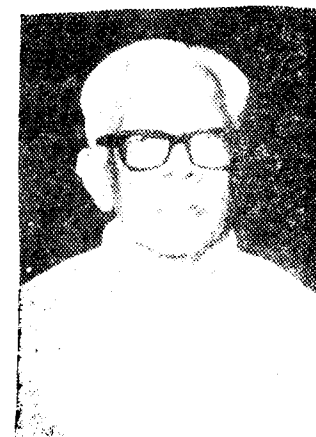




A. 2.
14/1

n
air

QUARTERLY



Justice. P. RAMAKRISHNAN
I.C.S. (RETD)

MPHA Enters 54th year
of its useful service to the
Community with the blessings
of our past President
Justice. P. RAMAKRISHNAN

I.C.S. (RETD)

009.

lwn
idu

WISDOM AWARDS FUNCTION



Dr. C. SRIRAMULU, our General Secretary Receives the outstanding Homoeopath Award from the Governor **BHISHMA NARAYAN SINGH**.
Dr. K. V. GOVINDA RAO, Editor, Wisdom & our Vice-President Looks on.



RATNA RAO, Treasurer, Receives Rs. 10,000/- For E. C. G. Equipment in our Dispensary, Tamil Nadu Homoeopathic Federation.
Dr. **M. V. L. NARASIMHAN**, President of the Federation Receives the Cheque from Governor.

THE JOURNAL OF THE MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION

EDITORIAL BOARD
Dr. C. Sriramulu
- Editor
Dr. M.V.L. Narasimhan
- Hon. Editor
Dr. K.S. Bhaskaran Nair
Dr. V. Raghunathan

OFFICIAL ORGAN OF THE MPH
191, Royapettah High Road, Mylapore, Madras 600 004.

Vol. 1

January 92
QUARTERLY

No. 2.

FEDERATION CONFERENCE

The Tamil Nadu Homoeopathic Federation has proposed to conduct its III State Conference at Madras 18th April, 1992 at Kamaraj Kalai Arangam, Madras 600 006.

(a) Doctors desirous of participating in the conference may please remit the following fee to:-

Dr.K.Vanniaraj,
Treasurer, Tamil Nadu
Homoeopathic Federation,
16, Sambandamurthy St
Madurai - 625 001.

Reception
committee
member fee - Rs.250/-
Delegate fee - Rs.100/-
Publication of
address in the

souvenir - Rs.50/-
Note: Includes the other two.

(b) The federation has also proposed to bring out a Souvenir during the occasion. Doctors desirous of releasing an advertisement in the souvenir may please send necessary material for publication with the fee for advertisement to the:-
Chairman
Souvenir Committee
Tamilnadu Homoeopathic Federation,
126 Kaleeswara Nagar,
Kattoor, Coimbatore - 641 009.

(Cheques/DD should be drawn in favour of the Tamilnadu Homoeopathic Federation)

MAGIC OF MINIMUM DOSE

Dr. K.S. Bhaskaran Nair

One girl of 22 studying B.Sc., was in terrible pain in her abdomen. Her friend took her to her father who is an Allopath. He examined her and advised hospitalisation with a warning that the girl may require surgery.

That day being a Friday and her elder brother was away in Madurai, the mother of the girl did not want her to be admitted in hospital for surgery. Another brother of the girl came to me and requested for some immediate help to relieve her of the pain, atleast till next day. I went with him and saw his sister who was in terrible agony and tossing about, being not comfortable in any position. She in her agony told me that the pain started in lower back and radiated to the front of lower abdomen initially. But the pain increased gradually to the genital. I took it to be renal colic with calculus in the ureter as she could not pass urine in the normal course. As I had guessed from the symptoms given to me in my house (by her brother) I had taken *Berberis vulgaris* mother tincture with me. I gave 10

drops of the mother tincture in one ounce of water which she drank still in acute pain. After 10 minutes she got some relief. I gave again 10 drops of mother tincture in one ounce of water. 10 minutes later she passed urine. The tincture in water was continued every 30 minutes.

Within 3 hours she got completely relieved of the pain and she asked for water. After drinking water she fell fast asleep for 6 hours. On waking up she passed urine and since then she did not complain of pain. Next day her brother returned from Madurai and took her to the doctor who advised hospitalisation the previous day. The doctor examined her and said that there was no need for her to be admitted in hospital. The doctor was all praise for Homeopathy.

OBITUARY

MPHA expresses its deep sense of grief on the demise of its members

1. Dr. Iyyakutty and
 2. Dr. S. Krishnamurthy
- and conveys its condolences to the bereaved families.

2

DIG YOUR GRAVE BY SUPPRESSING YOUR DISEASE

Dr. V. Devanathan, B.Com., N.D., DHBM

Samuel Hahnemann in his Organon of Medicine says under Aphorism 23 .. "All pure experience, however, and all accurate research convince us that persistent symptoms of disease are far from being removed and annihilated by opposite symptoms of medicines (as in the antipathic, enantipathic or palliative method), that, on the contrary, after transient, apparent alleviation, they break forth again, only with increased intensity, and become manifestly aggravated. Medicines which create opposite symptoms, do not cure the diseases; only suppress them; the disease comes out with grave intensity when the power of the suppressive medicine is over. Though the above phenomenon applies to all kinds of diseases, we can specially attribute the above phenomena to skin diseases, considering the importance of such skin diseases.

All skin diseases almost come from within. Therefore these skin diseases be treated by internal medicine from within. The skin does not act independently of its own. The diseases, eruptions, boils, appearance etc

are merely manifestations of an internal derangement. A healthy body should possess a perfectly healthy skin and a diseased skin cannot possibly exist upon a healthy individual. Hence, treating the skin diseases with outer application is a serious professional error. By treating with outer applications we are suppressing the disease which might strike inward affecting some other organs of the body with grave consequences.

Skin is an excretory organ and keeps our internal organs free from diseases. Each portion of the skin corresponds to some internal organ or part, so the skin disease is often the outward manifestation of internal disorder. Its affections are almost always tokens of some internal derangements, hence their suppression is almost always followed by an aggravation of internal troubles. On the other hand the above complaints get better when the morbid process passes out of skin. This is the essence of Hahnemann's psora - theory.

Dr. Numez warns as follows:
The suppression of cutaneous

3

eruptions:

1. On the 'Anus' is followed by liver complaints.
2. On the legs - by digestive derangements.
3. On the scrotum and penis - by impotence and seminal emissions.
4. Behind ears - by cough and affections of the eyes.
5. On the scalp - by pulmonary phthisis.
6. On the arms and hands - by laryngeal phthisis.
7. In the palms of the hands by nervous asthma.
8. On the nose and nostrils - by discharges from the ears.
9. On the face (acne Rosacea) - by heart diseases.

Dr. Herba has also stressed the above in his works after minute

investigation of skin diseases.

So, we homoeopaths, treat not the skin diseases with external application, or suppress the skin disease; rather we try to treat the individual as a whole giving more importance to the constitution and miasms of such patients. Next time whenever you happen to see a patient with skin complaints, ask him not to worry with his complaints, instead ask him to be cheerful, because the natural system of the individual is paving way for a disease free body, a healthy body that every human wants to possess.

(Sources: Organon of Medicine, By Samuel Hahnemann Dr. Numez, Dr. Bishambardas, Dr. Rajagopalan)

A NEW HOMOEOPATHIC CLINIC

A new Homoeopathic dispensary was opened by our vice-president, Dr. A. Easwaran under the auspices of **SATHYA SEVA ORGANISATION** of the residents of Senthil Nagar next to Ambattur (Annanur Railway Station) on 23.11.1991.

A graphic lecture about the efficacy and the advantages of this systems was given by him.

This is another step forward in

making awareness about the Homoeopathy system to help the people residing in the outskirts of the metropolitan city of Madras.

We sincerely trust more people not only the residents of the locality but also from nearby areas will surely be benefited by this clinic.

The dispensary is manned by Dr. ELUMALAI (Reg. Homoeopath) of Senthil Nagar.

DOLICHOS

Dr. V. Venugopal

drug "DOLICHOS".

One Mr. X came for treatment of his skin ailment. He presented a pathetic appearance. Both his arms and legs had patches of eruptions covered by cotton with pus like stains on it. He complained of much itching sensation and on scratching they exuded sticky, glutinous watery discharge. The patches were of reddish colour. The complaint was there for over 3 years. The patient was a diabetic and reported that he was otherwise normal.

On the symptom of glutinous discharge from the eruptions, I prescribed GRAPHITES 30 for one week. After a week it was observed that there was not much of improvement.

As the condition of the patient was horrible to look at and as I was not satisfied with the improvement, I thought it better to analyse the case afresh. I referred some homoeopathy books with particular reference to the diabetic condition of the patient and found that in the book "practical Homoeopathic Therapeutics" by W.A. Dewey, M.D., the following remarks against the

"DOLICHOS. itching without eruptions. It will some times control diabetic itching and it is especially useful in senile pruritus.

I prescribed DOLICHOS 30 one dose to be taken daily for one week and also advised the patient to discontinue taking allopathy tablet for diabetes and instead take SYZYGIUM ZAMBOLANUM 10 drops in water daily.

After a week the patient reported that he felt much better. The same medicines were repeated in the next week also. It was observed that the eruptions dried up completely and there remained only some itching.

Again DOLICHOS 30 was prescribed to be taken along with ARSALB 30 one dose daily for one week. After this the patient became almost normal and there remained only the marks of the eruptions. The patient desired some medicine to be given for disappearance of the marks but I advised that it will go away

NINE PINS IN HOMOEOPATHY

Dr. T.K. Rengachari M.Sc., N.D., D.H.B.M.

When we observe that the power of reaction has become so low or become so inactive that the most indicated remedy does not respond, we need raising of reaction with employment of remedies suiting to the conditions of the patient. Dr. Farington has stated the following remedies.

Aconitum Carb : After severe illness, when convalescence period prolongs and tired feeling persisting it can move natural reaction of the patient.

Capsicum: In lack of reaction in persons of lax fibre with weak digestion, weak stomach, or tip of the nose red but cold.

Carboveg: In abdominal affections, when the extremities are cold but heat and burning in the abdomen with rapid pulse with air hunger and in collapse stage which is marked by cold breath and cold knees.

Castoreum: Applicable specially in women who are nervous and do not react sickness, even after fever has spent its force the patient remains irritable with weak exhausting sweat this helps at once.

China : Especially after deep perspiration, heavy bleeding or after a loss of fluid matters from the body.

Cuprum : In patients who are run down or over worked in mind and body with tendencies of all symptoms to relapse, specially after pneumonia or bronchial difficulties, when respiration is difficult with coldness of the body or fever recurs.

Laurocerasus : In chest affections, in case the collapsing or a state of coldness in the body, even extreme heat cannot warm up the body or when the heat comes back with sweat on forehead pulse feeble and weak. (Valeriana, Moschus ad Ambragriesea in nervous affections)

Opium: When the patient is sluggish, drowsy and unconscious and there is lack of vitality and the selected remedy refuses to react. Psorinum, syphilinum, Thuja or Tuberculinum also raise reaction, if there is a resistance from the miasmatic range.

Sulphur: In psoric case may with skin affections or with relapsing conditions where the appropriate remedy fail to act.

BOOK REVIEW

Author Dr.P.K.Sekaran published by The Therapy Centre, 73, Silver St., St.Thomas Mount, Madras 600 016.

Rs.10/-.

A device prepared by Dr.P.K.Sekaran for the benefit of woman to find out their next menses day, safe period, ovulation period and expected day of child birth in pregnancy. A simple and very useful device for the couples in the observance of family planning methods by natural means.

- 1) "Kalaravin Kural" (Tamil) 99 Pages - Rs.4/-
A small and precise booklet gives a systematic description about the killer epidemic. The Homoeopathic therapeutic hints presented for the five stages of the epidemic are crisp and remarkable.
- 2) Vaithiar Thozhan (Tamil) 103 pages - Rs.5/- A physicians guide in day to day practice. Will be very useful to the students. It gives all the physiological data, normal values, tables, scales Homoeopathic drug affinities, antidotes etc.
- 3) "Pirakkathe" (Tamil) 18 pages - Rs.2/- Describes conventional birth control methods and homoeo therapeutic hints for the adverse effects of such birth control methods.
- 4) Penmai Chakkaram (Tamil)

- 5) Nangu Maruthuva Methaiyar Padangal" (Tamil Rs.6/-) Portraits of Aesculapius, Dr.Semuel Hahnemann Dr.C.U.H. Schussler and Dr.Edward Bach drawn by Dr.P.K.Sekaran, and printed in single colour handy size, glossy paper.

- 6) "Iyarkai Vaidhyam" (Tamil) 185 pages -- Rs.27/- Third Edition - gives brief introduction to the nature cure philosophy, methods and therapeutics. Will be useful to the beginners in the system.

--- V.Ragunathan.

RIGHT STEP 'N RIGHT DIRECTION

Dr. V. Raghunathan

The Indian Health Mission a Madras based institution organised a two days conference on 'INTEGRATED MEDICAL PRACTICE TODAY' and one day pre-conference workshop on 'DRUGLESS THERAPIES' at Hotel Chola, Madras from 22.11.1991. to 24.11.1991.

It was an unique attempt to bring the Medical practitioners of all the systems of medicine under one roof to exchange views on mutual interest - widely welcomed by all.

No system of medicine is complete unless immediate relief is given to the suffering patient, if not a permanent cure. One should have the courage to accept his limitation and seek assistance from his fellow man during the times of crisis. If the alternative system of medicine has a remedy to certain type of ailment, there should not be a second thought to resort to it in the interest of the well being of the patient who entrusts his life into the hands of a physician in good faith.

The organisers of this conference have taken a right step in the right direction at the right moment. Conference of the like

will smash the prejudice among medical men and inculcate tolerance and mutual respect. MPHA heartily congratulates Justice P.Venugopal, Dr.Pratap C.Reddy and Dr.V.Bokumaran who were instrumental in organising this unique event.

Time and again MPHA stresses the point that the basic medical education imparted to the students of different systems of medicine should be under one roof and common upto certain level. subjects like physiology, Anatomy, public Health & Hygiene, clinical pathology, & Jurisprudence are common to all systems of medicine. The impartial training at the initial stages will do wonders and endow immense confidence to the students of alternative systems of medicine to develop their skill to do research in their respective fields and bring renaissance in the world medical history.

**HOMOEOPATHY
IS
TWENTY FIRST
CENTURY
MEDICAL SCIENCE**

HAHNEMANN'S THREE RULES

Dr. C. Sriramulu

Hahnemann laid down three very important practical rules for the treatment of chronic disease. We give them here as condensed from constantine Hering by the late Dr.H.C.Allen:-

Rule I - The characteristics of the drug must be, similar to the characteristics of the case. "In making this comparison, the more prominent uncommon, and peculiar features of the case are especially and almost exclusively considered and noted; for there is in particular should bear the closest similitude to the symptoms of the desired medicine, if that is to accomplish the cure"

The symptoms of a case and the symptoms of a remedy must not only be alike one by one, but they must also be of the same rank. In the arrangement of symptoms after the examination of a case, the value, the importance, the rank of the symptoms must be considered for in careful comparison of several remedies, having the same similarity, it is the rank of value which is often decided the selections of the curative remedy.

Rule II - This rule of practice is based upon Hahnemann's theory of chronic diseases, Viz, " All chronic diseases progress from

without inwardly, for the less to the more essential parts of our body, from the periphery to the central organs, and generally from below upwards. Hence in the selection of a remedy one should be chosen which acts in the opposite direction - " from within outward from above downward to the most outwards all lowest of all organs, the skin"

Hahnemann's antipsoric remedies all have this peculiarity as characteristic- the evolution of effects (symptoms) from within outward. Hence all symptoms of the skin having such a direction from without inwards all symptoms of remedies from within outwards the opposite direction are always to be considered of the highest rank of value in the choice of the similimum.

Rule III - The symptoms recently developed are the first to yield; older symptoms disappear later, or as Hering says " In diseases of long standings, when the symptoms, or groups of symptoms have befallen the sick in a certain order, succeeding each other more and more being added from time to time to the those already existing, in such cases this order should be reversed during the cure; the last ought to disappear first, and the last".

BOERICKE REPERTORY - A STUDY

Dr. M.S. Lakshminarayan, B.Com.,

Oscar E. Boerike in his prefatory note to the Repertory observes that it is by the persistent use of ONE repertory that its peculiar and intricate arrangements gradually crystalizes itself in definite outline.

Now I got the key, to unlock Boerike repertory:-

1. Persistent use
2. One repertory
3. Peculiar and intricate arrangements.

To understand the peculiar and intricate arrangement it requires persistent use of any repertory you may resort to.

If you could write down the following rubrics in a sheet of paper first to understand what is the peculiar arrangement and also the intricate arrangement have been made by Boericke.

If you write it down you will notice that there are 30 capital Rubrics under "mind".

Here are the thirty capital rubrics-main rubrics under "mind" it is to make conversant what rubrics are available under

"mind" I have listed than here.

1. Awkward
2. Brainfag
3. Catelepsy _ (Trance)
4. Clairvoyance
5. Comprehension-difficult
6. Comprehension- easy
7. Consciousness-loss
8. Cretinism-imbecility-idiocy
9. Delirium
10. Dementia
11. Emotions
12. Fears
13. Hypochondriasis
14. Hysteria
15. Imaginations (Fancies' Hallucinations, Illusions)
16. Insanity
17. Loquacity
18. Mania
19. Melancholia
20. Memory
21. Mind-Absence
22. Mood-disposition
23. Night Terrors
24. Propensity
25. Screams
26. Senses
27. Speech
28. Somnambulism
29. Startles - (easily frightened)
30. Taedium vitae

(disgust of life)

For easy understanding the meaning of certain rubrics are also given. For an enlarged knowledge it is suggested to refer to medical dictionary or relevant books of eminent authors. This is necessary as otherwise there will be always difficulty in framing the rubric for symptoms elicited from the patient.

Catelepsy: A period of trance during which the limbs remain in any position in which they are placed.

Clairvoyance: Faculty of seeing mentally what is happening or exists out of sight (Exceptional insight)

Cretinism: Congenital deficient thyriod secretion causing impaired mentality, small stature, coarseness of skin and hair and disposition of fat on the body.

Delirium: Extravagant talking, raving and physical agitation generally due to high fever.

Dementia: Feebleness of mental faculties, inconsequent ideas. A form of insanity, Schizophrenia.

Hypochondriasis: An anxiety state about health, the patient suffering from many imaginary ills.

Hysteria: A functional neurosis

in which there is a reaction, never fully conscious of the patient, to obtain relief from stress by the exhibition and experience of symptoms of illness.

Mania: Pathological combination of elation and energy. The patient is uncontrollably excited.

Propensity: Inclination or tendency (to condition, quality, thing, to do, for doing.)

The other rubrics, I think, are self explanatory and the meaning could be easily understood.

Let us examine Brain fag. At the end of this rubric a note is given as follows:-

See Nervous system - page 933. This rubric has been related to Neurasthenia (Nervous system) also. Therefore Brain fag should be studied along with neurasthenia also.

Here you will be wasting your time to find out the rubric Neurasthenia (nervous prostration) if you fail to give reference to page read in against the rubric "Brain fag" in page 689.

Please take a red pencil and mark on page "945 Bottom - last line" against brainfag for further reference. This will save much time which would be highly

precious in times of emergency.

This is one of the peculiar and intricate arrangements made for rubric "brain-fag". Without understanding such intricacies no amount of your effort in searching or hunting the remedy in the repertory will be fruitful.

If you take both the rubrics "brain fag 689 and Neurasthenia" 945 the following remedies appear under both the rubrics:

Alfal	cal.c	Gels.	phos.
Anac	Cal.p.	Kali.p	Pic.ac
Anhal	Coca.	Lecthin	Sil
Arg.n	Coccu.	Nat.m.	strych.p.
	Cupr.m.	Nux.v.	Zinc.m
			Zinc.p.
			Zinc.pic.

Therefore you may under line in

redink in your repertory with a note that these remedies appear under both these rubrics. This helps to study these remedies in depth. This will save your time to go through both the rubrics every time when you are to refer either brainfag or Neurasthenia".

The intricate arrangement does not end here.

But you have to go to page 940 Generalities Adynamia (general weakness, debility) Because a reference to this rubric has been made at the end of Neurasthenia.

It is therefore inferred that brain fag or neurasthenia may be due to weakness also.

For "Brain fag" you have to see under Neurasthenia and Adynamia - P.940.

Renewal of Subscription

Members of the M. P. H. A. may kindly pay the current year's subscription of Rs. 50/- immediately and ensure prompt supply of the Journal of the M.P.H.A. Please remember that your subscription will strengthen the Cause of Propagation of Homoeopathy. The life membership fee is Rs. 500/-.

Remittance may be sent to:
THE TREASURER, M. P. H. A.
191, Royapettah High Road,
MYLAPORE, MADRAS - 600 004.

DEAR EDITOR

NOBLE CAUSE

Dear Editor,

From the Qly Journal of the MPHA Vol-1 No.2 I note that Dr.K.S.Bhaskaran nair, our vice President has been awarded as "outstanding Homoeopath" for the year 1991. Please convey my Hearty congratulations to him. He richly deserves the award and much more also for the dedicated service he is rendering to the cause and for good health and cheer to the common man.

I am surprised that my name has been omitted in the list of life members published in the same issue. This may be quite possible due to reason that I have not been in touch with the activities of the Association. Any way I hope you will take care for amending the omission and include my name atleast on the next occasion.

Also my praises are for those young Doctors who are working steadfastly to keep the Association and the Magazine in the best way possible. They do deserve every appreciation and support to carry on the noble cause and whole heartedly I extend my support and good wishes to them

in the new year and glorious days ahead.

Dr.S.Sundaravaradhan
Madras 114.

Note: from General Secretary

Dr.S.Sundaravaradhan of Nangana-llur is one of the earliest members of the Association. As stated by himself many more names of the earlier members are taken off from the membership register and the despatch of journal to them is also gradually withdrawn due to reasons that we have lost contact with them for a long time. Any response from them, of this kind gives us great strength and pleasure. The Managing committee of the MPHA is very happy to know that thier performance is being watched and blessed by the senior members.

General Secretary.

II. Another Omission:

The name of the Authors of the following articles published in the October 1991 issue have been left out by inadvertance. The error is regretted.

1. Dentistry and Homoeopathy

- by Dr.A.Easwaran,
R.H.M.P.

2. Gangrene - by Dr.A.Janakibai
R.H.M.P.

- Editor

III. LIFE MEMBER

Sri Nirmal Kumar Jhunjhurwala.
"Jubilee Court". 2nd floor, Flat
No.15, 11/1, HO - Chi - Minh
Sarani Calcutta - 700 071 has
become a life member of the
M.P.H.A. We welcome him and
thank him for the gracious patronage.

.... General secretary

DEAR EDITOR

DEAR EDITOR

Your Journals on Homeopathic Medicines published by the Madras presidency Homeopathic Association, which gives a lot of information, encouragement to improve my knowledge in Homeopathic practise and which helped me in my regular practices also.

Dr.K.Veeresh, Hyderabad.

JOURNAL OF MPHA ADVT. TARIFF

Back cover	Rs 1000/-
Inside covers	Rs.750/-
Inside full page	Rs.500/-
Inside half page	Rs.250/-
Inside quarter page	Rs.150/-

Dear Editor,

Your medical Journal titled "Journal of the MPHA" which is published quarterly was gone through by me. It is really an asset for medical practitioners to acquaint themselves with the methods and materials as published through your above journal.

Dr.Pradip Kumar Goswami,
OBMS (Cal) Gourbazar, Burdwan.

SELF MEDICATION - A DANGER

[Extracts of convocation address by R.Thirunarayanan, Principal, Natesan Institute of co-op. Management, Madras - 40 delivered in the function held on 26.10.91 at Hotel Palmgrove,]

In India, larger percentage of people suffer mostly from diseases pertaining to heart, gastric, blood pressure, head-ache and diabetes. In modern medicine lot of research has been made. Of course, they are important for the practitioners of medicine. The common man, as a patient, is concerned only with a smooth and early relief to his ailment. More important is that it should be at a reasonable cost. When it is relief or cure, it must be gentle and simple, there should not be torture through electrical equipment or strong massage. Further, the cure must also be permanent.

I may compare this with VIP visit to an area where the authorities remove all the garbages to clean the road and dump them at a place adjoining the road. The road is clean for a few days but the dumped garbage creates great hazard for the people. Medical treatment should not be of this kind when the damage done to the body is much greater

after the event treatment is over.

People have a misplaced confidence in certain systems which provide instant and immediate relief. Often patients do not bother or they are unaware of the after effects, side effects or re-occurrence of the illness or general weakening of the body. They only want relief in the shortest time possible - their illness should be removed. Encouraging such attitude by the doctors by prescription of strong medicines with after or side effects is deplorable.

I understand that Homoeopathy system of medicine which was founded by Hahnemann over two centuries back strongly believes in law of nature, a single remedy, minimum medicine, cure and not treatment. It is the restoration of health and not simple removal of the symptoms that is necessary and happily the homoeopathy has all these. Added advantages are: This has no side effects, is simple and economical. But, are the people aware of these merits?

Since many people do not know this, either on account of ignorance or that the system has not

been popularised by the concerned authorities, people choose to go to other systems initially and turn up to Homeopathy when they do not get cured in other systems.

Except in States like West Bengal Homoeopathy is not yet so widespread and as such the system deserves a better recognition.

There is also a dangerous trend spreading fast, particularly on account of prohibitive consultation fees and medicine cost, known as 'self prescription for common diseases'. Mostly the house wives have a kit or box

containing some tablets, capsules, liquids etc, for a variety of common diseases like stomach dis-order, head-ache, fever and cold. Without consultation or trying to know the root cause or the particular type (diarrhoea, dysentery, indigestion, stomach pain etc, of the disease they use their own medicine by themselves or to give to their family members including children. At times they consult pharmacist and purchase medicines. If the consultation and medicine charges are at reasonable cost and if these facilities are available at proximity the self prescription trend can be checked.

CASH AWARDS

The MPHA has celebrated its 54th Annual day and annual convocation for the year 1991 at Hotel Palmgrove, Madras on Saturday the 26th of October 1991. Justice N.Krishnaswamy Reddy presided over the function. Sri.R.Thirunarayanan, Principal, Natesan Co-op Staff Training College of Anna nagar, Madras delivered the convocation address and distributed the Diplomas to the successful students. Dr.V.K.Sivaraman, felicitated the students. Sri.K.Madhavan replied on behalf of the students. Sri.V.Hariharan, Managing

trustee of the Venkatesh Memorial Awards distributed the cash awards.

- 1) to Dr.K.S.Bhaskaran Nair, who was adjudged as the best Homoeopathic practitioner of the year 1990. (Rs.1000/-)
- 2) to Sri.Y.Balasubramanian, Sri.M.A.Ganapathy &

Smt. Hemamalani

Vijayaraghavan who were adjudged as the best Homoeopathic students of the Association for the year 1990 (cash prizes of Rs.500/- 300/- & 200/- respectively)

PROPHYLACTIC IN HOMOEOPATHY

Dr. Surendra B.Sc., B.L.D.H.B.M.,

Prophylactic means guarding against disease or preventive treatment of disease. One can have doubt that when administering of medicine in Homoeopathy is based on the principle of Similia similibus curentor then how can the medicine given to a healthy person prevent or guard the person against the disease.



Dr.V.Surendra

Dr.Samuel Hahnemann the founder of Homoeopathy by his experiments and verifications found that similar drugs which have the similar symptoms to any particular disease in their proving cures the disease. With this principle he tried with similar drugs to epidemic disease and found success in many cases. Genus Epidemicus is the expression used by Dr.Samuel Hahnemann and homoeopathic remedy found by him is similar to the totality of symptoms found in majority of patients suffering in any epidemic disease and when given to the patient before the onset of disease prevents the epidemic disease and also cures the disease when given to the patient suffering from the disease. The symptoms of epidemic disease

consists of common symptoms of disease found in most of the patients suffering in a town or a district when large number of them are attacked by the same disease.

In the modern world wide publicity is given for administering medicines for preventing, tetanus, polio, whooping cough etc., the homoeopathy has undertaken this task of preventing the disease by administering the medicines for serious epidemics threatening civilized world by the prophylaxy of the diseases. Homoeopathic medicines have the

advantage of immunizing the population without exposing them to much risk. The most noble role of medicine is unquestionably prophylaxy. Treating a disease is compared to a labourers work and preventing a disease from breaking out is compared to an architect's work. Homoeopathic prophylactics gain superiority in this method of treating compared to other systems.

The child can be treated with constitutional remedy taking into account the totality of symptoms so as to enable the child to resist almost all the complaints the child is exposed to different climatic conditions. Homoeopathy possesses many prophylactic medicines and some

of the medicines that are commonly administered in single doses as prophylactics are indicated below:

1. Belladonna - Brain fever, Scarlet fever
2. Diphtherinum - Diphtheria
3. Camphora - Cholera
4. Cimicifuga - Yellow fever
5. Graphites - Erysipelas
6. Glonine - Heat or sun-stroke
7. Lathyrus - Poliomyelitis
8. Ledum & Hypericum - Tetanus
9. Scarletinum - Scarlet fever
10. Variolinum - Small pox
11. Psorinum - Appendicitis
12. Parotidinum - Mumps
13. Viburnum Prunifolium - Threatened abortion

We undertake the whole-sale supply of all Sundry Goods in ready-for-use packing required by a Homoeopathic Chemist shop on most competitive Rates

Dr. J.K. Jain & Sons
College Road, Ludhiana - 141001

N.B. : Unbreakable Beautiful Plastic Caps for Glass Phials can also be supplied with your Name or Monogram. (Free Price List and Samples upon Request)

ABNORMALITIES OF MENSTRUATION

Dr. G. Venkatarathnam, DHBM

During the first half of the menstrual cycle the endometrium (both glands and stroma) undergoes hyperplasia. Following ovulation, progesterone causes the glands to form secretion. The endometrium is thus suitably prepared for implantation of the developing foetus. If conception does not occur, the corpus luteum degenerates and oestrogen and progesterone levels decline. The endometrium (the mucous membrane lining of the uterus) undergoes necrosis (death of individual cells or group of cells or of localised areas of the tissue) and is passed in the menstrual flow as the cycle starts again.

Endometrial abnormalities often cause changes in menstruation. Some menstrual irregularity occurs in every woman's life. Certain important facets of these complex problems are given hereunder.

Amenorrhoea: Amenorrhoea or absence of menstruation, is normal before the menarche, after the menopause and during pregnancy and lactation. Primary amenorrhoea denotes a failure to

commence menstruation and is usually due to ovarian diseases (eg: ovarian dysgenesis) or to hypothalamic pituitary disorders. Secondary Amenorrhoea is usually defined as absence of menstruation for more than 12 months, excluding pregnancy and the menopause. Hormonal imbalance due to detectable disease of the ovaries, hypothalamus, or endocrine glands is an occasional cause, but amenorrhoea is also a feature of numerous general illness, including mental disturbances such as worry, emotional disappointment, and depression. It has also been observed, likewise as a consequence of spinal diseases imperforation of the hymen and closure of the os uteri. The mechanism is presumably related to nervous influence on the hypothalamic cycling centre.

Menorrhagia meaning excessive or prolonged blood loss occurring at menstruation is extremely common.

Sometimes it is due to a failure of ovulation. No corpus luteum is formed and oestrogens acting in the absence of progesterone lead to endometrial hyperplasia. (hyperplasia - abnormal increase

in the number of normal cells in normal arrangement in an organ or tissue which increases its volume). Curettage performed during the latter half of the menstrual cycle shows absence of secretory activity. The procedure of curettage is therefore a useful way of finding out this type of an ovulatory bleeding.

Metrorrhagia refers to intermenstrual bleeding or such irregularity that no periodicity is present. Sometimes this condition is due to an irregular endometrial response to normal ovarian hormonal influence. Thus, secretory and proliferative areas of endometrium exist side by side. Abnormalities of menstruation may be symptomatic of local uterine disease. Polyps (any growth or mass protruding from the mucus membrane eg; intra uterine polyp made up of fibrin from retained blood) endometrial hyperplasia; endometriosis, fibroids or carcinoma (fibroid having a fibrous structure. fibroid is a colloquial clinical term for leiomyoma of the uterus.) When no obvious cause can be found, the clinical term 'functional uterine bleeding' is sometimes used.

Homoeopathic remedies for Amenorrhoea (Therapeutic Hints)

Pulsatilla comes first. Age of puberty or suppression especially

from getting the feet wet, nervous, timid tearful disposition.

Graphites: Congestion of the head and chest; dark redness of face, constriction of the chest, when lying with anxiety, itching between the fingers and tethers, nails grow thick and crooked, the limbs upon which she lies go to sleep.

Phosphorus: Menses too later or not appearing; tight feeling in the chest with dry cough, light cough and spitting of blood, worse before midnight.

Bryonia: Bleeding of the nose instead of the monthly flow.

Sulphur: Great congestion of the pelvic organs and the head, cold feet, and heat on top of the head, the patient is very irritable and inclined to religious reverses, chronic inflammations of the eyelids or other psoric eruptions, dread to wash with cold water, feels exhausted from talking; all worse when standing, sleepy in the day time, sleepless at night.

Menorrhagia: (Therapeutic Hints)

Ammonium carb: premature and very copious flow especially at night. When sitting or riding.

Argentum nitricum : congestion

of uterus cutting pain in the small of the back and groins, cramp in the stomach, great debility of the lower limbs, vertigo and enlarged feelings of the head.

Calc carb: Profuse too early and lasting too long; anaemic symptoms, leucorrhoea afterwards, scrofulous diathesis.

Cannabis Indica: violent uterine colic, great nervous agitation.

Cocculus: Profuse and too often, when rising upon the feet it gushes out in a stream; paralytic feeling of the extremities.

Metrorrhagia: (Therapeutic Hints)

Apocynum Canabinum: The flow is either continuous or paraxymal the blood, fluid or clotted, there is nausea vomiting palpitation of the heart, great pros-

tration and fainting when rising the head from the pillow.

Belladonna: Great bearing down, as if everything would be pressed out or a pin from the sacrum through the pelvis to the pubis; the blood feels hot, head ache loss of consciousness, darkness before the eyes, enlarged pupils, cold nose, oppression groaning, yawning, jerking of

the arms convulsive clenching of the thumbs.

Erigeron: Uterine Haemorrhage, with violent irritation of the rectum and bladder, after abortion with diarrhoea and dysurea.

The students are required to select their correct remedies based on the characteristic symptomatology as only a few remedies are indicated as examples.

Phone: 585113

The Homoeopathic Centre

Opp : Flower Market
1st Floor No. 169, N.S.C. Bose Road,
MADRAS - 600 001.

Working Hours

10 A.M. to 1-30 P.M.
2-30 P.M. to 7-30 P.M.
SUNDAY HOLIDAY

THIS IS TO THAT AND THAT IS TO THIS

Dr. S. Sampathkumar M.A. D.H.E.

Aconite is to turmoil in circulation as to what Belladonna is to turmoil in brain. Chamomilla is to turmoil in temper. Aconite, Hepar and Nux-V are to cold dry weather what Dulcamara and Rhus tox are to cold wet weather. Aconite is to the retention of urine in the new born as to what causticum is to retention of urine in the mother after labour.

Aloe is to hunger during stool, what Petroleum is to hunger after stool.

Apis mell is to oedematous lids with bag like swelling under the eye, what Kali carb is to bag like swelling between the upper lid and the lower.

Argentum nitricum is to diarrhoea as soon as one drinks, what Trombidium is to diarrhoea as soon as one eats. Arg Nit is to abuse of catheterisation, what Mag-phos is to after effect of catheterisation.

Arnica is to bruised soreness of the muscles, what Hamamelis is to bruised soreness of the

veins.

Arnica is to cough excited by weeping, what Stannum is to cough after speaking.

Arnica is to neuralgia, what Nat. sulph is to mental symptoms following a blow on head.

Arnica is to bruised pains in the skin and muscle, what Rhus tox is to the sprained pains, Ruta is to injured bones, esp, bruised bone.

Arnica is to feeling well what Baptisia is to feeling unwell in typhoid fever.

Arnica is to fear of approach, what Bryonia is to fear of poverty, Phosphorous is to fear of thunder, what Belladonna is to the fear of dogs.

Arsenic is to vomiting and stool simultaneously, what Fer-Met is to eating and stool simultaneously.

Arsenic is to aggravation from ascending what Borax is to aggravation from descending.

Baryta carb and Merc are to paralysis extending from above downwards what Maganum and Conium are to paralysis extending from below upwards.

Belladonna is to sweat on covered parts only, what Thuja is to sweat on uncovered parts only.

Belladonna is bearing down sensation better standing, what Pulsatilla is to bearing down sensation worse lying.

Bothrops is to day blindness what Bell is to night blindness. Bryonia is to patients having infrequent but much thirst what Ars-Alb is to patients having frequent but little thirst.

Bryonia is to eating often and little at a time to what Ars-Alb eating much at a time.

Bryonia is to great soreness of chest with dry cough what Nat-sulph is to the same with loose cough.

Bryonia is to constipation caused by lack of sensation in intestines with no desire for stools what Nux-V is to constipation caused by the irregular peristaltic action of the intestine with frequent ineffectual desire for stool. Carbo-veg is to near sighted what Carbo-animalis is to far sighted.

Causticum and Graphites are to paralysis of right side, what Lachesis and Nux-V are to paralysis of left side. Causticum and Raphanus are to yeasty wine what Nat sulph is to yeasty stools.

Chamomilla is to numbness with the pains what Plumbum is to parasthesia with loss of power.

Chamomilla is to a child with a smarting cry what Pulsatilla is to child with a pitiful cry.

China is to the bloating of whole abdomen what Carbo-veg is to the bloating of upper abdomen and Lycopodium to the bloating of the lower abdomen.

China is to the coldness of one hand and heat of the other. Cimicifuga is to the rheumatic cases during painful menses when Mag-phos is to purely neuralgic cases during painful menses.

Cyclamen is to the menstrual flow more profuse while at rest, when Pulsatilla is to the menstrual flow more profuse at walking.

Fer-met is to diarrhoea while eating, what China is to the diarrhoea after meals.

Graphites is to the coming of eruptions that is gluey, honey like, sticky, and viscid, what Petroleum is to the oozing eruption that is thin and

watery.

Gratiola is to white objects looking green what Belladonna is to red objects looking yellow.

Gratiola and Sulphuric acid are to stringy stools what alumina and kali-iodatum are to stringy expectoration. Helonias is to consciousness of uterus, what IBERIS is to consciousness of heart, and pyrogen of hearts working. Hyoscyamus is to hiccough after abdominal operation, what Ignatia is to hiccough after emotion.

Hypericum is to injured nerves what Arnica is to injured soft parts.

Ipecac is to more nausea what Antimonium tart is to more vomiting and retching.

Kali Bromatum is to fidgety, restlessness of hands what Zincmet is to fidgety restlessness of feet, Phosphorus to fidgety all over.

Kalmia pains shoot down while Ledum pains shoots up Laburnum has grass green urine while Phos-acid has milk white urine.

Lac-can dries up milk, while Urtica-urine increases it.

Lachesis has cough from eating fish.

Staphysagria has cough after meat

Lachesis is to loquaciousness while Pulsatilla is to taciturn.

Lachesis has open uterus while Phos has open anus like secale cor.

Lac-vac-defloratum has undeveloped breasts, Lycopodium has undescended testes.

Ledum is to whisky what Caladium is to smokers.

Ledum is to punctured wound what Arnica is to contusions.

Leuticum is for syphilis what Medorrhinum is for gonorrhoea.

Lycopodium expels wind from vagina, Sarsaparilla expels wind from urethra

Lycopodium is to the intellectual sequella of flu; what Scutellaria is to the neurotic sequelae of flu.

Lycopodium has more Rt. side inguinal hernia while Nux-v has it on left.

Lycopodium & Nat mur have emaciation from above downward,

ABROTANUM and Arg-nit have it from below upwards.

Medorrhinum has aggravation from

MY HOMOEOPATHIC HUGGINGS

Dr. B.T. Rao

Individual Homoeopathic remedies need no certificate for their curative power, but the whole system requires a systematic and a wider publicity that its approach is scientific, harmless and a cure is definite without side or bad effects. Certain people think that Homoeopathy is an 'outdated' one or a 'cheap' system and it is 'infra dignitatem' to avail it for their treatment. They feel that costlier the treatment, better the assurance of cure. It is all due to their sheer ignorance. What is there to applaud about modern Allopathic system, except for

its advancement in the field of surgery. At best they can remove the nonfunctioning or malfunctioning part in the body or they can give some palliatives to suppress the main problem, it is not treatment. Homoeopathy stresses the need to 'cure the patient' and not the disease', so that it may not recur or appear at some other place, causing a different ailment, as in cases where treated specifically or is suppressed externally. This is proved beyond doubt and it can be proved repeatedly with our causticum, Graphites, Kali mur, sepia, etc., in the cases of so

sunrise to sunset;

Syphillinum has aggravation from sunset to sunrise.

Mer-cor is to males what merc-sol is to females.

Mer-cor is to swelling of nipples, what Sarasaparilla is to retraction of nipples.

Morbillinum is to remote effects of measles what Pyrogen is to remote effects of typhoid fever.

Nat-mur has loathing for fats and craves for salt, Nit acid craves both fats and salt;

Argentum-nit has craving for salts, sweets and sugar. Nux-vom has umbilical hernia, Mag-carb has congenital scrotal hernia, plumbum has strangulated hernia.

Onosmodium has small and almost absent breasts; SABAL SERULATA has one breast smaller than the other.

Petroleum has small vesicles on genitalia, Rhus-tox has large glands on genitalia.

Petroleum has diarrhoea only during day time never at night.



called T.B. or P.T., that are caused especially (or actually) due to suppression of Eczema or Scabies, etc., by external applications. These drugs, taken internally, will evacuate the poison or harmful matter from inside the system and effect a permanent cure.

Even in cases where surgery is recommended by other systems, we can effect a cure with our medicines, avoiding surgery (except in beyond-repairable-stage cases)

Here I report a case relating to the skin problem:-

1. Once an M.B.B.S., Doctor, talking to me very critically about Homoeopathy, challenged me to cure him - pointing out to a man sitting in his dispensary - who was suffering from Ring worm, with my 'mustard seeds', as he put it for Homoeopathic pills. Since the Doctor was an elderly person whom I respect for reasons, I did not retaliate his bombastic language with suitable offensive words, defending my Homoeopathy, but I silently accepted the case and cured him within just 4 days with Sepia 30. After a week or 10 days, we unexpectedly stumbled into each other at the Railway station and before boarding the train, the Doctor asked me, 'friend' how you are able to cure him without an

'ointment'. I just answered him "That is Homoeopathy!"

2. Here is a case where the 'financial prestige' of a family cost a life. One day I was called into see a man who was in the third part of his life. It was 6.00 pm. He was lying on a bed with both legs paralysed. He had absolutely no control over his legs and even to move a little he had to depend on somebody for help. There was no sensation from lumbar region to toes. I suspected one of the links in his spinal column must have been infected and affected the vital nerves that were passing through to his legs; otherwise both the legs would not have been affected without affecting either of his hands. On this assumption I started pressing his spinal cord from top to bottom and when I was half thorough, he jerked and complained of pain.

Whatever might be these pathological assertions to satisfy my own assumptions, I picked up Selenium, on the basis of symptoms, such as mentally, physically weak, settled melancholy, and 'legs or back almost paralysed'; and taking his past history into account, I gave him a dose of it in the I M potency.

In spite of my 'lecture' and the 'assurance' I gave them,

his son failed to call on me afterwards to report to me about the condition or improvement or otherwise of the patient and take the next possible or suitable remedy from me. But almost a year later his son called on me and told me that, despite his father's insistence for continuing my homoeopathic treatment, as he was able to move his right leg slightly the very next day, the family, instead, against his will, admitted him in a Nursing home, because his mother and wife scolded or criticised him as if he was hesitating to spend money for his father's treatment. And that although they spent a lot of money for all the tests and for the treatment, he passed away.

3. Recently one civil Engineering Consulted me for his 'exostosis'. He had pain in the right heel and if he pressed it the pain was more. This was, he said, due to growth of bone in the heel and it required minor surgery. When he was presenting his case, I recollected that a similar case was treated by our dedicated and respectable Doctor, late Sri. K.L.Narisimha Murthy some thirty years back (he narrated his case in one of his lectures in Ashta Lakshmi Temple

Tiruvottur). That case was of a bone growth in the armpit and the patient was unable to draw his hand close to him nor was able to lift it beyond his shoulder level. Dr.K.L.N.cured him with the Great-Hahnemannian-Trio; Sulphur, Calc, Carb Lyco. The same 'trio' I gave my patient to get rid of his problem permanently and it cured him, setting aside the 'instrumental' intervention.

Along with this 'trio', we can call many other remedies, such as, Hypericum, Symphytum, Silicea, Hepar sulph, Belladonna, etc., as our surgical apparatus. Practically we need no knives and scissors. These medicines will penetrate the human system, do the necessary operation, remove the excess material & cure the affected part. As per our Homoeopathic symptomatological laws, we hope, we believe and we are sure that they work and they will work. How Hypericum sets right the crushed nerves, how the symphytum heals the broken bones, how silicea dries up the pus formations inside the bones and how Bryonia and China will dry up the water formations inside the brain, lungs or intestines, are not at all astonishing mesmerisms for a practicing homoeopath.

Reputed Name for everything best in Homoeopathy.

MASHAN MARKETING AGENCY,

No. 64-A, Purasawalkam High Road,
Purasawalkam - MADRAS - 600 007.

MASHAN HOMOEOPATHIC MEDICALS,

1st Floor, Bhupendra Optician Building,
(Next to Union Bank of India)
143 3, Broadway, MADRAS - 600 010

MASHAN HOMOEOPATHIC MEDICALS,

50 A-5, L.B. Road,
(UCO Bank)
(Opp. to Indira Nagar Petrol Bunk)
Adyar, Madras

AUTHORISED DISTRIBUTORS FOR

M/s. Beck & Koll Labs. Pvt. Ltd., Bombay,
M/s. Sharda Boiron Labs. Ltd., New Delhi,
Bio-Force A G, Switzerland
Lord's Homoeopathic Labs., New Delhi.

STOCKIST

Dr. Willmar Schwabe, West Germany
Sharda Homoeo Laboratory, Calcutta,
Powell Homoeo Research Lab., Calcutta,
Wheezal Laboratory, Dehradun,
Ramakrishna Pharmaceuticals, Hyderabad,
Bangalore Bio Plagens,
Dealers in Homoeopathic Books.

NEW DOCTORS

List of Successful Students who
have been AWARDED Diplomas on
the convocation held at Palmg-
rove on 26-10-91.

K.Madhavan,
Plot No.272,
Lakshmanaswami Salai
K.K.Nagar, MADRAS 600 078.

R.Balasubramanian,
1/B South Baskara Street,
Kaladipet, Thiruvottiyur,
MADRAS 600 019.

M.P.Anandar,
13, Aravindar St.,
Anand Nagar, Tambaram East
MADRAS 600 059.

D.Chitra,
6/277, 4th Street,
Agastheeswar Nagar,
Polichalur, MADRAS 600 074.

S.Piraimudi
41/8 2nd St.,
Vasanth Nagar
MADRAS 600 019.

K.R.Dhanaraj,
G.65, 12 Street,
Anna Nagar - E,
MADRAS 600 102.

K.C.Rabindar
B-6/49 Mambalam High Road
T.Nagar, MADRAS 600 017.

Hemamalini Vijayaraghavan,
15, Thyagarayagaramani Street,
North T.Nagar, Madras 600 017.

Y.Balasubramanian
'Avani' Plot 3020
'Y' Block, Anna Nagar,
MADRAS 600 040.

J.Jayalakshmi,
6/3 Arulambal Street,
T.Nagar, MADRAS 600 017.

R.Chitra
2/221, Natesan Colony
Kottivakkam, MADRAS 600 041.

S.K.Kannan,
13, VDC Street,
Thiruvalluvar Salai,
Teynampet, MADRAS 600 018.

M.A.Ganapathy,
A-44/240, LIG Flat,
7th Avenue, Ashok Nagar,
MADRAS 600 083.

Dr.S.Krishnamoorthy,
57 Thana St., Purasawakkam
MADRAS 600 007.

Hatheer Kazvini
8, Vacha apartments
4, 2nd cross, Sterling Road
MADRAS 600 034.

Mrs.Meenakshi Sundari,
A/1 Todhunter Nagar
Siadpet, MADRAS 600 015.

Jayasree V.Rajan
1767, Vasanth Colony

West Anna Nagar,
MADRAS 600 040.

R.Krishnamkumar
6 Velayuda Mudali St.,
Nungambakkam,
MADRAS 600 034.

P.N.Laxmi,
Venkatavilas
96 Luz Church Road
Mylapore, MADRAS 600 004.

R.Md.Nawaaz
20, Kannabiran Koil St.,
Agaram, MADRAS 600 082.

T.N.Namasivayan,
8 Dr.Sambasivam St.,
Ponneri 601 204.

J.Prabhakaran
25 Chetty street,
(1st Floor)
Saidpet, MADRAS 600 015.

R.Ramakrishnan
B-27 Amudham Colony
South Boag Road
T.Nagar, MADRAS 600 017.

D.R.Ravichandran
64, Gangaiamman Koil St.,
Bharathi Nagar
Thiruvanniyur
MADRAS 600 041.

V.N.Rajaram
24 Dr.Rangachari Road
II Floor, Mylapore
MADRAS 600 004.

K.Sankaranarayanan

Block A1/Floor No.1
Iodhunder Nagar
Saidpet, MADRAS 600 015.

K.Seethalakshmi
12, Anandapuram
Near Dr.Rangachary Road
Mylapore, MADRAS 600 004.

V.Sundar
22, 4th Main Road
Kasthubra Nagar
Adyar, MADRAS 600 020.

E.Uma
4 Murugappa Street,
Chepak, MADRAS 600 005.

S.Kannan
13, Bandala Vengal St.,
Triplicane, MADRAS 600 005.
Smt.Violet Shobha Ubah
1/23, K.S.S.Nagar
Kelambakkam
Chengai MGR Dist 603 103.

K.R.Raman,
Plot 126/6, Seventh Avenue
Bhanu Nagar, Ambattur
MADRAS 600 053.

N.Sridharan
44 Gandhi Road West
Tambaram, MADRAS 600 045.

J.Sundararajan
15 Mahaveera Nagar
Kolathur, MADRAS 600 099.

Ubah Theophilus.C.
1/23, K.S.S.Nagar
Kelambakkam
Chengai MGR Dist.,
603 103.

K.R.Venkataraman,
4, I & II Link St.,
Mandavelipakkam
MADRAS 600 028.

30

HOMOEOPATHY WILL MAKE YOU A GOOD SPEAKER

Dr. M.V.L. Narasimhan, M.A.M.L. DHBM

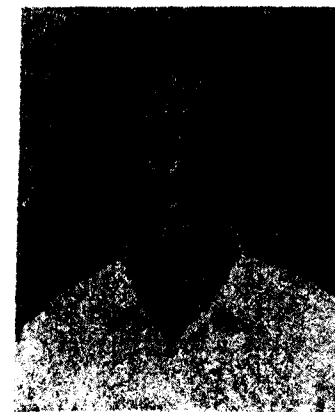
Who will not like to become a good orator or public speaker? May be a few may not like to. Even they will, if an opportunity knocks at their door.

A good orator need not be a knowledgeable person. He need not have a fund of knowledge and facts. Oratory is an Art by itself. Even without a subject an orator can speak for hours together.

You know, once the great C.N.Annadurai asked the organisers of a meeting what was the topic given to him, and, when they said, "Nothing", he spoke on the topic "Nothing" for 3½ hours and made the audience spell bound.

A highly intellectual person may prove to be a failure as a speaker. At the same time, a person of mediocre intelligence may prove to be a success on the platform.

For a speaker there may be many obstacles like stage fright, lack of modulation, forgetting the appropriate words at the



Dr.M.V.L.NARASIMHAN

appropriate places, etc. Homoeopathy has in store, a number of remedies to help in these situations.

COCA is a fine remedy. Before you go for a public speech, take COCA one hour before the fixed time. Your throat will co-operate like anything and you will feel energised on the stage.

Stage fright can be remedied by administering GELSEMIUM.

If your trouble is, that you do not get the proper words and that you have loss of memory,

CANNABIS INDICA 20M will come in handy to overcome this defect. Helleborus also will help to overcome loss of memory.

Some singers or speakers, after they begin singing or speaking, will find their throat choking because of sore throat. Keep FERRUM PHOS always in the pocket and if 3 globules are taken, sore throat will be removed. FERRUM PICRICUM will help when the voice fails. If you want your throat to co-operate with you in modulating your speech high and low, and make it interesting take MANGANUM ACETIUM 30 one dose before you commence your speech.

In spite of holding coveted position and getting ample opportunities to speak, some people may avoid utilising the opportunities. Even if they venture to make a speech, they will be diffident and they will lack oration and flow of speech.

To get courage, to develop desire for talking and to develop a flow of language LACHNANTIS is a wonderful remedy.

When pharynx and larynx feel dry, and the voice weak and toneless, i.e. any attempt to speak out will not bring out any speech, can be remedied by administering Populus canadensis in tincture form, 3 drops in warm water.

When the fear is the main cause of failure as a speaker, ANACARDIUM will relieve that fear.

Like these, Homoeopathy has many remedies to help a person to be successful as a speaker. It depends on the symptoms of the individual also. Therefore if a good homoeopath is consulted, he will prescribe the appropriate remedies and help you to become a healthy being and a successful speaker.

Printed by Meenakshi Fine Prints, Perumal Koil Garden, Madras-28.
Edited and Published by Dr.C.Sriramulu, G.C.H.M. on behalf of the
Madras Presidency Homoeopathic Association 191, Royapettah High
Road, Mylapore, Madras - 600 004.

Hon.Editor: Dr.M.V.L.Narasimhan, M.A., M.L. D.H.B.M.
Editorial Office: 15, First Main Road, Raja Annamalaipuram
Madras-600 028. Phone : 836233

Change of Address

Readers who have changed or are changing their residence, please inform the Editor to the Editorial Office of the Journal to avoid delay in getting a copy of Journal.

EDITORIAL OFFICE, M.P.H.A. JOURNAL

No. 15, First Main Road,

Raja Annamalaipuram, Madras-600 028.

Phone : 836233

New Classes in April 1992

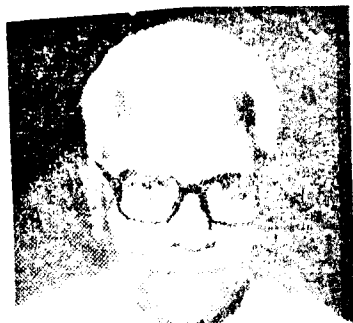
The M.P.H.A. announces the commencement of new batch of classes in April 1992. Full Particulars and application form can be had from:

The General Secretary

The Madras Presidency Homoeopathic Association (Regd.)

191, ROYAPETTAH HIGH ROAD,
MADRAS - 600 004.

Registered as a Newspaper with the Registrar of Newspapers of India



Dr. DORAI ARANGANAR
HOMOEOPATHIC HOSPITAL TRUST
SOLICITS DONATIONS
FOR
THE HOMOEOPATHIC HOSPITAL
TO BE STARTED AT MADRAS.
NOW THE PATIENT CLINIC
IS FUNCTIONING AT

**26, Ayyavu Street,
Aminjikarai,
Madras 600 030**

Donations to the Trust are
exempted from Income Tax

DDA Diagnostic Service

(Under The Management of MPHA)

A well Equipped Diagnostical Clinic Laboratory functions at

26, AYYAVU STREET,

(Behind Lal-bhai Theatre)

AMINJIKARAI, MADRAS-600 030.

Haematology, Bio-Chemistry, Motion, Urine tests and
Blood grouping are done with great care and
attention at very nominal charges.

Lab Functions between

9 a.m. and 1 p.m.

4 p.m. and 8 p.m. on Weekdays

and

9 a.m. to 1 p.m. on Sundays