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Journal of The Madras
Residency Homoeopathic
Association.

Vol-1

No.

April-1992.



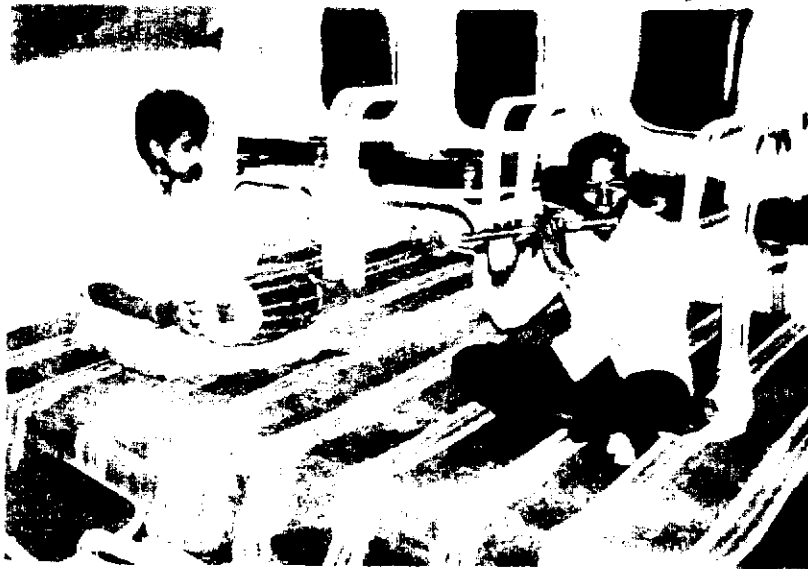
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QUARTERLY

மாநில ஹோமியோபதி சங்க சந்தர்ப்பம்
MADRAS HOMOEOPATHY ASSOCIATION
STATE CONFERENCE MADRAS



Hahnemann Day M.P.H.A.(13.4.1992)



Hahnemann Day and inauguration of the New classes was held on the Tamil New Year's day at our DDA Trust Building, Aminjikarai. Function commenced with melodious Flute recital by Dr. Venkatratnam.



Before the commencement of the function, our president Justice N.K. Reddy and other VIPs visited our Aminjikarai dispensary.

THE JOURNAL OF THE MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION (FOR PRIVATE CIRCULATION AMONG MEMBERS ONLY)

EDITORIAL BOARD
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OFFICIAL ORGAN OF THE MPHA

191, Royapettah High Road, Mylapore, Madras 600 004.

Vol.1	April 92 QUARTERLY	No. 4.
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HAHNEMANN DAY

Sweetness for Sugar, fragrance for Jasmine and lustre for diamond, natural. Likewise health is also a natural property of man. When diamond is covered with dust, if the dust is removed, diamond will be left with its self-lustre. No other or any special attempt need be made to make it shine, more than normal, to restore its shining, will only be meaningless, as it will not become the natural and original lustre of diamond. It will be futile to attempt introducing lustre into diamond. Painting a dusted diamond is like prescribing purgative for constipation, anaesthetic for pains. B-complex for wasting diseases and antibiotics for infectious diseases.

Dr. Samuel Hahnemann discovered this fact and proved to the entire Medical world that if the cause for ailment is removed, man will be left with his natural and self property of health. Any attempt to introduce or replace health in the human body is nothing more than a superfluous attempt, of painting a dusted diamond or introducing lustre into diamond. Homoeopathy is not a painting attempt; but it is only dynamic cleansing of disease force. After removal of the root cause of disease, the man is left with his natural health, just as a diamond is left with its self-lustre after removal of dust covering. Dr. Samuel Hahnemann proved that Homoeopathy is a system of cleaning a diamond but not a system of painting dusted diamond.

Ailment for man might be from the time of creation itself. The cure for ailment also should be from time beyond human memory.

This year the Board of Editors of this journal decided to publish this number in the name of our Great Master. On this occasion let us determine to at least endeavour-prove one drug each, though not as many as our master did, and become true followers, though not disciples, of our Marvellous Master, Dr. Samuel Hahnemann.

**Statement of ownership and other particulars about
Journal of The Madras Presidency Homoeopathic
Association**

Form IV (See Rule 8)

1. Place of Publication : 191, Royapettah High Road,
Mylapore, Madras 600 004.
2. Periodicity of publication : Quarterly
3. Printer's name : Elumalai
(Meenakshi Fine Prints)
Nationality : Indian,
and address : Perumal Koil Garden,
Madras - 600 028.
4. Publisher's name : Dr. C. Sriramulu
Nationality and : Indian
address : 191, Royapettah
High Road, Mylapore,
Madras 600 004.
5. Editor's Name
Nationality and :
address : Same as above
6. Names and addresses of
individuals who own the
newspaper and partners : Madras Presidency
or shareholders holding Homoeopathic Association,
more than one percent 191, Royapettah High Road
of the total share capital Mylapore, Madras 600 004.

I, Dr. C. sriramulu, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dated

1.3.1992

(Sd) Dr. C. Sriramulu,

Signature of Publisher.

**Lady Members representation to
THE CHIEF MINISTER**

We have extracted the Memorandum submitted by the members of the M.P.H.A. to the Chief Minister of Tamil Nadu Dr. Jayalalitha.

Respected Madam

At the outset, we, the lady members of the MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION, Mylapore, Madras - 4, wish to congratulate you our Hon. Chief Minister, for assuming the highest office in the state, ever held by a lady.

We would like to express our solidarity in all your welfare schemes like Temple Renovation, Learning of Vedas, Literacy programme, "Health for all by 2000 A.D." conducting of health check-up camps for all the school going children in the state etc. We would like to point out that, we have been rendering yeoman service to the suffering public for the past 55 years through the dispensaries and camps conducted by dedicated members of our Homoeopathic Association.

If we put together the number of Allopathic Doctors as well as doctors practising other systems of

medicine, the number of doctors are not enough to provide Health for all by 2000 A.D. The anachronism is that thousands of efficient homoeopaths are not in a position to render service to the suffering humanity because their names are not borne in the register of the Tamil Nadu Homoeopathy Council. If put to any stringent examination, these homoeopaths will come out with flying colours. This is a well known fact to all in the Homoeopathic fraternity and authorities in the Tamil Nadu Homoeopathy Council. The Hon. Chief Minister understands the difficulties in providing Doctors required for the community. Therefore, if the society is unable to utilise the services of these homoeopaths, it is not only a waste of the talents of the persons concerned but it is also a waste of talent readily available for the service to the community, needlessly rusting for no fault of their's.

In 1976, Tamil Nadu Homoeopathy Council conducted an examination for homoeopaths before enlisting them in the register of the Council. Under the Tamil Nadu Homoeopathy Council Act, four more examinations ought to have been conducted to facilitate

all eligible Homoeopaths to be enrolled. But unfortunately, for reasons beyond the control of the Council, the other examinations could not be conducted thus leaving these thousands of Homoeopaths in the lurch. Most of the Homoeopaths are not professionals but are dedicated people who have taken to this system out of love for homoeopathy and because of their dedication to serve the suffering masses. Most of these homoeopaths are ladies.

Homoeopathy is not only economical, but it also has no side effects and it gives miraculous relief to the sick. The Hon. Chief Minister might have heard about the remedies tried and proven in homoeopathy for diseases like Cancer, Aids and other diseases which are supposed to be incurable.

Some time back, Govt. of India was contemplating a scheme of barefoot Doctors, to provide medical service to the people living in remote rural areas by allowing even nursing trained, and first aid trained personnel. This was thought of because sufficient number of doctors are not available. But when well-equipped Homoeopaths are available, we see no reason why the Government should not utilise them by allowing them to enter the register of the Tamil Nadu Homoeopathy Council.

We understand that the Govt. of Maharashtra has taken the lead in opening up new avenues to lay Homoeopaths by enlisting them in State Council Register. This enables them to treat the suffering public, but at the same time, safeguarding from any harm that can occur by restricting the right to issue certificates for reimbursement or medical certificates.

We, on our behalf, and on behalf of the other homoeopaths who are left out in the register, wish to assure you that any step that the government takes to get our names enlisted in the Homoeopathy Council Register under "C Class" or under any other provision that the government may think of will only help the community to get better service and that we will live up to the expectation of the community and the government in providing Health for all, not by 2000 A.D. but even earlier than that.

We, the lady Homoeopaths yearning to serve the community by putting our knowledge in Homoeopathy to practice beseech your Good offices as the kind hearted Chief Minister to direct steps to open up avenues for us by allowing us to be registered as Homoeopaths. In return we will bring glory to this Government, dedicated for the welfare of the masses.

MAGIC OF MINIMUM DOSE

by K.S. Bhaskaran Nair,

Doctor-in-Charge(Homoeopathy) Southern Railway, Madras.

One morning, when I came to my Clinic, I saw a fat fair lady aged approximately 50 years sitting in the chair talking to her husband in a strained manner. On seeing me she became quiet and polite. I enquired about her trouble, if any. She narrated her tale of woe from the age of 45. Her menstrual periods were not regular since the age of 45. Either there will be delays of 35 to 45 days or two periods in a month. The discharge used to be heavy on and off. Just before and one or two days during the periods, she experienced severe pain in the hip, lower abdomen and lower limbs. She complained of mental irritability and discontentment and suspicious of everything. Her husband took me aside and told me that she is too much talkative and quarrelsome. She used to find fault with her own aged mother of 75 years to whom she was affectionate till two years back. She would not allow her two daughters to study peacefully even though the eldest one was to appear for M.A. final and the second one for B.A. final a few months hence. While her husband was talking to me, the lady looked suspicious and dashed towards us and vociferously argued that she had no trouble and did not require any treatment. I tactfully pacified and told her that I was not giving her any medicine for her troubles but only tonic items to relieve or her weakness and im-

MPHA CLASSES SUMMER VACATION

04.05.1992

TO

06.06.1992

prove her health and relieve in throat trouble.

Taking into consideration the totality of symptoms and the phase of change of life in her, I gave her LACHESIS in 200th potency - 4 doses to be taken on alternate days. After a week the lady's husband came and reported to me a lot of improvement in her behaviour and attitude towards him, her mother and the two daughters. He then told me that he was very much upset during the past 2 or 3 years inspite of various tests and treatment by the other system of medicine. He was very glad of Homoeopathic treatment and said that hereafter he will go in for only to Homoeopathy for him and other members of the family. His sister-in-law, since then took interest in Homoeopathy and underwent the 3 years course of Madras Presidency Homoeopathic Association and is now treating patients particularly poor people without collecting any money from them. Hail Homoeopathy.

TAMIL NADU PLANTS AND HOMOEOPATHY

Extract 14.5.1989. HINDU

- Dr. RAO

Dr. Rao's etoposide is an anticancer drug used in U.S. and Europe. Podophyllum Emodi a plant grown in the northern regions of this country such as Himalayan belt and Kashmir is collected and its Rhizome, exported for isolating podophyllum, podophylotoxin for its conversion to ETOPOSIDE.

The I.F.C.T. at Hyderabad has isolated podophylotoxin and its conversion to 'ETOPOSIDE' (given for commercial firms).

Vincristine isolated from Vinca Roscea leaves of Vinka Rosia and said to contain anticancer drugs.

Some interesting Botanical items in medical use

BANANA - Plantago - Vazhai -

Musa Paradisica Linn. of Muscaceae. The roots and stem are astringent and anthelmintic. Juice of the sheaths and stem useful in Otagia and haemotysis. Ripe fruits are demulcent nutritive and mildly laxative. Commonly grown all over India.

CALATROPIS - Tamil Erukku -

Calatropis Gigantea R Br of the Asclepiadaceae. Latex leaves and roots are often used. Diaphoretic purgative expectorant and vesicent in action two varieties - purple and white - contains better resins. Akundarin and Calatropis - enzymes and the poisonous principle of gigantol.

CHEBULIC MYRABOLAN - Kadukka. The drug is astringent, astringent and also laxative - Effect is due to anthro-quinones and tannin.

COLOCYNTH - Kumatti. The drug contains alkaloid citrallol and cucurbitacins. The Alkaloid is the purgative factor. Available in river beds in India - even used in Rheumatism and Jaundice.

BLACK NIGHT SHADE - Mani Thakkali. Sodium Nigrum Linn. of the solanaceae Plant is hydragogue - Cathartic in large doses and alterative and styptic and in moderate doses.

Useful in fevers, diarrhoea, hydrophobia, liver enlargements, blood spitting, piles and dysentery.

DR. P.K.GOPALAN
B.SC D.H.B.M

Selection of a Constitutional remedy

Dr. V. Krishna Murti, RHMP.

Totality of symptoms need not be orthodoxically taken into account to arrive at a constitutional remedy. My experience convinced me that Mental Symptoms are of great importance and on that basis we can select a Constitutional remedy, of course, following other principles laid down by the founder Dr. Samuel Hahnemann.

Here are my experiences to hold my conviction to select a remedy purely on mental symptoms. They proved very useful and turned very successful, keeping in mind that the patient is pleased with our Homoeopathic treatment.

CASE No.1

It was in the year 1946 when I was at Jalna, as a beginner. Never then and even now I lay no claim on perfection and I am subject to correction. Whenever a case comes to me I refer to books, in order to be sure and correct in selecting a remedy and also the course to be followed for a chronic case. A lady aged 45 years came to me for her swelling, burning over both knees. Monthly periods were regular and she did not pass menopause stage. She was a mother of 14 children

and all were alive. She appeared to be a Calcarea Carb patient. She was fat and did not complain of weight of the body. She was very active physically. The swelling did not come down despite regular periods. As the years passed, swelling and stinging pains continued.

One day I noticed her pouring cold water on her knees which she told that was giving relief in all seasons, but strangely even during Hot summer she used to take a small quantity of water. She further told that taking more water may put up her on weight and extra water in the body. As a beginner I gave her four doses of Calcarea Carb in a month i.e. first week 2 doses and third week 2 doses and no medicine during the 2nd and 4th weeks. She became alright after a month. To please her I asked her to take Kalimur 6 x 4 tablets twice daily after food. She looked cheerful though there was no sequence in her talk and subjects. Though she was alright she used to say now and then in Marathi 'Ek injection de le thai bus hotha jarki, mala wadhu' meaning, 'If only one injection is given, (she) will be alright.'

This made me to think of a way

to please her and after few days I said, I would give her an injection but she should bear it with severe pain and she should not use any balm or give hot formentation for which she agreed.

Next day I went to her and asked her to show me her shoulder blade either right or left, to give injection.

Injection: Removed the cork and pierced the bees with pencil and injection was over. It was painful and she gladly bore it and she became alright. Menopause passed without complication.

Apparatus for injection - No syringe - No needle.

One Test Tube and cork

Medicine : 2 Honey Bees alive.

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 off 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.

POLYCHREST

Dr. V. SURENDRA



V. Surendra

The word polychrest means a thing especially a medicine useful in many ways. ('Poly' means many, several, 'krest' means useful - Greek wrd 'Polychrestos'). In other words a drug or medicine useful for many diseases-to say in homoeopathic way a drug or medicine that comes in for many symptoms.

2. According to Dr. Samuel Hahnemann, few medicines, majority of whose symptoms correspond in similarity with the symptoms or the commonest diseases and hence very often find an efficacious homoeopathic employment and are termed 'Polychrests'.

3. Dr. K.L. Narasimhamurthy, in his Hand Book of Materia Medical Homoeopathy described 'polychrest' as a term applied to a number of remedies that are most frequently used in practice, and that have an extensive range of application. Dyspepsia, diarrhoea, fever, bronchial catarrh etc., are very common diseases. The remedies that produce, when proved upon healthy, series of symptoms similar to those of the frequently recurring diseases for Polychrests. They are very often used. Some of the important polychrests are, - Bryonia Alba, calcaria carbonica, Belladonna, Lycopodium, Nux vomica, Pulsatilla ingricans, Sulphur

BELLADONNA: Is a drug of many uses. According to Hahnemann it is like a polychrest. Great utility in acute and violent diseases. The main characteristic symptoms

are, complaints come suddenly, congestion of the brain, meningitis, pounding pulse, heat, redness, swelling, inflammation, pain burning - congestive neuralgic headaches, facial neuralgia - a great remedy for acute epileptic and cerebral symptoms.³

BRYONIA ALBA : Polychrest remedy. Deep acting remedy. Acts upon the serous membranes and viscera, lungs, brain and liver, synovial membranes, mucous membranes of the respiratory and alimentary canal. Dryness, aggravation on least motion, hard, dry, raking cough, stitching pain, thirst, constipation, delirium ordinary fever are the characteristic symptoms.

CALCARIA CARBONIA: One of the greatest drugs proved by Dr. Hahnemann. Very long and deep acting remedy. Come into use for almost many diseases. One of the constitutional remedies. Chief characteristic symptoms are painful dentition, deformed extremities, disproportionate growth of body, delay in learning, aggravation by cold air, frequent cold and coryza. Used for

epileptic attack, to clear worms, swelling and redness in eyes, discharge in ear, constipation, diarrhoea, respiratory troubles and skin infections.

LYCOPODIUM CLAVATUM: Anti-psoric, anti-psycotic and anti-syphilitic remedy acting for a long time. Nash says that many more things may be written of this wonderful polychrest. One of the great anti-psoric and one of the leading polychrests. Acts powerfully upon the digestive system. Also upon mucous membranes of the respiratory, digestive, genito-urinary organs and on skin. A simple dose operates for more than thirty days.

NUX VOMICA: Is a medicine of brief action to be administered before bedtime to act gently but causes inconvenience when administered in empty stomach. Striking over sensitiveness of the patient is seen in all symptoms. Strong food disturbs. Useful for persons overdressed by tea, coffee, wine. An uncontrollable state of irritability, over sensitiveness, violent temper, skin over sensitive. Nux Vomica patient is thin, sparse, quick, active, nervous and irritable. It acts on spinal cord in including motor and sensory nerves. Acts on digestive system - stomach, liver and bowels. Acts on respiratory organs, dry catarrhal condition destruction to nasal passage. Action into urinary organs. Nux Vomica causes in for early morning aggravations. Comes on useful. Hernia and Haemorrhoids.

PULSATILLA NIGRICANS: Chief polychrests, useful in acute as well as chronic diseases. Acts

on mucous and synovial membranes, veins, eyes, ears, genitive organs of both sexes especially females. Mental condition is mild, gentle, yielding timid. Anxiety in the region of heart with suicidal impulse. Menses too late, or scant or even absent or they may be delayed menses of first appearance. Dysmenorrhoea calls for Pulsatilla when menses are dark in colour, more severe pains. Remedy for Leucorrhoea of thick mucus resembling cream. Hysteria could lead to menstrual disorder. Pulsatilla should not be given to a pregnant woman but comes in for easy delivery. Remedy for Hydrocele. Acts on digestive organs. Difficult stool with backache or no two stools are alike. Pulsatilla is a women remedy i.e., the complaints of pulsatilla are found often in women. If symptoms agree it is useful for men.

SULPHUR: Sulphur is a very long and deep acting drug. One of the great anti-psoric remedies cures all psoric troubles. Sulphur either cures or prepares the ground for the next medicine to act. It is a constitutional remedy. Dr. Tyler writes that Sulphur is one of the constituent protoplasm thus not only occurring, but evoking any curing. Sulphur works through the protoplasm of the whole body. There is no place which it does not enter. Allen says that Sulphur being an integral part of every protoplasm it follows that all tissues become affected by its abnormal exhibition

DOZEN FACTS : PEPTIC & GASTRIC ULCERS

Dr. T.K. Rangachari, M.Sc., M.D., D.M.S.



T.K. Rangachari

The cause of ulcers is fright which deepens in the minds of patients. To relieve the tension which is primary and secondary cause of the ulceration of the alimentary system is the idea behind this effort.

1. When we look at the causes of gastric troubles most of such people are found to be in the habit of exhausting themselves with very hot diet, which finally reaches the blood stream and reaches the central nervous system through circulation causing vagal stimuli and also causes ultimately Hypertension. This tension rises sympathetic and parasympathetic modes causing contraction or dilation.

2. Ultimately all these facts causes a departure of alkalies and Magnesium and Phosphates from lining of the stomach, as well as the deodenum. Magnesium has the capacity of keeping control over vagus, sympathetic and parasympathetic nerves.

3. So the entire devotion to the cause of gastric troubles goes to the departure of alkalies i.e., Sodium phosphate (Natrium Phos) and magnesium Phosphate (Magnesia Phos) from the stomach.

4. This peculiar departure is caused by the hypertension received through the diet. The secondary cause is mental tension.

5. The reason of the gastric disturbances is due to the intake of materials supplied to the alimentary system. Hot spicy, fried and irritant foods causes ulcer.

6. The entire region of mind (psychiatry) is governed by the intake of food which is delivered to the blood stream through process of digestion and finally reaching the central nervous system. Peculiar supplies of acidic material, to the central nervous system causes unbalanced tension over various controls of thalamas and Hypothalamas to the extent that it will not be unscientific to ascribe scope of liver tensions, stomach tension and cardiac tensions to this very supply of acidic and hot materials by blood stream to central nervous system.

7. It is adjudged that the entire cause is intake of food which causes tension to the central nervous system.

The clear vision of any scientist on the medicine tries to control these particular tensions and it cannot be done less and until there is a rational well judged and well balanced dietary as well as dietary habits are brought under control by some authority.

8. To relieve the vagal tension and sympathetic and para sympathetic disturbances, Magnesium Phosphate will help. Natrum Phos will break lactic acid into carbolic acid and water. This prevents further danger of spreading of ulcer. Mag Phos will relieve tension whether it is relieved by the worries or work or by diet.

9. The osmotic pressure will keep the necessary fluids of the stomach bathed in alkalis as well as it will create the function of pneumogastric nerve to help keeping intact the lining of Entire Gastric Epithelium.

The Epithelium is so powerful to resist any bacterial infection. Hence there is no question of bacterial infection. Hence there is no question of penetration of its mucosa on the stomach or duodenum. So there is no question of bacterial infection from any source outside oesophagus or stomach to colon.

If there is the perforation of the epithelial lining through a superficial ulcer, then there will be the stomach infection with the help of

acids and food intakes as well as the air breathed in. This causes further penetration of deeper layer epithelium at times even reaching upto peritonium. To prevent this Calcareo Sulpha may be used.

This salt cover the entire process of healing of the ulcers as well as giving power to the cells to fight against any outside intrusion on the second layer. Calcareo Sulpha conducts the automatic nerves to special action suitable to be requirements of healing process and keeping away any other kind of recurrence anywhere in the region of abdominal cavity and thoracic cavity.

This three tissue salt will solve the problems of peptic and gastric ulcers.

10. In Homoeopathy the well selected remedy based on the symptoms will definitely cure the disease.

The drugs normally prescribed are Ars. Alb. Colocynthis, Graphites etc.

11. Nature cure Banana is the best effective remedy. Banana neutralises the over acidity of the gastric juices and reduces the irritation of the ulcer by coating the lining of the stomach. Banana and milk are ideal for ulcer patients. Cabbage is very useful for peptic ulcer. Cabbage is boiled in water and this water is allowed to cool

New Homoeopathy Classes from April 1992

Lot of enquiries are coming from our subscribers from outstation regarding the 'New Classes in April 1992 published in Jan. issue. The following additional information is given about the new classes.

The MPHA conducts only contact Refresher classes, during Sunday afternoon spread over 3 years. Central Council Syllabus for Diploma in Homoeopathy is followed and Diplomas are awarded to the successful students after annual examinations at the end of three years. No postal tuition is offered. The course offered by the M.P.H.A is NOT Recognised by the Government. The aim of the M.P.H.A. is to impart knowledge among the Homoeopathic lovers in and around Madras City and spread the system effectively in the absence of any other institution to do so. The students who obtain diploma through M.P.H.A. cannot practice as Professional Homoeopathic Doctors under the existing rules and regulations of the Tamil Nadu Homoeopathic Council Act.

and taken twice daily. The leaves of Kalyana Murungai also is very useful.

12. Observance The patient should not eat when tired or emotionally upset nor when he is not

NEW CLINIC AND FIRST AID CLASS

For the progress and awareness of Homoeopathy our Vice-President Dr. A. Easwaran has again inaugurated another Free Homoeo Dispensary at Perambur on 01.03.92 under the auspices of Venkatadri Baktha Samajam, No 13, Matai Garden II St., Perambur, Madras - 11. This area covers more poor and lower middle class people who are eager to get Homoeopathic treatment for their illness. Dr. L. Srinivasan, B.H.M.P. is incharge of the clinic.

CLASSES

Our Vice President has taken much efforts for the spreading of Homoeopathy. He has arranged to conduct classes in Homoeopathy (first aid) under the auspices of Seethamma Colony Residence Association, No.1, Crescent St., Seethamma Colony, Alwarpet, Madras - 18. For further details please contact the above address.

hungry even if it is mealtime nor when his mouth is dry. He should chew every morsel thoroughly. meals must be small. All foods and drinks which either too hot or too cold should be avoided.

Phone No. 666064

Reputed Name for everything best in Homoeopathy.

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3rd Tamil Nadu Homoeopathy Conference in Pictures



Tamilnadu Homoeopathy Federation's 3rd State Conference at Kamaraj Arangam, Madras, was inaugurated by Sri M.L. Fotedar, Union Minister for Health. Medical Camp was inaugurated by Sri Suriith Chowdhury, Director of Homoeopathy, Government of Tamil Nadu.



Sri Muthuswamy, Tamilnadu Minister for Health, rendered key-note address and released the Conference Survenir Dr. T.C.P. Nambiar, Federation President presided.

3rd State Homoeopathy Conference



Dr. K.S. Bhaskaran Nair, Federation Vice-President (Vice- President of MPHA) rendered valedictory address. Dr. M.V.L. Narasimhan, Hon. Editor, Journal of MPHA unveiled the Conference Flag (not in the picture).



A section of the gathering at the Conference. Our Vice- President Dr. K.V. Govinda Rao is watching the proceedings keenly

3rd Homoeopathy Conference in Pictures (18.4.1992)



A medical camp was held at the 3rd Homoeopathy Conference. Dr. M.V.L. Narasimhan, is checking a patient at the camp. Dr. Surendra and Dr. Rangachari are dispensing.



Dr. Janaki bai, our committee Member is examining patients. Dr. Venkatesa Perumal, our member is noting down the symptoms.

3rd Homoeopathy Conference in Pictures



Prior to the Conference, a Press Meet was conducted at Madras to explain the objects of the Conference. Dr. T.C.P. Nambiar, Federation President, Dr. K.S. Bhaskaran Nair, Vice President and Dr. M.V.L. Narasimhan, explained the features of the Conference.



A view of the Press Reporters at the Press Meet.

DEAR EDITOR

CONSTIPATION OF EXPRESSION

DEAR EDITOR :

1. My congratulations for the Homoeopathic Award you received from the Governor Sri Bhisma Narain Singh recently.

2. As I always suffer from diarrhoea of thoughts and constipation of expression, I hesitate to send any article to the renowned journal of the M.P.H.A.

3. Can you give information about the Government Notification about the Homoeopathic Practitioners, that those who passed Government Examination conducted by any State can practice in any State in India?

4. It will be better if the members of M.P.H.A are given their subscription members. So that it will be useful to both individual the member and the Association for renewal of subscription.

Dr. V. Krishnamurti,
2, Karian Ponnann Street,
Ullagaram, Madras - 91.

Note : The M.P.H.A. proposes to issue membership certificates to its members shortly. The member's suggestion has come in very timely.

Editor.

REMEDY FOR M.L.A.S.

Dear editor

"Homoeopathy will make you a good speaker" by Dr.M.V.L.Narasimhan is a good collection of Homoeopathic Therapeutics under a captive title. It also makes me think in the following lines.

Why not a therapeutic remedy for making an M.L.A who speaks in the assembly think about people's problems and not resort to slang or only his party interests.

Congrats to General Secretary for his award.

Dr. Surendra's article was good

Dr. S. Sampathkumar.
Pattukottai.

Make It monthly :

Dear Editor,

I have read your quarterly Journal as Homoeopathy. It is really a very good Journal. I want to be the member of your Journal. My personal suggestion about the excellent subscription is that you try to make it monthly magazine and also you please print the annual subscription rate and membership

coupon as is done by other magazines.

Dr. N.K.Biswas,
Chandsi Hospital, Lohabazar,
Vidisha, M.P.464001.

All are good

Dear Editor,

All the articles published in you January '92 issue were nicely written. Kindly arrange to send the addresses of all the authors.

Dr. T.S.Chandrasekaran,
No. 9, North Madavilagam St.,
Thiruvaiyaru-613204.

BOON AND GUIDE
Dear editor,

First receive my thanks and my praise for publishing. "This is to that and that is to this" written by Dr.S.Sampathkumar M.A. D.H.E. This article is an important boon for students to improve knowledge of Materia Medica and is also an instant guide for a practitioner.

Pankaj Prakash
2nd year, BHMS., MHMCH (B.U.),
Muzaffarpur (BIHAR)

BOOK REVIEW

Nalla Nala Vazhvu - Tamil Monthly

(seventh Issue)

Editor : Dr R.Subramanian
Gandhiji Nature Cure Centre
I.O.B. Colony
Maruthamalai - COIMBATORE - 641 046

Price : Rs.3.40

A very interesting journal. A book that prescribes (Nature Cure) mostly uncooked food as provided by nature as remedies for various ailments and comments from the benefitted. A simple, inexpensive treatment for health complaints like diabetes, asthma, rheumatism, arthritis, menstrual disorders, etc. without medicine but by way of diet prescription only. The plus point here is not only cure to ailments but also preventive system explained and that suits any one rich or poor in status. The book claims that even steamed idli has its own defects and not a hygienic one. In short the message of this book should spread to maximum number of people, which in turn will result in healthy society, if practised.

R.Dorairaj - member, MPHA

PATHOLOGY - DIFFERENT VIEWS

Dr.G.Venkatarathnam



G. Venkatarathnam

Allopathy is called Modern Medical Science and is based on experimental verification. It is officially recognised all over the world. Hence it will be worthwhile to find out the differences in the views of Homoeopathy and Allopathy.

1. According to homoeopathy the mission of the physician is to cure the sick individual, whereas the object of allopathy is to discover the specific nature of diseases and to manage, treat and prevent the problems arising from diseases involving a community

(i) lack of oxygen

- b) Decreased colloid osmotic pressure: Fluids are kept within the blood vessels and the osmotic pressure is exercised by the plasma proteins. The maximum osmotic pressure is exerted by Albumin. The reduction in albumin causes reduction in osmotic pressure and there is no return of fluid from the tissues or tissue spaces. This occurs in sub-acute nephritis.

- c) Increase in capillary pressure : Normally there is a

balance between capillary pressure and the colloidal pressure and the colloidal osmotic pressure. If the capillary blood pressure forces the fluid within the blood vessel into the tissue spaces, oedema occurs.

- d) Lymphatic obstructions: Due to filarial infection or inflammation as in lymphangitis

2. Secondary factors:

- a) Increases in the colloid osmotic pressure in the tissues: When proteins have escaped into the tissues, they exert more osmotic pressure than normal. This fluid is drawn into the tissues from the blood vessels.

- ii. Retention of salts in the tissues:

Salt retention in tissues acts as an important cause of oedema

in Nephritis. The defect is not in the kidneys, they are deviated into the tissues and the most important salt is sodium chloride which enhances the oedema when potassium chloride is given there is oedema as in sodium chloride. When salts are withdrawn from the diet of nephritic patient, the oedema subsides.

Remedies in general :

Acet acid, apis, apocyn-can, Ars, alb, Aue-met, Bry, Carbo-veg, China Eolch, Dig, Fer-met, Flurric acid, Helleborus, Helonus, Kali Carb, Lachesis, Lyco, Mercur, Nat-Mur, Phos, Rhus, Tox, Sulphur, Squilla, Zinc.

Whatever may be the cause and whatever may be the symptoms, unless some other remedy is very strongly indicated or there is very special indications, the patient should be given Lycopodium 30. If the patient seems to improve after taking 3 or 4 doses wait and watch the results.

If there is no improvement or the improvement is very slight or stationary, Apis should be given.

Lycopodium will suit cases arising from cardiac renal or liver troubles. The symptoms are scanty urine, swelling of lower limbs, hypertrophy of heart and

dyspnoea, worse when lying on back or in motion.

Apis will be more suited to cases of renal and cardiac origin. The urine is scanty, albuminous and full of casts, swelling about the eyelids, feet oedematous, ascites with great soreness of abdominal walls, great dyspnoea, cannot get breath except when sitting up, absence of thirst.

Ars, alb has been useful for condition arising from cardiac liver or kidney disorders. It has been named the great medicinal trocar. The urine is dark, casts abundant, dyspnoea worse when lying down, oedema of face and the lower extremities, eating and drinking causes vomiting.

The next group of remedies are Apocyn can, Aurmet, China, Digitalis, Helleborus, and Sulphur. The value of these remedies are more or less palliatives. Apocyn can have sluggishness of all functions and there is great debility. There is sense of oppression in epigastrium and chest, fluttering of heart, pulse irregular, intermittent and sometimes extremely feeble. The stomach is in irritable state so that he cannot retain any food not even water. Apocynum will be more suitable for cardiac cases than renal cases.

Aurmet is useful in cardiac and hepatic troubles, especially when there is cirrhosis of the liver and fatty degeneration of the heart.

China could be thought of when there is much drain of the system, history of anaemia of drunkards, old people and cases connected with liver troubles.

Digitalis for cardiac cases, heart weak and irregular, cyanosis, swelling of abdomen.

Hilleborus is useful in acute cases specially after specific infectious diseases, great debility, urine scanty, albuminous and with casts, difficult breathing, the patient feels breathing easier when lying down.

Sulphur is a great absorber of fluid.

The next group of remedies are acet. Acid, asparagus Bryonia Cantharis, Colchicum, Dulcamara and florid acid.

Acetic acid has gastric symptom and great emaciation.

Asparagus is for old people with heart trouble, cyanosis is prominent.

Bryonia can be given after specific infectious diseases. The oedema of Bryonia will increase during day time and lessen during night time; great thirst and scanty urine are characteristic symptoms.

Cantharis comes in if there is dropsy from atony of urinary organ,

painful urination and great emaciation will be there.

Colchicum comes in acute cases of renal affections, the urine is scanty, contains blood and albumin, there is constant urging to urinate, but little is voided.

Dulcamara can be given when there is sudden anasarca after exposure to cold or after drowning.

Fluoric acid after abuse of alcohol, ascites emaciation, genitals terribly swollen, great oedema of lower limbs from feet to abdomen.

Special indications:

Oedema of the feet - Apis, Apocynan, Arsalb, Bry, Cact.G, Cantharis, Colchicum, Fl. Acid, Lyco.

Secondary to heart - ars, alb, asparagus, carbo veg, dig, lyco.

Secondary to liver - Arg, Nit, Ars, Alb, Aur met, china, Fl. Acid, Lach, Lyco, Mercurius.

Secondary to kidney - Apis, ars alb, Canth, colch, lyco.

From cold - Aco, Apis, APocyn. Can, Ars alb, Dulc, Acute cases: Acon, APocys can, Apis, Ars Alb, China, Colch, Dig, Dulc, Lyco, Suphur.

Chronic cases - Apis, ars alb, china, lyco, sulph.

Note: Apocynum should be used in other tincture and it is better that it should be freshly prepared.

A CORRECTION TO 'THE TWELVE TISSUE REMEDIES'

BY Drs. BOERICKE AND DEWEY

For WORMS, Drs. Boericke and Dewey in their book 'Twelve Tissue Remedies' state (at p.346 of Calcutta edition):

Calcarea Fluor. Intestinal, long, round, or thread worms with characteristic symptoms of acidity, or picking of the nose, occasional squinting. Pain in the bowels, restless sleep, itching of the anus, especially at night in bed, face white about the mouth or nose. Grinding of the teeth in children. Pin-worms. This remedy probably acts by destroying the excess of lactic acid which seems to be necessary for the life of these worms.

A reference to p.128 of the same book will indicate that the correct remedy answering the above description is **Natrum phos.** and not **Calcarea fluor.** I have so altered my copy of the book.

I am bringing this to the notice of the profession because the mistake has eluded even the careful eyes of the expert Homoeopath late Dr. Narasimhamurti who quotes the above passage in his Therapeutics (Part one, P.53) giving Calc. fluor as the rem.

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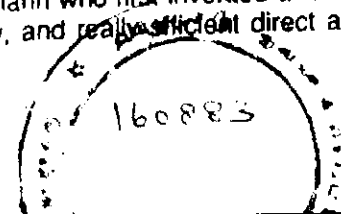
HAHNEMANN

THE INVENTOR

Many people take Hahnemann as the inventor of the principle of symptom-similarity is therapeutics. But it is well known fact that this principle revealed itself to many a genius of antiquity, both of the East as well of the West. The principle only re-uncovered itself before the seer Hahnemann, through cinchona like the falling apple of Newton while he was translating Cullen's Materia Medica. The rare genius of Hahnemann easily recognised and grasped this principle as a Law of Nature- the sole law of all curative therapy. By dint of his versatile and vast erudition, he soon found that out this principle applied itself mostly involuntarily and unconsciously, in each case of real cure in the history of Medicine upto his time. And forthwith, he started his life-long experiments in order to establish this inductive knowledge on solid unassailable footing. How successfully he did it, is well known to all of us. During the last one and three quarters of a century any attempt at rejecting or suppressing this truth has only helped in further deepening and spreading of its roots all over the world.

All the inventions and discoveries of Hahnemann particularly in the field of therapeutics emanate

from this basic truth, as so many corollaries or consequences. The principle of symptom-similarity, as already mentioned, was, known as many of his predecessors, but nobody took it as a basic law of Nature; so they did not try to apply this principle assiduously and scrupulously in every cases of disease coming to their hands. But, even if they would have seriously attempted to do so, there were no practical means at their hands. The method of finding out "what is curative of medicine"- that is pathogenic properties of medicine was far from their vision and imagination. Honestly disgusted with the explanation given in Cullen's Materia Medica regarding curative power in Cinchona in intermittent fever, critically minded Hahnemann threw itself to the noble and dangerous task of finding out the pathogenic properties of cinchona, by taking the drug himself in repeated doses. And we can imagine what a tremendously pleasant surprise and heavenly joy he felt when he beheld that the symptoms produced in him by cinchona, tallied exactly with those of the usual type of intermittent fever-the ague. And thus, in the whole history of medicine, it is Hahnemann who first invented a totally new, and really scientific direct and



precise method of exploring the limitlessly vast field of drug pathogenicity. This novel method was named by him as drug proving.

By analysing and synthesising the vast array of symptoms produced by individual drugs on healthy provers, Hahnemann invented a new method of apprehending, accessing and grasping the pathogenicity of diseases. All along and till date, the traditional medicine, pathology is studied mainly on dead bodies, and physiology and pharmacology mainly on animals. Hahnemann's method of proving gave so many complete replicas of disease-pathogenicity on human being with his body, mind and character-or in one word personality. Orthodox medicine is, of necessity, being forced lately to take up a synthetic attitude towards disease, in lieu of the time-old analytic, localised, solid materialistic attitude and constrained to coin the terms like "Psychosomatic", "Neuroendocrine" etc., in describing the clinical conditions of the whole individuals patients. But, these ideas were forestalled, and far more efficiently and completely expressed about 1 3/4 century ago by Hahnemann's phrase- "totality of symptoms".

In order to match the similar-most drug to the totality of symptoms of the case in hand the principle of individualization, (both of the patient as well as of the drug) became a natural corollary to his basic law of cure -similia similibus curentur; as it is logically impossible to have more than one drug

similar most to the totality of any particular condition. But this invention of Hahnemann is still failing to grasp the attention of the Orthodox School, due to their inordinate urge for the easy though absurd path of generalisation.

The practical application of the law of similarity necessitated the minimization of dose. And in the process came out the internal dynamic power of drugs. This process developing and establishing itself empirically, too far upto date to science fail to explain this phenomenon of almost immaterial dose producing indisputably definite and concrete effects.

This phenomenon of immaterial doses overpowering diseases, with their concrete manifestation eg., the potentized similimum destroying the germs or melting away solid warts or huge tumors, unassailably rescued disease from the clutches of traditional mechanical materialistic prejudice, and established it as a force overpowering the unaided vital force, again being vanquished by the latter with the help of the dynamic force of the similimum.

Thus it can quite safely be asserted that if Hippocrates rescued medicine from superstitions of older items, Hahnemann rescued Medicine from the crude materialism of the last two centuries, and placed it on the footing of a true all-embracing science; from vague speculations on true logic; from dim uncertainty to clear and definite results-as expected of a true science.

OEDEMA

Dr. A. Janakibai D.H.B.M.



Dr. A. Janaki Bai

Oedema is a circulatory disturbance. The term Oedema means an excessive or abnormal accumulation of fluid in the tissue spaces and serous cavities. This accumulation may be local or general.

- When fluid accumulates in sub-cutaneous tissue it is known as Oedema.
- Fluid in plural sac is called Hydrothorax.
- Fluid in peritonium is called ascites.
- Generalised fluid accumulation in sub-cutaneous tissues and serous cavities is known as Anasarca.
- FLuid accumulation due to heart, liver and renal diseases is called dropsy.

Anaemia, beri-beri and epidermic dropsy are also the causes of oedema. The fluid may be in free state or in a combined state. In free state, it can be shifted from one place to another. If it is in combined

state, it is united with protoplasm. When fluid is present in the sub-cutaneous tissue, there will be "pitting" oedema. Oedematous fluid closely resembles lymph. It is of two types.

- 1) Transudate and (2) Exudate.

Transudate is formed as a result of mechanical passage of fluid from blood vessel to the tissue spaces. An exudate is formed as a result of an active process of inflammation.

Types of oedema.

1. Localised inflammatory - seen in acute inflammations.
2. Obstructive - due to obstruction of lymphatics, filariasis, obstruction in the veins also seen in

3. Generalised - (a) cardiac - due to right ventricle failure (b) Renal - due to acute nephrosis (degeneration of the kidneys without any sign of inflammation) oedema:

1. Primary factors:

- a) Increased permeability of capillary wall: The capillaries normally allow the passage of water and crystalloids, but does not permit protein to pass through, proteins are allowed where the permeability is increased. It occurs as a result of (i) action of toxins

2. According to homoeopathy every sick individual with regard to his constitution, cause of his sickness and peculiar character of his disease, whereas from allopathic point of view all patients suffering from the same disease and treated alike, with special regard to his complication.

3. In homoeopathy sickness depends upon the vital nature of the patient. The sickness is represented by altered sensations and functions produced by inimical influences of the morbid agents of the vital force, whereas allopathy is guided by the cellular pathology. The altered function and organic changes in diseases due to external and internal functions of various aspects viz. virus, bacteria, parasite and various pathogens

from physical and a typical morbid condition called diseases of specific nature.

4. According to homoeopathy, constitution of the individual is significant prior to causation of his illness, Idiosyncrasy, conceptuality, reactivity, latency, suppression, and expression of peculiar symptoms constitute dynamic nature of the sick individual. Whereas allopathy considers that endogenous and exogenous causes operate in the production of the disease constitution has no significance except the causation which is the supremacy in allopathy.

5. In homoeopathy spiritual nature of the organism is to be considered in the treatment of the sick individual whereas according to allopathy the material nature of the organism is considered in the treatment of patients.

6. The feeling of being well is of utmost importance in a healthy and fit person, whereas from allopathic point of view, feelings are of secondary importance, so long as the physical examination and laboratory tests and other investigations are found to be normal and a person is declared to be fit and healthy. This attitude is bound to change with the discovery of psychosomatic medicine.

Benefits of the Homoeopathy from the knowledge of pathology.

1. The knowledge of pathology enlightens a Homoeopath about causation of diseases. Dr. Hahnemann says in para 4 of the organ that a physician cannot remove the disease unless he knows the causation of the disease. The causation may be due to the following conditions:

- i. contributory causes, e.g. unhygienic surroundings etc.,
- ii. Excitement causes, eg. emotional, excitement, anger, grief, mortification, frustration, loss of sleep, change of weather, irregular diet, etc.,
- iii. Specific causes like infection due to viruses, bacteria, parasites, chemical poisons, drugs, etc.,
- iv. The pre-disposing causes e.g. diabetes, gout, diseases due to disturbances of circulation, hereditary diseases, etc.
- v. The knowledge of pathology gives us the kind of disease whether acute or chronic, curable or incurable whether surgical or medical a case is.
- vi. The disease either beginning or malignant, may be minor ailment or a constitutional disorder, helps to select a remedy appropriately.

vii.

The progress of the disease or recovery from the disease by the laboratory test like urine, blood, stools and x-ray etc., are determined.

- viii. The deficiency that weakens the vital balance like loss of blood, fluids, vitamins etc., may have to be replaced by suitable transmission to the body of the patients.
- ix. Anatomical deficiency like contracted pelvis etc., help to handle skilled technicalities in obstetrics, etc.,

The study of the causes of the diseases is called Aetiology. The study of structural changes which can be seen by the naked eye is called gross pathology. The study of the changes in size and shape of the organs or the micro organism, bacteria and the worms is called Morphology.

There is a new branch of pathology known as the experimental pathology. It studies the diseases under artificial conditions; eg., study of cancer on animals regarding the origin and development of cancer. This branch of pathology in making new discoveries regarding diseases at every stage of their development is therefore very helpful in understanding the true nature of disease.

At present modern science has advanced in medical field

which is more helpful to identify the diseases in their diagnosis and prognosis although in the treatment by homoeopathy this may not help to match the remedies as it is based on total symptomatology, but on the other hand the introduction of computerisation in the medical field enables the doctors to have a complete idea of the disease and its causation to certain extent and helps in the management of patients.

The scope of pathology is very vast and it includes the chemical, microscopic, naked eyes, clinical and experimental study of diseases. The chief aim of the study of pathology is to help the medical men to:-

1. Prevent and cure the diseases
2. to manage the treatment of the patient in a suitable way and
3. To give the correct diagnosis and prognosis of the diseases.

Hence, pathology is the basis on which the physician gets all the information in the treatment of the disease of the patient.

The achievement in the medical, surgical and other forms of treatment has improved by leaps and bounds, so much so that many diseases have been completely eradicated, like malaria, small pox, tuberculosis, syphilis etc., from the

medically advanced countries by the development of advanced pathology.

Sr. RAJAGOPALAN **MEMORIAL** **HOMOEOPATHIC LIBRARY.**

A Homoeopathic Library, in memory of late Dr. S. Rajagopalan, our Past Jt. Secretary/MPHA will be opened at our DDA Hospital at No. 25, Ayyavu St, Aminjikarai, Madras-30., on and from 13-4-92. Lion De. K.V. Govinda Rao, Dr. C. Jeevanandam, Dr. Sridharan, M.B.B.S., Dr. J. Leelakumari, Dr. Dave and the son of Late Dr. C. Rajagopalachari have donated a sizable number of books for the Library and many more members have promised to send books to the Library. It is earnestly appealed to all the members to lend their support to establish a Homoeopathic Library, the first of its kind in the City.

In the initial stage it is proposed to lend books to the members who deposit a sum of Rs.50/- as caution deposit. The library will function on Saturdays and Sundays between 9 A.M. and 12 noon initially. The members may return the books within 14 days failing which a sum of Rs.1/- will be collected towards late fee. Members are requested to patronise the project.

ADVENT OF RADIONICS IN HOMOEOPATHY

The development of a Potency Transferer Simulator (PTS), a compact, portable electronic device capable of preparing homoeopathic medicines in varying potencies, as well as broadcasting treatment to patients over long distances may prove to be a big advance in this branch of medicine.

The device which is easy to operate, would obviate the need for homoeopaths to stock any medicine in different potencies. It can also neutralise globules and liquids for later use in required potencies.

The PTS, designed by electronics engineer-cum-homoeopath Dr. Jayant C. Desai, was demonstrated at a world Holistic Medicine Conference held recently in Bombay, attended by doctors from all branches of medicine, Indian as well as those from other countries including U.S.A., China and Sri Lanka.

"The field patterns get imbibed in the globules at any potency level set on the device," Dr. Desai explained in an interview later. The time to acquire energy by globules is about ten minutes, and by liquids

like water or alcohol about three minutes. Even oils can imbibe potency, but the time taken varies from 30 to 60 minutes.

Just as radio broadcasts are made from one country to another, PTS can be used for radionic broadcasts, irrespective of its distance from the patient. It can transfer the etheric field pattern in just ten minutes. The instrument is able to diagnose, analyse and treat the patient on the basis of the latter's blood sample or a photograph.

The instrument has been designed on the principle of resonance of space-time in Non-

JOURNAL OF MPHA ADVT. TARIFF

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Linear Time (universal space time). "The aspect of distant healing is based on higher dimensions of space-time continuum," Dr. Desai said.

According to Dr. Desai, energy and matter are interchangeable, matter being merely slowed down or retarded. Everywhere in the universe, he says, there is only matter, coarse or fine.

When finer matter penetrates a coarse one and also occupies some space around it, it is called the "field" of the matter. And energy is matter in its finest form.

The basic geometric forms in nature, Dr. Desai says, are the point, the circle and the triangle. Even among these, the circle may be considered an expanded point. In the three-dimensional aspect the circle becomes a sphere in which the centre is connected with every point on the boundary.

This implies that the "field" is inter-connected with every point, in the form of a person (or object) in it and that it also contains the programme of the manifestation of his physical entity. Thus a small part of the "field" is an exact representation of the whole body.

"That is how a drop of blood, a lock of hair, a nail, or a photograph represents the totality of a person's being, and can be used for a complete analysis or treatment," he said.

In order to understand the above concept we have to tune ourselves to a different wavelength, that is, we have to overcome the three-dimensional thinking."

"We are habituated to thinking in the three-dimensional way without an absolute frame of reference. We make use of only the left part of our brain taking help of symbols and digits. But to decipher the symbols, which is in the language of nature, we need to develop the right side of the brain."

"Incidentally, with the comparative method of learning we have lost the capability of visualising and imagining, which is related to the right side of the brain. Visualisation and imagination in deeper states produce pictures in the mental sphere."

"By constant practice of understanding the concepts behind the symbols, digits, sound and light it is possible to develop the right side of the brain to perceive directly the meaning of symbols in nature."

He said that in physics, one learns that when a ray of light passes from lighter to a denser medium, it refracts, then slowly down. Likewise during the manifestation of higher elemental forces from Akash to Vayu (two of the Panch Tatwas) energy refracts. This process continues till the last physical manifestation of Form.

"Every change or refraction produces an oscillation and above the threshold of the tatwas. The higher the tatwa the higher the frequency," he said.

"The frequencies that range from 16 to 20,000 cycles per second can be sensed by our ears. That we call sound. In nature there are various frequencies, some of which are perceived through our sense organs, it is essential to remember that these are only a very small part of a huge spectrum of energies."

He said the expression of energies at any level is through oscillations which take place so as to restore the initial state of rest or movement of energies.

"The energy distribution in the universe and in humans takes place in similar fashion. This helps in determining the treatment to be given to a person on the basis of his blood sample or photograph which could reach him wherever he may be."

As far as diseases are concerned, Dr. Desai said, every manifestation of a disease is the effect of a cause in the subtle bodies. A cause like emotion can manifest itself into physical distortions in a human body, namely, tumors, blood cancer, extra growth,

respiratory trouble, digestive problem and so on.

"If the science of Radionics is developed, with the above philosophy, in depth - then the art of healing will become holistic and permanent. Having realised this, we can then understand the significance and importance of our emotional nature."

A person having a physical disease is disturbed emotionally, mentally and spiritually. In this type of approach the cause is treated to bring about the balance in his higher energy field for removal of the disease. This also brings about perfect co-ordination of his higher bodies - in other words the effect on his entire being as such. "It is to be emphasised here that the treatment evolves him on his spiritual aspect also-which is the purpose of life," Dr. Desai said.

-Compiled by
Lion R. Dorairaj.

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Homoeopathy Asks

Coffee, Tea or Me ?

Dr. M.V.L.NARASIMHAN, M.A.,M.L., D.H.B.M.,

As a Homoeopathic Practitioner I am following one thing very strictly - that is asking my patients to stop taking coffee or tea completely, so that there is no chance of caffeine anti-doting homoeopathic remedy. In fact on this condition, several patients have stopped taking Homoeopathic treatment, rather than stopping coffee or tea.

Caffeine which contains in coffee or tea has definite effect on the nervous system of men. This is evident from the reeseach study, made in Netherlands. The News item is as follows:-

ADDICTION TO COFFEE

If missing your morning cup of coffee gives you a headache, you are probably suffering "withdrawal symptoms". In a study conducted at the University of Nijmegen in the Netherlands, to research the effect of coffee on cholesterol, 45 coffee drinkers were asked to drink five cups a day for six weeks. When these drinkers were then served, a decaffeinated brew without their

knowledge, 19 of the 45 complained of severe, long lasting headaches

Researchers explain that coffee narrows your blood vessels. Going without coffee dilates them, giving you that pounding headache.

(Popping pain killers may not be the answer, because some pain-relievers themselves contain caffeine. Taking them regularly can only strengthen dependance on caffeine).

5 cups a day

"Caffeine is not a food substance but a drug, the excessive use of which is harmful. In India unfortunately a large population of our country are consuming four to five cups of coffee or tea a day thus engulfing about 300 m.9gms. It is therefore not desirable to permit caffeine in those drinks especially in the interest of children and adolescents who need more nutritious substances for their growth and

But coffee is a remedy too. Strong black coffee, drunk as hot as possible, is indispensable as an antidote to a large number of poisons, especially narcotics. Hot coffee should be administered by rectum in cases of extreme collapse (Boericke).

Unroasted coffee by name Coffee Cruda is a Homoeopathic remedy too. Boericke introduces this remedy thus. "Stimulates the functional activity of all organs, increasing the nervous and vascular cavity. The drinking of coffee by the aged is likely to increase production of uric acid, causing irritation of kidneys; muscle and joint pains, and with the increased susceptibility of old people to stimulating action of coffee and tea their use should be curtailed or carefully watched. Great nervous agitation and restlessness. Extreme sensitiveness characterises this remedy. Neuralgia in various parts; always with great nervous excitability and intolerance of pain, driving to despair, unusual activity of mind and body,

bad effects of sudden emotions, surprises, joy etc., Nervous palpitation, coffee is especially suited to tall, lean, stooping persons with dark complexions, temperament choleric and sanguine skin hypersensitive.

For tooth ache coffee has proved to be a good remedy. People with crowding of ideas, wake up disturbed by dreams, feel sleepless due to flow of ideas, coffee can give relief. Sometimes in times of emergency when the heart is threatened with failure or extreme feebleness, a dose of (roasted) coffee may restore heart beat to normalcy.

In fact, my suggestion is why not we try coffea Cruda to take away the ill effects of coffee.

Printed by Meenakshi Fine Prints, 16 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 Annamalai Puram Madras-600 028. Phone: 836233

Hahnemann Day at MPHA



Sri O.V. Balasamy, District Judge (Retd) inaugurated the new classes.

Dr. Rangarajan and Dr. P.S.V. Subramanian spoke on Hahnemann.



Dr. K.S. Bhaskaran Nair, our Vice-President unveiled the portrait of the Great Master of Homoeopathy.

Hahnemann Day at MPHA



Justice N. Krishnaswamy Reddy, our President declared open the Homoeopathy Dispensary at Pallavaram sponsored by Dr. V. Devanathan.



Dr. V. Raghunathan, at the commencement welcomed the Gathering.
Dr. M.V.L. Narasimhan, released the book "Our Native Plants and Homoeopathy" written by Dr. Kulasekharan and Dr. V. Surendra, our Joint Secretary proposed a vote of thanks at the end. (Both are not in the picture)