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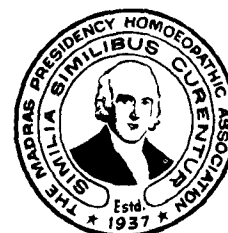
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**THE JOURNAL OF
THE MADRAS PRESIDENCY
HOMOEOPATHIC ASSOCIATION**
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191, Royapettah High Road, Mylapore, Madras - 600 004.

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No. 3

Editorial

DISCRIMINATION TO HOMOEOPATHY

The Government of Tamilnadu has decided to reopen the Register of Hereditary Siddha Medical Practitioners. The news item also says that Govt will allow those who have been left out to get themselves registered. We welcome the decision as a positive step towards achieving the Goal of "Health for all by 2000 A.D."

But at the same time we cannot but point out the hundreds of homoeopaths who have been left out from registration when the Government abruptly closed the registration under class B and class C. The minimum number of examinations for registration under class C have not been conducted as stipulated under the Tamilnadu Homoeopathy Council Act. We will be beholden to the Government if the register of the Tamilnadu Homoeopathy Council would be reopened and Homoeopaths who are conversant with the Science enrolled as registered Homoeopaths either under class B or C. We are confident that the popular Government will not disappoint us. ■

MAGIC OF MINIMUM DOSE

Dr. K.S. Bhaskaran Nair

A gentleman of about 50 with past history of Jaundice came to Madras from Bangalore a few months back for treatment for difficult deglutition. He was admitted to a Nursing home and started on Drips as he was not able to take any food by mouth. He improved in the Nursing Home after a few days and started taking some food. After 20 days he developed Nausea and vomiting and could not retain anything even liquids. The relative of the patient came to me and explained the case. I told him that I cannot treat the patient while in the Nursing Home, as that will violate medical norms and etiquette. The relative of the patient told me that he will get the patient discharged. I gave Ipecac 30 pills in a small bottle and directed him to dissolve 20 pills in 4 OZ of water and give one teaspoon slowly to the patient every 5 minutes and report to me next day. After giving the medicine as directed the relative of the patient reported to me bringing the good news that, after 6 hours of starting the administration of Ipecac in water the patient was able to retain liquids in small quantities. The second day also the patient was able to retain liquids. On the third day morning the patient was able to consume semisolid food every 4



hours. With the treatment continuing, he was able to take normal food after a week, but complained of pain in the right side of the abdomen. Meanwhile the Nursing Home which had taken specimens of the patient and sent for test reported malignancy of the liver and suggested chemotherapy.

The patient's relative informing the patient of the results wanted me to give further treatment and avoid chemotherapy.

I examined the patient thoroughly and gave him proper instructions regarding diet and other aspects. He was put on CHOLESTRINUM 3x Trituration twice a day at 6 A.M. and 6 P.M. and Hydrastis - 5 drops in 1 ounce of water at 10 A.M. and night. The

patient felt comfortable and took normal food as directed. During the course of this treatment he developed fever at times and stomach pain when he took more food. Symptomatic intercurrent remedies was given one or two doses to control the problems.

After three months the patient felt much better and was able to take usual diet. After 4 months leave which he took for treatment was nearly over, he wanted to go back to Bangalore and join duty. I agreed, with the advice that he should continue the treatment for further two months. ■

VITAMIN AND TISSUE SALTS

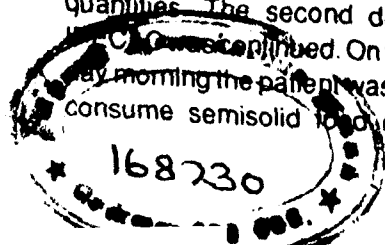
Dr. Janaki Bai



Dr. A. Janaki Bai

Vitamin is a term used to indicate something unknown invisible and elusive, something that can be recognised only by its effects according to whether it exists or does not exist in food. Hence it is asserted that nourishing foods contain vitamin and non nourishing foods lack vitamins.

Vitamins are so incomprehensible and their chemical formula is so hopeless that they are alphabetically distinguished, thus we have vitamins A B C D E to start with, waiting for ethics to be announced etc. As cartier remarks - without these imponderable vitamins, life would be impossible. "Such is, as a whole, the importance of the discovery of vitamins. It reminds of Hahnemann's "spiritlike force" which he applied to the action of remedies. Vitamins are of special interest to the homoeopathic physicians. First, they offer positive evidence of the curative power of imponderable and in function much, the second, they are analogous practically to the tissue remedy therapy of Schuesler introduced by Herring and practised by our physicians all over the world.



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TISSUE SALTS

It is pointed out by Schusler and verified first by Herring and then by the physicians of our school, that the deficiency condition due to a lack of a mineral salt would not necessarily be remedied by giving food rich in the deficient salts and that deficiency disease would continue quite frequently no matter how much was taken into the system in food. In many cases, perhaps all the lack of the mineral salt was due to the systems inability to appropriate the same from the foods, which condition could be removed only by giving the deficient mineral salt in an extremely attenuated proportion usually not lower than the 6x attenuation. This is well known and has been practiced and verified by the Homoeopathic School for more than half a century.

REASON

This is the case in all deficiency diseases. There is a lack in the system of power to enable what are now known as vitamins to function in a physiological way. Giving this vitamins in food rich in the same is the prevailing custom at present. It will be found that this is a crude and uncertain way, for, the condition may not be altogether due to a lack of them in the food, but also and to perhaps preponderably, due to the lack of power of the system to appropriate them.

Therefore we must find remedies to restore this vitamin function of the system that is lacking or deranged, and this can be done in the homoeopathic way of attenuating remedies (vitamins if you please) so that the system will absorb them and restore the lost function. The study of these remedies which we know are useful in the deficiency disease, will aid greatly in placing vitamins thereby where it belongs.

Biochemists have made a common cause with homoeos as to the action of the twelve tissue remedies on the nerve cells contain magnesia phosphorica, kali phosphoricum and a small quantity of calcarea phosphorica.

Muscle cells contain the same with addition to Kali Phosphoricum. Connective tissue cells have to be added to their specific Elastic tissue cells have calcaria fluorica as the specific bone cells contain calcarea phosphorica, calcaria fluorica, magnesia phosphorica and silica.

ILLUSTRATION

This is illustrated in the famous case related by Herring of a fractured bone where no callus had been formed and no attempt on the part of nature to fit the bones together cannot be due to a deficiency of iron in the system, for the patient was eating food specially rich in tissue salt, but due to a lack of some function

in the system which prevented its appropriation calcarea phosphorica specifically removed the difficulty; callus formed, the fracture healed and the surgeons who had advised the operation of setting down and putting the ends of the bones together "marvelled" or were amazed.

Cartilage and mucous cells have for the specific natrum muriaticum which occurs also in all the solid and

fluid tissues of the body. Hair and crystalline lens contain also ferrum.

The three sulphates complete the list. The vitamins are directed to deficiency diseases, thus A is suitable to Epidemic hemeralopia B to Berberi, and Pellagra C and D to rickets. Here are biochemic remedies such as the Phosphate and silicea are our stand by and also in scrofula, and E for sterility for which the tissue remedy is Natrum Muriaticum. ■

ENDOSCOPY AND COMPUTER OPERATION

One of the greatest revolutions in the diagnosis and treatment of patients suffering from various disorders has come through the modality of 'Endoscopy'. In this method, a small, thin tube is passed into various body cavities by the doctor and under direct vision the disease process is seen and in many cases, instantaneously treated.

The advantages to the patient from endoscopic diagnosis and treatment are many. In addition to the fact that hospitalisation is reduced to a bare minimum of two to three days and reduction of pain, the greatest technical advantage is that the entire operation can be recorded on an ordinary Video Recorder and preserved for posterity. In case a second opinion or re-operation is advised, the patient can take the Video Cassette to his doctor

who will, in a few minutes know the entire story of the previous surgery. Such a facility was impossible and a highly expensive proposition a few years ago with the conventional surgical procedures.

The only two disadvantages with Endoscopic therapy are the high level of training and skill required of the doctor operating on the patient and the high cost of his treatment. In a country where medical ethics is not a very strong point in medicos, the former can be a taxing problem for the patient, as he would be in no position to decide where he could get in touch with a competent endoscopic surgeon. Regarding costs, with the rise in availability of instruments and medical personnel using this modality of treatment, it should not be very long before market forces come into play and the presently ridiculous five figure sums as pro-

professional fees come down to a reasonable sum. After all, in our major cities today, there are many centres still doing a good, clean professional job of an abortion for as little as Rupees Ninety!

The Endoscopic Revolution is likely to be the first step towards high-tech computerised surgery in the years to come. The hands of a surgeon may not be precise enough

to carve out very tiny growths or make precision cuts in tissues and organs. A Programmed Computer could possibly do that with much greater precision and accuracy. The day is hence not far off, when surgeons will be reduced to 'Computer Operators' with giant computerised robots obeying commands and carving out tissues from the patient's body. ■

WHAT POTENCY?

The law might be stated thus: The curative dose, like the remedy, must be similar in quantity to the dose of the morbid agent which caused the disease. The fundamental principle of homoeopathy, Similia Similibus Curantur, is equivalent in terms, to the third law of motion, "Action and reaction are equal and opposite". We possess thus, in the very dose or quantity of the morbid cause, the measure for the quantity of the DOSE of the drug TO BE USED". If we simply reverse our rule of similars, we come to the conclusion that the "real and efficient quantity of the morbid cause necessary to produce the disease cannot be greater than the quantity of the medicine necessary to cure it."

"I was taught that low potencies acted best in acute disease." I discovered that this was altogether too broad, if not entirely false. I succeeded with the 200th potency in a number of cases, and then failed in a certain case. Why so? I found the cause in the grosser type of the individual and his lower degree of susceptibility, as well as in the lower

grade of his disease process. He required a grosser, more material, lower form of a remedy to cure him.

I was taught also that infants and aged persons, being of low vitality and feeble reactive power, required low potencies for their cure. Again I found that the generalisation was altogether too broad; I have cured the most desperate cases of croup, diphtheria, cholera infantum, etc. with a few doses of high potency after they had been given up to die by those who had been prescribing tinctures and low potencies without avail; and I have seen as brilliant curative effects of high potencies in the aged as in the young, when both the remedy and the potency were indicated. We must individualise. Low potencies will not cure all acute diseases, all infants nor all aged persons. Nor will high potencies cure all forms of disease in all persons. All potencies cure forms of disease in all persons. Low potencies are required for the cure of disease, and any potency may be required in any given case." ■

— Dr. Stuart Close
"Genius of Homoeopathy"

TONGUE IS THE INDEX

Some of the homoeopathic remedies, with their characteristic tongue, may readily point to the Similimum. Hence the perusal of a few of them will not be out of place.

Antim Crud

Thick, milky white coating on the tongue tells the tale of "piglike" gluttony. The greed of excessive eating and drinking distends the stomach and bowels, with belching up and down, constipation chasing diarrhoea or the other way round. Once you recognise the culprit of that "whitewashed" tongue, you need not wait for the name of the disease.

Bryonia Alb

Whether the tongue be coated white or yellow, the hallmark of that "dry-and-cut" remedy is its "desert like" dryness. Not only the tongue, but the whole GIT — from mouth to anus, even the entire muscles of the body, is dry and parched, as if burnt, and the patient drinks tumblerfuls of water. Whether cough or constipation, headache or no headache, the tongue and thirst are the faithful concomitants. In a case of epistaxis, BRYONIA stopped the bleeding when PHOSPHORUS failed. The dryness of tongue and lips guided the choice.

Pulsatilla

With its changing moods and maladies, this volatile windflower prefers yellowish colour for its tongue and catarrhs. As dry as BRYONIA, but unlike its raging thirst, the PULSATILLA princess may lick her lips but refuse to drink water. Add fair complexion and tearful eyes this delightful remedy may make a valuable gift for every child in a birthday party where repeated rounds of cakes and pastry are followed by bowls of ice-cream. Measles or migraine, rheumatism or erythema, otorrhoea or leucorrhoea the yellowish, thirstless tongue names the remedy.

Mercurius

Most tongue with mouthful of saliva, yet intense thirst — in perfect contrast to PULSATILLA, its precious characteristic lies in the indentation around the edges. Moreover, red and white ulcers studding the mucosa of mouth, tongue and lips tell conspiracy the treacherous in reads of this malignant miasm, in the entire human frame.

Natrum Mur

Geographical tongue with red insular patches, like ringworm on sides, vesicles and burning as if a hair sticking on it, dryness of tongue,

lips and corners of mouth, with immoderate thirst — the classic description of any unrequired love and grief.

Rhus Tox

Red triangular tip with apex inwards, of a tongue, dry and cracked proved a million dollar tip in a case of typhoid where the classical symptoms of restlessness and relief

from movement were conspicuously absent.

Veratrum Viride

Red steak down the middle of the tongue — is perhaps the single characteristic in this otherwise pathological remedy. ■

— Anon

BREATHING THE RIGHT WAY

Poor breathing habits and the constant breathing of polluted air can adversely affect the quality of our lives. Lack of oxygen leads to severe headache, dizziness and lack of mental ability. The most profound effect is on the brain, the centre of reason and judgement.

Correct posture is essential for proper breathing. Be aware of how you sit, stand and walk. Don't slouch. And don't tense the neck, back and abdomen.

Rhythm of breathing

Exercise will also enhance good breathing habits. Vigorous exercise requiring lots of air and using leg and arm muscles is best. Such exercises include fast walking, cycling, swimming, jogging and hiking. These not only improve lung function, they also strengthen the cardiovascular system and reduce mental fatigue. But try to exercise in

the fresh air and keep out of the smog. As much as possible stay away from busy roads with motor-vehicle exhaust fumes as much as possible. Conscious and rhythmical deep breathing is an effective and simple relaxation exercise that can help reduce stress and invigorate your mind. More oxygen to the brain will help you relax and think more clearly.

Deep-Breathing

Try this exercise first when lying down. But afterward you can use the same process of deep breathing when you're sitting, standing or walking.

1. With mouth closed, relax your shoulders and stomach muscles. Inhale slowly and deeply through your nose while silently counting to six. Watch your stomach push out. Keep inhaling until you can't get any more air in.

2. Exhale slowly through the mouth, pursing your lips in a whistling fashion. Tighten your stomach muscles as you exhale all the air you can.

3. Rest a couple of seconds then repeat the exercise. Do it several times. If you become dizzy stop for a few moments.

4. To help relax, when you exhale let all the air out quickly with a sigh. After a few days of this exercise you'll notice that you can inhale more air with each breath. You'll use more of your lung capacity and you'll feel great. ■

— Dr. M.V.L.

SIX STEPS OF GOOD WALKING

Walking is truly a positive remedy for what ails you. It is inexpensive, painless, invigorating, enjoyable and available to anyone at any age. It requires no competition, and the rewards are immediate. "Relaxation, for some, comes in bottles of pills and alcohol, but it is also available in pure, undiluted, natural form in our feet."

1. When walking, keep your head high, spine straight, and arms relaxed and swinging. Each step should find your heel touching the ground first, then rolling your weight toward your toes. Distributing your weight in this manner helps avoid leg, foot, and other orthopaedic problems. Breathe easily and naturally with your mouth open or closed, whichever is most comfortable. Assume a comfortable stride.

2. There is a technique called the Talk Test, which helps you gauge

your speed. As you and a companion walk, you will notice your steps keep pace with liveliness of your spoken words. If you walk alone, carry on a silent conversation with yourself. Kuntzleman suggests that if you do not feel like talking you are most likely "walking too fast for your age and fitness level."

3. The most trustworthy monitors for a safe walking programme are knowing your maximum heart rate and pulse rate.

4. When you first begin your walking agenda, start out slowly, increasing your routine as your body adapts. Doing too much too soon can be disastrous. The average walking speed is approximately five kilometers an hour on level ground. Consumer Guide suggests a starter programme to be twenty minutes a day four times a week, or fifteen minutes a day six times a week if your heart rate is below the target

zone. The programme is then increased to include twenty-one levels, exercising on each level for a minimum of one week, with the final level at 120 minutes four times a week or eighty minutes six times a week. Again, tuning in to your own bodily sensations will be your best exercise indicator.

5. Unlike other sports and exercise programmes, the equipment you need for walking is minimal. Any outfit that is comfortable and allows you freedom of movement is appropriate. Proper walking shoes, however, are imperative. To choose a good shoe, draw an outline of your foot, then compare the drawing with bottom of the shoe you intend to buy. When trying on shoes, always wear the type of sock you will wear when walking. Allow at least one centimeter between your toe and the end of the shoe. Make sure the

arch or midsole of the shoe has good support while the other areas are flexible. The heel should be slightly elevated, the sole cushioned, and the toe area roomy enough for comfortable movement. A good quality running shoe is recommended as your best buy.

6. If you experience any pain or fatigue during or after your outing, make a note of the specific symptoms and report them to your doctor, if necessary. Signs of discomfort or physical distress are a tip that your walking programme should be adjusted. Everyone's body is different, and you must correspond your exercise programme to your particular needs and demands. ■

— From Complete Book of
Walking By

Charles J. Kuntzle Man

SMILE

A Smile costs nothing, but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts for ever. None is so rich or mighty that he can get along without it, and none is so poor but that he can be made rich by it.

A Smile creates happiness in the home, fosters good-will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and it is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a SMILE. Give them one of yours, as none needs a SMILE so much as he who has no more to give! ■

Dr. SRIRAMULU'S PORTRAIT UNVEILED

The Madras Presidency Homoeopathic Association paid its debt of gratitude to the doyen of Homoeopathy in Madras Late Dr. C. Sriramulu who passed away during the time when he was the General Secretary of the Association.

At a function held at Gokhale Sastri Hall, Mylapore, Justice N. Krishna swamy Reddy, President of the Association unveiled the Portrait of Dr. Sriramulu, and lucidly complimented him for dedicated service to Humanity to the society and particularly to the MPHA.

The occasion was synchronised with Dr. Hahnemann's Day

Celebrations and Mr. K.S. Chakravarthy, Business Executive unveiled the Portrait of Dr. Hahnemann.

The philanthropist Donor Dr. Durai Aranganar who donated his building at Aminjikarai to start a Homoeopathic Hospital at Madras was remembered by unveiling his portrait by Dr. P.R. Rangaswamy, Professor and Research guide in History.

Earlier Dr. K.V. Govinda Rao, Vice President of the Association welcomed the guests and the gathering. ■

THEY SAID SO H. Balasubramanian

Repertory

Dr. Hahnemann in "Chronic Diseases", "But in as-much-as those repertories only contain general indications, it is necessary that the remedies, which the physician finds indicated in those works, should be afterwards carefully studied out in the Materia Medica. A Physician,

who is not willing to take this trouble, but who contends himself with the general indications, dispatches one patient after other, deserves not the name of the true homoeopathician. He is a man quack, changing his remedies every moment, until the poor patient loses his temper, and is obliged to leave this homicidal dabler.

It is by such laity as this that true Homoeopathy is injured. This ignominious propensity for laziness in the direction which recorded at the head of each medicine. This proceeding is entirely wrong.'

Removal of the Tonsils

Dr. J.C. Burrnett in his "Enlarged tonsil cured by Medicines". 'On the other hand, there are certain unquestionable objections to an operative removal of the tonsils: there is the bleeding that occurs, at times with occasional danger to life, and the shock to the system and nerves.'

Moreover, the administration of anaesthetics to delicate children is to be avoided, if any way possible. I have observed ill after-effects therefrom over and over again. Then there is the question of the functions of the tonsils, one of which I believe is to subserve constitutional asepsis. The ever-ready way in which the tonsils show symptoms of sympathy with constitutional ailments leads me to infer that they are often of vast importance to the integrity of the organism.

The tonsils are nature's top-end outpost of the digestive tube,

and as such are constantly at work to do outpost duty for the same. It is often stated that the tonsils, especially if enlarged, are a source of danger, as affording an inlet to germs of disease; many disease germs certainly do impinge upon enlarged tonsils - that is manifest and some have maintained that is the very reason why it is said tonsils should be got rid of in as much as the said germs not only impinge upon them, but are said to actually penetrate into their parenchyma, thereby thrive and multiply, and thence to poison the organism.

I am myself not aware that any real proofs have ever been given of the inward march disease elements through the tonsils into the tissues. Many of the views held in regard to the mode of extension of diseases within the organism appear to me to be open to question. Thus it is the fashion to regard the various tubercular manifestations as extending from the periphery centripetally, but this I very much doubt. In fact, it seems to me that on the contrary the tonsils are charged with functions of defending the organism and protecting it. ■

MPHA CLASSES EVERY SUNDAY 2:00 P.M. to 5:00 P.M.

LILIUM TIGRINUM

K. Sankaranarayanan D.H.B.M.,

It was a hot summer morning in the first week of May 1993 when my wife (an alumini of MPHA) suffered from severe left side headache. My first prescription of Spigiella 200 didn't give her relief. After some time she started crying and my consolation did not help. On seeing her sufferings my parents urged me to get her admitted in a nearby nursing home. Being a daughter of a Homoeopathic Doctor, my wife has been taking homoeopathic medicines only. So she refused to my parents suggestion. After a long silence, I enquired about her condition. Then she presented the following symptoms. She had a bearing down sensation and felt as if all her organs would escape. She had to cross her limbs. She also complained of pressure of bladder against vagina. Besides she had thin acrid leucorrhial discharge. She had back pain on sacrum. Moreover she could not assign proper reason

for her crying. The headache started from left temple, extending to occiput over ears is aggravated by pressure. She felt better in open, fresh air.

After getting these symptoms I started referring Dr. Kent Repertory and other Materia Medicas of our learned Doctors. I was able to select Sepia and Lilium tig. After taking modalities into consideration I selected Lilium Tig. and decided to give the same. Before administering the medicine I referred The Master Key to Materia Medica by K.C. Bhanja where I found a caution about aggravation at 200th potency. So I purchased Lilium Tig 30 and administered the first dose at 5 pm. To my surprise she was completely alright by 8 pm. and there was no need to repeat the medicine again. The single dose of Lilium Tigrinum 30 cured her miraculously and saved my pocket. ■

SICKLE CELL ANAEMIA

Sickle cell anaemia is a deadly disease for which the medical science has not yet come up with a complete cure.

The pale coloured body with severe stomachache and large sores on the legs are the keynote symptoms of sickle cell anaemia.

This disease occurred due to fall

in oxygen content in the blood. The fall in oxygen content adversely affects the smooth circulation of blood. As a result blood gets clotted up and become impure since the red corpuscles that purify the blood also becomes inactive. The body becomes pale and starts decaying as the blood circulation is disrupted. The sores that appear on the body are the external symptom of this

decaying. Since there is no effective medicine for this fatal disease, blood transfusion is the only way to sustain life. Blood transfusion is costly and the Adivasis have no other alternative but to yield to their fate. Medical experts said that the disease could be controlled by drinking as much water as possible. They suggest ten to twelve glasses of water everyday. Though the disease is not spread through sexual contact, children born to those having this disease often inherit it from their parents.

Sickle cell anaemia, a hereditary disease found commonly among the American Negroes, was detected among the Adivasis in Waynad in Kerala State in South India three years ago. The disease was first found among the Kurichiyas and Kattu Naikans alone. But it is now spreading among the other tribals too. Medical experts feel that the entire tribal folk in Waynad will extinct in few years unless some remedy is found earliest.

From a paper published on "Research work carried out by the Central council for Research in Homoeopathy", the names of homoeopathic medicines are Arsenic Album, Bryonia, Natrum Mur, Rhus Tox and sulphur. Potencies suggested are either 30th or 200th except for 'sulphur' where only 200th poency has been recommended. But, the patient should take anyone of the abovesaid homoeo medicines strictly under the direct supervision of a homoeo expert, though the homoeo medicines generally have no side-effects. Homoeopaths treat the patients and not the diseases on the basis of the totality of symptoms of the patient and also on the basis of homoeopathy principle "similia

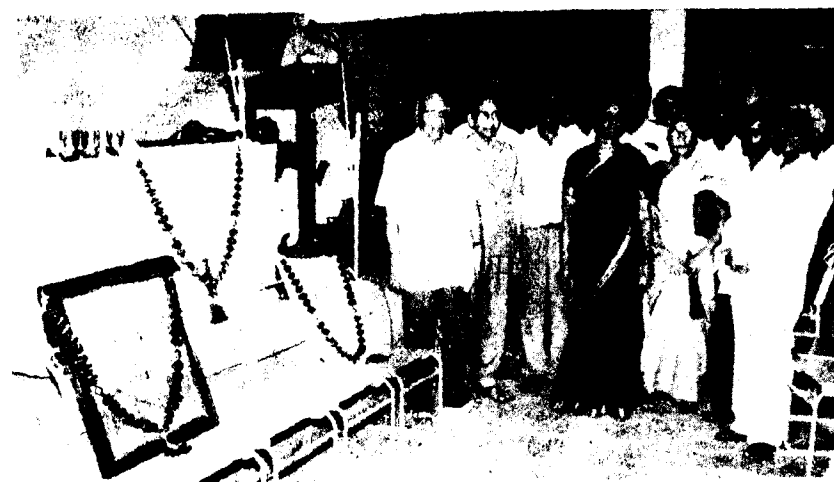
similibus curantur" (Let likes be treated by likes) Homoeopathy to treat the individual as a whole giving more importance to the constitution and miasms of the patient. Hence the complete and speedy recovery is possible in the homoeopathic symptom of treatment. The pillars of homoeopathy in Kerala State like Dr. Ramanlal P. Patel, Kottayam town, Dr. M.T. George, the Mavelil Homoeo Mission, Trivundrum 4, Dr. M.O. Alexander of the Grace Medical Mission, Mavelikara, the Members of the Journal and it's Associations and other homoeopathy experts must be consulted in this matter to save our suffering brethren at once from this fatal disease.

The medical experts of Allopathy and other alternative systems of medicine including homoeopathy should conduct a further deep study in this matter and share their findings and views among them regularly for further progress in the search, till they find out a suitable remedy for the complete cure of sickle cell anaemia. Efforts never fail.

VANADIUM, a homoeo remedy may be effective to care the sickle cell Anemia because its action is that of oxygen carrier and a catalyst. Hence its use in various diseases. This remedy will increase the amount of its oxygen with toxin and destroys their virulence. The remedy will also increase and stimulate phagocytes. It is useful in Anaemia and emaciation. It also improves the digestive function of the patient. ■

— Mr. Devi Priyan
Freelance Journalist
Krishnagiri 635 001

Hahnemann Day at M.P.H.A



Hahnemann Day was celebrated by the MPHA at Gokhale-Sastri Hall, Mylapore. Portraits of Dr. Hahnemann, Dr. Sriramulu and Dr. Dorai Aranganar were unveiled at the function.



Dr. Chakravarthy unveiled the Portrait of Dr. Hahnemann, the father of Homoeopathy.

Hahnemann Day at M.P.H.A

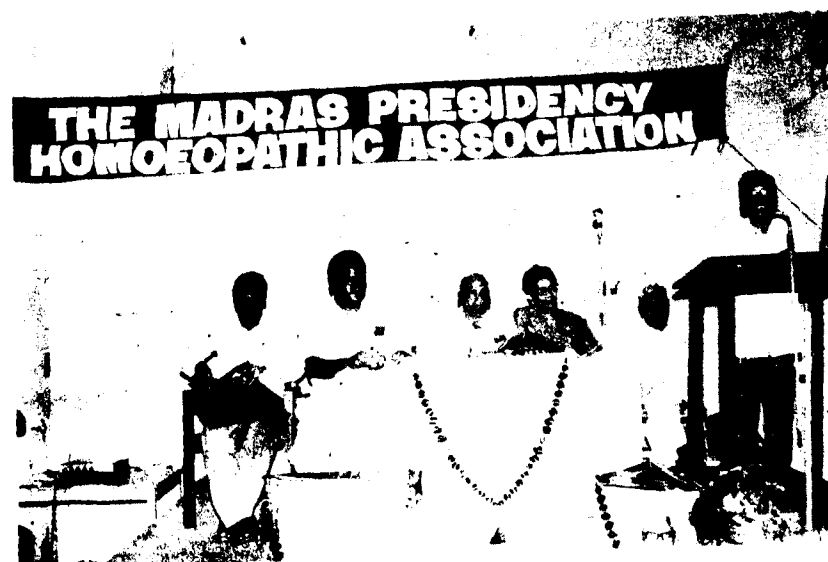


Dr. P.R. Ranga Swamy, Professor and Research Guide in History unveiled the Portrait of Dr. Dorai Aranganar.

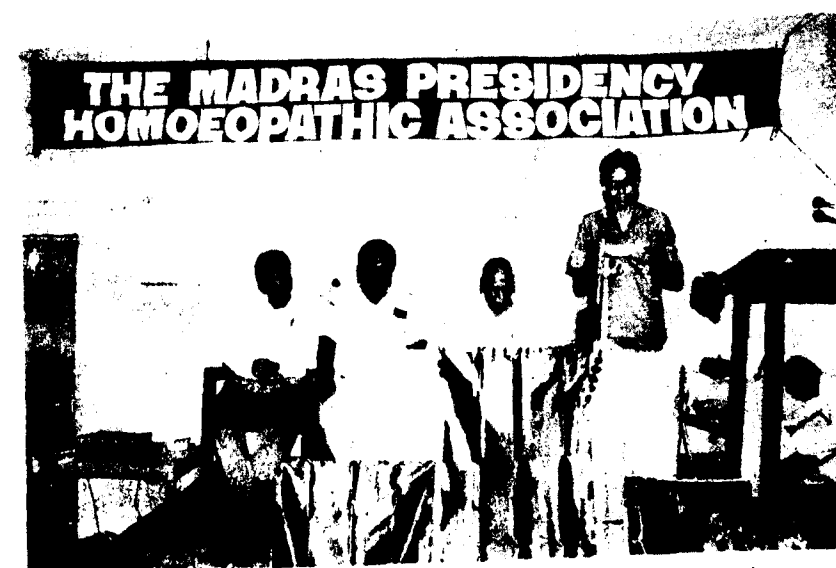


Justice N. Krishnaswamy Reddy, MPHA President unveiled the Portrait of Dr. C. Sriramulu.

Hahnemann Day at M.P.H.A

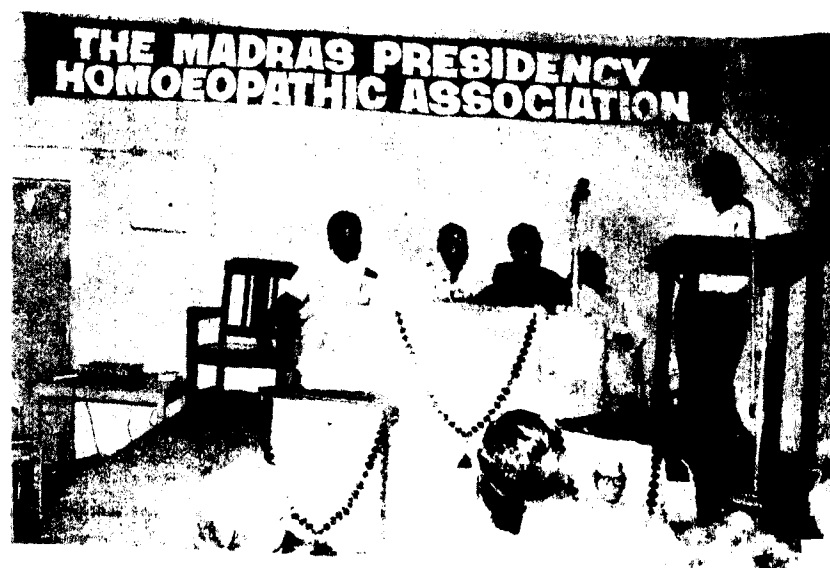


Dr. V. Surendra, Joint Secretary of MPHA is at the Mike.

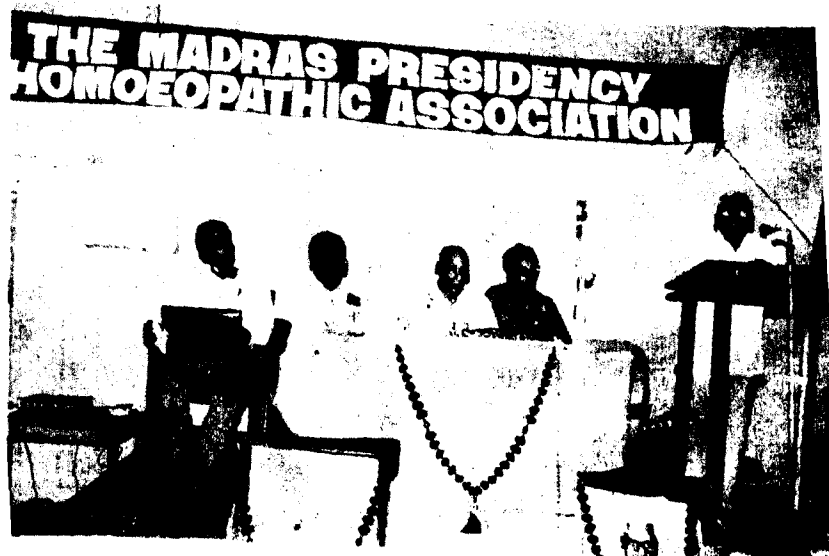


Dr. K.V. Govinda Rao, Vice President Welcomes the Gathering.

Hahnemann Day at M.P.H.A



Mr. Chakravarthy addresses the Gathering.



Dr. K.S. Bhaskaran Nair, General Secretary Proposes a Vote of Thanks.

SOMETHING LEFT UNSAID

Dr. Ram Ratna Sinha

Prince Jaisingh was to attend Delhi for an interview with Emperor Aurangzeb. The anxious advisers were instructing the Prince how to reply to the questions of the Emperor. At the end of the morning, the intelligent Prince queried, "What to do if altogether a new question is asked by the Emperor". The bewildered advisers had to admit that he would have to rely on his own wit.

Those trying to be guided by the experience of other doctors, however prominent, will find themselves in similar circumstances not infrequently.

Hence it is imperative to remember that "Law directs and experience confirms". Here experience means one's own experience and not of others.

It is the experience of Dr. Kanjilal and his friends that Malandrimum is not a prophylactic against Chicken Pox. It was the experience of Dr. C.S. Kali that made him write "Malandrinum is a prophylaxis against Chicken Pox". The contradiction lies in the fact that both the experiences were obtained in different periods of time and in different types of cases. It is purely a question of being indicated for the particular type or not.

There are weak constitutions with inherited chronic miasms to work inwardly without showing outward symptoms. Such cases are very misleading and often prove very

difficult to manage. The application of an appropriate homoeopathic remedy will always bring about an aggravation. In such cases so much havoc is done in "incubation period" as will be done in normal cases while full invasion is on, and the treatment has to be adjusted accordingly. The patient is being cured (if curable) at the very stage when the medicine is given (inside out), though apparently it may look otherwise. However, the following comment appears to be called for

1. While giving Malandrimum as prophylaxis, symptom similarity to the prevalent cases should have been given weight.

2. The potency (2c) was too low to give good results.

3. The repetition should always have been in higher potency to prevent undesirable revolt from the vital force.

4. In prophylaxis, we are at best, taking a "blind" aim. We should take correct aim as indicated by the symptoms without delay when they are out.

In the list of some small-pox prophylactic remedies the Indian drug *Solanum Xanthocarpus* (Kantakari) deserves a place. It will be most useful when the prevalent types have sore throat symptoms in prominence resembling this remedy accompanied with scanty urine and Asthmatic breathing. ■

SURGERY IN HOMOEOPATHY

Dr. S.N. Sen Gupta, Calcutta

In Homoeopathy the domain of medicine is very wide in which surgery is taken as an interdepartment, scheduled for accessory measure whenever needed.

All sorts of pathological developments due to natural diseases from our angle of vision, and from what have been corroborated by experience belong to the domain of medicines.

Abscesses, inflammations, tumors (benign or malignant), narrowness or obstruction of passages, ulcerations, gangrenes, various sorts of bony degenerations, prolapses, sinus, fistula, formation of stones in gall bladder or kidneys etc., etc. All due to natural diseases are treated as such. I do not say that in those cases surgical help is never needed. What I say is that they are rarely needed, and that too in exceptional cases only.

On the other hand, stagnation of blood due to blows, hurts, lacerations; dislocation or fracture of bones due to mechanical causes; penetration of pin, needles bullets or such other things into the body, etc., however needed immediate help of surgery. But here also the secondary effects on the anatomy are treated by us with homoeopathically indicated medicines. Our medicines always help rapid and healthy granulations as also calcifi-

cation.

There are instances of occurrences where surgical help is immediately needed though not produced by mechanical causes, in connection with certain congenital defects; non perforated anus in a new born baby is an instance of it. Congenital curvature of the pelvic bones interrupting normal delivery during labor pain is another, and so on.

None of those pathological changes stated above although differentially diagnosed, is a disease by itself. It is only a local manifestation of a derangement of the Vital Force belonging to man himself, present everywhere in the organism as an indivisible whole. This arrangement is not indicated by that local manifestation alone, but by the entire collection of symptoms, mental and physical, objective and subjective, due to the disease, along with all the peculiar characteristics attached with every symptom or group of symptoms with which the exact nature of the affection of the vital force can be individualisingly known. And it is this affection of the vital force (that is the entire disease) that is to be removed by medicine.

It has been gathered from sound and extensive observations, proper experience and researches that the affection of the vital force belonging

to man, which is dynamic in nature is indicated by the entire picture of the disease consisting of symptoms, mental and physical, subjective and objective, can only be extinguished within the organism by an artificial disease producing substance, which we call medicine that is stronger in power but similar in manifestation.

The moment the vital force belonging to man gets entirely free from the jaw of the disease as an effect of a homoeopathically prescribed medicine, it is most pleasing to see how it engages itself in re-establishing order in every direction of life and how it repairs and cleans the entire machine by its own processes of re-purification, absorption, resorption, dissolution, contraction, expansion, expulsion of filthy substances either through natural outlets or through temporary artificial outlets etc. At this moment slight surgical help may become necessary in exceptional cases only.

I am giving here an interesting but a very simple instance.

An old lawyer of Khulna had long standing constipation with constricted anus. He had to use his fingers in order to bring out stools. Nearly thirty five years ago, it happened that his fingers did not help him any more, enema and douche also failed. But there was a constant bearing down sensation which he could not bear. He went on straining and straining. All on a sudden the anus ruptured and nearly three inches of his rectum came out. The prolapsed rectum did not go in even

on pressure from outside. Doctors came, stopped the bleeding but all their endeavours failed to send back the prolapsed rectum. It got swollen and very painful and his temperature rose very high. Naturally therefore, he was taken to Calcutta for admission in the Medical College Hospital. The patient was so very nervous that he declined to go there. I was called to him. I gathered the following valuable facts from him:-

He had very sensitive pain in the prolapsed rectum attended with too much of burning sensation.

A sensation of wave like heat running upwards and downwards all the time that interrupted his sleep, and he was very thirsty etc.

On cross examination I came to learn that he had all along burning in the extremities compelling him to keep his soles outside the cover in deep winter; and

He had repeated attacks of itch and suppressed them each time by ointments,

His habits were not clean and methodical.

I gave him Sulphur. It was given in 1000th potency, Two days after that I got report that his temperature came down, and he slept well at night. He also ate well. I gave him placebo. But in the evening his relatives informed me that the temperature came down to 96 and a Surgeon, who was also their relative, told them that the patient was worse, that his vital heat was very

low and that decomposition in the affected part already began. The patient was weeping. I asked him why he did so.

Whereupon he told me that he felt alright in every direction, his only complaint was that the prolapsed rectum could not be drawn in. He was weeping because of the Surgeon's opinion. I examined his pulse and heart, as also the affected part. There was no pain in the prolapsed rectum. On pressure only its colour was very dark (the Surgeon said, as they told me that the absence of pain was due to benumbment of the nerves there). The part had its usual

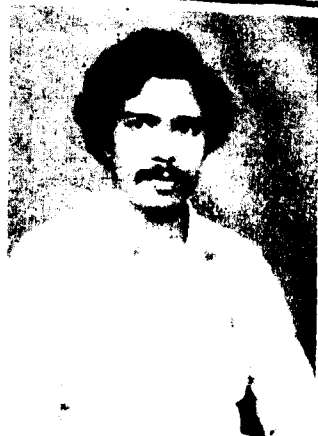
sense on touch. I told him that the dark colour was due to atmosphere influence and that he had nothing to fear of.

Next morning I got report that the outer layer of the prolapsed rectum fell out and the patient drew it in without any difficulty. He began to pass stools also without using his fingers.

The expression, "This case does not belong to me but to a Surgeon", by a homoeopath in connection with any such development due to a natural disease is unsupportable, rather unthinkable. ■

MIRACLE OF HOMOEOPATHY

Dr. R. Kumaresan DHMS, AMRSH (Lon)
— Member, Tamilnadu Homoeopathic Council



Case I

The daughter of a wealthy person had a bad attack of typhoid.

When she recovered from her illness she found that her hair was falling speedily. In a couple of weeks she was virtually denuded of her hair. She was in the brim of youth when she had this unfortunate condition. This sort of loss of hair made her look ugly and this gave her father great concern as could be naturally.

He had exhausted all systems of medicine and all methods of treatment before he came to me for giving homoeopathy also a trial. His

talk revealed that he was prepared to take his daughter to U.S.A. for hair-transplant therapy even if it took few lakhs of rupees. I could also sense from his words that he did not take homoeopathy seriously and he had been to me as a matter of ritual in the process of exhaustion of all systems of medicine. The fact that the great physicians of the city despite best efforts could not help prevent the hair loss could have driven him to the verge of despair.

When I took up the case in detail, I could not find any other reason for the loss of hair except the disease viz. typhoid from which she suffered last. So, I decided to base my prescription on the causation. Calvin B. Knerr's Repertory came to my rescue. Flouric Acid was the only remedy found against the rubric 'Hair falling out, after typhoid fever' (page 165, chapter 4) I prescribed the remedy in 30 potency one dose Morning & Night for 10 days and I gave Typhoidinum-1M as an intercurrent remedy.

After a fortnight the patient and her father came to me wearing hearty smile on their faces and to my surprise the patient's hair had started growing luxuriously. They praised the system which cured her condi-

tion in surprisingly simple way without deflating the purse.

Note: Thallium is another remedy suitable for alopecia after acute exhausting disease. Flouric Acid was chosen as the disease's name has been specified more precisely against it.

Case II

Another case relates to the cure of warts. The patient was an adult male of moderate build. He had warts on the dorsal portion of fingers both underneath the nails and close to nails. He had been suffering from these ugly warts for more than ten years. He had also exhausted almost all dermatologists of the city, by the time he submitted himself to homoeopathic treatment.

I did not take much time and effort to locate the similimum as the same was readily available in Kunzli's Kent Repertorium Generale (which is the repertory of my choice) in page 1010 (Extremities, Warts, Fingers, Nails close to). Causticum was found in high degree. 200 potency six doses made the warts disappear in a couple of weeks without a trace. Such is the miracle of homoeopathic cure. ■

Cover Page Photograph

Hahnemann Day Three Portraits unveiled by MPHA

PATENT MEDICINES AND HOMOEOPATHY

It is admitted on all hands that Homoeopathy has nothing to claim as a specific in the line of cure for any disease, because its theory professes individualisation, on the distinct line of totality of symptoms. Famous and illustrious physicians like Drs. Kent, Nash, Boenninghausen, Farington, Lippe, Hering etc., along with the Master Hahnemann were never known to opine in favour of the so called "specifics" or "Patents" in Homoeopathy. On the other hand, they always advocated to the contrary. On the face of all that, we are now literally left looking askance on the road, when we see the markets

flooded with numerous kinds of "Homoeo Specifics or Patents" and "Injections" for different ailments of the human family. So, are we are to believe, that the truth and tenets of Hahnemann and his time have now changed their definition and purport in this age of Sputniks?

Our Homoeo journals are sordidly silent on this question. I most perversely, call the attention of all exponents of the science, to speak out of this long drawn silence at their earliest possible opportunity and thereby do a distinct service to the cause of this holiest of arts. ■

— Dr. K.C. Mohanty

25th Homoeo Health Camp

Dr. Sarojini Selvamani, Managing Trustee of the Sri Jhananda Yogeswara Homoeopathy Charitable Trust writes:

We are a Charitable Organisation propagating the great system of Homoeopathy among the people.

We conduct periodically Free Homoeopathic Medical Camps in the rural areas of Madras, Kerala, and Andhra Pradesh. So far we have conducted 24 such Free Medical Camps and about 10,000 patients were benefitted by these camps.

We are in the process of approaching kind hearted people who

can contribute to the Trust by way of cash or Medicines to meet the Trust's requirements of Fund to fulfil the objectives of the Trust.

We conducted our 25th Free medical camp at the Corporation School, (Near Kasi theatre) at Jaffarkhanpet, Madras 95 on 22nd August 1993. Mr. Inbaseraran, I.A.S., Health Secretary, Justice Krishnaswamy Reddy (Retd.), Dr. K.V. Govinda Rao and other eminent members participated in the camp.

Homoeopaths desirous of participating in our camps may kindly contact Phone : 618838 / 614879 / 576170 ■

MPHA ANNUAL REPORT

GENERAL BODY MEETING OF THE M.P.H.A. WAS HELD AT GOKHALE SHASTRI INSTITUTE, NO. 16, KARPAGAMBAL NAGAR, MADRAS - 6600 004 ON 10TH JULY 1993, Dr. K.V. Govinda Rao, Vice-President Presided.

ANNUAL REPORT OF THE ASSOCIATION WAS PRESENTED BY THE GENERAL SECRETARY Dr. K.S. Bhaskaran Nair. It is reproduced below

The Madras Presidency Homoeopathic Association has completed its 56th Year of its service to the mankind with the able and efficient service of our beloved President Hon'ble Justice N. Krishnaswamy Reddy and Vice Presidents Dr. K.S. Bhaskaran Nair, Dr. Lion K.V. Govinda Rao & Dr. A. Easwaran. The Association lost one of the pillars of Homoeopathy i.e. our Late Dr. C. Sriramulu. He has served as General Secretary for about two decades. His valuable services are worth remembering. After the sudden demise of Dr. C. Sriramulu, the Executive Committee bestowed confidence in Dr. K.S. Bhaskaran Nair and elected him as General Secretary unanimously.

VALUABLE SERVICE

It is worth to place on record the valuable services rendered by Dr. P.S.V. Subramaniam, Dr. Mrs. Saradha, Dr. Leela Kumari. In the 'OP' wing of the Dr. Dorai Aranganar Homoeopathy Trust Hospital at No. 26, Ayyavoo Naidu Street, Madras - 30. There has been good treatment and bring their relatives

and friends for treatment. The clinics at No. 191, Royapettah High Road, Mylapore, Madras-4 and at No. 26, Ayyavoo Naidu Street, Aminjikarai, will continue to serve the public and relieve their sufferings. Our Doctors attending the clinics are Dr. V. Venugopal, Dr. V. Rukmangathan, Dr. G. Venkatarathnam, Dr. T.K. Rengachari, Dr. V. Surendra and Dr. M.R. Raghavan at Mylapore and Dr. P.S.V. Subramaniam, Dr. Mrs. Saradha and Dr. Mrs. Leela Kumari. These two clinics under the Association have treated about 3000 patients during the year 1992-93 and attracting more patients. I thank all the members of the faculty who have rendered their valuable services in imparting knowledge to the students. They are Dr. K.S. Bhaskaran Nair, Dr. Gangabai, Dr. D. Chinnian, Dr. V. Venugopal, Dr. P.S.V. Subramaniam, Dr. M.V.L. Narasimhan, Dr. G. Venkatarathnam, Dr. V. Surendra & Dr. P. Thiagarajan.

CLASSES

In our Homoeopathy Teaching Institution 30 new students have joined this Academic Year. The New

Course was inaugurated by Sri. K.S. Santhanam, Chief Executive Engineer (Retd.) Southern Railways, Madras on 11.4.93.

The Association is publishing a quarterly journal which is receiving much appreciation from its readers as it contains articles of all aspects. The January-April issue was published in honour of our Late General Secretary Dr.C.Sriramulu who was also the erstwhile publisher of the Journal. The Executive Committee has nominated Dr. K.S.Bhaskaran Nair to succeed Dr.C.Sriramulu as publisher.

FINANCE COMMITTEE

The Association is thankful to the Financial Committee members consisting of Dr. K.S. Bhaskaran Nair, Dr. V. Venugopal, Dr. V. Surendra, Dr. T.K. Rengachari, Dr. R. Ramasamy and Dr. R. Sampath, for their efficient management of the funds. Special appreciation to Dr. V. Venugopal and Dr. T.K. Rengachari for the accounting and collection made by them.

During the year 6 Executive Committee meetings and 2 Financial Committee meetings were held. A Special General Body Meeting was called on 21.3.1993 to condole the demise of Dr.C.Sriramulu and several members spoke about the eventful services rendered by him for the cause of Homoeopathy and for the Association.

At present there are sixty life members about three hundred or-

dinary members and seventy student members.

I congratulate every member of the Association who contributed their might in one form or the other for the welfare of the Association and propagation of Homoeopathy.

AWARDS

M/s. Rathna & Rao Trust has instituted an award of Rs.1,000/- to the best Homoeopathic Doctor, Chief Justice Ratnam presented the medal and certificate to Dr. K.S. Bhaskaran Nair, our then Vice-President and our thanks are due to M/s. Rathna & Rao Trust for the honour extended to our association.

Smt. & Shri V.Hariharan, Trustees of Vehas Trust, Anna Nagar have awarded Rs.1,000/- to Dr. C. Sriramulu as the best Homoeopathic Doctor, Vehas Trust have also awarded to the best students who have successfully completed the course with distinction viz: Kastoori Karanth, Kalaiarasi Ravindran and V. Jayachandran were the recipients of the awards. At the same function 28 students of our Association who have passed the Three Year Diploma Course received Diplomas from Hon'ble Justice P.C. Balakrishna Menon (Retd.) Chief Justice of Himachal Pradesh High Court.

CAMPS

Dr. Sarojini Selvamani our Joint Secretary and other members of

the Association conducted Homoeopathic Camps regularly at Kone Falls. Her interest in this endeavour is much appreciable.

I thank one and all who are present here and request every one the members of the Association

to continue and participate in the activities of the Association in one form or the other, thereby strengthening the Association in its continued growth for the service of humanity in the field of Homoeopathy. ■

HOMOEOPATHY IN CARDIO VASCULAR DISEASES

— Dr. T.S. Chandrasekhar

As in other advanced countries, the incidence of Cardio Vascular Diseases (CVD) is increasing rapidly in India also. It has been estimated that 600,000 people die of heart attack every year in India i.e. one every minute. Lifestyle plays a very important role in circulatory diseases. Recently a multi-centre study in U.S.A. was conducted in this regard. 28 confirmed cases of coronary artery disease were allocated a changed life style for one year consisting of a nil to very low fat vegetarian diet, fruits, soyabean milk, egg white only (no yoke) and at free milk, moderate walking exercise, mild stretching and breathing exercises, relaxation and meditation, no chemical drinks, no stimulants, no smoking and no alcohol. Another batch of 20 patients were given no specific instructions and were allowed to make the life style changed, if they wanted to. At the end of the observation period of



one year, Coronary Artery narrowing had regressed by an average of 5.5% in the changed life style group but had progressed by an average of 8% in the patients making no life style changes. Overall 82% of the group who underwent life style changes showed improvement in their coronary lesions. (The Lancet)

MOTHER'S FAULT

Intra-uterine and early life also plays a very important part in the

causation of heart disease. The etiology of dying from heart disease and strokes may begin before one is born. Many factors during pregnancy and early life have a bearing on the risk of heart disease in adults. Dr. David Barker, Prof. of Paediatrics and Epidemiology at the British Medical Research Council, Southampton, is pursuing a research in all these factors for the last five years. Dr. Barker is of the opinion that the death from heart diseases and strokes is not so much due to what the person ate but what his mother did not eat. So the growth in the womb and growth during infancy have an important effect on the risk of dying from heart disease.

We know that our blood pressure is set in our intrauterine life. An underdeveloped newly born baby has much more chances of developing high blood pressure when he grows as an adult. What happens is that if a baby is unable to grow, as he should, his growth is at a halt but his blood pressure rises and develops a tendency to remain so. Another factor equally responsible to these heart diseases is due to fibrins (one of the factors for clotting the blood). If one has a high level of fibrins one is more likely to develop cardiac attack as the fibrins relate to the growth before the end of the first year of birth.

CHOLESTEROL

We all very well know that the main reason of C.V.D. is atherosclerosis i.e. narrowing of the lumen of arteries due to the deposi-

tion of cholesterol. This process of atherosclerosis begins early in life, may be middle or end of second decade and gradually and slowly goes on increasing and if not checked the time for developing C.V.D. comes.

ANGINA

Angina means 'Any disease marked by attacks of severe pain accompanied by choking or suffocation' and Pectoris means, 'Paroxysmal pain of psychosomatic origin characterised by a sense of oppression and constriction about the chest associated with a feeling of apprehension of impending death'. The attack is caused by myocardial ischemia and occurs suddenly because of emotional stress or physical exertion. The condition chiefly affects men over 40 and is rare in women. Death may occur in advanced and neglected cases during the attack.

Usually when a person develops pain in chest, he and his relations at once think of Allopathy and take him to an Allopath. Usually he is admitted to a nursing home and after E.C.G. and other relevant tests the patient is sent back home with a big list of medicines and lots of dos and donts. After sometime they seek. The help of a Homoeopathic Physician.

There are three main types of Angina:

1. Angina of Effort.
2. Spasmodic Angina and
3. Angina Innocens

1. *Angina of Effort* : The pain here is due to an inadequate coronary flow during exertion due to arteriosclerosis. The immediate cause of attack is anoxaemia i.e. lack of oxygen of the heart muscles, emotional and physical embarrassments, exposure to cold (Vaso-Constriction of skin vessels) or distension of stomach by food or flatulence.

PROGNOSIS

As regards prognosis the three points to be very clear in such cases are (A) The sensitivity of the patient's nervous system and (B) other evidence of degenerative myocardial diseases and (C) The presence of any other accompanying metabolic disease. The more nervous the patient the slighter will be the lesion which will cause pain and the better is the prognosis. A bad prognosis is suggested by other accompanying C.V.D. such as permanent or relapses of hypertension, considerable cardiac enlargement, pulsus alternans, cardiac asthma etc. in such cases relatives should always be told that the disease is fairly advanced and an exact prognosis is not possible.

These cases bear a clear cut picture of syphilitic miasm predominating and the destructive type of disease like atheroma, syphilitic aortitis, aneurysm etc. may be present and in most of these patients V.D.R.L. test is positive. There is more of psora than sycosis. These patients are mostly aggravated from

sunset to sunrise. The syphilitic mind is destructive, slow and imbecile, very poor comprehension and concentration. He develops a disgust for life and dwells on committing suicide.

SPASMODIC

Angina Spasmodic: There is often a familial tendency of Angina. The attack is sudden not proportional to exertion, usually very severe and often associated with a feeling of impending death. It is due to the coronary spasm, accentuated by cold or emotion. The palor of the face is expressive of the torture which he is undergoing. Palpitation with slow and feeble pulse while Electro-Cardiograph shows some irregularity in P and T waves usually due to premature heartbeats. The mind usually remains clear throughout. The blood pressure is usually high and rises further during the attack.

Angina Innocens or Psuedo Angina : In Angina innocens there is no cardiac enlargement and no evidence of any cardiac disease clinically electrocardiographically or by any other test. But we must be very careful in differentiating this disease with Mitral Stenosis with pain and with Vaso-vagal attacks.

In this variety the symptoms may persist for years, there is no danger to life and recovery always occurs in time. In treatment of this type the patient must be taught to adjust to any accompanying psy-

chological stress and a gradual increase of exercise is recommended.

RISKY TESTS

Besides E.C.G. the most important tests in such cases are cardiac Stress Test, Echogram, Angiography and Thallium Stress Test. The last two are not only expensive but a little risky also.

Treatment: Prophylactic treatment consists of minimising the cardiac load. The cardinal rule of avoiding 'Hurry, Curry and Worry' applies to all the cardiac angina cases. All physical activities must be minimised according to the stage of disease. Adiposity and Dyspepsia must be checked 80% of the heart cases first develop symptoms after a meal, 70% of sudden deaths in heart cases occur after undue heavy meal or a sudden emotional stress. The patient's room should never be crowded. It should be very airy and smoke and dust proof.

The room temperature should be very cosy according to season. Oxygen cylinder may be used as and when needed to reduce the heart work load and to increase the oxygen supply to the body as a whole.

Of course all these cases have to be treated in a double fold process, i.e. the treatment during the attack and the miasmatic constitutional intercurrent treatment.

The following medicines have been very useful in all the types of Angina Pectoris in my hands.

MEDICINE

Drugs: (1) Amyl Nitrosum (3). The patient is instructed to keep a vial of this drug with him all the 24 hours and for s.o.s. purpose 3 to 6 minims of this drug are dropped on a pad of cloth and inhaled. (2) Arn (3) Ars. alb. (4) Aur. met. (5) Cactus (6) Dig (7) Gels (8) Ign (9) Kalm. (10) Lactro dectus Mac (11) Lillig. (12) Lith card (13) Medo (14) Morbill (15) Naja (16) Nat m (17) Phyt (18) Ran-b (19) Rhus-tox (20) Spig (21) Spong and (22) Valer.

GOLDEN RULES

The following golden rules must be observed to escape C.V.D.

1. The diet should be simple and well balanced. Fruits, vegetables and fibrous foods should be encouraged. Foods containing cholesterol like yoke of egg, meat preparations and saturated fats as found in ghee, butter and cream should be prohibited.
2. Mental tension should be avoided i.e. 'Avoid Curry, Hurry, and Worry'.
3. Smoking and alcohol should be avoided.
4. Meditation and exercise should be on daily schedule. ■

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DDA TRUST RECONSTITUTED

The Board of Trustees of Dr. Dorai Aranganar Homoeopathy Hospital Trust, created by Late Dr. Dorai Aranganar for establishing a Homoeopathic Hospital in Madras City, was reconstituted.

The following are the Trustees of the reconstituted Board :

- | | |
|--|----------------------------------|
| 1. Mrs. Vasantha Appasamy
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| | 9. Dr. R. Ramaswami |

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