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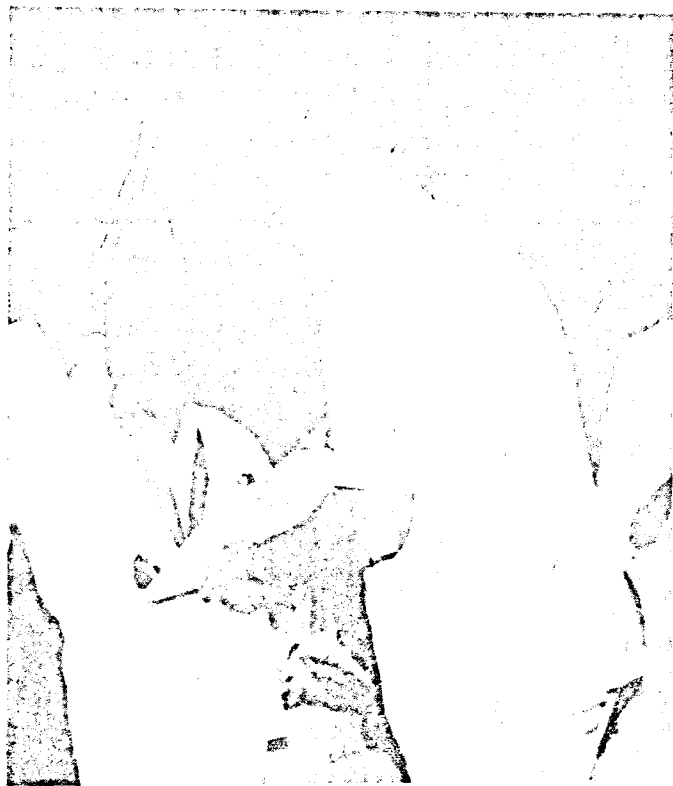
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**JOURNAL OF
THE MADRAS PRESIDENCY
HOMOEOPATHIC ASSOCIATION**



Dr. C. SRIRAMULU G.C.H.M.
(20-11-1911 ---- 09-03-1993)

OUTSTANDING HOMOEOPATH AWARD



Our Senior Vice President Dr. K.S. Bhaskaran Nair, received the WISDOM AWARD for Outstanding Homoeopath for the year 1992, instituted by the Ratna Rao Trust. The function was held at the Narada Gana Sabha and Hon'ble Mr. V. Ratnam, Officiating Chief Justice of the Madras High Court, is seen presenting the Award to Dr. K.S.B.

THE JOURNAL OF THE MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION

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EDITORIAL

BEACON LIGHT GONE

Dr. C. Sriramulu, our beloved General Secretary of the M.P.H.A. is no more with us. We find no suitable words to express our sorrow or how great a loss it is to us, to Homoeopaths, and the Homoeopathic fraternity at large. He was a beacon light in the field of Homoeopathy. But for him the M.P.H.A. would not have been existing today - this is no exaggeration every one of the leaders and members would vouchsafe for this statement. He was a giant among the Homoeopaths. Being the first President of the Tamil Nadu Homoeopathy Council, when it was formed by the Government of Tamil Nadu, he not only decorated the post, but was the Guiding Star of thousands of aspiring Homoeopaths.

The lacuna created by his loss cannot be filled.

We convey our heartfelt condolences to the berieved family, his wife, his sons Dr.Sripathy and Dr.Sridharan, his daughter-in-law Dr.Kamalini daughters and grand children. May his soul rest in peace.

Dr.M.V.L. Narasimhan
Hon.Editor

NINE PINS IN HOMOEOPATHY

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

By treating with Homoeopathic medicines purely on the basis of Pathology some times the case indicates failure. The following remedies with their most pointing symptoms occurring as concomitants with bodily ailments can be given the first importance for the selection of that remedy.

1. ANTIMONIUM CRUDUM

Patient does not want to show hands to the physician. Nails deformed, cracked lips and nostrils.

2. APIS MEL

A sensation of heat with relief from cold application, Jealousy.

3. ANTIM TART

Rattling noise of mucus, face shows an appearance as if lungs should fail.

4. CARBO VEG

Sinking condition with cold extremities, cold perspiration all round,

throwing covers off and want to be fanned.

5. CACTUS G

Complaints about the heart.

6. HEPAR SULPH

Extremely sensitive, cannot bear even air blowing.

7. LYCOPODIUM

Irritable, outbursts of temper, avoids crowds, hates being shut in, sensitive, cries when thanked, sad desponding, weeps all day, uses wrong words for correct ideas, makes mistakes in writing, spells word wrongly.

8. NAT MUR

Sad, weeping mood without cause, aggravate by consolation/or if there is a history of Malaria.

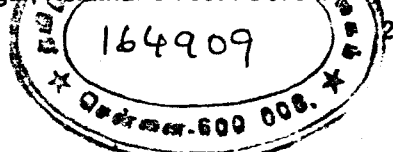
9. SPIGELIA

Fear of pointed objects like pins, needles etc.

A NEW CLINIC INAUGURATED

Dr. K.S. Bhaskaran Nair, Senior Vice President of the M.P.H.A inaugurated a new Homoeopathic Clinic - Ashwin Homoeo Clinic at Bala Nagar, Kolathur on 30th Oct 92.

This clinic is run by Dr. B. Anuradha DHBM, daughter of Mr. C. Bala Krishnan, Senior Accounts officer, Madras Telephones, a staunch believer in Homoeopathy.



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WHAT IS HOMOEOPATHIC REMEDY ?

Dr. J.N. Kanjilal, M.B., D.M.S., Calcutta

Question :

A case of sore throat has come to you, what remedy will you give ?

Answer :

Often promptly comes-Merc. Sol

If that fails ? - Phytolacca.

If that again fails ? Baryta Carb.

This sort of answer comes not only from an examinee, but very often from many a full fledged homoeopathic practitioner also. It is a wonder wherefrom they learned this method of selecting the homoeopathic remedy.

But this "hit and miss and hit again" method is totally inconsistent with the very term Homoeopathy, which means therapy based on symptom-similarity. Without at all getting the symptoms of the patient how can you run for finding a remedy having similar symptom ? That is both logically and practically absurd.

Homoeopathic prescription can never be based on any name of a disease, but always on the totality of symptoms of the particular case in hand. Even in the busiest chamber or outpatient department practice you must first secure at least some key-note symptoms (which often constitute the basic note of the total-

ity), before you can think of finding a remedy, most similar to them, that is the homoeopathic remedy.

Question :

Is Quinine homoeopathic remedy?

Answer :

No.

Question :

Is Tinct, Cinchona a homoeopathic remedy ?

Answer :

Divided-Some no, some yes, some hesitant.

Question :

Is Cinchona O homoeopathic remedy ?

Answer :

Yes.

Question :

Is China 200 a homoeopathic remedy ?

Answer :

Yes, of course.

But the reality is, neither Quinine nor Tinct, Cinchona, nor Cinchona O, nor China 200 is an allopathic or

homeopathic medicine per se. They are all simply medicines. A medicine does neither become allopathic or homoeopathic by dint of its name, nor according to the name of the pharmacists from which it has been procured, nor according to the professional label of its prescriber.

A drug becomes a medicine when made suitable for prescription. A medicine becomes a remedy when applied against a particular diseased condition. A remedy becomes homoeopathic only when applied on the basis of symptom-similarity, that is, on the principle of "Similia similibus curentur". Any remedy applied on any other basis or principle, can be any thing other than a homoeopathic remedy.

Of course, in accordance with the basic principle, the method of preparing and prescribing medicines differ in different systems of medical

science. And in consistent with the basic principle of symptom-similarity, the homoeopathic remedy is, as a rule prescribed in minimum doses and in potencies, in order to avoid unnecessary aggravation and to secure deeper action. But these are all secondary qualities depending on the basic factor—the principle of symptom-similarity. Based on this principle, what to speak of the basic tinctures or mother tinctures, even a crude drug may have to be administered in material doses according to the nature of the case in hand, e.g., the various external remedies, and even then the remedy is nothing but homoeopathic. On the other hand the highest possible potency applied in minimum possible dose, cannot become a homoeopathic remedy if not prescribed strictly on the principle of symptom-similarity.

NEW PHILISOPHY

N. Sathyamoorthy Student MPHA

Human life starts from the kitchen I will tell a recipe of Pongal to illustrate the idea. There are five members in the family. Father, Mother, son, daughter, mother's sister means (Sithi) assume that there are the five elements water, wind, earth, fire, and ether respectively. The ingredients are Rice (Carbohydrate), green gram (Protein), Ghee (fat), Milk (Balance diet), Jaggery (Sucrose), and honey (Minerals & Vitamin and also contain small amount of poison). We

boil all these things with fire use mother as a spoon to stir. We want a vessel to hold it. That is the "Vital Force". So vital force is stored & mixed in the Pongal.

It is Homoeopathy medicine at the bottom we receive ash also. This ash is called our basic twelve salts. It contains life also. When we dissolve it in water we can get Pongal also. That is the spirit of the true salt medicine. Pongal is the good health.

CARE OF THE DYING PATIENT

V. Raghunathan

One of the challenges of the medical profession is the "Terminally ill" patient under your care. In such a case how will you act? Will you simply tell your patient that he/she is terminally ill and going to die? or conceal the fact from the patient.

The responsibility of the physician in such a situation is discussed by David Baldwin and Keith Hopcroft in their work 'A Hand book of House men' published by the Oxford University Press.

An extract from the book is given hereunder for the guidance of our readers.

Care of the dying patient is generally ignored in undergraduate teaching. Though reference may be made, in pharmacology lectures, to the need for the regular prescription of opiate analgesics in the relief of intractable pain in terminal illness, an holistic approach is rarely taught. Presumably, it is felt that this approach evolves through clinical experience, as indeed it does, but initially you will be ill-prepared, and uncertain what to say, and what to do, in the care of a dying patient. It is quite conceivable that you might confront such a situation on your first day as a houseman—obviously, clinical experience will then be at a mini-

mum, so the following guidelines should be of assistance.

The basic aim of the nursing and medical staff must be to ensure that the patient is kept free from pain, and able to live a fulfilling and dignified existence, satisfying his remaining wishes. Patients may complain of a number of physical problems, such as pain, nausea, vomiting, breathlessness and incontinence; these must be treated effectively, with the minimum of investigation, to enable the patient to live his last days in comfort. In addition, it is almost certain that you will detect anxiety, and depressive feelings amongst terminally ill. Understandably, most patients have a fear of death, at least initially, however, much of their trepidation may be related to fears of placing an intolerable burden on those around them, or to pain, or loss of dignity. Depression is common, and may be considered a normal grief reaction; such depressive feelings are commonly displaced onto the care-givers, with subsequent bitterness and hostility towards relatives, nurses, and doctors—you will find this disturbing, but later come to realize its origin, and act accordingly.

Thus, the first stage in the management of dying patients is the relief

of distressing physical symptoms. Of equal importance, is the establishment of a rapport in which the patient may discuss his illness and feelings as much as he wants, or is capable.

Much is said in the debate as to whether patients should be told of their illness, its complications and duration; in our experience, it is best to let the patient lead the way in discussions of diagnosis and prognosis. Withhold information until the patient indicates that he is prepared to know, then gradually tell him; reticence on your part would then only encourage feelings of distrust. You will constantly be surprised, and relieved, that when (after endless deliberation on your part) you eventually decide to start indicating the prognosis to a patient, he will declare 'I know I am dying'; frank, but concerned discussion can then occur, with great relief to all. Understandably, the cardinal rule in terminal care is that every case is different; judge each patient's needs individually, dogmatic rules or techniques inevitably result in the loss of a sympathetic, personal approach.

It is worth remembering, however, that certain wards, specifically radiotherapy or oncology wards, have fairly defined policies as regards telling the patient the truth; these will need to be observed as much as is appropriate.

It is of paramount importance to keep relatives' views in sight. ...

one will thank you (except, on occasion, the patient) should you decide to weigh in and break a conspiracy of silence. However, much of relatives' well-intentioned desires to withhold information from the patient stems from ignorance of the severity, complications, and treatment of the patient's illness, hence, informed discussion with all concerned parties is the key to honesty in the management of the terminally ill. Relatives' fragile conspiracies in withholding information from the patient often prove difficult to maintain; unfortunately, such fragility may be revealed by those least involved in the care of the terminally ill, for example an innocent and unintentional remark from a ward domestic might instill great suspicion and fear in the mind of the patient.

Often, after adequate treatment of physical complaints, it is possible to transfer the patient to the caring environment of the family home, or failing that, a hospice, if the patient indicates a preference to leave hospital. Re-admission to the ward should be guaranteed, if this is considered necessary by the patient or his caregivers. Hospitals, it must be stated, are generally not a nice place in which to die.

Various stages occur in the acceptance, by the patient, of his imminent death; these are classically referred to as 'denial', 'anger', 'bargaining', 'depression' and finally, 'acceptance'. Obviously, these are only terms for the wealth of feeling and

emotion that occurs in everyone, and any stage may be especially prominent, or contemporaneous with others. Simple conversation will reveal the stage in the patient's perception of his illness. It is tempting, as a new houseman, to avoid such conversation: this attitude probably arises from uncertainty as to what is required, difficulty in choosing the correct word and appropriate expression of concern, together with feelings of inade-

quacy, for medical education teaches us to preserve life, rather than ease death. By simply imagining a reversal of roles, with yourself in the hospital bed, you should begin to realize what is required in probably the most difficult, but potentially most rewarding part of your job.

MAGIC OF MINIMUM DOSE

By. Dr. K.S. Bhaskaran Nair

As soon as I got up from bed one day morning, the parents of a one year boy carried the child to my room. They were very much upset as the child was crying throughout the night in whatever way it was handled. All sorts of coxing and handy medicines were of no avail. They spent sleepless night in anguish and fear. They waited till day break to rush to me to get relieved of the suffering of the child, which the parents thought was some serious ailment.

I examined the child head to foot and as I patted the child with soothing words, the child stopped crying for some time. While examining the child, I found the child's abdomen slightly bloated. When I questioned the mother what food was given to the child in the previous evening, she said some biscuits and cold milk were given. This led me think that gas had accumulated in the stomach which could not be ex-



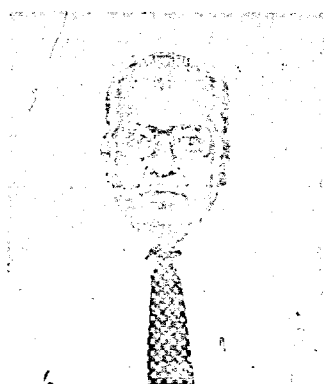
pelled easily during the night. I gave a dose CARBO VEG 30 - 6 pills in one ounce of water and asked the mother to put him on her shoulder pressing the abdomen. In a few minutes, the child had belching and vomitted a little. Then I gave the child two ounce of plain water which it drank happily. Then it began to smile, laugh and play which gave pleasant relief to the parents and child. Hail Homoeopathy.

COMMON AILMENTS OF CHILDREN AND USEFUL MEDICINES

Late Dr. C. Sriramulu GCHM

RESPIRATORY

Acute bronchitis	: Ant.-t., Bry., Ferr.ph., Ipec., Amm-c.
Acute Otitis	: Acon., Ferr.ph., Capsicum, Bell., Cham.



Adenoids	: Puls., Sil., Bar-c., Bar-m.
Asthma	: Sambucus nig., Nat.s., Aralia, Lobelia.
Colds	: Acon., All-c., Ars-alb., Nat-m., Merc, Nux-v., Ferr.ph.
Coughs	: Bry., Ant-t., Kal-bi., Phos.
Sore throats and Tonsillitis	: Acon., Bell., Phyt., Merc. (proto-iod, bin-iod), Bar-c., Bar-m., Sil.
Whooping cough	: Pertussin, Dros., Cocc-c., Carb.v., Corall-r.,
Snuffly	: Samb.nig., Calc-Lac.

DIGESTIVE

Aphthae	: Bor., Calendula, Kali-mur., Nit-ac. Bismuth.
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Constipation	: Alumina, Taraxacum, Bry., Nux-v., Mag-mur.
Diarrhoea	: Aeth-cy., Ars-alb., Podo., Dulc., Ip., cham, crot-tig., Mag-carb., Carb.v.
Dysentery, enteritis intestinal colic	: Ars-alb., Merc-cor., Colo., Mag-ph.
Hiccoughs	: Arg-nit., Stram.
Indigestion	: Nux-v., Ant.c., Puls., Iris-v.
Intestinal parasites	: Cina.
Teething	: Cham., Sil.
Vomiting	: Aethu-cy., Ip., Ars-alb.

NERVOUS

Convulsions	: Bell., Cicuta, Ign., Cup., Cina.
Impatience, Startling, Jumping to sounds	: Bor.
Thunder	: Rhod.
Temper tantrums	: Cham.
Sleep disturbances	: Kali-ph., Coff., Cham.
Bed-wetting	: Equisetum, Plantago, Kreos.
Grinding teeth	: Cina.

SKIN

Boils	: Bell., Hep-sul., Myris.sebi., Tarant., Sil., Gun powder.
Bruises, pricks, contusions etc.	: Arn., Bell., Ledum, Hyper.
Burns	: Apis, Canth., Utrtr-ur., Ars-alb.
Eczema, impetigo, etc.	: Ant-t., Mez., Berb-v., Petr., Sul., Graph. Calc. Rhus-rad., Psor., Crot.t.,
Fevers	: Acon., Bell., Euph., Eupat-perf., Gels., Merc-sol., Puls., Nux-v., Rhus-t.

INFECTIOUS/EPIDEMICAL

Measles	: Acon., Euph., Puls.
Mumps	: Calc-iod., Baryta-c., Puls., Merc., Phyt.
Polio	: Lathyrus sat.
Glandular fever	: Ailanthus glandulosa, Carcinotin.

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TYPHOID FEVER

By. G. Venkataratnam

1. What is Typhoid fever?

Give its signs and symptoms and general management

Name any three drugs with their indications for this type of fever.

Ans : Typhoid fever is an acute infectious disease caused by *Salmonella typhi* and is characterised by prolonged bacteremia, continuous fever, abdominal symptoms, enlargement of spleen and eruption in some cases.

The bacteria, *Salmonella* group are gram negative actually mobile bacilli which are different from each other and from nonpathogenic gram-negative bacilli e.g. *E. coli* by appropriate bacteriological method.

In the initial stage there is septicaemia, which explains the non specific symptom at the outset and the great variety of complication after a few days the organism becomes localised mainly in the lymphoid tissue of the small intestine. The typical lesion is in the Peyer's patches which become inflamed and may ulcerate. The ulcers may heal, or they may perforate, or bleed. The neighbouring lymph glands become inflamed and the spleen commonly shows enlargement.

Signs and symptoms :

Inclusion period is 10-14 days

(upto 3 weeks) severity of the signs and symptoms depends on the virulence, size of the dose of the organism, resistance of the host. The signs and symptoms can be conveniently described accordingly to the time period from the onset of the disease.

Complication of the enteric fevers :

The dangerous complication of typhoid and paratyphoid fevers are those of haemorrhage and perforation which occur at the end of the second week or during the third week of the illness. The bleeding may be sudden and very severe. Perforation usually occurs from ulcers near ileocaecal valve. The features of perforation in typhoid fever do not differ from those of a perforable peptic ulcer in regard to suddenness of onset on the general symptoms of peritonitis, except that shoulder up pain is uncommon and insufficient gas escapes into the peritoneal cavity because of obliteration of liver dulness. Apart from these two main complications, almost any organ or system can become involved as a result of the septicaemia which is present during the first week of the illness. Pneumonia, thrombophlebitis, myocarditis, myositis, arthritis, parotitis, otitis, meningitis and cholecystitis are all recognised complications.

First Week

1. Gradual onset with mild malaise, prostration and head ache.
2. May have sore throat, cough and shivering.
3. Loss of appetite is a prominent symptom.
4. In 3 to 7 days the symptom becomes more severe and the patient becomes bed ridden mild upper abdominal discomfort and constipation may be present.
5. Temperature tends to rise in step ladder fashion with evening rise of temperature. It is usually 103 to 104°F.
6. Patient looks and feels ill.
7. Tongue is dry and furred.
8. Abdomen may be normal or may be distended with tenderness in the hypochondrium.
9. Pulse rate is low.
10. At the end of first week, spleen is palpable and tender.
11. Rash appears in about 10-20% at the end of first week.

The rash is maculopapular slightly raised, pale pulse 2-4 mm in size and appears in successive crops and most commonly on the flanks, abdomen back. It appears on pressure. It fades in 3 to 4 days. Leaving no area of staining.

Second Week

1. Temperature remains raised. May be continuous or remittent.
2. Bradycardia changes into tachycardia.
3. Abdomen becomes more distended and developing a doughy firm feel, diarrhoea may appear.
4. Patient looks ill and toxic sticky mucous over the tongue and mouth, lips are dry and cracked.
5. There may be mental dullness and apathy.
6. Spleen becomes large.
7. Secondary broncho pneumonia may appear.

Third Week

In favourable cases the symptoms diminish. Temperature falls by lysis and recovery occurs.

1. He may be semiconscious, unaware of the surroundings and eyes are open wide. He may continue to mutter.
2. The symptoms increase in severity with profound toxicity and prostration.
3. Dehydration and cyanosis may occur.
4. Two serious complications of haemorrhage and perforation of

the intestines may occur.

5. Death may occur due to coma or due to some complication.

4th and 5th week

Recovery may occur with marked weakness, lassitude or due to certain sequelae, death may occur.

Diagnosis

The diagnosis is established from the clinical picture of head ache, abdominal discomfort, anorexia, fever with step ladder type, toxæmia, rose spots, bradycardia and enlarged spleen and laboratory investigation.

The laboratory investigations are:

A. Bacteriological : Blood culture will be positive in the first 10 days; stool culture will be positive in 50% cases at the end of 2nd week and urine culture will be positive after 15 days.

B. serological : Widal reaction will be positive in 90% of cases after 7-10 days.

C. Routine blood examination may show leucopenia.

Treatment consists of :

1. Complete bed rest.
2. A high standard nursing with special attention to the maintenance of nutrition and fluid intake.

3. Adequate mouth toilet.
4. Prevention of bed sores.
5. Concurrent disinfection for clothes, stools and urine.
6. Diet : First few days semi fluid diet and followed by low roughage diet.

Three Durgs required :

1. Baptisia : Especially in the early stage. Face is dark, red with a besotted expression, stupid dull, confusion of ideas, goes to sleep while answering questions. Complains of dull aches and pains all over the body - pulse is full soft. The tongue is brown blackish and dry. Breath is offensive, diarrhoea of dark fluid exceedingly foetid.

2. Arsenicum Album : Useful for the second stage. There is high fever patient is very irritable, anxious restless and fears death. The face is pale and shrunk, cadaveric lips and dry, cracked and dark in colour. The pulse is small. Extreme prostration of strength and emaciation. The abdomen is very much swollen and tender and diarrhoea. Hemorrhage from the bowels.

3. Belladonna : With marked cerebral symptoms. The face is flushed, pupils dilated and carotid pulsates intolerance of noise or light delirium early in the disease.

TISSUE REMEDIES

By Dr. A. Janaki Bai

Dr. Wilhelm Heinrich Schuessler of Oldenburg, Germany is the founder of the Biochemic system of medicine. His principle is that, as blood supplies the materials necessary for forming every fluid and tissue of the body and is absolutely essential for the constructions and functions of the human system, any disturbance in the qualities or quantities of the various constituents of this blood, produces disease. Our body is made up of cells of different kinds, which build up the different tissues and organs of the body. The blood consists of water and many inorganic and organic substances of which twelve inorganic salts, named below, are essential to the growth and development of every part of the body. They are in fact the tissue builders, consequently the structures and functions of the body depend on their quantities and distributions in the cells and tissues. According to him diseases are caused by deficiency in one or more of the cell-salts that constitute the different component parts of the body, this deficiency can be rectified and the required equilibrium re-established by administering the same mineral salts in minute quantities. These 12 inorganic salts forming the tissue remedies are as follows :-

- | | |
|--------------------------|----------------|
| 1. Ferrum Phosphoricum | Iron Salt |
| 2. Magnesia Phosphoricum | Magnesium Salt |



Dr. A. Janaki Bai

- | | |
|--------------------------|--------------|
| 3. Calcarea Phosphoricum | Lime Salt |
| 4. Calcarea Sulphuricum | Lime Salt |
| 5. Calcarea Fluorica | Lime Salt |
| 6. Kali Phosphoricum | Potash Salt |
| 7. Kali Muriaticum | Potash Salt |
| 8. Kali Sulphuricum | Potash Salt |
| 9. Natrum Phosphoricum | Soda Salt |
| 10. Natrum Muriaticum | Soda Salt |
| 11. Natrum Sulphuricum | Soda Salt |
| 12. Silica | Pure silica. |

These 12 tissue-builders into the formation of nerve-cells, muscle-cells, bone-cells, skin-cells, etc. When the body is healthy, all the cells composing the various tissues are in normal conditions, because each of them receives the requisite quantity of the needful salt required for the building up of the different tissues; while disease consists in altered state of the cells produced by irregular supply of one or more of these salts to the cells.

When this deficiency or irregularity is rectified by the introduction in the system of that salt or salts whether lime, iron, magnesium, sodium, or potassium, the re-action will immediately follow and harmony is established. The therapeutic actions of most of these 12 tissue remedies have been already noticed in the body of the book. Here we propose to mention the chief uses of all the remedies in one place for the convenience of the practitioners.

1. Ferrum Phosphoricum

Its actions are similar to Aconite, Belladonna, Gelsimium and is successfully used in the first stage of congestions and inflammations in any part of the body with fever, pain, swelling, heat and redness of the affected part; also in the beginning of all acute diseases such as; Catarrh, acute Bronchitis, Pneumonia, Diphtheria, Rheumatism, etc., also frequently used in haemorrhages from any organ or part. Symptoms specially the pain, increased by motion, and relieved by cold. Tongue clean or dark red. In fact Fe. Phos is the greatest remedy of Dr. Schuessler used in almost all acute maladies at the beginning.

2. Magnesia Phos (Phosphate of Magnesia)

Similar to Colocynth, Bell and Ignatia. It is a great anti spasmodic remedy of Dr. Schuessler; very efficacious in all spasmodic affections such as convulsions, colic, cough, cramp in cholera, toothache, neu-

ralgic, heart affections etc. Its pains are darting, spasmodic, constricting, cutting boring or shooting, coming and going like lightning, but not burning. Symptoms increased by motion, cold in any form and by pressure. Better by warmth or warm application or hot drink, bending double; tongue clean or yellow coated.

3. Calcarea Phos. (Phosphate of lime)

Its actions are almost similar to Chamo, Phyto and Nux V. Proves very useful in affections of children and women when very obstinate; extreme emaciation, due to constitutional diseases, such as a consumption, bone affections, leucorrhoea, difficult menses of young women and dentition of weak children. Symptoms worse at night and in damp cold weather, when thinking of the disease and also when moving about. Better in warm weather and on lying down. Tongue dry and coated with white fur at the root.

4. Calcarea Sulphuricum (Sulphate of lime)

Similar in action with Hepar Sulph. Silicia, Mercurius. Used in ulcers, where the discharge is thick and white or watery and sanious. It is an excellent remedy in all kinds of suppuration, such as boils, carbuncles, fistulas, whitlows, pustules, buboes, burns, gonorrhoeal discharges and corneal ulcers of the eyes. It controls and checks the process of suppuration like Hepar Sulph. Symptoms worse from getting wet, better in open air

and warm atmosphere. Tongue coated yellow at the base.

5. CALCAREA FLUORICUM (FLUORIDE OF LIME)

Similar in its action to Silicia, Pulsatilla, Hammamelis and Phosphorus, very useful in the diseases of the bones, bony tumors, piles, varicose veins etc. Symptoms worse in damp weather and after rest, better by warm application and rubbing. Tongue cracked with or without pain.

6. Kali Phos. (Phosphate of Potash)

It is great similarity with Lachesis, Phosphorus, China, Ignatia, Silicia and Hepar Sulph. It acts chiefly on the mind, brain and nervous system and is indicated in all diseases of nervous origin, such as neuralgia, headache, sleeplessness, hysteria, hypochondriasis and mental ailments of any sort; also often used in offensive discharge from any part or from ulcers. Very useful in haemorrhages, gangrene and other similar affections.

7. Kali Mureaticum (Chloride of Potash)

Similar in its actions to Bryonia, Pulsatilla, Mercurius Sol., Calcarea Carb. This great remedy is used after or alternately with Ferrum Phos, in acute inflammations in their later stage, when exudation has set in and thick white discharges from the mucous and other surfaces have begun, such as Pneumonia, Bronchitis, Dysentery and skin affections

etc. It is an excellent constitutional remedy for chronic diseases and hereditary complaints. Symptoms increased by taking fatty or rich food and by motion. Tongue coated grey or dirty brown at the root is its very characteristic symptom.

8. Kali Sulphuricum (Sulphate of Potash)

This medicine acts like Sulphur, Pulsatilla, Antim Crud, and is useful in all diseases characterised by thick, yellow slimy coating on the tongue, catarrhal discharges from the mucous membrane of the nose, mouth, eyes, intestine, uterus, vagina and urinary passages, are yellow or yellowish green. Symptoms increased in evening and in heated room, better in the open air. Pains shifting or wandering in character. Very efficacious in all forms of skin affections both dry and moist.

9. Natrum Phosphoricum (Phosphate of Soda)

Similar to Mercurius, Cina, Nux Vom. Pulsatilla. Very useful in acid dyspepsia, sour vomiting, diarrhoea and worm complaints of children. Specially suited to young children who have been fed with too much sugar. The characteristics of this drug are a thick, yellow creamy coating on the tongue and bad coppery taste on walking in the morning; whenever these symptoms are present it is specially indicated. Also it is an excellent remedy in all complaints of children due to worms in the intestine.

10. Natrum Muriaticum (Common salt)

It is similar in its action to Arsenic, Rhus Tox, China, Mercurius and Nux Vom. etc. Successfully used in intermittent fever with increased secretion of saliva and mucous in the mucous membrane of the stomach and intestine when the secretion is clear and transparent. Used also in dyspepsia with vomiting of watery mucous. Symptoms worse in morning and in cold whether, better in evening. Slimy, frothy, profuse watery secretion from the mouth, complaints recur periodically. Tongue moist and clean in front, coated at the root, half of the tongue feels numb and stiff.

11. Natrum Sulphuricum (Sulphate of Soda)

Acts like Bryonia and Nux Vomica. It is a good remedy in diseases of the liver and kidneys. Used in all liver affections with bitter taste, vomiting of bile, diarrhoea, headache, intermittent fever; gravel and stones in the kidney, sandy deposits in urine, dropsy, diabetes, etc. Symptoms worse in wet weather, lying on left side and taking water in any form; better under reverse conditions. Tongue coated with dirty greenish brown fur at the back.

12. silicia (Silica)

This medicine may be compared with Rhus Tox, Calcarea and Hepar Sulph. Very useful in suppurating process, as it promotes the forma-

tion of pus and brings the collection to a head and facilitates the discharge. The great characteristics of this drug are offensive sweat about the head and the great tenderness or sensitiveness of the surface to pressure; one sided affections. Symptoms increased at night, in open air from cold or suppressed foot sweat and from motion, relieved by heat.

Doses and dilutions

These remedies are often used in 6x trituration, 2 or 3 grains per dose, twice or thrice a day according to the severity of the disease. But may be used in all potencies like other medicines.

Treatment of Plague, by tissue remedies by Dr. Fernandez of Mangalore

At the commencement of Bubonic plague, Ferrum Phos 6x and Kali Mur. 6x should be given alternately every hour for the high fever and inflammation of the glands in the groins or other parts. When delirium sets in Kali Phos, 6x should be alternated with the above. When pus forms in the abscess Ferr. Phos. and Silicia should be given in alternation.

Dose :

Half a gram of powder 6x should be dissolved in four ounces of water and a desert spoonful or two drams at a time, one or half-an-hour's interval according to the severity of the case.

HOW TO SLEEP HOW NOT TO SLEEP

By. Dr. M.V.L. Narasimhan

Winter is a time when one is full of energy, pep and enthusiasm. These days, you do not feel any fatigue like the scorching summer or the jeltering rainy season. Even Supposedly tiring activities do not make one weary. But, how many really enjoy the bounties of winter ?

Because of wrong notions and faulty living styles, we do not feel energetic and vibrant as one should, this season. One of the foremost faults people usually commit is the way they sleep. Because of this, when they get up in the morning, they do not feel refreshed.

One of the mistakes they do is to cover the face completely while sleeping or closing the windows tightly, or both. One should never cover the face, especially the nostrils and the mouth. This hinders the intake of oxygen and affects the breathing to a great extent. The skin of the face has been developed such a way that it can tolerate much colder temperature compared to the other parts of the body.

Keeping the windows completely shut is also not advisable. If it is extremely cold, one may close the windows to some extent but there is no reason for closing them tightly so

as not to allow any fresh air to come in. The better way is to just have curtains over the windows and keep the panels of the windows open.

The argument that buildings have ventilators and therefore the windows can be shut, has no basis. Firstly, the ventilators are too small an opening to permit enough circulation of fresh air. Secondly, the air inside the room is warm while that air near the ground outside the building becomes cool at night. But above the ground level near the roof, it is again warm. Thus, the air inside the room and the air outside at the roof level has more or less the same temperature and therefore, there is a little or no possibility of exchange of air.

The only way to have proper circulation of air is to keep the windows a bit open. So that the cooler air close to the ground outside will find its way inside the room, while the warmer air of the room being the lighter will escape from the ventilators. This way the fresh air will keep on entering while dirty air with high content of carbon dioxide will keep getting out of the room.

The other mistake people commit is to bend the knees while sleeping, apparently in the hope of saving one-

self from cold. But, this does not serve that purpose. Because of bending the knees very close to the stomach, the rate of blood circulation in this part diminishes and the generation of heat decreases and one feels more cold afterwards. The posture of sleeping also affects the proper blood circulation in the stomach and

affects digestion. There may also be possibility of cramps in the spinal cord in the long run. Those who feel cold in this posture in the beginning may soon find it highly relaxing. With little patience, this habit can be easily overcome. Prior to sleep, deep breathing a number of times helps a lot and provides the required warmth.

STORAGE OF HOMOEOPATHIC MEDICINES

Dr. T.S. Chandrasekaran

The greatest problem facing a young and fresh entrant to Homoeopathic practice is that of having medicines on hand for almost all sorts of ailments. He will have to face emergencies of the neighbours and rush to treat cases of high fever, pneumonia, dysentery, diarrhoea, vomiting, or any of the great viral infections like measles, pox, flu so on. Naturally he will have to keep the Acute remedies like Bell, Bryonia, Ipecac, Aconite, Ars., etc. - perhaps in his favourite potencies, or as he has gathered from his teachers or preceptors. Most probably he has to get them all in 5 ml glass bottles, in liquid form, say in 6th to 200th potencies, and also have a good teakwood homoeopathic box to keep them. He needs also empty bottles cleaned and corked. As it is impossible to get good corks, it is better to go in for "plastic" bottles which come ready with screw caps and are clean.

Stickers are easily available for labelling the bottles.

Well, unfortunately, the liquid medicines (tinctures) have to be preserved in glass bottles, lest they get evaporated soon. It is better to dispense medicines in pill form, either globules of 20, 30 or 40 sizes, in small dispensing plastic bottles or, if the pills are of No.20 size, then with Sugar of milk in powder form. We do need small tablet (TT) covers, preferably white, which would always have neatly printed name etc. of the doctor, address and so on. Of course it is better to get a good commercial artist to plan it cheaper in the long run.

What about chronic cases - those troublesome, useless, difficult problems which beset a budding Homoeopath? Patients come to him as a "last resort". How many high potencies can we keep handy? The type of work we anticipate may be quite dif-

ferent from what we actually get. It is for this reason that it is better to make friends with a good local Homoeopathic Pharmacy and see that the pharmacy has stock of all the high potencies also. Otherwise have only Globules in 200, 1000 and a few 10,000 as we do not need many doses.

The Box to hold these, when we purchase it, should always be much bigger (having more holes) than our present requirements; otherwise our medicine bottles will have to stand here and there on tables and shelves.

Lastly I must say that all Homoeopathic Pharmaceutical manufacturers (who are wholesalers to smaller ones) get the originals from the real

manufacturers like B & T in 2 or 3 lower potencies than the 30,200, 1000 etc. They sell, and from these back potencies they can make easily the right potencies. It is not necessary to go in for fancy "foreign" brand paying ten times more.

I repeat - please be a friend of your pharmacist and see what he has.

A high investment in the beginning is not safe, unless we are going to stock marketable compound remedies, externals, etc.

Lastly we must always use a new bottle for replenishing the stock of globules - especially if we get the tincture from a different pharmacy.

NEW CLASSES IN HOMOEOPATHY

The Madras Presidency Homoeopathic Association, in its 57th year of existence, announces the commencement of New batch of Homoeopathy classes at 2 P.M. on Sunday, 11th April 1993 at the Kesari Higher Secondary School, Near Jammi Buildings, Mylapore, Madras - 600 004. It is a three year course. The classes will be every Sunday between 2 and 5 P.M.

For further particulars regarding fees, qualifications, application form etc. please contact (10.30 A.M. to 12.30 P.M. and 5.30 P.M. to 7.30 P.M.) Madras Presidency Homoeopathic Association, 191, Royapettah High Road, Mylapore, Madras - 600 004.

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INSOMNIA

By. H. Balasubramanian

I have compiled the homoeopathic remedies for INSOMNIA (Sleeplessness) from different sources.

1. Wakeful and restless at night, with hunger. Bad dreams- Abies.N
2. Sleepless with restless and tossing about. Thirst and restless always present during fever. Nightmare. Anxious dreams.- Aconite.
3. Restless with horrible dreams- (Heart diseases) - Adonis-V (M.T)
4. Sleep disturbed by violent startings with cold perspiration. Sleep prevented by pains in limbs - Aethusa.
5. It induces quiet, reposeful, and refreshing sleep. - Alfalfa. (M.T.)
6. Wakes at 2 A.M. Annoying in convalescence. Dreams of being near water, of battles, deep wells, storm, high waves - All.cepa.
7. Sleep disturbed before menses. Goes to bed as cold as frog, heat of bed and itching allow no comfort. Always waking with palpitation of heart. Dreams of horses, quarrels, vexation, fire, marriages,

spectre, death, robbers - Alumina.

8. Cannot sleep from worries, business embarrassment, must get up - Ambra. G.
9. Spells of sleeplessness lasting for several nights - Anacard.
10. On falling sleep electric shocks and blows, with occasion jerking, sometimes of single limb and others of whole body. Much talking during sleep. -Ant.Tart.
11. Dreams of care and toil, of making long journey, of flying through the air, of hot stone, walking over hot floors, walking a long way over wet roads. Screams and startling in sleep. Sudden shrill; piercing screams from children while waking or sleeping. (Child suffering from hydrocephalus)- Apis.M.
12. Sleeplessness; eating does not help sleep. Wakes from 1 to 3 A.M. Due to bruising pain in left temporal region. NOT FATIGUED FROM LOSS OF SLEEP. - Apium. grav.
13. Restless and walking, sensation as if hands and forearms were swollen and heavy. On lying down at night violent pain in all his teeth. -Aranea.Dia.

14. Sleepless, from fancies before his imagination. Nervousness prevents sleep. Horrible dreams of snakes, sexual gratification, of departed friends, the dead, of passing water.-Arg. Nit.

15. Sleepless and restless when overtired. Awakens with hot head. Anxious and terrible dreams of death, mutilated bodies, graves, black dogs, of struck by lightning.-Arnica.

16. Disturbed, anxious sleep. Sleepless, from burning in veins or from weariness. Restless after midnight to 3 A.M. Cannot go to sleep, until things are tied up in room. Dreams of black water, darkness. From climbing mountains or the muscular exertions, want of breath, prostration, cannot sleep.-Ars. Alb.

17. Awakened by bone pains; suffering so great he despairs; does not want to live. Freightful dreams of thieves. sobs aloud in sleep. Sleepless from midnight to A.M. From palpitation on any excitement. - Aur. Met.

18. Sleepless and restless with fevers like adenoid, typhus, shipboard fever. Freightful dreams. Sleeps well till 2 or 3 A.M, then restless till morning. Head or body feel scattered about; tosses about to get pieces together. -Bapt-T.

19. Sense of heat interrupts sleep; aged sleepless; lying on left

side. Night sweat. Somnolency in the day time.-Baryt.Carb

20. Sleepy. Yet cannot sleep, mostly in consequence of excessive anguish or great agitation. Meditative dreams. Awakened by pulsation of blood vessels. Grinding of teeth- Bell.

21. Wakes at 3 A.M. and cannot get to sleep again.- Bellis.p and Kali.Carb.

22. Restless on account of voluptuous dreams with or without emission. Sleepy in morning; a few hours after eating- Bismuth.

23. Voluptuous dreams. Cannot sleep on account of heat, especially in head. Cries out of sleep as if frightened. Child sleeping quietly, and awakes suddenly, screaming and holding on sides of cradle without any apparent cause.- Borax.

24. Full of dreams of anguish; jerking and startling during sleep, full of fantasy and illusions; difficult to go to sleep at night; cannot sleep in morning; trembling and weak on awaking - Bromium.

25. Sleeplessness. Busy with thinking business matters and what he had read; before midnight with thirst, heat and ebullition of blood- Bryonia.

26. Pronounced sleeplessness. Dreams of serious nature; while asleep- Butyric acid.

27. Sleeplessness on account of pulsation in different parts of body. She could not obtain rest in any position, and only easy, when bolstered up several pillows. (Palpitation of heart.) - Cactus.G.
28. Stops breathing on going to sleep. Wakes up suffocating. Fears to go to sleep again. Protracted Sleeplessness. Sleep if at all with open eyes. (Chorea infantum) - Cad.Sulph.
29. Ideas crowding in her mind prevent sleep. Same disagree-

able ideas always arouses from light slumber. Starts every noise. Frequent waking at nights. Dreams of the dead; of falling; Night terrors. Child chews and swallows in sleep. - Cal.Carb.

30. Insomnia, with cold limbs. Subtutus and extreme restlessness. During sleep, the inspirations are shorter than expirations. Dreams of what is intended or what has happened in the morning hours. - Camphora.

AN ORIGINAL LETTER OF HAHNEMANN

From Leipzigerpop z.f. Hom. Sept. 1 1905
Coethen, August 27, 1828.

Dear Madame :

According to the description which my daughter, the widow of the Royal Secretary of the Mails Andrew, has given of your ailment, I send you herewith the first batch of medicine of which you should take every morning before break-fast one powder according to the number, moistened with some water in a spoon, but drink nothing after it for half an hour.

While using the medicine I would request you to write down on a piece of paper every day your condition, first giving the powder taken on that day and the day of the month, so that I may find out how your pains

were and in what place; also, how your stools, your sleep, your appetite and the rest of your conditions were on everyday, so that I may guide myself thereby in the choice of the future medicine. When you take no.27 I would request you to dispatch to me your report.

In this treatment it is necessary to drink very little coffee and either no wine or only wine mixed with five parts of water. Your food also must contain very little spice and hardly any acid. I wish you good success and remain.

Yours devoted,
Samuel Hahnemann

COPPER

Dr. A.Easwaran

It is only in the homeopathic school of medical therapeutics that Copper is used with any demonstrable success and surety of purpose. In the dominant branch its use is practically unknown. Its emetic actions in massive doses has been supplanted by other drugs, and it can now only be found in "shotgun" combinations with iron and vitamins. In the later instance, it is thought to "enhance" the action of iron in anemias by its catalytic action.

A study of the vast homeopathic literature on this element and particularly the original works of Hahnemann cannot help but confirm his genius. The acute uses of this element can be mastered easily. The use in chronic cases is more subtle and we find Copper demonstrating Hahnemann's criterion of cure which he gives when he says on page 288 of his *Materia Medica Pura*: "Chronic diseases only are the test of the genuine healing art, because they do not of themselves pass into health; slight ailments that have come quickly pass away with or without medicine-evidently by the inherent powers of the organism, but with medicines acute diseases must distinctly yield more quickly and permanently than when left to themselves, if what can be called a cure is accomplished."

We also discover Hahnemann's anticipatory view on the cause of

zymosis when he writes: "On board ships-in whose confined spaces, filled with moldy watery vapors, cholera-miasm finds a favorable element for its multiplication, and grows into an enormously increased brood of those excessively minute, invisible, living creatures, so inimical to human life, of which the contagious matter of the cholera most probably consists." With this knowledge he does not lose his perspective but by the inductive reasoning of our system, discovers the only true cure and prevention of that dread plague-cholera. Millions of lives and millions of dollars are still being wasted by political medicine today in its fruitless search for that which it has suppressed and has trodden beneath its feet-homeopathy. Hahnemann further states, "They seem to prefer delivering over all of mankind to the gravedigger, than to listening to the good counsel of the new purified healing art, but who can prevent them acting so, as they alone possess the power in the State to suppress what is good." Restated at our last Convention in Atlantic City by Edgar B. Junkermann, M.D., "The majority is always right and they don't have to prove it."

One is impressed by the chaotic disturbances Copper produces in man, best summed up by Leeser from Hahnemann as follows, "The intermittent, paroxysmal, spasmodic character goes through the entire

picture of Copper. The spasms are general and localized, the general tonic-clonic, the local cramp in the calf tonic. Fear is mentioned as particularly giving occasion to the attacks."

Hahnemann in his Chronic Diseases states, "Most of the violent symptoms with those poisoned with Copper are wont to appear in groups, lasting for a half or a whole hour, and they are apt to recur from time to time in renewed attacks with an almost identical composition of the symptoms, e.g.: Palpitation, vertigo, coughing, hemoptysis, painful constriction of the chest, suppressed respirations-or again: pressive pain on the chest, weariness, vacillation of sight, closing of the eyes, unconsciousness, rapid moaning respiration, tossing about, cold feet, hiccups, tussiculation, checking the respiration, etc. Copper is, therefore, all the more homeopathically indicated in diseases that show themselves in such irregular attacks of similar groups of symptoms, as is the case with Copper.

The chief sphere of the appropriate application of Copper seems, therefore, to lie in various kinds of partial or general clonic spasms, some kinds of St. Vitus Dance (Niemann), epilepsia (Artaeus, Duncan, Koechlin), whooping cough, cutaneous eruptions, old ulcers, and especially also spasmodic infections, accompanies with too sensitive and acute senses: it has also proved itself indispensable for the preven-

tion of the murderous cholera, or for its cure where it had already developed."

The study of Copper must always include Camphor. Hahnemann, in his *materia Medica Pura*, states: "The action of this substance is puzzling and difficult to determine, even in healthy organisms, because its primary action more rapidly alternates and becomes mixed up with the reactions of the life (secondary action) than is the case with any other medicine, so that it is frequently hard to distinguish what is to be ascribed to the reaction of the body and what to the alternating action of the Camphor in its primary action."

He then further warns, "In curative action Camphor is just a puzzling and wonderful-which, however, we are unable to indicate by any general expressions; nor can we even attempt to do so for fear of straying into the domain of shadows, where knowledge and observations cease whilst imagination deceives into accepting dreams as truth; where we, in short, abandoned by the guiding of plain experience, grope about in the dark, and with every desire to penetrate into the inner essence of things, about which little minds so presumptuously dogmatize, we gain nothing by such hyperphysical speculations but noxious error and self-deception." This was 1830 in Kothen.

In the Archives Fur Hom. Heilk, Vol XI 1831, republished and translated in the Lesser Writings of Hahne-

mann, let us quote: "Where cholera first appears, it usually comes on in the commencement in its first stage (with tonic spasmodic character); the strength of the patient suddenly sinks, he cannot stand upright, his expression is altered, his eyes sunk in, the face bluish and icy cold, as also the hands, with coldness of the rest of the body; hopeless discouragement and anxiety, with dread of suffocation, which is visible in his looks; half stupefied and insensible, he moans or cries in a hollow, hoarse tone of voice, without making any distinct complaints, except when asked; burning in the stomach and gullet and cramp pain in the calves and other muscles; on touching the pericardial region, he cries out, he has no thirst, no sickness, no vomiting or purging." -A picture strikingly similar to Cuprum and acute myocardial infarction-add thirst, vomiting, and diarrhea, clonic spasms and you have Copper. Veratrum album is another remedy that makes up the triad. Its action is similar to Camphor and Copper, except that its mania, delirium, and dementia is far more pronounced than that of Copper.

Further, to return to Copper, all potencies seem effective-particularly in the chronic and the more difficult states the higher potencies are more effective. Copper and its similars-Camphor and Veratrum album-must be considered in the following states: acute myocardial infarction, angina pectoris, cholera, infectious diarrhea of the newborn, asthma, chorea, convulsive states, cough, cramps,

croup, cyanosis, epilepsy, eruptions, hysteria, laryngeal spasms, mania, measles, meningitis, neuralgias, influenza, the grippe, and whooping cough.

In the acute collapsic states, such as cholera and infectious diarrhea of the newborn, the dominant school of therapeutics aside from replacements of electrolytes has nothing to offer. Laboratory cultures and sensitivity tests would be too late. Their selection of appropriate antibiotics would be purely hit and miss and might even be enervating.

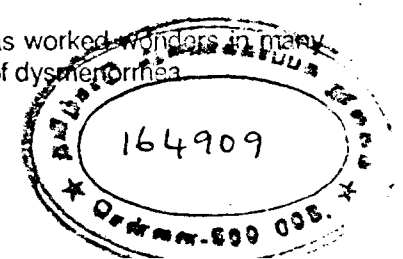
In acute myocardial infarction of great severity Copper in homeopathic potencies surely would do no harm and it might do some good. From experience in asthma it is a fact that Copper works. It relieved the spasms on many occasions in one particular case of mine who developed asthma following a severe attack of whooping cough in the second year of life. Here the spastic element, the smooth muscle cramps is strong. Note here-never well since whooping cough.

Whooping cough

The literature abounds in successfully treated cases of cholera. Convulsive states, such as in the toxemias of pregnancy, should alert one to Cuprum.

Cuprum

It has worked wonders in many cases of dysenteria.



Hahnemann recommended it in influenza. Royal E.S. Hayes, M.D., used it with great success in the great Spanish influenza epidemic of 1918 in Waterbury, Connecticut. He found it to be the epidemic remedy. This was confirmed a year later by the late Cyrus M. Boger, M.D. An interesting highlight of this Pandemic was that of the 73,000 souls in Waterbury, Connecticut, approximately 1,161 departed this earth in October, 1918. Of these, approximately 107 were non-influenzal and the rest, or roughly 1,054, took their leave with the Spanish Flu. Strangely enough, also, this did not affect the overall death rate for the year in the United States by more than one-half of 1%-according to a well recognized and homeopathically oriented actuary, the late H. Pearson Hammond, of The Travelers Insurance Co.

In severe whooping cough with suffocating spasms, unable to speak with blueness and collapse-death-like appearance, Cuprum should be the first remedy to come to mind. Cramps in calves of legs respond more completely to Cuprum than to any other single remedy I am aware of.

To satisfy Hahnemann's criterion for cure, here is an interesting case of epilepsy. She was adjudged an epileptic by two competent old-school physicians. Mrs. X, now over 70 years old, first presented herself in March of 1941, complaining among other things of nausea at the end of menses with difficult retching and

with long spells of intense dysmenorrhagia, with violent dizziness for two years. Her attacks were described, "as if no blood in the arms, heart shakes." Was seen in the beginning of menopause, had a history of bilious attacks as a child, had the usual childhood diseases with no particular reference to whooping cough, dysmenorrhagia, was hysterical in childhood and lacked mother's love. She had horrible depressions. She had a retroflexed uterus with bearing down pains and in December of 1952 was seen by me after a grand mal seizure with frothing from the mouth and biting of the tongue. She later had grand mal and petit mal attacks, occurring every twenty days, and increasing in severity. Various remedies were tried with no evident success. Under Cuprum 12X, begun again on May 29, 1964, for "spells which begin in the arms," these spells disappeared so that now she has none and participates in bowling and bridge on the expected date of menstruation, or the twenty-day cycle, which activities she previously shunned. Strangely, in 1963 Cuprum 12X had no effect whatsoever. It has been a year now since she has had no return of her epileptic form seizures. She still remains a hysterical woman.

There is a practice, growing in the United States, of the wearing of copper chains. Its origin is obscure. Hering mentioned this practice in relation to cholera and cholera countries, but in these United States where cholera is no longer present the wearing of copper chains is supposed to be

helpful to rheumatism and arthritis sufferers. It came to attention of the Somers Brass Co., rollers of thin sheet metals, through one of their salesmen. It seems that an acquaintance of this salesman bought a set of copper chains, wrapped in a fancy box, for about \$7.00 or \$8.00. Knowing, from business experience, that a goodly percentage of these chains were and are produced by The Bead Chain Mfg. Co. of Bridgeport, Connecticut, for use as pull-chains for light bulbs, key rings, etc., Somers Brass ordered some and gave them gratis to their customers, or whoever might request them. They made no claims but in many cases received gratifying letters for help received by these chains. They have since discontinued the practice. For anyone of the homeopathic persuasion there is no doubt that in some instances, if the symptoms of the wearer match those of Copper-particularly with the crampy element that appears in the older people, it can easily be seen how this crude form of unconscious homeopathy

can be helpful. This could very easily be tested in the armed services by simply issuing pure copper dog tags in the cholera areas, along with controlled groups using the regular dog tags. How copper alloys would work, I do not know.

Statistics are often misleading, but let us look at Dr. Veith of Vienna who had 125 patients and three deaths from cholera treated homeopathically. Let me quote from Samuel Hahnemann, His Life and Work, by Richard Haehl (Vol. I, page 178): "Dr. Veith, in a sermon in the cathedral before the assembled court, did not shrink from extolling the homeopathic doctrine as the salvation of the cholera distress. Homeopathy was at that time suppressed in Austria by the Imperial Mandate.... It must really have been an entertaining spectacle to see the court, the heads of the Austrian nobility, and the officialdom sitting at the feet of a homeopathic preacher and following attentively his oration, whilst homeopathy was said to be persecuted in official life."

DEAR EDITOR

Every page of the July 92 issue of the journal of MPHA deserves appreciation and worth reference.

The article of Dr. Surendra on "Acids of Homoeopathy" is a good approach and I wish more such articles on Ammoniums, Antimoniums, Argentums, Aurums, Ferrums, calcareas and the like groups.

The mention of Cup-met by Dr. G.V. Chalapathy as a remedy for spraymen using pesticides confirmed my selection of it as a similimum. During pest season in Thanjavur Dt, we receive spraymen with complaints of spinal irritation, backache and sensation of bugs crawling in skin of leg. Cup-met has proved effective.

Dr. S. Sampathkumar Pattukottai

NEED FOR AWARENESS

By. R. Dorairaj Student, M.P.H.A

Especially in South India, most of the people know that there is a System of Medicine by name "HOMOEOPATHY" but with the impression that it has a very prolonged duration in treatment, no quick relief. Thus, they have no patience for such long duration remedy to overcome their ailments.

On the other hand the Homoeopaths who practice or who seeks remedy knew very well it is not so. Such persons who are benefitted by this System should take little more initiative to create AWARENESS among the public the wonderful, economical, instant remedies at unimaginable cost and sure cure, etc. My humble suggestion is to bring the following facts :-

1. There are many INSTANT remedies.
2. There are medicines for Emergency.
3. There is very good system of Relief for mental derangement or ill health due to/caused by mental problems.
4. Very good Remedies for Children.
5. Very good Remedies for women and their ailments.
6. Medicines for fear, loss of memory and old age problems.
7. Certain health problems can be cured without surgery.

8. **ECONOMY:** The system does not require costly pathological reports like scanning, X-rays, blood, urine analyses except in complicated cases.

- 8.2 Cost wise cheap and best.
- 8.3 No side effects. Either it will cure or go waste.
- 8.4 Can carry the medicine in pocket or pouch without any difficulty either regular remedies or for First Aid purpose.
- 8.5 Can be practised in remote villages without any Lab facilities.

Illustrations / examples for the facts stated above are :-

1. In case of cuts and wounds, injury (external) Calandula extract or ointments best instant remedy. It cleanses, acts as antiseptic and curing agent.
2. Similarly for internal injury Arnica the good one. to meet head injury or any other internal injury and acts as pain reliever.
3. Arnica also comes to rescue in accidents cases, clotting of blood is removed by regularising/restoring blood circulation normal cause of pain removed.
4. Deep rooted shock, fear, is removed by Aconite.
5. Constipation, indigestion, diarrhea, dysentery all cleared at a cost of less than a Rupee.

6. Attack of cold, cough due to exposed to weather changes either can be used as preventive remedy or after affection.

7. Sudden fever, headache, cold are instantly removed.

8. Children - for worms 'Cina' and Chammamilla for crying child.

9. Menses problems for women - sepsia, pulsatilla and staphisagria.

10. About mental, affinity-loss of near or dear, witness of cruel scene, terror all these cause health problem either directly or indirectly.

11. ATS is available in Homoeopathy. Ledampal is the remedy.

The list can grow unlimited. I only suggest a few which you all knew much better than I.

Our country is economically poor, 70% population below the poverty line, and many either suffer without treatment for want of money or even die, since they can't afford the costly pathological report requirements. The Government Hospital popular for its inefficiency with ready answer "no stock" or no facility or repair in the equipment where free treatment made available for poor and ultimately most of their problems left unsolved.

Educating the people and bring them into confidence in this system by demonstration, distribution of pamphlets, few meetings at public

by expressing various peculiar cases how, simple it was solved by Homoeopathy and many cases given up by allopathy system.

This is another right step in the direction to claim that Diploma holders to be recognised to practice, to open a wing in the Government Hospital for Homoeopathy treatment which will bear more weight with the public support.

Therefore, I feel it should be our earnest effort to educate the public and thereby the Govt. will automatically comply with the requirement with the support of public.

Educate the people about the Economical, Easy remedy and without side effects.

The one point to be remembered here is that never allopathy practitioners should be attacked even though it has its own defects. Let us claim the advantages of our system and tell them allopathy also is a very good system for kidney transplantation, heart surgery, etc. This will create a conducive atmosphere in the medical field.

All my above observations and learning in the course of my first year and expressed my views, if any of the claim is wrong the same can be ignored, since I have yet to learn in detail.

The main object is that this wonderful system of remedy should reach maximum number of people to maximum times to maximum happiness as in the words of Swami Chinmayananda.

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(Sd) Dr. C. Sriramulu

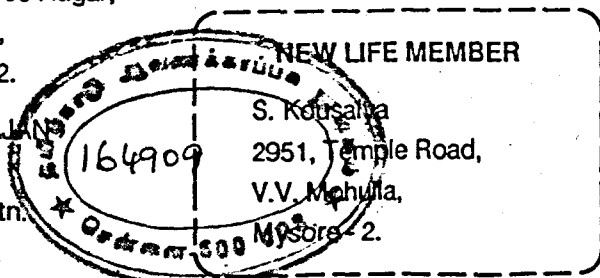
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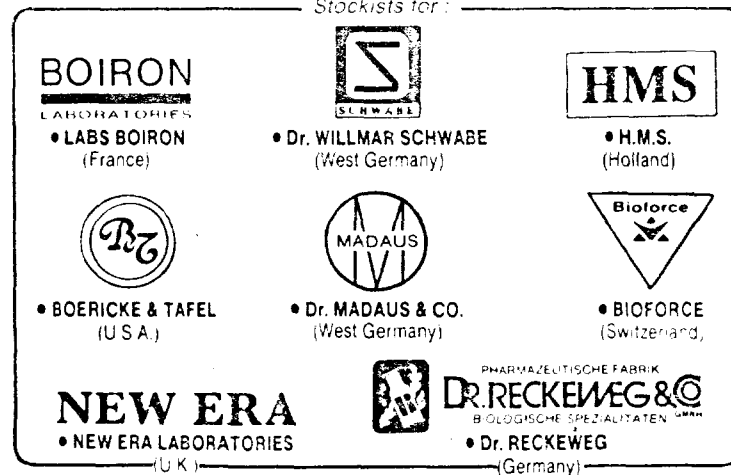
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