic substances all more or less toxic and hindering the action of curative processes.

All these products are advertised loudly and constantly by radio and printed sketches which laud their wonders to a gullible public, and they are so easily obtained that their use has become almost universal.

Physicians do not warn the public against their uses either through ignorance or from sel-

fish interests. The physician of today is not only guilty of sins of omission in failing to condemn the unbridled and unguided use of toxic and habit-forming drugs but they are constantly committing serious acts against individual and public health by the wholesale injection of serums, vaccines and numerous animal gland extractives together with the excessive use of drugs so toxic (sulphadruugs) that the U. S. Army was obliged to discontinue their use because the harm done exceeded the benefits accomplished.

This flood of sick-making material is given to the very young as well as those older in unending stream; from the cradle to the grave it flows while disease mounts in alarming proportions on every hand. Insanity, heart and kidney disease as well as cancer are all increasing as never before in the world's history.

It is true that sanitation, hygiene and improved dietetics have restricted epidemics of acute disease. As Alexis Carrol observed in his book "Man the Unknown" we have reduced infant mortality and restrained epidemics of acute sickness, but more people are dying of degenerative disease in early middle life, the time of man's most productive and intellectual period, than occurred formerly.

The exception of this statement prevailed in those nations and times when warfare was continuous as occurred during the Roman Empire; then the death

rate among young male adults was very high so that only a limited percentage reached middle life.

In the last few decades the increase of deaths from heart and kidney disease with cancer a close second has been noted by insurance companies and other sources of vital statistics.

Unless physicians awaken to the present serious health threat and make an intelligent and concerted effort to educate and guide the public away from the unrestricted use of toxic drugs and animal extracts of various sorts there will be little worth while left for humanity to exist for.

The only redeeming thing in such a state of affairs as universal broken health is that the fear of atomic warfare will give little if any concern and progress in every way will fail and die.

Of course there are many cases, as every doctor knows, that reach an incurable state before any kind of therapy is applied, but even in these the homœopathic remedy is still more efficient in palliation if it be permitted to act without interference than all other known therapeutic measures.

As the homœopathic physician grows wise in practice among the sick, he becomes even more of a teacher than a healer. Instruction in the laws of life; right thinking and right living, are mighty factors in the building of better health.

The avoidance of all those things that injure and impair

health or break down resistance render the action of the curative remedy more certain and durable.

Thus by the union of healing and teaching will homœopathy grow and prosper and live to bless our children and their children.

—*Journal of the American Institute of Homœopathy.*

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## Headaches—Homoeopathy Can Deal

By G. E. LEONARD

"What do you take for headaches?" A question I am often asked by those who are new to the absorbing study of Homoeopathy. My answer is invariably the same "I rarely have a headache, if I do, I take the remedy appropriate to it". A headache is just that to most people; a pain in the head to be abolished with a "pain killer". The fact that they subsequently suffer from indigestion or a return of the pain later, rarely causes them to question the efficacy of such treatment. The fact is of course, no one expects or even thinks of being cured of so simple a thing as a headache—to lose the pain is all that matters.

What does Homoeopathy do about this all too common trouble? First of all a description of the headache, not an easy task when you can hardly see for pain or feel you only want to be left alone in the dark to bear it as best you may, both of these being very good symptoms of certain types of headache. Then there's the headache you get up with, a heavy dull headache that makes you feel that life is really an awful bore and burden, your tongue is dirty, your mouth feels foul even after you've cleaned your teeth thoroughly—you do not relish breakfast, and you really cannot be bothered to talk to the family. When that is your headache take a dose of *Bryonia* 30 before you

have breakfast, perhaps while you are dressing, and then another dose an hour later. You will be surprised how different you feel, sometimes you may need another round about mid-day, but all the time you are improving. If this type of headache often assaults you, pay a little more attention to your food, eat a little more salad, a few more apples, less cake and no pastry or buns, and no white sugar. Your system needs a cleansing—and a good way is to make one day a fruit day only; if you are at home you can reduce it even further to fruit juices only. You will be so glad when you find how very much better you are.

You may have had a strenuous day in the garden, clearing the everlasting weeds away, or you may have been travelling hither and thither on business or house-hunting. You have had to talk and look and listen and be hurried by everyone, you are thoroughly tired and exhausted, but a dose or two of *Arnica* 30 will restore you like magic. No need to retire to bed or be a misery to your friends, sit quietly over a cup of tea, relax for ten minutes and let *Arnica* the great "bruise" medicine heal you. You are bruised you know, mentally and nervously as well as physically.

If your headaches are daily and you often feel sick, your eyes may need attention. Go to a good oculist who will only

prescribe glasses if you really need them. It may make all the difference. If you are still unhappy you will have to have further advice from a Homoeopathic physician or practitioner as it will be necessary for you to have deeper constitutional treatment.

Headaches can be purely the surface reaction of constipation, nervous tension or overstrain, but they can also indicate an inward disharmony that is spoiling the daily life. To merely abolish the pain and continue with the cause of it is foolish and dangerous, leading eventually to greater discomfort, if not really poor health. With sound homoeopathic treatment you can be freed from headaches and their causes and enjoy life to the full as a consequence.

However, do not forget that *Arnica*, *Bryonia*, *Gelsemium* or *Nux vomica* can be helpful for acute headaches when you know the cause and the symptoms apply. These remedies can be

taken at hourly intervals until improvement sets in.

*Arnica* 30. Headache from exhaustion. Scalp feels tight—brain sensitive with sharp pains—generally bruised, weary headache.

*Bryonia* 30. Headache on rising—slightly bilious feeling—furred tongue. Frontal headache, worse on motion, even of eyes. Bursting, vertigo, worse stooping—constipation.

*Gelsemium* 30. Occipital headache. Dull heavy ache, pain in temple extending to ear and chin. Scalp sore to touch. Must sleep with head raised. From effects of shock, fear, exciting news.

*Nux vomica* 12. Headache with vertigo. Worse in morning, from tobacco, alcohol, coffee. Frontal headache with desire to press against something—constipation and haemorrhoids. Irritability.

—Health & You

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## QUESTION BOX

(The Editor answers to readers' Questions)

1. D. N. S., Lucknow.

1. Why is it that there are no fixed dosage and fixed time for chronic Dyspepsia?

"What do you mean? Homoeopathy is an exact science and its principles are fixed and not moveable!"

2. Is it true that Dyspepsia can be cured by Homoeopathic treatment?

"It is quite true that Homoeopathy only can cure Dyspepsia in the shortest time".

3. Can Leprosy be cured by Homoeopathy?

"All curable diseases which have so far been named and those that are not yet named can be cured by Homoeopathy. Such is the greatness of this Science."

2. S. H. S., Srikakulam.

1. Please say as to where the Homoeopathic College is situated in Andhra Pradesh, and what degree it is awarding and in how many years the course will be completed?

"The Andhra Homoeopathic Medical College is situated in Gudivada. You must apply to the Principal of that college for full details."

2. What is POLYCYTHEMIA; and when does the condition occur? Is it physiological or pathological?

"Polycythemia is the condition in which there is a per-

sistent increase of the red cells in the blood. It occurs (i) in chronic *anoxemia*, e. g. in high altitudes or congenital heart disease (ii) in excessive loss of fluids i. e. dehydration; and (iii) in some forms of shock and (iv) primary over-action of the red bone marrow. It is a pathological condition.

3. K. M., Rampur.

1. Why don't you increase the number of answers for questions in your "question box"?

"For want of space!"

2. I am a school Master in a Govt. School. Can I put "Homoeopath" after my name? Will there be any objection by our Educational Department?

"There cannot be any objection for this".

3. Please recommend some good books on Homoeopathy?

"There are so many useful books on Homoeopathy. Each is good in its own way and hence it is impossible to recommend a few without knowing one's individual needs."

4. "AEMKEES" Quilon.

1. Kindly explain the causes and treatment of "Cerebral thrombosis"?

"Cerebral Thrombosis occurs generally in middle or advanced age due to chronic Syphilis, acute infections

exhausting conditions, Cardiac enfeeblement etc. Homoeopathic treatment will depend on the symptoms exhibited. LACHESIS may be indicated in some cases."

2. Is alcohol poison?

"Anything is poison if taken when not absolutely necessary!"

3. In certain middle-aged ladies, fever occurs during every menstrual period. What is the reason and remedy for the condition?

"Some sort of an inflammatory condition of the Uterus or its appendages may be doubted. To suggest a remedy, more particulars of the individual case is needed."

5. N. S. K., Pondicherry.

1. Will you make arrangements to circulate important books in Homoeopathy from your library to read and return?

"I tried this once and lost a few books!"

6. T. D. B., Madras.

1. Is it punishable if a Govt. servant runs a free dispensary?

"It is better to obtain permission from the Government and in many cases when they find that real service is rendered to the people and it does not interfere with Govt. work, such permission may be given. It is always better to be on the safe side!"

7. K. S. C., Panruti.

1. A patient (Male) aged 25 has pain in the back once in about 3 months. Pain starts suddenly in the left side of the

back and stays there without moving and its intensity increases with time. After 7 or 8 hours, vomiting of yellow fluid starts and continues till the pain ceases at intervals of 2 or 3 hours, if anything is taken during the time the pain is there.

"This may be reflex pain due to pathological conditions of the liver or some other vital organ. A complete case history may be required to fix up the treatment. You may utilise the service of the Medical Consultation Department of the I. I. H., for this."

2. A lady aged 29 had headache and vomiting of bile now and then. I gave her IRIS VERS. 30. Since then she menstruates every 17th or 18th day. What remedy can be given for this?

"It is not possible to direct treatment without full particulars of the case. Prescribing on such meagre particulars may, more often than not, result in failure."

8. M. V. V., Kumbakonam.

1. Correct treatment for Jaundice?

"The correctly indicated Homoeopathic remedy! However select medicines from the following list to suit all symptoms of your patient: Chionanth., Bry., Chininum Sulph., China. Merc. Sol., Chelid., Kali Bic., Nat. Phos., etc."

2. One who lost her baby wants to dry up secretion of milk—No other symptoms.

"Give Lac Can. 30—One dose daily for 4 days."

3. Child of 4 years or below suffers from sudden fever and convulsions. Give correct treatment and explain where it will lead to, if left untreated.

"Belladonna may be useful, as also *Cicuta Virosa*. A glycerene enema may help. Even if left untreated many cases return to normal; but in some cases there may be serious and sometimes fatal complications."

9. S. H. S., Tilaru.

1. Can a postal tuition student have an interview and free talk with the Director if he visits Kumbakonam?

"Yes; the Director will be pleased to meet and discuss matters of common interest with all postal tuition students whenever opportunity occurs".

2. Can Cancer be completely cured Homoeopathically?

"Yes, if the case is in the curable stage."

10. R. N. S., Bhatkal.

1. Homoeopathic drugs can be attenuated either in distilled water or alcohol. Mother tinctures of some drugs are prepared either in alcohol or triturated in inert matter. In case of dilutions is there a standard of alcohol percentage for different potencies? If so what are the percentages of alcohol in (i) dilutions (ii) Mother Tinctures?

"Yes, there are standards which have to be maintained while preparing Dilutions

and Mother Tinctures. Dilutions must be prepared from 90% alcohol. The alcohol strengths of Mother Tincture vary according to the medicine. The manufacture of these are controlled by the Board of Revenue who issue licences to manufacturers. Variations of more than 3% are taken serious notice of and penalised by fines in the first instance and possibly by cancellation of licences if repeatedly found guilty. It is therefore necessary that Homoeopathic Medicines must be purchased only from known and reliable persons who have licences from Government."

2. Is this percentage of alcohol in homœo drugs one of the factors in the price structure?

"Naturally. Some of our people are so unscrupulous that they will do anything to make easy money".

3. Can you furnish me with a list of such Pharmacies who strictly maintain standards?

"Not possible for me; but I can assure you that in our "BAHOLA PHARMACEUTICALS" we maintain absolute standards according to the pharmacopoeia and you may depend upon "BAHOLA'S PREPARATIONS".

11. K. S. N., Lokikere.

1. During Delivery when membranes rupture and pain ceases what remedy is useful?

"Try a few doses of 'CAULO-PHYLLUM', if the symptoms agree."

2. After a severe diarrhoea in a child, when the body fluids are all drained out, how to replace the quantity of fluid?

"A few doses of CHINA 30 and plenty of barley water and glucose must serve the purpose—but there can be no objection to give 'Glucose-Saline' intravenously if needed and if possible."

3. How to postpone the menstrual flow for a few days?

"This is a physiological problem and not one for Homoeopathy".

12. C. G. S., Secunderabad.

1. When I am having treatment for severe eczema in the legs homoeopathically, can an ointment be applied externally?

"When correct homoeopathic treatment is taken, ointments may not be necessary. There is however no objection to the same ointment also being used".

2. What is the best preventive drug for small pox?

"Variolinum and Malandrinum".

13. N. K., Madurai.

1. Is it correct that 8 diplomas in Homoeopathy have been considered for the Graduate Constituency by the Govt.? If it is true, what are they?

"I have no information!".

2. What is Electro-Homoeopathy?

"A sort of homoeopathy in which the potencies are supposed to be prepared with electricity!"

14. S. V. S., Karjat.

1. According to your answer to my question in the February 1961 issue, I have taken 4 doses of Bacillinum 200 and to my surprise, hair has grown on one patch fully and on another patch only scarcely. In the meantime I found two more new patches (of less than a square inch in each area.) Please instruct what shall I do next.

"You may now take a single dose of Bacillinum 1 M".

2. "How is it that the Indian Homoeopathic College, Jullunder City, offered in January, 1961 M. D. H. Diploma at a concessional fee of Rs. Ten after a course of one month only, without even exams.?"

"HOW IS IT?"

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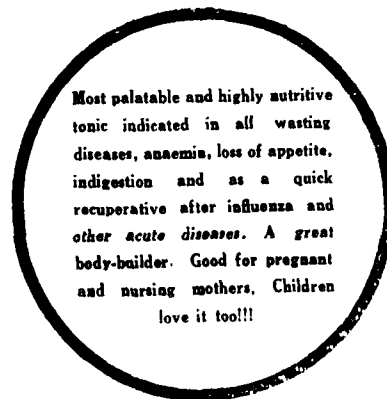
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June, '61

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Great Service by the Indian Institute of Homoeopaths.

Twenty Homoeopathic Doctors, including eight lady Doctors, under the head of Dr. V. R. Murty of the Indian Institute of Homoeopaths, treated more than 1,500 patients from various villages in Tanjore District in a Homoeopathic Rural Free Treatment Camp arranged for three days from 30-4-1961. The camp was organised by the Indian Institute of Homoeopaths with the help of Sri Ramamirtha Thondaiman, the local M. L. A. at Thathuvanjari.

Inaugurating the camp, Sri Ramamirtha Thondaiman said that the people in the rural areas, who are poor and suffer from various diseases will greatly be benefitted and congratulated Dr. Murty in his efforts to serve the poor.

Students of the Personal Class of the Indian Institute of Homoeopaths were given an opportunity to get themselves acquainted with the Homoeopathic methods of treatment in this camp.

On successful completion of the camp, a function was held presided over by Mr. Karuppiyah, the Commissioner of the Block council who distributed the certificates and medals to the doctors who served in the camp.

Dr. Kanagasabhai, the resident Doctor of the camp, proposed a vote of thanks and said that in Homoeopathy, Dr. Murty always leads and others follow.

3

He said that this was only the beginning and the first camp ever organised on these lines and that the Indian Institute of Homoeopaths propose to run similar camps in different places all the year round, so that the poor people would be greatly benefitted and the good effects of Homoeopathic treatment made known to the public.

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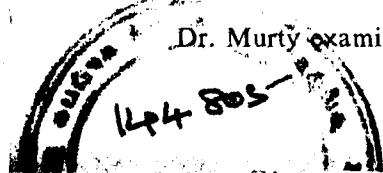
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Dr. Murty examines the first patient



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## MAINTAINING HEALTH AMID STRESS

By A. G. REEKIE

None of us can escape from the troubles of our age, for they are the kind that reach out to us wherever we may choose to go. A famous writer has called our time the "Age of Anxiety." It is wisdom to recognize that our age is one of stress, and to seek, and keep to, a way of life that gives maximum protection against the maladies caused by the stress of modern civilization and the problems it imposes upon all citizens.

Too many people allow the harassing conditions of the present day to reduce their efficiency. Countless persons are debilitated. They tackle their daily tasks listlessly and face the future without buoyant hopes.

We cannot, perhaps, change greatly world conditions by personal effort. But we can improve our attitude to them. An American writer has said: "All the water in the sea can not sink a ship unless the water starts getting inside. All the troubles in the world cannot sink a man unless the troubles invade his inner life."

If we have no defence against the invading stress of modern life, we quickly suffer a reduction of our physical and nervous resources. Consequently, people become aware of a need. It is this sense of need that drives

so many to the use of stimulants and sedatives. But the need is not satisfied by these, and so the doses are constantly increased.

Since the excessive use of stimulants and sedatives does not solve the individual's problem of how to live serenely in a time of stress, the increase of tension-illness is rapid. These afflictions include hypertension, neurasthenia, and high blood-pressure, which are all disorders arising out of modern life, but which are not usually found in people who keep as closely as possible to more natural ways of living and dieting.

### THE FIRST STEP

The first step to a more natural way of life must be a reconsideration of dietetic habits. We must learn to make the best use of the body's power to nourish and equip us so that we can function at our highest point of efficiency. Bad food means bad health. A poor diet reduces our physical and nervous resources. It is utterly impossible for anyone to achieve the maximum degree of health and the maximum resistance to illness on a diet that ignores the principles of nutrition now scientifically established and expounded regularly in HEALTH FOR ALL.

The next stage is in the realm of what may be called "the chemistry of personality." The

body acts according to fixed physiological processes, but in many ways the mind affects those processes. Many aspects of this relation are mysterious, but it becomes increasingly clear that the relation of the mind to the body is a vital one. It is now known that many physical disorders and disturbances are often due to mental disturbances.

The food we eat must be the kind calculated to meet all the needs of the body and not merely anything that does little more than satisfy the appetite and keep us alive. Our food must be the kind which will do us the greatest good. Similarly, our food for the mind must also be of a character that enriches personality.

If the mind is fed on fear, this means that our mental alertness is impaired. The range of the mind is restricted and mental energies are misused on negative attitudes. But the effects of fear do not stop there. The functions of digestion and many other bodily processes are also affected. When such disturbances are prolonged and aggravated the result is gastric ulcers, high blood-pressure, nervous weakness or one of many psychosomatic illnesses.

Such painful afflictions can be avoided. When illness is due to faulty eating habits and a harmful mental outlook, no treatment which does not deal with the trouble at the level at which it started is likely to be of much use. That is why correct diet and obedience to the simple laws of mental well-being so

often affect cures in cases where all other treatments have failed.

The high annual consumption of aspirin and of stomach powders indicates that increasing numbers suffer from the stress of present-day conditions. But palliatives, at best, merely check temporarily the unpleasant symptoms of stress-illness. Total reliance upon drugs is, in fact, a sign of ignorance and shows how widespread is the need for education in the natural ways of maintaining health.

To keep to a diet made up of the right kinds of food requires at first some resolution. Many people have so abused their digestive systems and palates that some of the finest food Nature has provided for us seems a little strange. Because of long continued dependence on food that has been devitalized by over-cooking and ruined by harmful seasonings, the palate and the digestion require to undergo a period of re-education.

#### THE MIND

##### HAS A PART TO PAY

During this period it is essential to remember that unadulterated food has fine flavours of its own and that these will be savoured once the re-education is completed. It takes time for all the good effects of a properly balanced diet to become evident. The first few days of a new regime are sometimes troublesome. Perseverance is vital.

This means that our mental powers must be invoked. The mind has a part to play in the establishment of healthier ways

of eating and living. Good ideas are as necessary as good food.

A woman who suffered severe digestive disturbances expected to be treated with a course of medicines. It took time for her to understand that the cause of her troubles lay in her bad diet and wrong thinking. She was presented with a diet chart and a programme of mental hygiene. She was discouraged. She made no real attempt to apply the principles of good health until she reached a point of complete decision. She said: "I don't want to go on living the way I have been doing for the past six months. If it is up to me to do something about it, then I will do it."

That resolution—that act of will—was the first step towards her complete recovery of good health and a return to a happy, useful life.

The human personality must be considered as a whole. Man is not simply a food-consuming unit, a bundle of organs, or a complicated system of nerves. When the body is properly nourished, when the mind is kept steadily conscious of the great creative principles of living and when personality is allied to good purposes, then personality develops and acquires the power to function serenely amid all the stresses of life.

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## SECRETS of HONEY...

(By SAHIB SINGH AHUJA)

Honey has been in use since Biblical times. The thick fragrant, pale, amber-coloured liquid is one of the most valuable gifts of Nature to mankind.

Sarojini Naidu spoke of honey as "the food of gods." This is not an exaggeration.

It is the nectar drawn by the bees from flowers. Though it is a mixture of various kinds of sugars including sucrose, glucose and levulose, the bulk of sugar is present in the form of levulose and dextrose. It is almost twice as sweet as ordinary sugar.

Table sugar has only one taste, but every variety of honey has its own.

### Remains Pure

The quality and flavour of honey depend upon the nature of the plant from which it is obtained. Honey is the purest all the foods and, when matured, its concentration of sugars makes it immune from the onslaught of ordinary bacteria. It dries up all moisture from whatever is mixed with it due to the presence of potassium in it.

*It destroys all harmful bacteria which may settle upon it. Laboratory tests reveal that the typhoid germ dies within 48 hours of contact with pure honey and the dysentery bacillus dies after only ten hours' contact.*

Honey is not so easily fermented in the human stomach as ordinary sugar. It has a great keeping property. It is said that, during the excavation of a tomb in the pyramid of the Egyptian Pharo Tutan-Kamen, in 1923, honey was found which was more than 3,300 years old. It had darkened and thickened by the passage of time but it remained pure honey still!

### Vitamins

It is a remarkable extract prepared by many thousand of bees from millions of flowers and plants, including numerous medicinal herbs. Each drop of the nectar extracted is a reservoir for minerals like copper, traces of iron, manganese, potassium, sodium, phosphorus, silicon, Sulphur, aluminium, chlorine, calcium, magnesium, enzymes, vitamins necessary to health, and proteins.

*It is because of these ingredients that a diabetic can tolerate honey where ordinary sugar is injurious for him.*

The traces of minerals found in honey are so rare in other foods that a little addition of honey to daily food contributes to abounding health. As honey is gathered from flowers only when they are kissed by the rays of the sun, it is a natural sweet, full of vitality, an appetizing, warming and healing food.

### Cures Cold

The great physician of ancient times—the "father of medicine,"

Hippocrates—lived to the age of 107 years. He always ate honey and treated many diseases with honey.

Honey cures colds and helps babies to retain calcium, and to develop healthy bones and teeth. The ancient Russian epics describe how magicians used to heal with honey the heroes of folklore legends, wounded in battle.

*Recently wounds and burns have been successfully treated with honey. Wounds and ulcers on which a honey bandage was applied healed rapidly.*

Honey is said to have a beneficial effect on patients suffering from pulmonary T. B. It increases considerably the haemoglobin content of human blood and reduces surplus acidity characteristic of stomach ulcers, leading to rapid disappearance of pain, nausea and heart burn. Ayurvedic physicians have, since time immemorial, attached great value to honey not only as food but also as medicine.

### Good Mixture

Milk and honey are a highly nutritive and agreeable mixture both being easily digestible. Honey has almost 45 calories to the tablespoon; It is only 79.5 per cent carbohydrate, whereas white sugar is 99.5 per cent carbohydrate and has no vitamin or mineral value.

Sugar is more fattening, since it has about 60 calories to the tablespoon. Honey is easy on the stomachs of babies and elderly people, because the bees pre-digest it. This pre-digestion

by the bees saves the stomach additional labour.

Honey has been used in infant formulae satisfactorily in place of sugar, and produces excellent gains in weight, growth, and haemoglobin levels. Some people unable to tolerate candy or cane sugar can enjoy honey for it is assimilated even by the most delicate stomach.

### Non-Irritant

Because of its pre-digested form and the presence of formic acid, honey keeps indefinitely without growing bacteria or spoiling. Honey does not get spoilt in a fairly warm and dry place but this is not true of the other sweets such as jellies and jams etc.

*Two teaspoonfuls of honey taken at each meal will cure migraine headaches. A tablespoon of honey when added to vinegar and sipped slowly relieves sore throats.*

Honey makes up for vitamin deficiencies that might occur in the daily food intake. It is non-irritating to the lining of the digestive tract. It quickly furnishes the demand for energy and enables athletes and others who expend energy heavily to recuperate rapidly from exertion. It is handled best by the kidneys, has a gentle laxative effect and is sedative and soothing to the stomach.

Honey will relieve an annoying cough and will relieve pain in arthritis. It produces sleep and those suffering from insomnia should make it a habit to

take a tablespoonful at the evening meals each day.

Cramps in muscles of legs and feet are controlled by taking 2 teaspoonfuls of honey at each meal. The trouble will disappear by using honey for a week and will never return if honey is used for an indefinitely long period.

*Honey has long been used as a very successful treatment for skin bruises. When applied, it relieves the painful smarting and prevents formation of blisters. It produces rapid healing of the burned area.*

Honey is excellent for treating certain disturbances of the breathing tract.

#### **Cough Remedy**

To prepare a cough remedy extract juice from a lemon and put it in an ordinary drinking glass. Add 2 tablespoonfuls of glycerine. Stir the glycerine and lemon juice well, then fill up the drinking glass with honey.

The dose of this syrup is regulated according to needs. It can be taken by children and adults alike and will reduce coughs when all other cough syrups have failed.

According to Dr. D. Clinton Jarvis, an American doctor, an extremely simple prescription for replenishing all the mineral needs of the body is 2 tablespoonfuls of honey with 2 teaspoonfuls of apple-cider vinegar in a glass of water. The sour-tasting by-product is also claimed to be a cure-all—from rheumatism to asthma, from old age to bad skin.

Russian people are given a remedy for burns and scalds which is easy to prepare in the home. Equal parts of honey and cod liver oil mixed and applied to the affected part. It is being marketed throughout the Soviet Union, and a vet, who first tried it out on animals achieved spectacular results.

*The Sunday Standard*

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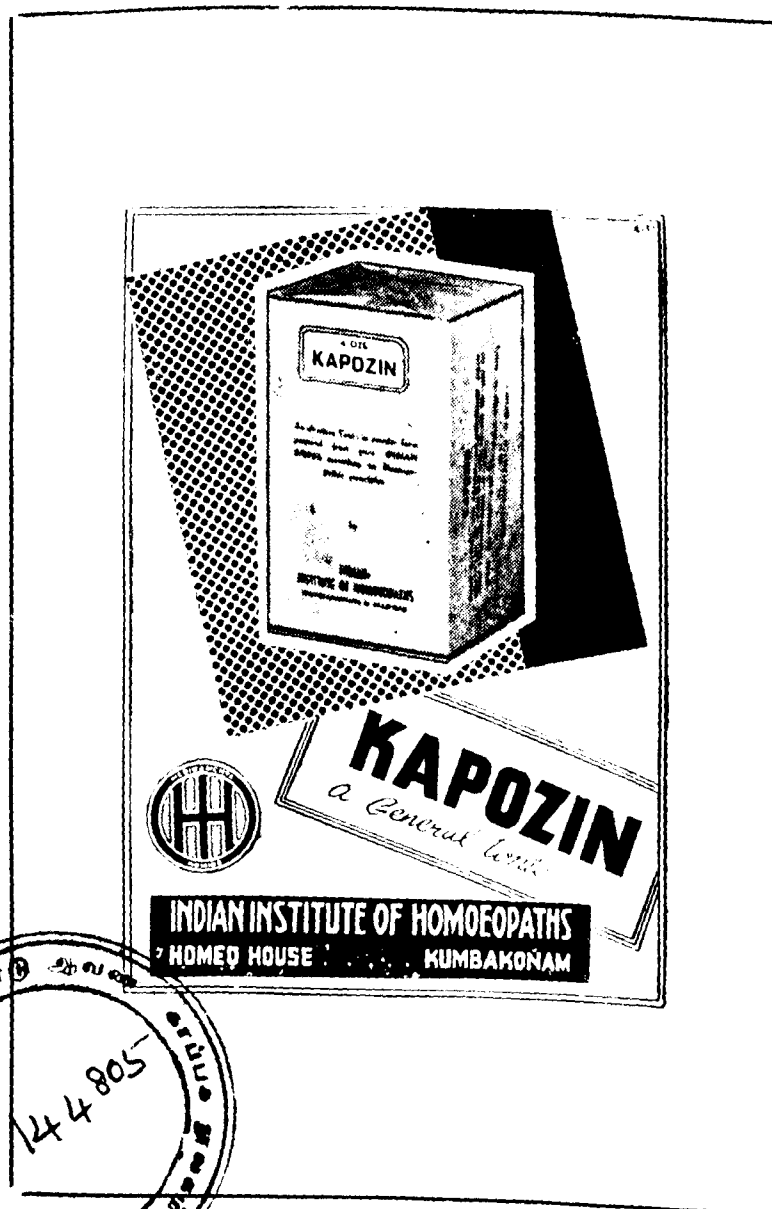
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Group photo of the students, with our Governing Director, who participated in our 23rd personal class held at Homeo House, Kumbakonam in April, 1961.



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



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