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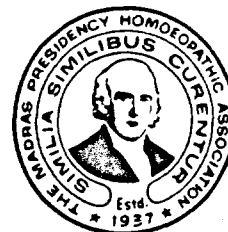
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No. 2

QUARTERLY

Editorial

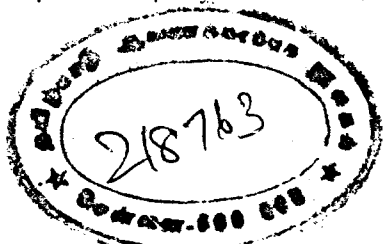
The second quarter of each calendar year marks the advent of the spring season which is hailed all over the world as the season of plenty and prosperity. To the Tamils, it is of special significance since the Tamil New Year's day falls in this quarter. To Homoeopaths, it is the month of greatest importance, joy and happiness for it was in April 211 years ago that the great Philosopher, Scientist, Savant and Genius, Dr. Samuel Hahnemann was born in remote Meissina in Germany. It would not be an exaggeration if we were to say that he was almost an Avatar. Just as according to the Geetha, whenever and wherever Dharma fails and Adharma supervenes, the Lord takes re-birth to set things right. In the same way when sickness and disease started ravaging mankind and current methods of treatment could not produce significant effect, Samuel Hahnemann was born to grapple with the Demon of Disease not with

blister and potions or cuppings and blood lettings but with the tiniest of tiny pills, not sugar coated but sugar itself.

The world and its people are notoriously blind, deaf but unfortunately not dumb. If the Lord Almighty Himself were to appear before mankind today in concrete form, most men would reject Him saying "you must be mad to claim to be God". There lies the weakness of mankind. Man has the gifts of nature, the supreme gift of hell, intelligence and capability, but every time doubts beset him and with all his ability and perspicacity, he is rarely able to perceive "Truth". This weakness also leads him to value the enjoyment of senses as greater than the lasting happiness of the soul. He is lead away by temptations for small things, forgetful of the big things that would accrue to him if only he did not give in to small temptations.

Thus it is no wonder that the bulk of mankind in all parts of the world mislead for over three centuries by the palliatives and the blandishments and novelty of new new medicines each day, new new modes of administration each week and disproportionately enhanced values of valueless things, has failed to see the good, the supreme good, of the God given gift that lies in the tiny little homoeopathic pills that really heal and effect a permanent cure in the quickest, safest and least painful manner. Just as mother-love he is engendered by the pangs of labour, people fondly believe that painful and harassing treatment results in cure. Thus the poorest of the poor, the least educated, the honest labourer, the unknowing villager, pleads and begs the doctor for the application of the needle to get rid of a headache, a cold or a fever. It is unfortunate that the lot of true homoeopath is to suffer unmerited neglect and even to put up with inducement just because he is honest enough to refuse the opportunity to earning a larger fee though even willing to effect a cure by the simple homoeopathic method.

On this occasion of the advent of Vasantraj, we once again solemnly dedicate ourselves to the service of suffering mankind by systematic, sincere and devoted adherence to the wonderful system of medicine that has been given to the world as a supreme gift by that towering philanthropist of the world, Dr. Samuel Hahnemann. ▢



MAGIC OF MINIMUM DOSE.

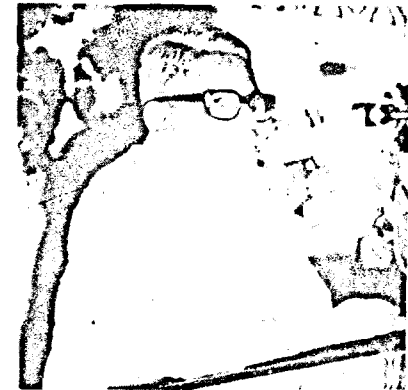
Dr.K.S. Bhaskaran Nair.

Etiology and Early Treatment.

Mrs. X 55 years old suffered from severe itching on her left breast with dry eruptions since Feb.93. Red eruptions like that of millary rashes form and immediately severe itching will commence with thickening of skin in 2 or 3 days. Another eruption in the adjoining area with severe itching and thickening and cycle continued. On scratching, burning sensation was felt. Appetite, thirst, motion etc. of the patient was normal and the patient maintained good health. Dry eruptions were mostly on the outer ring of the left breast without any lump/gland around the nipple or arm pit and no oozing or pus from the thickened dry skin.

Patient approached a homoeopath who treated her with Rhustox, Arsenicum Iod, Arsenicum Album, Sulphur, Psorinum, Sepia, Thuja along with Bio - 20 tablets for 3 - 4 months, no improvement was seen.

Patient consulted me in Sept '93 after six months of suffering, Oleander - 30 was prescribed for a week (one dose daily). There was some slight improvement, but itch-



ing persisted on the left breast, keeping in view thickening of skin and itching eruptions, the following were prescribed:

Hydrocotyle - Q - 5 drops in the morning

Mezerium - 200 - One dose in the afternoon.

Kali sulph - 12X - 4 tablets at night.

More toxic matter was brought out by way of eruptions. Kali Ars - 200, daily one dose was given for 15 days and no Medicine was prescribed for the next 15 days. Only slight improvement was felt by the patient. However, itching persisted.

The patient then consulted a Gynaecologist in Nov. '93 on my

Handwritten notes:
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advice for a second opinion. She opined that it is the case of scabbies or Fungal infection only and prescribed some lotion for external application, which did not help. She further suggested for consulting a skin specialist and later cancer Institute, if there is no improvement and if the case worsens.

The patient also happened to meet a young cancer surgeon with 12 years of experience in Dec. '93. She informed that she had come across a number of breast cancer cases of this type. There may not be any lump in the breast or

cracking or retraction of nipples. Any itching in the breast lasting for nearly a year should be thoroughly checked in cancer Hospital with a biopsy test. If any malignancy is observed, removal of the breast has to be considered.

After obtaining the opinion of the allopathy doctors the patient became more panicky, nervous, with great anxiety and restlessness. She narrated the finding of Allopathy doctors to me. I asked her to get her blood tested, Sugar, total count and differential counts checked. The analytical results indicated are as follows:

Name of test		value
Hemoglobin		12.4 grms
Total leucocytes		10,600/c.m.m.
Differential count:	Neutrophils	: 69%
	Eosinophils	: 6%
	Lymphocytes	: 24%
	Monocytes	: 1%
	Bosophils	: 0%
ESR (westergren)	1/2 hr.	: 10 mm
	1 hr	: 15 mm
Blood sugar (Post prandial)		139 mgs/dl upto 160 mgs/dl

I informed the patient that tests have not indicated anything adverse to worry about and there is no cause for anxiety. However, if she is keen on seeing specialists for skin or cancer, she can do so, but she may have to follow the system of treatment suggested by them only. Further I informed her confidently that this can be the

case of Ermysipelas of mammae and not cancer, as cancer symptoms are not present in lump gland around breast or retraction and cracking of nipple etc.

Dry eruptions which was seen in the left, spread to right breast also in Jan '94 with an aggressive look. Dry itching eruptions and thickening of skin with severe

burning pains persisted. Patient used to get a sudden chill and rigor followed by violent itching. A red areola formed in both the breasts.

On Repertorisation, the symptoms aggravation at nights burning pains, patient liking for hot water bath, restlessness, occasional wheezing at night, rigors and chills of violent character (P.96 Tyler) indicated Arsenicum Album. I prescribed the following in Jan '94.

- Arsenicum Album - 1 m weekly once, no other medicine that day.
- Hydrastis-Q - 10 drops in water in the morning for eruptions like variola.
- Kali sulph-12X - 4 tablets at night for papular dry eruptions itching of burning.

I permitted the patient to use coconut oil, boiled with Tulsi leaf for external application. No soap was permitted. Only green gram flour was allowed for bathing.

Diet

Patient was advised not to consume tomato, lemon, pickles and Brinjal. Reduction in salt and oil preparations advised.

After a month's treatment fresh eruptions and itching on right breast considerably reduced. Amelioration started from the outer ring towards the centre with reduction in thickening of skin in right breast (which came last). The same treatment continued in Feb '94 also. Eruptions and itching vanished slowly in the left breast also from outer ring towards centre. Actually the cure followed Hering's law of cure. However, the red areola persisted in both the breasts. I gave a dose of sulphur 1 M as intercurrent remedy and no medicine was given for the next ten days. The red areola also completely vanished with occasional itching. Patient was asked to continue the same medicine till the end of March '94. All the medicines were stopped after this. The patient got complete cure from the skin problem, which was troubling her for more than a year. ■

CHANGE OF ADDRESS

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TIPS ON CHILDREN

Dr. S. Sampath Kumar, M.A; DHE;

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Homoeopathy offers a wide range of therapeutic hints in pediatric treatment. They are frequently verified and successfully employed in pediatry. Homeopathic treatment saves children from torture; spares parents from agonies; and ensures healthy future. The following tips are alphabetically arranged for easy reference, unless specified, usually low potencies are preferred and can be repeated until effect is achieved.

A

1. Acidity of infants = Nat.P
2. Acetonaemia in children = DYSCO
3. Adenoids = AGRAPH, CAL-F, CAL-IOD, CALC-P, SAN-NIT, TUBERC-HYDRAS
4. Aerophagia = PEUCE-DONIUM
5. Always wants to be carried = BORAY. EHAM
6. Always swinging = PETRO; COCCULUS
7. Allergy due to Antibiotics = SULF-BELL

8. Allergic to milk =TUBERC, SULPH, NAT CAR
9. Angel by Day and Devil by night crying = JALP
10. Anorexia = CP, NP, FP, RT, NM.
11. Anus itchy = CINA
12. Anus sore = NIT. ACID, SILICEA
13. Aphae = borax
14. Artificial milk disagrees = ALUMINA, NAT-C.
15. Asthma of children = NAT.S, ARS-A.

16. Aversion to be bathed = SULPH.
17. Aversion to darkness = CV.
18. Aversion to Strangers = BAR-C.
19. Aversion to Work = Cal.C. ANAC. CONI

B

1. Babies' colic = AETHU, CAL-P, CHAM, CINA
2. Birth marks = CF, F.E.A., THUJA
3. Born to tubercular parents = TUBERC, BACILLIN

4. Born prematured babe = THYROIDIN
5. Brain fever - preventive + curative = BELL

C

1. Car sickness = COCCUL, PETRO
2. Cannot speak without weeping = MEDOR
3. Cephal Haematoma = ARNIC, SYMPHYT, HAMAMELIS
4. Chicken pox = RT, VARIOL
5. Child cries before urinating = BORAX, LYCO, SARS.
6. Child does not want to go to bed alone = CAUST.
7. Child eating indigestibles, Raw rice, mud, chalk, and pencils = CALC-C, ALUMIN, NIT-A, GRAP
8. Childish = BAR.C
9. Child with head sweats = CALC
10. Child with chalky white face = CAL-C
11. Child growing too fast = PHOS-A
12. Child with number of infections = CARCIN
13. Child with vomiting habit = IRIS-V, NP.
14. Child sensitive to reprimand = MED.NS.

15. Child who cannot hold their own with other children at school = SILICA, PHOS, CARCIN.
16. Child worse at times = 10AM-NM, 4-8PM LYCO, 3-5 AM KC.
17. Consolation aggravates = NAT.MUR
18. Constipation in children = AESC, BRY-ALUMIN, COLLINS
19. Constipation in suckling = ALUMIN, PSORI
20. Coryza worse in newborn = DULC
21. Cough of children = ARG. MET

D

1. Decayed teeth = ANT.C, CHAM, KREOS, MEZE
2. Dentition Difficult = Delayed = CAL-C, CALC-P
3. Diphtheria = APIS, ARS, DIPHTHERINUM
4. Dirty = CAPS, PSORIN, SULPH
5. Disinclination to mental work = ALOE, ANAC, APIS, BAR.C, ACID-Ph
6. Disobedience = STRAM
7. Dread of being carried or raised = BORAX, BRY
8. Dread of downward motion = BORAX, SANIC

9. Drops things from hand = APIS, BOVIST
10. Dull-backward = MED, SYPHI, BAR.C
11. Dwarfism = BAR.C.

E

1. Easily discouraged = PULS, STANN
2. Eczema after vaccination = THUJA
3. Eczema infants = GRAPH, PETROL, MORGAN.
4. Emaciation = IODIUM, ABROT.
5. Eneuresis = EQUI-H, CAUST, CINA, SANIC.
6. Eneuresis due to worms = CINA, SANTONIN
7. Enlarged glands of neck = CIST-C, BAR.C, BACILLIN
8. Enlarged tonsils = BAR.C, PHYTA, CALC.IOD
9. Epistaxis in children = CAL-C, PHOS, ABROT.
10. Exam. Funk = GELS, ARG, NIT.

F

1. Fear of being alone = ANT.T., CONL, LYCO
2. Fear of Ghosts = CV
3. Fear of Thunder = BORAX
4. Fearful dreams of children = THUJA

5. Fiery red rash around anus = MED-200 single dose.
6. Filthy = CAPS, PSORIN, SULPH.
7. Fretful child, night only = JALAP
8. Fretful, cross, irritable child = CHAM, CAL. SILICA.T
9. Fretful that child wants many things but petulantly rejects them = ANT.T, CHAM, CINA, STAPH
10. Fretful so that child cannot bear to be touched, looked at or spoken to = ANT.C, ANT.T. CHAM, CINA, NV, SILIC, THUJA

G

1. Gastro enteritis in Children = ARS-A, ARG.NIT
2. Grief over trifles = BAR.C
3. Green diarrhoea turning blue = CALC-T, PHOS.
4. Grinding of teeth = CINA, BELL, PODO, SANTONIN
5. Gripe = CHAM, MAG-PHOS
6. Growth retarded = BAR.C, IODIUM, TABAC.

H

1. Head weak, cannot hold it up = ABROT, CAL-P, NM, V. ALB
2. Haemorrhagic Diathesis of New born = CROT-H, PHOS, IPEC.

3. Haemophilia = CROT.TIG, PHOS
4. Hernia of children = NV, CC, SILICA.
5. Hernia umbilicus = NV
6. Home sickness = CAPSIC
7. Howling at night = BUFO, CHAM.
8. Hurried eating = LYCO
9. Hydro cephalus = APIS, HELLE, SILICA
10. Hyper kinetic children = ARS, BELL, CHAM, STRAM, K.BR.

I

1. Indigestible food after = ARS
2. Indigestion of milk = THU, MAG.MUR, CALC-C
3. Infants with fat intolerance = THYROIDIN-IX
4. Infantile eczema = THUJA, GRAPH.
5. Infantile jaundice = LUPUL, MERC.S, CHAM
6. Infantile jaundice after blood transfusion = CROT-HOR
7. Itchy anus = IGNAT, CINA, SULPH

J

1. Jealous = APIS, LACHESIS, HYOSC.

L

1. Lack of concentration = APIS, ANAC, ICHTHYOL, MEDOR
2. Lack of self confidence = ANAC, CALC-SILI, LYCO.
3. Lactose intolerance of new-born = AETH, NAT.C.
4. Leucorrhoea of infants and young girls = CINA, CAULO, CALC-C, PULS, SEPIA
5. Listless = APIS, PHOS-A, RHUS-T.

M

1. Mongolism or downs' syndrome = CERATO, SULPH, (FOR PARTIAL IMPROVEMENT) = MEDOR, CAR-CIN, TARENT-H.
2. Marasmus child = ABROT, IODIUM, SANIC, TUBERC
3. Measles = BELL, PULS
4. Measles-Metastasis = PULS
5. Memory weak = Bar.C, ANAC, ACID PHOS, AETH-USA
6. Milk descends the wrong way = ANAC, MEPH
7. Mumps = MERC-IOD-FL, PAROTI DINUM-200
8. Mutism of child hood = AGRAD, LYCO

N

1. Nail Biting = SANIC, AMBRO, NAT.MUR

2. Nasal obstruction = SUM-BUCUS
3. Nasal polyp = CC, SANG.NIT, TEUCRI-THUJA
4. Night terrors = CINA, K.BR, STRAM, LEUTICUM-200
5. Nystagmus = AGAR.GELS

O

1. Obstinacy = CC, BOVIS, TUBERC
2. Ophthalmia Neo Natorum = ARG.N, NIT.A, PULS
3. Orchitis after mumps = PULS

P

1. Peevish = ANT.CR, CC, CAPS
2. Plucking shirt buttons = KALI.BR
3. Projectile vomiting of child after birth = THYROID-30-200
4. Prolapsus = ANI, PODO, FP, IGN, NV.
5. Propensity to bite = BUFO

Q

Nil

R.

1. Rapid metabolism = IODIUM, PHOS.
2. Retention of urine in newborn = ACO

S.

1. Scabies = SULPH, K.M., PSORI, SEPIA

2. School Phobia = ANAC, BAR.C. AETHUSA.
3. Scorbutic Gums = CV, ARS-A, NIT.A, PHOS, STA.Ph.
4. Screaming on seeing Doctor/strangers = IODIUM.
5. Senile look = ALUM
6. Sensitive to sudden noises = BORAX
7. Shy and dull = MED, SYPHIL, B.CAR.
8. Slender and slim = PHOS-A
9. Slow to learn to speak = C.C, CP, AGRIC
10. Slow to learn to walk = CP
11. Sour Diarrhoea = C.C, HEP.S, PODO, RHEUM
12. Spinach-chopped like stools = ARG, NIT, CHAM
13. Stammering = STRAM.
14. Stupidity = ANAC, APIS, GELS, PHOS-A
15. Stuttering = BOVISTA.

T

1. Takes cold easily with every change of weather = DULC, SEPIA
2. Teeth decay and crumbling dark = KREOS
3. Teething troubles = CHAM, CP, CINA
4. Thumb sucking = IPEC (Dr. S.P. Koppikkar)

U

1. Umbilical haemorrhage = PHOS, NIT.A

HOMOEOPATHY IN HEART DISEASE

Heart disease is still the number one killer. There are several reasons for this, some of which are known only to the homoeopath. Like the majority of diseases, those affecting the heart are either functional (those uncomplicated by changes in the structure of the organ) or organic with local conditions leading to the

formation of gross pathology, which assumes various forms according to nature of the case. Space forbids but little more than the enumeration of those most often met with; for at this time, we merely wish to show you what homoeopathy can do for them.

Functional heart affections are due chiefly to fright, anger, grief

W

2. Undescended testicles = AUR-MUR, AUR MURNAT, IODIUM
3. Unsteady walking-stumbling = CAUST.
1. Vaccinated arm - pus formed = SILICA.30
2. Vaccinated arm - swollen = THUJA.200
3. Vaginal bleeding of new born = NIT A; CALC C
1. Wants to go somewhere = CP
2. Wants to wander away from home (boys) =
3. Wickedness of children = ANAC, ABROT.
4. Worms in general = CINA, SPIGELIA, CHENO.

Y

1. Yeasty stools = NAT.S. ■

HOMOEOPATHY — NEW CLASSES

The Week-end Homoeopathy classes conducted by the Madras Presidency Homoeopathic Association, reopen after summer vacation on 12.6.1994, Sunday, at Kesari High School. Students will be enrolled on that day.

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and other emotional upsets or over-exertion, and usually pass off spontaneously because it is not too over-whelming or too often repeated. They are not serious, but always cause much inconvenience and anxiety on the part of the patient, especially as they are marked by fluttering of the heart, irregular heart-beat and at times some pain and alarming faintness. They may be merely a reflex irritation from some abnormal condition in another part of the body. Then they disappear under the action of a systemic remedy: which removes the source of the trouble.

Infectious disease of various kinds such as influenza, streptococci, sore throat, or so called rheumatic fever, feared by physicians in ordinary medicines because it so frequently damages the heart in small children, or generally recognised as responsible for most organic diseases of the heart. The increased incidence of coronary occlusion is attributed to the nervous tension, anxiety and over-work of the modern business man. This is no doubt true; but it cannot account for the very evident increase in the number of all the so-called degenerative diseases diabetes, Bright's disease, cancer, hardening of the arteries and hypertension and the various forms of insanity. Only the homoeopath knows the answer.

Avoiding Chronic Disease.

This does not imply that medicine has made little or no progress

in the past several decades; quite the contrary, but it is chiefly in the fields of hygiene, immunization and surgery of the nerves, arteries and heart, in other words, in every branch of the healing art, except the most important. Verily, ordinary medicine does not do as much curing as it would have us think it does. Ask any member of the dominant school to explain why it is that diseases most to be feared are on the increase, and he will answer that it is due to the added years of life expectancy. "Look", he will explain, "at what we have done for children and young people. Diphtheria, scarlet fever, small-pox and typhoid fever, have been practically eliminated. Polio has been reduced by one half in the past year. More babies are saved, more young people grow up to maturity." If you say that this is no great accomplishment in the long run, he will reply: "It is no fault of ours that more of them reach the age when, as everyone knows they are more apt to develop the degenerative diseases than in early life. We are bending every effort towards finding the cures for them." Here lies the crux of the whole matter. If he knows how to make genuine cures, to weed out latent tendencies or dyscrasias, the results of countless suppressions in preceding generations or in the patient himself, and if he makes use of that knowledge there would be little chronic disease of any sort. ■

— By Harvey Farrington, M.D.

INFLUENZA

Late Dr. K.L. Narasimhamurthy.

Influenza is an acute infectious epidemic disease, characterised by a series of catarrhal manifestation affecting the respiratory and frequently the digestive track. It has (1) prostration (2) pains in the bones and limbs (3) severe nervous symptoms and (4) fever (C.R. Raue). Dr. Nash writes: "What distinguishes influenza (which is really nothing more than a violent catarrhal fever) from other fevers of this class is the circumstance, that influenza attack the whole nervous system at once, sometimes with rheumatic pains in the limbs, more or less lameness, fever and inflammatory symptoms which may increase to a genuine acute bronchitis or pleuritis".

During the years 1888-90 and again 1918-19, thousands and tens of thousands died of this disease, both in the temperate climates and in the tropics. Dr. Carey writes, "La grippe (Influenza) appears periodically in epidemic form, sweeping like wild fire through the whole communities being followed in successive years by increasingly milder outbreaks."

Er. C.G. RAUE writes, "It spreads rapidly in the local diffusions, advances comparatively slowly on a grand scale over countries and seas without being influenced by human intercourse or the direction of the wind; in other times it remains limited to narrow circuits, while at other times it appears simultaneously at different points of the earth's surface or attacks districts far removed from one another with inexplicable leaps.

The exciting cause is probably a specific micro-organism, perhaps the bacillus, described by Pfeiffer. Bacillus Pfeiffer is usually received in contact with another or through air. The breeding place for them is the mucous membrane of the respiratory track. When excess of fibrin has arisen in the mucous membrane, its power of resistance has been weakened. Hence we must be careful that we do not get cold and that we keep the respiratory tract in a good condition.

Dr. C.G. Raue writes, "It usually commences with a chill or chilliness followed by a fever of remittent character, loss of appetite, headache, apathy and prostration

and may be divided into three forms, the catarrhal, gastric and nervous, depending upon the organs which receive the brunt of the attack. Complications are frequent and apt to be severe. Pneumonia, Pleurisy, Phthisis, Bronchitis, Gastritis, Neuralgia, Meningitis, Melancholia and acute Mania- all having been observed". Dr. Carey writes, "Is chief danger to the patient lies in its after effects. The sufferer from la grippe usually recovers very slowly and is apt to suffer from sequelae of various sorts. Tuberculosis, Heart and Kidney troubles often follow it; while Pneumonia frequently fatal may also result. Severe middle ear inflammation is a frequent complication in both children and adults.

The onset of la grippe is nearly always sudden, Catarrhal form. A sense of chilliness or severe rigor followed by severe aching pains in the back and legs is the first symptom with a feeling like a cold in the head, caused by congestion of the nasal mucous membrane. Severe pain in the forehead. The initial chill is quickly followed by fever, which may rapidly rise as high as 105 degrees although 103 is more ordinarily the maximum. Profuse sweating is common. In some of its symptoms, influenza resembles intermittent fever with its cold, hot and sweating stages. A sense of se-

vere illness, mental depression and a feeling of great wretchedness is also present, making the patient believe himself much sicker than he really is. A pulmonary congestion resembling pneumonia may be established, and this may develop into true Pneumonia, which with heart failure is the most frequent cause of death in la grippe epidemics.

Gastro-Intestinal.

In many cases the chief symptoms are gastro-intestinal or nervous. Severe diarrhoea and vomiting frequently mark the onset of the gastro-intestinal form, with collapse and abdominal pain. In some cases the pain is entirely absent, while the stools are profuse and watery. There maybe jaundice also, due to the extension of the gastr-y-intestinal catarrh to the common biliary duct.

Nervous form: In the severe form of la-grippe the symptoms present consist of profound nervous and mental depression of severe neuralgic pains. Mental disturbances are also common during the course of the disease.

Its diagnostic difference from a common epidemic catarrh lies in its marked march of progression and its independence of weather and season, while from a commencing Typhoid fever it differs by

its persistent elevation of temperature and absence of enlargement of the spleen, the moderately frequent pulse, etc.

There is prostration, entirely disproportionate to the physical changes present, influenza being apparently a blood and nerve poisoner. Influenza is not a very fatal disease, but as it modifies and complicates all other existing diseases, it is especially hard on the weak and also on the aged.

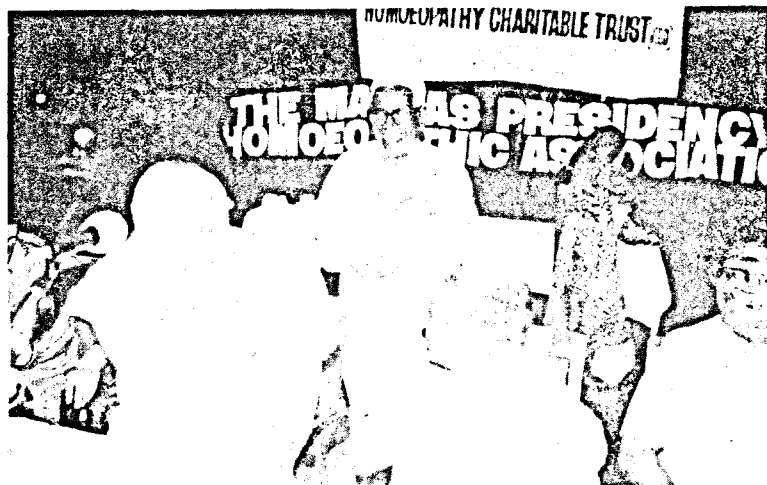
Constitutions marked psoric are more liable to take the infection of Influenza just as the same constitutions are more easily infected by the malarial poison. This was Hahnemann's remark in writing on intermittent fever.

Treatment

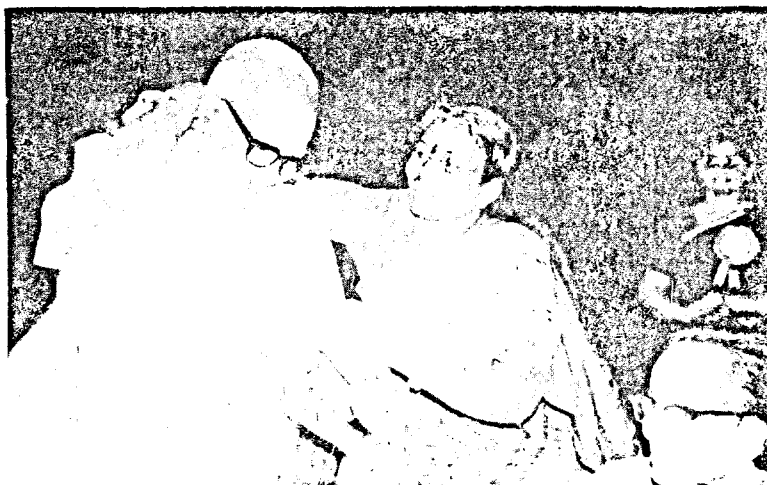
Dr. Dorothy Shepherd, in her book "The magic of the minimum dose", writes, "There is no sickness, only sick people". Homeopathy does not cure diseases, only diseased people. There is no cure for pneumonia, Influenza or malaria as such; only a cure for individual people, suffering from pneumonia may be, or Influenza or malaria or any other disease. If we carefully ascertain, one patient exhibits one set of complaints and another patient another set. How can one medicine suit all? The following remedies are useful.

Eupatorium Perf: Dr. Nash writes "Deep seated, aching all over as if in the bones, especially severe in the back, wrists and ankles. There is also severe bruised soreness (arnica) so that the patient is worse on motion (Bry) although he feels very restless (Rhus) even to the muscles of the eyes as expressed in the symptom "eye balls sore on turning them." Watery coryza often present, but may be absent, also nausea or vomiting and prostration. " Dr. Dewey writes, "Much soreness and aching in the entire body. Hoarseness and cough, with great soreness of the larynx and upper respiratory tract. Coryza with THIRST, drinking causes vomiting. The cough is a very shattering one, hurts the head and chest. The patient holds his chest with the hands. The BREAK BONE PAINS are characteristic of the remedy. Acute bilious derangements and it is all the more indicated. "Early stages," Dr. Farrington writes, "aching all through the body, as if to the bones, which impells the sufferer to move, but no relief is obtained thereby. (page 733). Eupatorium perf is very similar to Causticum in that it causes hoarseness in the morning. Both remedies are indicated in Influenza with aching all over the body, but Eupatorium perf has more soreness than burning and rawness in the chest." ■

HOMOEOPATHIC SEMINAR



Homoeopathic Seminar was conducted at the Joint sponsorship of Madras Presidency Homoeopathic Association and Sri. Jnanananda Yogeswara Homoeopathy Charitable Trust on 14-5-1994 at Woodlands Hotel. MPHA President Justice N. Krishnaswami Reddy, General Secretary Dr. K.S. Bhaskaran Nair, Dr. B.P. Rajan, Vice Chancellor M.G.R. Medical University and Mr. Anser Ali, Director of Indian Medicines and Homoeopathy, are in the picture



Dr. Chidanandan, President, All Kerala Homoeopathic Association who led the Seminar and presented a paper on "Management of Mentally Retarded" is seen presented with a Ponnadai by Mrs. Sarojini Selvamani, Managing Trustee of the Jnanananda Yogeswara Homoeopathy Charitable Trust.

HOMOEOPATHIC SEMINAR



PHA Vice President Dr. K.V. Govinda Rao presents a "Ponnadai" to Mr. Anser Ali, Director of Indian Medicines and Homoeopathy, while the other Vice President Dr. M.V.L. Narasimhan and Mr. Sourirajan, Trustee Cheer.



A view of Homoeopaths who participated in the Homoeopathic Seminar. Dr. Venugopal, Treasurer proposed a Vote of thanks (Not in the Picture).

PROLAPSUS UTERI

Dr. H.L.K. Gulati Chowdhry, Patiala City.

Cases of Prolapsus uteri are very common now-a-days. A very few cases were to be found formerly and those also in aged women, mostly due to too much child-bearing. The period of this disease was mostly confined to the Menopause, but now-a-days miasmatic taints are so common that many of our women-folk are afflicted with this disease.

I had an occasion very recently to treat a young lady of 25 years with a bad "prolapsus". But I was not asked so much to cure the prolapsus as to cure her mental ailment which was considered incurable by her relatives.

The family and her husband complained about her unbearable temperament and behaviour towards all dear and near ones. She would not spare even her husband in her general behaviour, but would cross limits of decency and shame, when enraged even with trifles. She would bluster, call bad names, suspecting everyone as set against her. The whole family was perplexed over her behaviour; on enquiries it was revealed that this change of temper had occurred about 2 years earlier and dated from a profuse menstruation which lasted for a fortnight or so; prior to it she had good disposition and was kind towards children and servants. This change followed the

immediate stoppage of the flow with Allopathic treatment. She would grow angry, sullen and would take her usual meals but shut herself up in a lonely closet and weep.

The family could not expect her to be touchy and would enquire about the matter every now and then why she was angry, but this sort of enquiry would inflame her all the more; the predominant idea in her mind was that she was being insulted and ignored by all the members of the family, including her husband.

"Usually constipated, would like, rather want, daily bath in cold water, getting thinner and thinner gradually, take more water than usual, mostly in the night, would always keep herself busy with household work when she was in temper. Nothing special regarding her taste.

Further, her history revealed that there were a few bereavements in her father's family some of which touched her much. All these pointed towards "Natrur Mur" which was administered in 500th single dose. After 2 months a dose of 1M had to be given as the improvement after the 1st dose diminished after 5/6 weeks. The 2nd dose brought about a miraculous improvement and she appeared to be a changed

Book Review

H.C. Allen's Therapeutic Notes

Dr. P.K. Manna, who has compiled and edited the book has taken great pains to evaluate and codify the contents of H.C. Allen's Therapeutic key notes so as to be easy to grasp by learning homoeopaths. The inspiration to publish this book was given to the author by Dr. Mahendra Singh, a renowned Homoeopath who has

rightfully asserted that Allen's key-notes remain unsurpassable.

I have no hesitation to recommend Dr. Manna's book - "H.C. Allen's Therapeutic Notes" for reference by every shrewd homoeopath as well as an important addition in every library. ■

— Dr. K.S.B.N.

FLIES, COCKROACHES TO CURE ASTHMA.

Extracts from cockroaches, flies, mosquitoes and other insects are being used to cure asthma at a Premier institute in Delhi.

The treatment follows research at the Vallabhbhai Patel Chest Institute which identified common insects and their products as major causative factors in allergic wheeze.

Prof. M.K. Aggarwal who led pioneering research told the monthly medinews that he first pinpoints the insect responsible for

causing asthma in a particular individual.

Once the insect allergen is identified, the patient is injected with increasingly stronger doses of its extract over a period of time in a process called hyposensitisation. ■

The Hindustan Times.

Blatha Grientalis, a Homoeopathic remedy is prepared from the extract of Cockroaches and it has been proved to cure Asthma.

— Hon Editor

woman, rather, she was perfectly cured of both ailments, to the surprise of her family members who believed her ailment to be incurable.

I have always found that whenever there is prolapsus or any malposition of the uterus and its appendages, our female sex is put to mental disturbances, some-

times becomes prey to 'mania' in view of the disorder of the vital connection between female parts and the balance of mind. I think, whenever there exists a mental disorder, there must be some sort of disturbance in the female sexual or generative organs and that we should always be on the lookout for it. ■

ORGANON VI EDITION

Dr. N. Vilvanathan,

B.Sc., D.H.S. (Delhi), D.An., D.E., D.G.

In his lifetime Dr. Hahnemann has published five editions of Organon. The first edition has been published in 1810. The second, third, fourth and fifth editions have been brought out in 1819, 1824, 1829 and 1833 respectively. Each edition is said to be an advance to the previous edition with regard to his latest ideas.

The sixth edition has been completed by the end of 1841. He wrote that, "I have now after eighteen months of work finished the sixth edition of my Organon, the nearly perfect of all."

But before the completion of the negotiations with his printers Hahnemann died on 2nd July 1843. It is a pity that this sixth edition of Organon has been published only in September-December 1921.

Madam Malanie Hahnemann, his second wife was mainly responsible for the prolonged delay in publication.

Several Homeopathic physicians made attempts to publish this 6th edition of Organon. Dr. Von Boenninghausan, the contemporary disciple of Dr. Hahnemann was the first man who attempted to publish but failed to do so due to mercenary

tactics of Madam Malanie Hahnemann.

Dr. Suss Hahnemann, a grandson of the founder was second to attempt but in vain. The third attempt was done by no less a person than Dr. Constantine Hering - the physician who had proved Lachesis - the snake venom, but he too had failed.

Though Dr. Carrol Dunham of New York, attempted as the 4th person but before the completion of negotiations, he deceased and his mission had abruptly ended.

Dr. Bayes of London was the 5th person who tried to bring out the posthumous publication but somehow or other lady Hahnemann was not interested in handing over the manuscript to him and thus the talks have broken away.

It is said that actually, she was interested to sell the work to American homeopaths but she was demanding 50,000/- American dollars.

After the death of Lady Hahnemann on 25th May 1878, her heirs were kind enough to hand over the manuscript to Dr. William Boericke who brought out the English version of the sixth edition of Organon in September-

December, 1921 about 78 years after the death of Hahnemann.

The chief differences between the 5th and 6th editions of Organon are as follows:

1. A new word Dynamics is used and replaced the phrase Vital force previously used in the 5th edition.
2. He discusses the origin of disease in Para 148 and denies Materia peccans as the main cause of disease which is not mentioned in the 5th edition.
3. As regards treatment of chronic diseases, he advises to commence with large doses of specific remedies for Psora., Sycosis and Syphilis and gradually ascend to higher degrees of dynamisation. This he differs from his previous way of treatment of chronic diseases as per the fifth edition.
In the treatment of figwarts, he advises for the local or external application of mother tincture with internally administering the same remedy which has not found a place in 5th edition.
4. The greatest difference we come across is the newly evolved 50 millesimal scale, its preparation and administration. He gives reason for

this change to the new dynamisation of the potency.

The centesimal scale potencies were not acting as rapidly as anticipated by him. There are ample evidence to prove that Hahnemann commenced experimenting with mother tincture and proceed through the potencies higher and higher upto 1500th, the then highest by Korsakoff, a noble and landed proprietor near Moscow. But he did not know the very high potencies effected and applied in accordance with Kent's method 10M, 50M, 100M or CM etc.

The potencies thus used (the highest being 150), used to produce invariably violent medicinal aggravation. Even now whenever we give a similimum in 50M or CM potency for a chronic disease it causes terrible aggravation which is not all the gentle and mild.

The period of cure took a very long time to his great dissatisfaction against his idea of cure to be rapid, gentle and permanent restoration of health.

There is a wide gap between centesimal scale (1/100) and 50 millesimal scale (1/50000) and one may wonder how Hahnemann had jumped over to such a wide gap. Having realised that he is already aged and his future is numbered he wanted to establish an unshakable and unalterable new scale, where, as anticipated, the

THE INTELLECTUAL REMEDIES

Elizabeth Wright Hubbard, M.D.

In the course of our friendship with our remedies, as with our acquaintances, we learn that their qualities and who can be depended on for charm, for fun, and to do the work of the world. I would like to introduce to you a new, today, the coterie of Intellectual remedies.

It would be difficult to select from any thousand people the couple of dozen noted for their qualities of mind, so I must beg your clemency for the fragmentary growth that I would present to you

cure should be rapid, gentle and permanent and hence he ought to have passed over scales like 1/1000, 1/10000, 1/20000, 1/30000 etc. with or without experimenting on them and chose rightly 1/50000 scale, the nearly perfect of all. It does not mean, that Hahnemann totally disregarded the centesimal scale. It is imperative to take hold that 50 ML. scale is an addition to the already existing scale to obtain rapid, gentle and permanent cure.

Though as we have seen already, the posthumous sixth edition of Organon was published in 1921 after a gap of 78 years, the 50 ML. scale potency has been brought out to limelight by Dr. P.

today. They were selected not with an eye to numbers, but from two viewpoints, first the practical one, on the basis of patients showing unusual mental abilities whose symptomatology had called for these remedies, and secondly from a theoretical standpoint as running through the mental pathogeneses of our frequently used remedies. By mere haphazard, I found 25 remedies which I should put pre-eminently in this class and I want to give you just a highlight on their mental processes.

Schmidt, M.D., of Geneva, and his few articles in the British Homeopathic Journal July-Oct. 54 under caption "The Hidden treasurers of the Last Organon."

Hence Hahnemann felt boldly the absolute necessity of modifying the centesimal scale of potencies to 50 millesimal scale to achieve his idea of cure. He was original in his ideas, experiments, observations and generalisation and application of proven principles in the practice of medicine. He was thus bold enough to change his views on the basis of his latest idea from time to time to give his disciples proper knowledge. ■

ACONITE

We seem fated to always begin with ACONITE, like GENESIS, it is the beginning, and like the nature of the remedy what can be said of its intellect is strong and swift: Brainy people, full of power and vigour, with a plethora of ideas, sudden decision, swift and accurate in carrying out, hypersensitive; yes, but in a robust way, capable of ecstasy and even of clairvoyance, but not in an effete form, subject to fears and anguish, strong as their natures, and strangely enough, with a dash of malice which in them is a spice rather than a habit.

ARGENTUM NITRICUM

Argentum Nitricum is next. This may surprise you for we associate silver with failure of the intellect but in this remedy there is an intellect to fall. This is the prototype of public performers, lecturers, flatulent mentally as well as physically, folk full of drive, hurried by the pressure of work and public contacts. They become apprehensive, fidgety, full of fear and anxiety, and, as they urge themselves to more and more effort to compensate for their failing confidence, strange conduct crops out and they are nimble at devising queer reasons and excuses for their erratic mental process, to use modern parlance, they rationalize par excellence.

BELLADONNA

Belladonna, so well known to us, has been intellectual from its childhood, these vigorous, plump, large headed boys with a high I.Q. Here again the force shows itself in sudden violent complaints, the mind is so active and fertile that the irritation of illness drives it quickly into the realm of delirium and violence. Unexpected acts crop up which in normally are piquant and refreshing and in mania may appear as biting, physical violence, boisterousness and destructiveness.

BRYONIA.

Next we come to one of the very few remedies who carry on the world's work in this country and make America what it is. We are speaking of our business man, BRYONIA. Rich and competent though he is, he fears poverty, he may be slow on the uptake but how persistent, he can follow through with large projects, his obstinacy is an aid, his choleric disposition an added strength. The Bryonians are not negative, they are a bursting people which their pains symbolise. They are a mighty folk and can produce real end results in the world.

CALC. PHOS.

Many of you will disagree with me about our next type, CALC. PHOS. To be sure, he is a slow

starter, but makes up for it. He begins with trifling weakness of CALCAREA but he develops some of the brilliance of PHOSPHORUS and in the end he approaches the mental range of TUBERCULINUM.

CANNABIS

Intellectuality and insanity are relative. Consider the beatific state of CANNABIS INDICA, its grandiose idea, its wonderful theories, the thrilling prolificness of its mind, its enthusiasm, to a point of exaltation and clairvoyance.

COFFEA

COFFEA, as we can almost all demonstrate, is a great worker. Its power to think and to debate are heightened, it has a supersanity, its memory is phenomenal, it will quote you appositely from the poetry of any period. It labours incessantly for some great cause and then breaks down with insomnia thinking of a thousand things in bed. Hypersensitive to noise, to joy, to the pain of its neuralgias.

PULSATILLA

You may not think of FLUORIC ACID as intellectual, for in a way it is the gigolo of remedies the male SEPIA. But consider it in the trilogy of SILICA PULSATILLA, FLUORIC ACID. It is business man, hungry for

thought as well as for emotion, with a curious mildness like PULSATILLA, and a reticence commendable in one so emotional.

IGNATIA

On IGNATIA we need barely touch. You all know its over educated refinement, too much cherished in mind and body, fed on Chopin instead of porridge but capable in its changeable way of great things in the arts.

Consider the mental veracity of IODINE, the typical thyroid, zealous, restless, often literary, feeling that if it stops its active brain, it would go mad, at the same time over careful, exigent, impulsive, a great driver of itself even more than others.

KALI CARB has a more complicated and intriguing mentality, witty, whimsical, sensitive to changes of mental atmosphere also, a ticklish proposition in spirit as in body, impossible on committees because of its touchiness, trying in the family, quarrelling with its bread and butter but ingenious and vastly capable.

KALI PHOS

In a relative KALI PHOS whom, we usually meet nervous prostration before prolonged sorrow drove it in to indifference and sadness, was an interesting type, its competence shot with unex-

pected cruelty, contrariness and passions.

LACHESIS

You have all suffered from the uplifters, the compensatory social workers who need LACHESIS. Like Josephus in the Goop book, they never finish anything, but what they do begin. Brilliant in comprehension, always a lap ahead, their loquaciousness a form of alleviating discharge self conscious, conceited, jealous of prominence, what promoters they are. A brilliant group who must fight to the end succumbing to their own temperaments.

LYCOPodium

What would the profession of the law or indeed the teaching ranks do without LYCOPodium? Here the mind from the word go has been developed at the expense of the body, incompetence, dread of new or even of familiar roles, infinite procrastination coming from this sphere, indecision, misanthrophy the imperiousness of weakness, the personification of the inferiority complex, or as one of my patients put it of mental impotence.

NITRIC ACID, with its deep lines of suffering, its sensitiveness, its vindictiveness and taciturnity, shows you its mental calibre less than the others but it is there be-

neath the obstinacy, beneath the physical sufferings, a vivid brain.

NASTRUM PHOS, has the solidity of NATRUM MUR, with some of the scope of PHOSPHORUS, abundant ideas but easily distractible, hurried, angry at trifles, discouraged fretful.

PHOSPHORUS

PHOSPHORUS, at is best, has perhaps more brains than any remedy. It is over active, vehement and suffers from its own vehemence, excessive throughout, with a disorderly strength, it has the element of immodesty, a sort of mental exhibitionism which makes all its traits both good and bad show up to their full value. It also has ecstasies and clairvoyance although these are of a more tenuous and Celtic type than those of ACONITE. Train and restrain PHOSPHORUS and it will go to any heights.

NUX VOMICA

Another of the builders of our modern civilisation is NUX VOMICA, the certified public accountant, charged with detail of which he is a perfect master but which irritate him into fault finding, vehemence and even spite. He must have an outlet from his sedentary and exacting occupation, he cannot bear reading or conversation, he takes to dissipation or

lets out in spells of touchiness, he will kick the chair and rip off the button from irritable weakness, he has too many irons in the fire and they are always hot, he is harried by a thousand details until he is tortured and takes it out on the family. His mental peristalsis is reversed, he is full of perversity, he strains not only to vomit, to stool and to urination but to forcing things his own way. He suffers and makes all about him suffer from mental tenesmus.

STAPHISAGRIA we think of in other sphere; but he is one of the cultivated gentlemen of the earth, controlling himself at any price, brooding over his chagrin, soured by his pent up wrath, to the point where he has to let the bank handle his business because repression has fatigued him until he can no longer cope with it.

SULPHUR

Of the exasperating prowess of **SULPHUR** we need hardly speak, the scholar, the book worm, the inventor, the great unwashed, ill shaven, thread bare, with spotty vest, with smooched collar, his room full of papers and books, his chest full of boxes, his mind full of metaphysics. The first time you meet him he is a genius, the next time nuisance, and subsequently a pest.

SILICIA with its neat, clean, orderly mind, with its firm yet delicate perceptions, has mental fibre

of which we need more, if only he had the confidence and the personality to impose his thought on the community.

TUBERCULINUM, the traveler, the great comopolites ever in search of new ideas, the faddist, the consumer of cults.

VERATRUM

VERATRUM, the dowager, unkindly witty, loquacious malicious, working destruction with rapi-er ability in the Woman's Club of which she is the president.

One little known to you, perhaps, **VIOLA ODORATA**, thin, fair, mild, impressive looking, with a marked increase of mental activity, over intellectual and suppressed in emotions with her aversion to music, especially the violin.

And lastly, another of the brains of the outfit, **ZINCUM** who vies with **NUX**, for hard work, docile yet irascible, the Keynotes to whose nature are oversensitivity, and the inability, to throw things off either mentally or physically. The eruptions in the spirit of **ZINCUM** as well as in the skin cannot be thrown off its natural fidgetiness and activity are turned into a slow and desperate prostration.

Here you have them, some of them, the group whom it pays to cure, and who, when they have received their remedies, are capable of doing enormous constructive work in any field as well as for homoeopathy. ■

WHAT PEOPLE SHOULD KNOW

By Dr. C. Sriramulu

All who know and desire the benefits of the homeopathic system of medicine, or art of healing should acquaint themselves with the customs of the strict practitioners in order to avoid the deception of pretenders who are willing to imitate for diminutive fees, having no consideration for the patient nor the art of healing.

There are physicians who call themselves homoeopaths, but are so only in name, as they do not follow the methods worked out by Hahnemann. They give two medicines in one glass or alternate in two glasses, or in some cases give medicine in three or four glasses. They do not conform to Hahnemann's rules in taking the case and writing and preserving full records of the cases. The people who are not acquainted with these facts cannot protect themselves against such impositions. The false and the true pervade all experiences and conditions of life, and the unenlightened and simple suffer by the deceptions of the false

The time has come when the followers of Hahnemann should furnish information to the people in order that they may recognise the genuine if they desire the benefits of the homoeopathic art of healing.



It should be known, first of all, that true homoeopaths write out symptoms of each and every patient, and preserve records for the benefit of such patient and the art of healing. A moment's thought must convince any person that human memory is too uncertain to be trusted with the long record of symptoms, even in a small practice; then how much more does the busy practitioner owe it to his patients to keep accurate records of their sickness? No physician is competent to make a second prescription if the symptoms upon which the first prescription was made have not been recorded with fullness and accuracy. Often in such a case the neglectful physician has forgotten the remedy given, even the one that has caused great improvement, but as there is no record of the case as to

remedy or symptoms, and many of the latter have passed away, there is nothing to do but guess at a remedy, which generally spoils the case or so confuses it that the case seldom ends in a cure, and the sufferer always wonders why the doctor, who helped her so much at first, lost control of the case. Many cases that should end in perfect cure result in failure from the above negligence. Under such circumstances, when the physician has made a bad guess, he goes on spoiling his case by guessing and changing remedies to the disgust of the patient and injury to the art of healing. Such failure leads to the experimentation and temporising which lead to disgrace. The people should be able to know whether a physician is what he calls himself, or is of another sect. The temptation is very strong to be "all things to all men".

The people should not expect to obtain homoeopathic results from a physician whose methods are not in accordance with the homoeopathic art of healing.

If a person wants mongrelism, regularism, polypharmacy, etc., by knowing the methods of the homoeopathist, he will be able to discriminate and select the kind of his preference, and it is reasonable to suppose that if he does not want a homoeopathist he will be glad to know how to shun him. Nothing is more humiliating to a Hahnemannian than to be called to the

bedside and find that the people do not want him; but actually want one who gives medicine in two glasses because some old family doctor did so. Therefore, this information is as useful to him who would avoid a homoeopathist as to him who desires one.

Homoeopathic patrons going abroad and those far removed from their own physician, often ask for the address of a good Hahnemannian. Such address cannot always be given, yet there are many reserved, quite Hahnemannian physicians scattered over the world, but they are sometimes hard to find. As far as possible, travelling homoeopathic patients should carry the address of Hahnemannians.

In the absence of this a test may serve the purpose. Go to the most likely man who professes to practice after the manner of Hahnemann, and tell him you want to consult him; but unless he writes out all the symptoms of the case, and continues to keep a record for future use, you cannot trust your case with him, as you have learned to have no confidence in the memory of the man. If he refuses to do this because of lack of time or ignorance, he should not be trusted, and it is best to bid him "good day" at once. If he be what he professes to be, he will be delighted to find a patient that knows so much of his system of practice, and the patient

and physician will become fast friends.

There is another matter that the people should know about; that the homoeopathic physician cannot prescribe on the name of a disease also that two sicknesses of the same name are seldom given the same remedy. If a physician could prescribe on a name there would be no necessity to write out the many pages of symptoms that some long cases present.

The name of the disease does not reveal the symptoms in any case of sickness; the symptoms are the sole basis of the prescription; therefore it will appear that the name is not necessarily known, but the symptoms must be known to the physician in order that he may make a successful prescription. It will now appear that if a physician has no time to devote to the patient in order to secure the symptom he is likely to be just as useless to the patient as though he were ignorant, as he will, in either case, fail to procure the symptoms which are the only basis of a homoeopathic prescription. A little thought will enable a patient to ascertain whether this work is being done with care and intelligence or with ignorance, inexperience and laziness. It matters not from what excuse, if the physician fails to ascertain all the general and particular information in a case, he should not be trusted

as this labour, well performed, renders the rest of the work easy and a cure possible.

The people should also know that when such a record is on paper it is in such form that the patient may become the object of great study. In no other form can a likeness of his sickness be presented to the understanding of the true physician. Any physician who sneers at this plan shows how little he values human life and how much he falls short of a Hahnemannian.

The people should also know that the true physician may now compare such a record of facts with the symptoms of the *Materia Medica* until he has discovered that remedy most similar of all remedies to the written record. And when the patient has become intelligent, he will say to his physician. "Take your time, Doctor. I can wait until you are confident what you think is the most similar of all remedies, as I do not want to take any medicine you are in doubt about." This statement makes a grateful doctor, as he now knows that he is trusted and known, and has a patient intelligent and considerate. Under such circumstances as the doctor can do his best and such patients obtain the best and uniform results.

People who are not thus instructed become troublesome to the physician, and even suspicious when they need to inspire

him with full confidence, and sometimes they even change physicians and do the one wrong thing that is against the best interest of the patient. It is possible and desirable for the people to be so instructed that they may select the safest physician and know when he is working intelligently. People who are the instructed, do not intrude upon the physician's sacred moments, but on the contrary, aid him with trust and gratitude.

Only the ignorant suggest this and that in addition to what is being done, and the more ignorant the doctor the greater is the number of things resorted to make himself and others think he is doing something. The intelligent physician does what law and principles demand and nothing more; but the ignorant one knows no law and serves only his wavering experience, and appears to be doing so much for the patient, in spite of which the patient dies.

The physician must often long for a patient so well instructed as say: "Doctor, if you are in doubt about what to give me, don't give

anything". Such words could only come from one who knows that there is a law governing all our vital activities, and that law must be invoked or disorder must increase to the destruction of all order in the human economy.

If it were not true that the human race is ignorant of the highest principles of science, mongrelistic medication could not find support upon the earth. It is true that if the people would study Hahnemann's Organon and thereby secure the safest medication for themselves and their families when sick, crude compounds and uncertain medication would not be the rule as it is at the present day. In all trades a man must be somewhat skilful in order to gain entrance to an intelligent patronage; but in the profession of medicine, personal tact excuses such lack of training and ignorance of all science of healing.

People who know what homoeopathy really is should seek to introduce the principles among the most intelligent people by reading, and not by urging upon them a favourite physician. ■

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MEDICAL MISCONCEPTIONS

A fat female of forty with flatulence may not necessarily be suffering from gall bladder stones disease. And if you have them, it is not necessary to have them removed, unless they are causing other complications or are more than three centimetres in size.

A jaundice patient could take normal diet, and could also indulge in light activity at home rather take only fat free diet and be confined to bed. Sugarcane juice could cause additional problems to a jaundice patient.

Many such revelations to remove misconceptions of patients and doctors were made at a public question-answer session on prevention of various stomach and liver diseases. The session was a part of GECON 93, and International conference for CME update in gastroenterology and hepatology organised by the New Delhi branch of Indian Medical Association (IMANDB) and IMANDB CHAPTER of IMA academy of medical specialities and spon-

sored by Medical Council of India, World Health Organisation and Indian Council of Medical Research.

The session started with discussion on gall bladder stones, a problem common to this country that can at times be life threatening. It was noted that with advancement of technology, now more people are diagnosed to have gall bladder stones, and the affected person starts suffering from the diagnosis rather than the disease. In majority of cases, however, the disease is silent and causes no complications.

The highlight of the session was a discussion on 'should an asymptomatic gall bladder stone be removed or not'. Dr. Sanjeev Chopra from Harvard Medical school, Dr. Rakesh Tandon from AIIMS and all experts were unanimous that silent gall bladder stones were of no harm to body and require no treatment unless they were more than 3 cm. in size or were associated with a history of an attack of gall bladder pain

going to the back and often accompanied with vomiting.

The panelists differed on the type of surgery required if gall bladder removal was essential. Dr. Arun Nigam from Moolchand Hospital in Delhi favoured a new button hole surgery for this (laparoscopic cholecystectomy). Dr. BML Kapoor, former professor at AIIMS, said that in this new technique, the learning phase of surgeons could lead to more complications. He pointed out that there were two phases of complications, one, when the surgeon was still inexperienced and, two, when he had performed about 500 odd operations and had become too careless.

Jaundice

The second disease under discussion was jaundice. According to Dr. Sanjeev Arora, in more than five countries hepatitis B vaccine has been included as part of national programme to immunise every child. The panelists were unanimous that all doctors, nurses and health workers be vaccinated in countries like India where the vaccination costs about Rs.1000 (three doses, each costing about Rs.350 to 400). Dr. Aurora pointed out that it was important that they be vaccinated as this would not

only prevent the disease amongst them but also check its spread amongst patients through them.

Dr. Rakesh Tandon, however, had his administrative reservations. He said it was not possible for Government to provide free immunisation to health care workers. Dr. Sanjeev Aurora suggested that non-governmental organisations, WHO, IMA and others should come forward to assist in this. The doctors were also unanimous that families which could afford the vaccine should include hepatitis B vaccine as part of the regular immunisation programme.

With regard to diet in jaundice, the doctors held that a jaundice patient need not be confined to bed and take only non fat food and sugar cane juice. The jaundice patient could pursue normal life activity at house and take normal diet, they said.

It was pointed out that in Kanpur itself, sugarcane juice caused more diseases than it prevented because of the unhygienic ways in which it is prepared and served. Doctors recalled the steps taken by the Lt. Governor in Delhi in summer to ban all sugarcane juice counters that lay in the open. ■

— *Courtesy : Indian Express*

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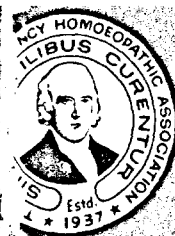
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JOURNAL OF THE MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION

QUARTERLY

CONGRATS



Dr. Janaki Bai
Vehas Award

Dr. Janaki Bai, who was the recipient of the coveted "Wisdom Award for the outstanding Homoeopath" last year, has been recommended unanimously by the MPHA Executive Committee for conferring "Vehas Trust" Award for this year. This award has been instituted by Vehas Trust, Founded by Mr. Hariharan.

We are pleased to announce that our Treasurer Dr. Venugopal has been unani-



Dr. Venugopal
Wisdom Award

mously recommended by the M.P.H.A. Executive Committee for the "Wisdom Award" for the outstanding Homoeopath of the year 1994, instituted by the Ratna and Rao Wisdom Trust.

At this pleasurable moment, we place on record our appreciation for yeomen service rendered by Venugopal both as a consulting physician in our Mylapore Dispensary and also as the Faculty member in our week-end classes in Homoeopathy.

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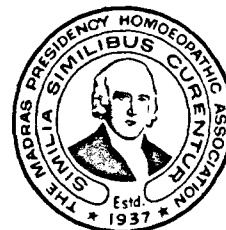
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Vol. 4

JULY-SEPT. 1994

QUARTERLY

No. 3

Editorial

DAMOCLES' SWORD

Eloquence has won the position to Medical Men relieving them from the rigors of the consumer Protection Act. But we shall remember that this is only a short respite. Indeed, a short introspection of ourselves about the clamour for exemption from the tentacles of the consumer protection law is essential and inevitable. If not under the consumer protection law, are we not accountable to the community at large, under some law or the other?

One of the main objections raised for the coverage of Doctors under the Consumer Protection Law was that either the Presiding Judicial Officer or the other Administrative member or the social worker, sitting in judgment over the consumer disputes does not possess the medical qualification to decide about the "deficiency in service" on the part of the medical professional. On the face of it, it is evident that this argument is shallow. If this argument is to be accepted, every other professional engaged in other services like. Engineering, Business Management, Finan-

cial Services, Auditing etc. etc. can raise the same objection and claim exemption from the claws of the Consumer Disputes Redressal Forums.

Assuming for a minute, without admitting the same, that this argument is tenable, the fact remains that the consumer disputes Redressal fora can always appoint an expert from the profession, as commissioner, to render advice and guidance to the fora about the "deficiency of service" committed by the medical professional.

It should always be remembered that in every welfare legislation, it has to earn the wrath of some section or the other of the society.

Homoeopathy, being a peculiar medical system, under which no diagnosis is made, but only through repertorisation of the existing symptoms, remedies are selected and administered, the clutches of the consumer protection Act can easily fall upon the unwary Homoeopath.

Only safe course to adopt would be to preserve all the records intact, to prove that the remedy was chosen only on the scientific principle of Repertorisation as enunciated by the father of the system Dr. Samuel Hahnemann. Then it is only a question of discerning Judges (Members of the Consumer Protection Disputes Redressal Fora). ■

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MAGIC OF MINIMUM DOSE

Dr. K.S. Bhaskaran Nair

This is a case of CHYLURIA in a lady of 45, who contacted me after exhausting allopathic treatment for about a month.



The patient had come to me previously for the past 2 years on and off for treatment for cold, cough, fever pharyngitis etc. About 3 months back she had back pain and some difficulty in passing urine and the urine passed in the morning was white. On the advice of her friends, she started treatment with an allopathic Doctor. After a week's treatment the urine became normal and once the treatment stopped the urine turned white and she continued to take the tablets with occasional relief and recurrence.

Without disclosing the treatment she was undergoing, she came to me for some medicine to reduce obesity. She was 72 Kg. in weight. I prescribed FUCUS VESICULOSIS Mother tincture-30 drops in water Morning and Evening. After taking this Mother tincture, she felt light and weight also reduced by 5 Kg in about 3 weeks. She was elated by this improvement and decided to take

Homoeopathic treatment for milky white urine and confided with me her problem and the Allopathic treatment taken before with no substantial relief. As she was my old patient, I told her that the white colour of urine is due to presence of phosphates and proper treatment with dietetic regimen will give good result. She agreed to adhere to the diet prescribed by me. I gave her Acid Phos in 30 potency twice a day for a week. The white colour in her urine gradually reduced and remained same the next week. So I raised the potency of Acid phos to 200 and after continuing this for another week, the urine became clear then onwards. Now after a month the urine colour is normal and the patient is happy. ■

COMMON MEDICINES AND UNCOMMON USES

ALUMINA - Low spirited, little obstacles seem insurmountable, is peevish, whining and always ready to give up. Time seems long, joy in work is gone, memory fails.

ANTIM CRUD - cross and peevish, if only looked at is angry, wants no communication, sentimental, has amorous longings, not for any living creature, but for the unseen.

ANTIM TART - restless and apprehensive, does not want to be left alone.

ARGENTUM NIT - Irresolute and melancholic, hesitates to undertake anything for fear of failure. Feels as if under a mental cloud and has no interest in ordinary employment. The memory is poor.

BRYONIA - Irritable, obstinate and passionate worry about financial matters, wants to go home.

CACTUS G. Melancholic, unconquerable sadness, fear of death, believes his disease is incurable.

CALCAREA PHOS. - Forgetfulness of what has been done a few moments before, writes wrong words, and the same word twice or more times, wishes to be at home although he is already at home, general failure of mental powers.

CHAMMOMILLA - extremely impatient, peevish, sensitive to external impressions, imagines he hears voices of absent friends at night, bad effects from anger.

COCCULUS - ailments from night watching, vacillating, cannot accomplish any work, slowness of comprehension, time passes too quickly, easily offended, every trifle makes him angry, a delusion that his organs are hollow.

COLCHICUM - ailments from reserved displeasure, disappointed love, sensitive to external impressions, the patient is never satisfied.

Extracts from

**"Some Uncommon Uses of
Common Remedies"**

ABBREVIATIONS AND CONFUSIONS

Dr. Ramanlal P. Patel, Kottayam,

DMS (Cal), D.F. (Hom) London, L.M. (Dublin) etc.

There is a lot of confusion regarding alphabetical order of abbreviations to be followed in the list of remedies and in the text of the Repertory. All Repertories so far published have same or similar mistakes or errors in the list of abbreviations and their use in the text. What is followed in the list is not followed in the text. And at times what is in the text it is not in the list. The confusion is worse in Dr. Kent's Repertory, 6th American edition which is copied by all Indian publishers and recently some have published their edition with thousands of additional mistakes along with mistakes or errors which are existing in the sixth American edition instead of clearing confusion. With addition of rubrics and remedies in Dr. Kent's Repertory from different sources (reliable and unreliable) almost all recent Repertories are synthetic (not real or a genuine) Repertories and of course can not be compared with Dr. Kent's original Repertory which has been in use for 95yrs. with clinical confirmation, verification and re-confirmation by cures of almost all proved symptoms and their remedies. At present Dr. Kent's Repertory requires corrections and not addi-

tions of rubrics and remedies for better and correct prescribing. In personal copy we can add rubrics and remedies according to our personal experience and from reliable source.

Alphabetical Order

In the list of remedies alphabetical order of abbreviations should be followed and NOT of the names of the remedies as we have to use and follow the same alphabetical order of abbreviations of the remedies in the text. This will prevent disorder or displacement of abbreviations of remedies in the rubrics. Whenever in a Repertory an alphabetical order of names of remedies with their abbreviations are used in the list and in the text, chaos is seen in the Repertories e.g., Kent's Repertory, Boger-Boenninghausen's Repertory and even in Synthetic Repertory including Indian editions.

To avoid the confusion and errors in the Repertory a comparative study was made which will be published within six months of nearly 2500 abbreviations of remedies and their full names from various types of Repertories for four years and a GENERAL RULE

OR METHOD has emerged which can be used for the present and for the future compilation of Repertories, for repertorization and reporting cases. Let us standardize our literature and working methods for the future generations of homoeopathic physicians.

How to do it?

The rules is as follows.,

Take first Three or four or five and even two or six alphabets or letters of the latin or english or american or any name of the remedy from any source (Chemical, Mineral etc.) mentioned in the repertories or materia medicas and which is in the list of remedies arranged in the alphabetical order and make a short, simple, suitable and acceptable abbreviation of it or take or accept or copy the abbreviation which has been used and accepted by all or majority of the authors or compilers of the repertories e.g.; Kent,

For example.,

- | | |
|---------------|-------------------------|
| (A) 1. Acon., | - Aconitum
Napellus |
| 2. Acon-C., | - Aconitum
Cammarum |
| 3. Acon-F., | - Aconitum
Ferox |
| 4. Acon-L., | - Aconitum
Lycocotum |
| (B) 1. Agar., | - Agaricus
Muscarius |
| 2. Agar-EM., | - Agaricus
Emiticus |

Boenninghausen, Lippe, Allen, Boger, Berthel and Klunker, Knerr, Kunzli, Boericke etc., and that should be followed by other abbreviation(s) of the same or similar name(s) with its compound(s) or component(s) of the remedy irrespective of second component(s) of the single remedy and its abbreviation and that is to be always in the alphabetical order of the compound or component of the remedy or remedies.

No Computer

Finally arrange only abbreviations in alphabetical order in preparing the list of remedies with full names. Here let me warn everybody not to use computer for the alphabetical arrangement of abbreviations as comma, semicolon, colon, full stop, hyphen, dash or any dot between letters or abbreviations can change the alphabetical order of abbreviations. Many have committed this mistake and the result is disorder and chaos.

- | | |
|---------------|---------------------------|
| 3. Agar-PH., | - Agaricus
Phalloides |
| (C) 1. Alum., | - Alumina |
| 2. Alum-M., | - Aluminium
Metallicum |
| 3. Alum-SIL., | - Alumina
Silicata |
| 4. Alumn., | - Alumen |
| (D) 1. Anth., | - Anthemis
Nobilis |
| 2. Anthr., | - Anthracinum |
| 3. Anthro., | - Anthrokokali |

- | | |
|-----------------|--------------------------------|
| (E) 1. Ars., | - Arsenicum
Album |
| 2. Ars-H., | - Arsenicum
Hydrogenisatum |
| 3. Ars-I., | - Arsenicum
Iodatum |
| (F) 1. Aur., | - Aurum
Metallicum |
| 2. Aur-A., | - Aurum
Arsenicum |
| 3. Aur-FU., | - Aurum
Fulminans |
| 4. Aur-I., | - Aurum Iodatum |
| (G) 1. Benz., | - Benzinum |
| 2. Benz-AC., | - Benzoic Acid |
| 3. Benz-N., | - Benzinum
Nitricum |
| (H) 1. Calc., | - Calcarea
Carbonica |
| 2. Calc-AC., | - Calcarea
Acetica |
| 3. Calc-AR., | - Calcarea
Arsenica |
| 4. Calc-CAUST., | - Calcarea
Caustica |
| (I) 1. Chin., | - China
Officinalis |
| 2. Chin-A., | - Chininum
Arsenicum |
| 3. Chin-M., | - Chininum
Muriaticum |
| 4. Chin-S., | - Chininum
Sulphuricum |
| (J) 1. Cocc., | - Coccus
Indicus |
| 2. Cocc-S., | - Coccinella
Septempunctata |
| 3. Coc-C., | - Coccus Cacti |
| (K) 1. Ferr., | - Ferrum
Metallicum |
| 2. Ferr-AC., | - Ferrum
Aceticum |
| 3. Ferr-AR., | - Ferrum
Arsenicum |

- | | |
|-------------------|-------------------------------------|
| (L) 1. Iris., | - Iris Versicolor |
| 2. Ir-FL., | - Iris Florentina |
| 3. Ir-FOE., | - Iris
Foetidissima |
| 4. Ir-G., | - Iris Germanica |
| (M) 1. Lac-AC., | - Lactic Acidum |
| 2. Lac-C., | - Lac Caninum |
| 3. Lac-D., | - Lac Defloratum |
| 4. Lac-F., | - Lac Felinum |
| (N) 1. Mag-ARCT., | - Magnetis Polus
Arcticus |
| 2. Mag-AUST., | - Magnetis Polus
Australis |
| 3. Mag-C., | - Magnesia
Carbonica |
| 4. Mag-M., | - Magnesia
Muriatica |
| (O) 1. Merc., | - Mercurius
Solubilis
(Vivus) |
| 2. Merc-AC., | - Mercurius
Aceticus |
| 3. Merc-C., | - Mercurius
Corrosivus |
| 4. Merc-CY., | - Mercurius
Cyanatus |
| (P) 1. Murx., | - Murex |
| 2. Mur-AC., | - Muriaticum
Acidum |
| (Q) 1. Olnd., | - Oleander |
| 2. Ol-AN., | - Oleum Animale |
| 3. Ol-J., | - Oleum Jecoris
Aselli |
| (R) 1. Phos., | - Phosphorus |
| 2. Ph-AC., | - Phosphoricum
Acidum |
| (S) 1. Sacc., | - Saccharum
Album |
| 2. Sac-L., | - Saccharum
Lactis |
| (T) 1. Sulph., | - Sulphur |
| 2. Sul-AC., | - Sulphuricum
Acidum |
| 3. Sul-I., | - Sulphur
Iodatum |
| (U) 1. Zinc., | - Zincum
Metallicum |

**THE MADRAS PRESIDENCY
HOMOEOPATHIC
ASSOCIATION (Regd.)**

191, Royapettah High Road, Mylapore,
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GENERAL BODY MEETING

NOTICE

The Annual General Body Meeting of the Association will be held at 4.00 p.m. on 24.9.94 at Hotel Maris, 9, Cathedral Road, Madras - 600 086 to transact the following business :

1. To adopt the Annual Report of the General Secretary for the year 1993-1994.
2. To adopt the Audited statement of Accounts for the year 1993-1994.
3. To elect the Office bearers of the Association for the year 1994-1995.
4. Any other matter with the permission of the chair.

N.B. Members who have paid annual subscription for 1992-93 are eligible to attend and vote at the meeting.

Dr.K.S. Bhaskaran Nair
General Secretary

Madras 1-9-1994

2. Zinc-AC., - Zincum
Aceticum
3. Zinc-C., - Zincum
Cyanatum
4. Zinc-CHR., - Zincum
Chronicum

If this rule or method is followed in the future, all the future Repertories will be clean without confusion or errors regarding abbreviations in the list of remedies and in the text book for easy and quick repertorization. ■

POLYPUS OR HAEMORRHOGE

Dr. M.R. Raghavan, M.Sc. A.I.S.M. N.D. D.H.B.M.

A Male child 1 1/2 years old was passing bright blood along with the stools for about 2 months. Mother, who was staying at Hyderabad consulted an Homeopath at Hyderabad. There was some temporary relief after treatment. But the child started passing blood again. The Doctor suspected polypus in the Colon/Rectum. The mother was much worried and brought the child to her father's place at Madras for treatment. An Allopathy Doctor was consulted. He also suspected Polypus and advised Surgery. But, he wanted immediate Endoscopic examination of the entire Colon/Rectum done before venturing Surgery.



It was presumed as internal haemorrhage and not Polypus in Colon. Accordingly, the following medicines were prescribed and the lady was asked to report to the clinic after a week.

Merc. Cor.-30- One dose was given immediately for bloody stools with cutting pains.

Next day onwards

Ipecac-30 daily in the morning for haemorrhage of bright blood streak and pains during straining.

Ficus Religiosa-Q 4-5 drops in half an ounce of water at 10 A.M. for arresting haemorrhage and dysentery mixed with blood.

Collinsonia-30 in the evening for pelvic and portal congestion resulting in Haemorrhoids, constipation, aching in anus and hypogastrium.

The child's grandfather happened to be an old friend of mine. He contacted me over Phone and asked for my opinion. I requested him to come over to M.P.H.A. Clinic with his daughter and grandson next day morning.

The lady narrated the earlier course of treatment given to the child and gave the following information. The child passes streaks of blood with stool 2 or 3 times a day. The child keeps the hand in the hip after passing stool, probably due to pain. No other information could be obtained, as the child was too small.

Natrum Phos-12X - Two Tablets in the morning and night 15 minutes after food, for colic with symptoms of worms and acidity.

Thereafter, no information was available from the lady for the next fifteen days. We were worried about the child's health and started thinking whether the child

is taken for Allopathic treatment and Surgery. On the 16th day, my friend informed me over phone that the child is completely cured and no blood passes with the stool. He could not inform earlier, as his daughter left Madras immediately after taking the medicines and returned only the previous night.



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IMPORTANCE OF EXAMINING PATIENTS

Dr. A. Janaki Bai

Homoeopathy is a vast subject, requiring much study and deep thought. Unfortunately for modern medicine there are no real thinkers in the medical profession today. There is no profession on earth where real and deep thinking is not only required, but demanded, as in the medical profession in general and in homoeopathy in particular. We think, but that is all. Our thinking is all confined to a very narrow and a very superficial rut, and we become very much incensed when any one broaches a subject to us that takes us more proficient. Once out of that rut we hasten back to it, become self-satisfied that we know it all, and consider all outside the rut ignoramuses, and resent their presence.

No musician ever became an expert by merely learning to play a simple tune, ignoring the rudiments of the art, no painter ever became a great artist who tried to paint without first learning the art of mixing paints and blending colors, and neither student nor doctor can ever hope to become a real homoeopath who does not acquaint himself with the base and the principles upon which homoeopathy is built and stands—The Organon. This omission, by the



majority of the homoeopathic profession is the reason that homoeopathy is today largely represented by men who do not understand what homoeopathy really means. After the Organon has been read thoughtfully and intelligently, all those things not clearly understood will be brought to clearer perception by reading a good work on homoeopathic philosophy, of which Kent's stands out the most prominently. This intelligently read and understood, we are then in a position to take up the study of materia medica. As an introduction to the passage way of this vast subject, Kent's Lectures on Materia Medica stand out most prominently, and gives the best exposition of how to study the remedy, elucidating its diverse actions, characteristics and comparisons. Next is impor-

DEAR EDITOR

Dear Editor,

Congrats for the excellent way you are bringing out our M.P.H.A. Bulletin.

Printing, Layout and contents are indeed very good.

Lion Dr. K.V. Govinda Rao

Editor "Wisdom"

Madras - 600 004.

Pat on the back

Dear Editor,

I have gone through April-June issue. I could not resist the temptation to write an appreciation letter to you. The presentation is very good in the cover and in the content. The front cover line bloc is done extremely well. The articles are informative and instructive.

I have to specially mention about the Editorial of this issue. The syntax and the simile used are very good. In Sampath Kumar's article the presentation

tance, we would consider Bell on Diarrhoea, etc., which will give a clear idea of how to select and apply the remedy. Once all those are mastered you have the beginning of how to gain a clear conception of homoeopathy and how to select and apply the individual remedy, after which the rest will come comparatively easy.

One can never truly enter the homoeopathic field successfully who has not the desire and the will to divorce himself from modern

(printing) is very nice. Under 'W' there is an omission. Doctor Ghulati and Vilvanathan have given very useful articles. The crown article of the issue is of Dr. Sriramulu.

Please maintain this standard and presentation. The printer deserves our highest appreciation.

Balasubramanian

Madras - 74.

Dear Editor,

One correction please. In the MPHA Journal March 94 - page 4. Temper — How to calm it — Line No. 7.

For instance you might be angry at your husband/wife (correct this as wife), but instead of confronting him/her....

Usually husbands are directly hit by wives in confronting situations; and they do not need short circuiting.

Dr. S. Sampath Kumar

Pattukottai ■

medicine. Intelligence dwells in refinement; ignorance, in crudity. Homoeopathy is the personification of refinement. Every one who has studied homoeopathy properly and practised it strictly has been more than amply rewarded for his efforts, and swears by it. The rest swear at it. Also remember, that it is unwise to start in to try to practise homoeopathy until you have learned how to examine the patient in order to make an accurate homoeopathic prescription. ■

BOOK REVIEW

Analysis and Evaluation of Rubrics, Symptoms of Dr. Kent's Repertory of Homoeopathic Materia Medica

(6th corrected Edition) : Author Dr. Ramanlal P. Patel,

1350 pages price Rs.500/- (Export Edition 30 US Dollars)

Publisher: Sai Homoeopathic Book Corporation, Hahnemann House, College Road, Kottayam, 686 001 Kerala.

The long credits attributed to the Editor and multifarious positions held by him speak volumes about the capabilities of the illustrious author Dr. Ramanlal P. Patel. The author has spent 15 invaluable years of his lifetime in research to produce this exemplary piece of treasure.

Analysis and Evaluation is the stumbling block in the case taking. Everybody will agree that students and practitioners will be groping in the dark when they enter the arena of Homoeopathic Practice, since, as the Author himself says, selection of potency of the remedy based on Repertorisation is the main problem. The key notes are invariably confusing.

However much we may like and assert that we, Homoeopaths are not concerned with the nomenclature of the disease, we are influenced by the diagnostic method adopted by our Allopathic counterparts and tend to base the selection of the remedies to our patients. This situation has been understood by the author and therefore he is successful in dispelling that influence in his approach. As it should be, the importance of mental symptoms is emphasised.

The arrangements are computerised and are easily accessible even to a busy practitioner. It is a lifetime possession worthy for every homoeopath.

To put it short, we are amazed at the voluminous achievement of the author, Hats off to you, Dr. Patel. ■

HOMOEOPATHY — NEW CLASSES

The Week-end Homoeopathy classes Every Sunday, 2:00 to 5:00 p.m. at Kesari High School. Students will be enrolled on that day.

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**FIRST TIME
FREE ONE DAY AUDIO VISUAL AND
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PRACTICAL SEMINARS**

on
Dr. Kent's Method of repertorization
by
Dr. Ramanlal P. Patel

to create awareness and awakening for the use of the Repertory by the students and practitioners in their daily practice for better prescribing and better results in Homoeopathy.

"Success in Repertorization depends on ability to deal with symptoms, and this has to be taught; it is not innate. People all the world over are wasting their lives working out cases at enormous expenditure of time and minutes care for comparatively poor results; and all for want of a little initial help."

Sir Dr. John Weir and Dr. Margaret Tyler.

- (1) First preference will be given to those who have purchased corrected and improved edition of Dr. Kent's Repertory by Dr. Ramanlal P. Patel. Only limited number of delegates will be registered for each seminar on 'first come first served' basis.
- (2) Admission to seminar hall is only to the card holder whose name is mentioned on the card which will be issued one month in advance by the Hon. Secretary, Dr. Patel Charitable Trust, Kottayam.
- (3) No Spot Registration.
- (4) For students, only final year students of the recognised College by Central Council of Homoeopathy will be allowed to attend the seminars for which they have to send certificate from the Principal of the College along with the application for registration. Students will have separate seminars if delegates are more.
- (5) All delegates have to make their own arrangements for their stay and other requirements.
- (6) Seminars will be in English. Time - 9 A.M. to 12 A.M. and 2 P.M. to 5 P.M.

Venue: (1) Kottayam - 20th November, 1994 (Sunday); 18th December, 1994 (Sunday); 26th March, 1995 (Sunday)
(2) Baroda - 8th January, 1995 (Sunday); 6th March, 1995 (Sunday)
(3) Bangalore - 23rd April, 1995 (Sunday)
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Write for Registration and for further information to:

**Hon. Secretary,
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KENT'S REPERTORIZATION**

Dr. Ramanlal P. Patel has organised a free one day Audio Visual and Computer Presentation Practical Seminar on Dr. Kent's Method of Repertorization. Dr. Patel writes:-

To create awareness and awakening for the use of the Repertory for better prescribing and better results in Homoeopathy. All registered homoeopaths and final year students of recognised colleges can take part and register their names. No spot registration is allowed.

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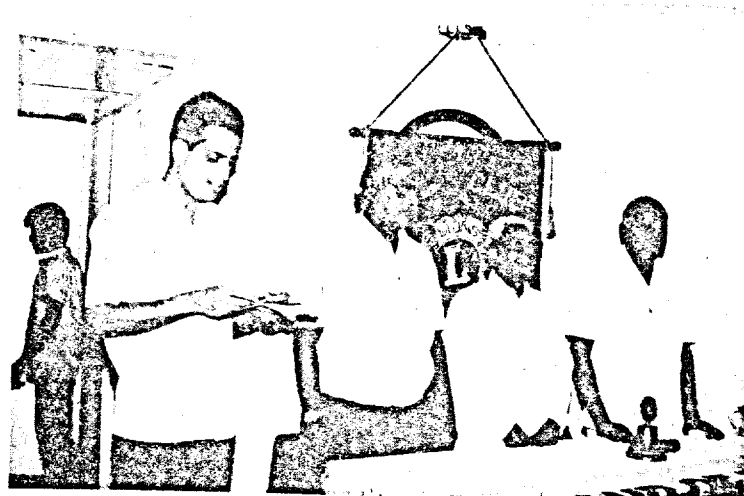
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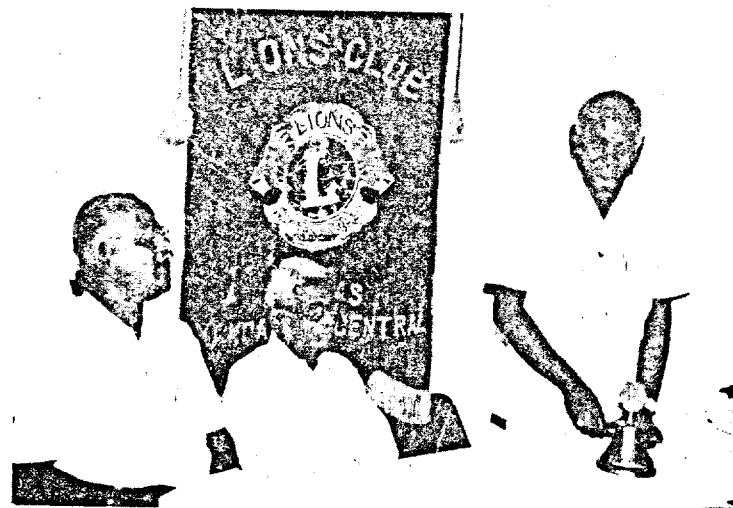
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LIONS CLUB

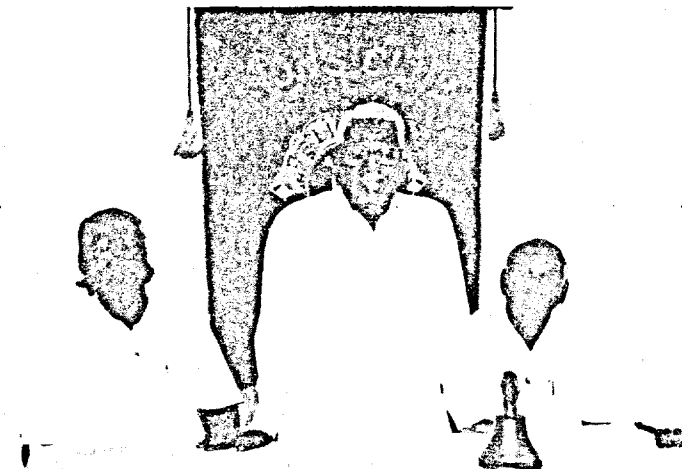


Lions Club of Madras Mandaveli Central, honoured Homoeopathy by inviting Dr. K.S. Bhaskaran Nair our General Secretary, as the Chief Guest for the meeting of the Club. Our member Lion Sourirajan reads Flag Salutation.



Lions Club President Lion K.K. Govindarajulu is seen welcoming the Chief Guest Dr.K.S. Bhaskaran Nair.

HONOURS HOMOEOPATHY



The Chief Guest Dr. K.S. Bhaskaran Nair is addressing the gathering. Our Vice-President Dr. M.V.C. Narasimhan (Charter-President of the Lions Club) is also seated in the Main Table.



Our member Lion Dorairaj, Chartered Accountant and firstvice President of the Lions Club presents a memento to the Chief Guest Dr. K.S. Bhaskaran Nair.

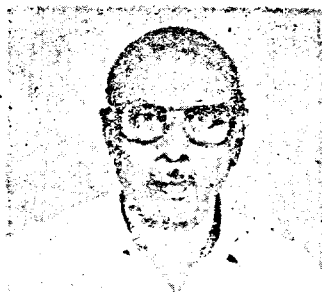
BELLIS PERENNIS

(By Dr. V. Venugopal, D.H.B.M)

Generally for acne, cal. sulph, carbo veg, Berberis Acquifolium etc., are prescribed. But all these have failed due to a peculiar causative factor not considered. The case is reported below for the benefit of homoeopaths.

My grand daughter aged about 12 years developed eruptions like small pox on her face. There was no psoric taint or any other clue by which a suitable drug can be selected. There was no tinge of suppuration process taking place in the eruptions. As the girl was nearing puberty I thought Phosphoric Acid may help and therefore prescribed it. There was no effect. Then I tried carbo veg., Sulphur etc.

I thought any past suppression will be brought out. Nothing came out. If the eruption was of any acne type, Berberis Acquifolium may be useful and it too did not work. The parents of the girl had no patience beyond this and they consulted two skin specialists. One doctor prescribed some skin ointment for external use and it did not produce any effect; the other doctor adopted the method of physical removal of the eruptions by pricking them out by a sharp pin and gave some anti-septic tablets to prevent infection. He also suggested that the girl must come for 2 or 3 sittings, as it was not preferable to remove the whole lot of eruptions in a day. As the process of removal was very



painful and further since it left black marks on the face, this treatment was not continued.

The girl used to go to the terrace early in the morning for reading even during very chill days. One day I accompanied her to the terrace and the moment the terrace entrance was opened, chill wind blew over our face. It struck me then that probably this exposure to chillness may be the reason for the eruptions in her face. I searched the Materia Medica books with me and ultimately found in the book 'Homeopathic Drug Pictures' by M.L. Tyler a similar case quoted under the drug BELLIS PERENNIS, extract of which is produced below:-

"Just before her twelfth year she was out in sultry weather hay-making and when greatly heated she fell head foremost into a brook, and some days later broke out all over head and face with an eruption just like small pox".

Burnett prescribed BELLIS

TISSUE REMEDIES

Biochemic medicines are tissue remedies based on replacement theory. The following are some of the basic tissue remedies with their indications:

Kali Sulph: commonly known as potassium sulphate, acts mainly on the outermost layer of the skin—the epidermis. An imbalance of Kali Sulph content in our bodies leads to a variety of skin ailments, accompanied by peeling of the skin. It suits people who are irritable, anxious in the evenings without cause, always in a hurry and timid by temperament. Yellow discharge is another marked feature of this imbalance. Discharges from the eyes, ears or nose are yellow, profuse and intermittent. The tongue is coated yellow. Kali Sulph works better on skins which are dry and scaly. It reduces dandruff and scalp diseases when used locally.

Anti-spasmodic

Mag Phos: is a great anti-spasmodic remedy prepared from the phosphate of magnesia. A functional disturbance of the mag-

nesium molecules causes a contraction of the muscle fibres resulting in painful cramps. Mag Phos suits people who are nervous, lean, thin and have a light complexion. It is also useful for facial neuralgia brought on by exposure to cold. The pain is relieved by warmth and pressure. Mag Phos also relieves headaches which are spasmodic in nature. It is useful in cases of dysmenorrhea or painful periods. In all such cases take 2 tablets of Mag Phos 6x, and dissolve in half a cup of warm water. Take a few sips every minute till the pain disappears.

Anaemia

Natrum Mur is common salt or sodium chloride. This salt is a constituent of every liquid and solid part of our bodies. It is readily absorbed by the cells and helps in maintaining the specific gravity and the acid and alkali balance of the blood serum. By a process of osmosis, it maintains the water content in the cells of the body. An imbalance of this salt results in waterlogging in the cells, leading to dropsies and oedema in the

PERENNIS and cured the case.

I read fully the drug BELLIS PERENNIS and its curative powers against the ill effects of wet cold in the overheated and prescribed the drug in 30 potency for a week. The eruptions started disappearing

one by one and in about a fortnights time all the eruptions went off. Sleeping in a closed room the whole night created an overheated system in her and the moment it was exposed to very chill wind it created the eruptions. ■

form of swellings in various parts of the body. Lack of sodium chloride in the blood leads to anaemia. This drug thus suits people who are emaciated and pale looking, though they eat well.

Catalist

Natrum Phos: is sodium phosphate. This drug acts as a catalyst and purifies the blood. It is a remedy for conditions arising from excess of lactic acid, often resulting from too much sugar. It suits people who are anxious and have a fear that something will happen. On waking at night he imagines that he hears footsteps in the next room, or that pieces of furniture or persons moving about. Forgetfulness is another marked feature. It suits people who are nervous, tremble easily and suffer from palpitation after mental exertion and sexual excesses. Nat Phos is useful for cramps in the legs at night or a weak feeling in the limbs associated with coldness.

Useful Salt

Nat Sulph: this is sodium sulphate and is commonly known as Glauber's salt. This salt is more often seen in the intra cellular fluid than the cell itself. Basically, a liver remedy it is especially indicated for the hydrogenoid type of constitution. Such people suffer from complaints which result from living in damp houses, basements and cellars.

Head Ache

Nat Sulph works well for head-

aches and giddiness resulting from an old fall or an old injury to the head. The patient has great vigour and needs to be kept continuously occupied. Nat Sulph also helps asthma in children when given under professional advice. It is useful for cough and breathlessness which affects the patient early in the morning, waking him from his sleep.

Self Confidence

Silicea: silicic oxide though an inorganic salt is found abundantly in the vegetable kingdom. It acts on bones, joints, glands, skin and mucous membranes. It is a good drug for suppurative conditions. It suits people who are over-sensitive to noise, cannot concentrate, are peevish, disgusted with life, can be easily aroused with life, can be easily aroused but get tired. Lack of confidence is a marked feature. Coldness is another marked feature, the hands and feet are always cold to touch. Silicea is a good remedy for brittle nails and also helps in growing toe nails. Silicea patients' complaints are always worse at night and especially on a full moon night. The patient feels better with warmth.

Potency

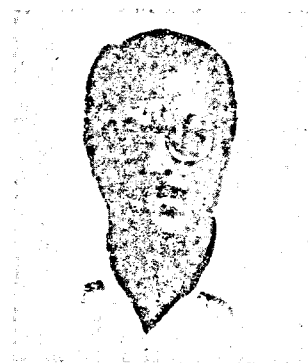
Biochemic medicines act best in the 6X potency. They should be taken four tablets hourly in acute cases till the symptoms subside and thrice daily for chronic conditions. ■

Compiled by

Dr. D. Narasimhan, B.Com.

SLEEP—TO HAVE OR NOT TO HAVE?

Dr. MVL Narasimhan M.A.M.L. DHBM



Research in sleep deprivation investigates the function of sleep. In human subjects sleep deprivation for many days produces fatigue, memory loss and irritability, but it does not cause long-term psychological or physiological damage.

Dr. William Dement, a sleep disorder specialist at Stanford University, says that many sleep-deprived people are as likely to fall asleep suddenly under inappropriate and even dangerous circumstances as are people with serious disorders like sleep apnoea and narcolepsy.

Accidents

It has come to light that a large number of road, rail and air accidents occur because sleep-

deprived people handle hazardous machines. Sleep-deprived people may not fall asleep while driving cars or trucks, while administering medical care, while piloting commercial jets. But their ability to attend to crucial details is likely to be seriously impaired if individuals feel unduly fatigued. This can result in, for example, a pilot's failure to read the gauges correctly or his landing on the wrong runway or overshooting it. Road accidents have also largely been attributed to the sleepiness of drivers at the wheel.

Function of Sleep

Let us then examine what sleep is. Sleep is a normal, easily reversible and spontaneous state of decreased and less efficient responsiveness to external stimuli.

Sleep is a regularly occurring suspension of consciousness that serves recuperative and adaptive functions. Sleep usually requires the presence of flaccid or relaxed skeletal muscles and the absence of directed goals and the directed behaviour often seen in wakeful organisms. An electroencephalogram (EEG) recording of the human brain shows a distinctive pattern during sleep.

Average 7 1/2 hrs

Human beings normally sleep during the night though there are many species of animals that are active during that time and sleep during the day. Normal human sleep requirements vary from 6 to 9 hours daily, with 7.5 hours being the average.

Age and Sleep

A person's age determines the length and pattern of his sleep. A newborn baby may sleep as much as 16 hours a day, intermittently. A 2 year old baby may sleep 9 to 12 hours a day. Adults sleep for 6 to 7 hours a day in short periods of sleep shifts or in one single, long, uninterrupted period. Elderly people may revert to sleep patterns of childhood, napping often during the day and sleeping only for a few hours during the night.

In the modern times of busy office schedules during the day, television programmes and late night social engagements force people to postpone bedtime and assign alarm clocks to wake them up each morning. Chief executives, politicians and senior generals boast that they are so busy in life that they sleep only three to four hours a night but the sleep experts feel that this is nonsense and the bosses would be far more effective if they slept more.

Sleep Laboratory

Studies in sleep laboratories

in U.S.A. where people were kept for a number of days in an environment without their knowing when it is day or night and had no alarm clocks or watches, had shown that most adults need eight to eight and a half hours sleep each night.

According to Dr. James Mass, a professor of psychology and a sleep researcher at Cornell University, the most sleep-deprived of all are high school and college students. From the ages of 17 to 25, sleep needs are greater than at any other time of life after early childhood, but the pressures to postpone or even skip sleep are greatly increased which is detrimental to health.

Sleep studies in U.S.A. have shown that these young people need about 10 hours of sleep a night. Yet the average student sleeps only six hours accumulating a sleep debt that grows by three to four hours a night. Parents bemoan their teen-agers "laziness" because they sleep until noon on weekends, but most of these young people are only trying to cancel some of their week long sleep debt, says Dr. James.

10 days without Sleep

Healthy adults can tolerate 10 or more days of sleep deprivation without overt medical impairment. Performance on simple, subject-paced short duration tasks is unaffected. With prolonged deprivation

HEART ATTACK EMERGENCY STEPS

If you have to face a sudden emergency with a friend or relative:

- ❖ Don't panic. A heart attack can be very frightening to the patient and it will be tremendously reassuring to him that someone calm and responsible is helping him reach a hospital.
- ❖ Loosen collars and tight clothing. Get the patient into a comfortable position.

- ❖ Don't waste any time on indecision — make quick arrangements for transport to rush him to hospital.
- ❖ For patients with a past history of heart attacks, always make sure you know where his medicines are kept for emergency treatment.

"Why is it dangerous to delay getting the right medical help after an attack?"

tion, subjects experience increasing fatigue, irritability, lapses of attention, and diminished motivation. Performance of tasks deteriorates apparently due to transient and intrusive "microsleep" episodes. Recovery after prolonged sleep deprivation, shows that the amount of sleep restored is not equal to the amount lost.

Abuse of Medicine

The widespread use and abuse of central nervous system depressants, hypnotic and sedative drugs, tranquilisers, or bed-time use of alcohol is well documented and many produce an insomnia syndrome. As tolerance develops with continued use, the

sleep promoting properties of such drugs are lost, and the patient and the physician tend to increase the dosage resulting in rapid or acute withdrawal. Heavy and sustained ingestion of alcohol severely disrupts sleep-stage organisation. In the abstaining alcoholic, abnormal sleep patterns may persist for many weeks, although normal sleep usually returns within 2 weeks.

Homoeopathic Remedies

Sleeplessness is a symptom, which is termed as insomnia, for which the following remedies have been indicated:

Coff; Cyprid; Daph. ind; Ignat; passiflor; Aquifer. ■

"It's probably indigestion."

"A brisk walk will do me good."

"Let's not disturb the doctor now."

These typical reactions often prove fatal. Statistics show that one out of four persons succumbs to a heart attack — only because of not reaching the right medical help on time.

The fact is: most life threatening events occur in the first hour of the attack.

The action taken then determines two things: firstly whether the life can be saved, and secondly, how well the heart can recover and help the patient lead a normal life again.

As explained earlier, a heart attack causes heart muscles to die. These damaged heart muscles cannot grow back — and any affected 'dead' area of the heart makes no further contribution to the heart's pumping power. The severity of this heart muscle damage depends on where the 'blockage' is. To understand this, imagine a tree. If the progress of sap or nutrients is blocked near the main trunk, large areas of the branch will wither and dry. But if the supply is cut off at one of the smaller branches, less damage is done to the tree.

Therefore the damage to heart muscles must be quickly controlled from spreading if the patient is

to live — and live well.

"How does one recognise a heart attack?"

A severe, crushing, suffocating pain in the chest is the major symptom of a heart attack. The pain could spread along both arms, back of neck and jaw. The person could also sweat profusely, experience breathlessness, nausea and vomiting and even faint.

"People prone to heart trouble sometimes feel a temporary chest pain — is that a heart attack too?"

What they feel is 'angina pain' — a symptom of heart disease but not a heart attack itself.

Angina is a condition caused by the gradual accumulation of fatty deposits along the blood vessel walls. When the workload of a heart increases suddenly (due to exercise, or emotion) the heart muscle requires more blood than the artery is able to supply. This causes temporary discomfort and pain.

The chest pain of angina is recurrent and short-lived. It can be readily relieved by placing a sorbitrate pill under the tongue. If there is no relief, and the pain persists for more than 30 minutes, then it is most likely that it is not an angina pain but a heart attack.

— Courtesy:

Apollo Hospitals Bulletin ■

REPERTORY AND REPERTORISATION (2)

Dr. V.K. Sivaraman

In repertorisation you will generally find as you work down, that one drug stands out more and more prominently. It may not be in all the rubrics but it has got to be in all the important ones, i.e. those best marked in the patient and of highest grade; it is a mere waste of time to go further. You have to follow Dr. Bidwell's method to work out the case within a little time in an intelligent manner.

The following are some of the important rubrics which I consider very very useful in repertorisation.

Mind: Ailments from anger 2, complaints from anticipation 4, anxiety of conscience or as if guilty of a crime 6, anxiety of future 7, anxiety about health 7, avarice 9, ailments from bad news 9, aversion to company, amelioration when alone, desire for company, alone while aggravation 12, consolation agg 16, intolerance of contradiction 16, ailments from emotional excitement 40, fear of death 44, fear of ghosts 45, fear of darkness 43, fear of death 44, fear of ghosts 45, fear of robbers 47, ailments from grief 51, homesickness 51, loquacity 63, ailments from disappointed love 63, loving one's own sex 63, (a good rubric for AIDS cases,) obstinacy 69, occupation amel 69, offended easily

69, sentimental 80, suicidal disposition 85, thinking of complaints agg 87, weeping agg and amel 93.

Head: washing the head agg 233.

Stomach: aversions 480, desires 483, eructations amel 490, eructations agg 490.

Rectum: Passing of flatus amel 617,

Male genitalia: aversion to coition 693, masturbation tendency to 701, quick ejaculations and better by seminal discharges 710, suppression of sex, complaints from 711.

Female: tendency to abortion 715, aversion to coition 715, masturbation disposition to 724, menopause 724.

Cough: better by expectoration 790.

Extremities: cracking of joints better or worse, tendency to 970, drawing up limbs agg or amel 1009, wetting the feet agg 1233, 1421.

Sleep: dreams 1235, position of sleep 1246.

Skin: scratching agg or amel 1328.

Generalities: bathing agg or amel and bathing the affected part amel 1345 cloudy weather agg 1348, Intolerance of clothing or loosen-

ing them amel 1348, coition during and after agg 1348, agg and amel of food items 1362, ailments from injuries 1368, lying agg or amel 1371, lying on abdomen amel 1372, 1246, general complaints before during and after menses 1373, better during menses 1374, motion agg or amel 1374, pressure agg or amel 1392, general complaints of sleep 1401 reactions to storm conditions 1403, summer agg, sun agg 1404, complaints from wet weather 1421, winter agg 1422, wounds difficult to heal 1422, constitutional effects of wounds 1422.

In repertory work we have to note and remember the following:

The general always rule out non agreeing particulars. Symptoms relating to vital organs are most important. If a symptom is not found in a proper place, it can often be found under synonymous rubrics which are not sensations. The headings under generals which are not pathological and not marked by ameliorations or otherwise explained and which are not sensations or conditions mean agg from. Many of the ameliorations are omitted and one must look for them under agg, such as winter agg means better in summer, but here I disagree because winter agg will never mean better in summer unless we have a separate rubric better in summer. Nothing in particulars can contradict generals. At the same time

strong particulars must not be neglected on account of one or more weak generals. The whole is greater than the parts. Particulars should be taken only confirm your choice of the drug. Many times generals can be synthetically constructed from a group of particulars having some characteristics. Symptoms dependent on mechanical causes do not express the patient and are useless for repertorisation or homeopathic prescribing. Discard all symptoms depend on gross lesions. Always use the major rubrics rather than subrubrics. Eliminating symptoms must be used carefully. Try to start working out a case with a symptom that cannot be eliminated.

How to work out a case?

A case from Dr. Bidwell's how to use the repertory. 'A child 4 years old, has been suffering from a severe type of whooping cough for several weeks. Was waking up from sleep due to attack of cough. Cough often ends in vomiting. Fits of coughing provoked by crying. Let us take one important symptom that cannot be eliminated, cough provoked by crying. The remedies are Ant. t, Arn, Ars, Bell, Chamo, Cina, Dros, Ferrm, Hep, Lyc, Phos, Sambu, Silicea, Sulp, Verat, 785, Next, cough ends in vomiting, 532. The remedies are many. Preserving only the remedies common to both symptoms and cancelling the other we get the following remedies, Ant t, Arn,

Ars, Bell, Chamo, Dros, Ferr, Hep, Phos, Sil, Sulp, Verat. Redness of the face during cough, 362, brings out only Bell, Dros, Ferr, Hep, Sil, Sulp. So from 16 remedies we have come to only 5 remedies. To eliminate further, another symptom was revealed by the members of the family, that the child is fond of pungent things, 486. Out of 9 remedies given for this rubric Hepar only covered it and hence the correct remedy of the case is Hepar sulph which is sure to cure the severe whooping cough.

Some of my cases: Miss T 25. One small growth near anus, occasional itching, bleeds bright red blood, spicy items agg, salt agg, has more appetite but fails up easily, sleeps on abdomen, other positions, noise disturbs sleep, not sleeping properly affects her health, after sleep feels better, tall, sleepings before periods and during periods, too much appetite during periods, pain in abdomen, back and giddiness before periods, pain better during periods, periods always late, 35 days, excessive flow during periods. Salt agg+ excessive flow when delayed+late periods decided in favour of Phos. Given 200 occasional doses, good relief from all complaints.

Stone in Kidney

Mr. A40. Stones in kidney since 3 years operated in 1981, first affected on the right side, now it is coming to left side. Coffee agg, cold things, fridge water agg,

has indigestion and gas problem, avoids eggs like warm food, headbath agg, weak after coitus, exhaustion, sometimes quick ejaculation, sometimes late, of late likes loneliness, had love disappointment in early life, thinks of past incidents, impatient, sinus for a long time, its agg in winter. Agg coffee+ agg cool drinks+ impatience+weak after coitus+late & quick ejaculation brought out only Calc carb and lyco. Lyco got more points and the complaint started from right and travelled to left, hence Lyco was given in 200th along with Berb vulg Q which was continued for nearly 6 months, the patient has not complained later on.

Fainting

Miss. 16. Fainting fits suddenly, weak afterwards, unconscious during fainting with twitchings. Likes salt, company, fear of being alone, permanent cold and cough, phlegm better by expectoration, periods started 3 years back, during periods gets pain abdomen alongwith sweating which gives relief.

Desire for salt+unconscious during fits+fear of being alone+ sweat from pain+after sweat relief brought out only calc carb. It was given in 200 for 4 months, once in 10 days, afterwards the complaint completely disappeared.

Miss. 18, had asthma with wheezing, cold cough for the past 4 years, took allopathic drugs,

temporary relief, headbath agg, dust agg, talking and laughing agg, takes iced items, not affecting, noise agg, rain agg, long exposure to sun agg, produces headache, better by eructation and passing of gas, periods regular but always late, no complaints after sweat, wheezing better by open air or fan air, complaints better by taking warm drinks, are the symptoms. Also better by expectoration was there in this case. Headbath agg+ dust agg (from Boger's synoptic Key) + better by warm drinks + better by expectoration brought out sulph only and Sulphur completely cured this case and the patient is free from the trouble now.

One Mr.K, 36 had complaint of nasal blockade for the past 3 years. The discharge from nose was sticky, thick, difficult to bring out. Only after its coming out he felt better. On the basis of sticky discharge I was giving on and off Kali bich. It was giving good relief but he was getting it frequently. Finally I took up his case, the following were his symptoms. Agg sour card, night total blockade, at 3 a.m., burning sensation in nose, fan air agg, likes open air which relieves, Onion agg, constant headbath, agg, better by doing exercise, or moving about during night during blockade, changes position in sleep, gets pain in the face, pain better lying on painful part and better by hot application.

Sticky nasal discharge, headbath agg, Better by exercise, better by moving about, lying on painful side amel, hot application amel, all brought out only Sepia. Sepia was given in 200 fortnightly doses, there was initial agg followed by permanent relief, the Patient is now entirely free from this complaint. A case of profuse bleeding for the past 3 months it is more. Allopathic doctors suggested removal of uterus. Her age is 44. When she came to me she complained of more bleeding. Agg by eating sweet, agg by movement, and exertion straining at stools produced more bleeding, headbath also increased it, agg by sun, fear of dark, previously periods were late, now it is early every 22 days, Agg sweets+ exertion agg+ headbath agg+ complaints (bleeding) in aged women, all these suggested only calc carb. This case has come to me recently and I gave Calc.Carb 200c. and within 5 days the bleeding completely stopped. When there was a relapse near Deepavali, another dose was given and that has given once again very good relief. Calc carb occasional doses will completely cure the case within a short period.

I have not reported cases in which I have failed. Even in the cured cases there were some initial difficulties which were overcome after sometime. ■

AGGRAVATIONS

One baseless complaint about Homoeopathy, levelled by vested interests and prejudiced professionals, viewing this with coloured glasses is that this system will aggravate the disease on its first application. Time and again this accusation has been refuted by the stalwarts in this system. But still it needs discussion to make the position clear in the minds of the unwary common man who is left in the lurch without any proper guidance.

AGGRAVATION - 3 types

Homeopathic medicines accomplish early cure without any aggravation what so ever provided the selection of medicines, their potencies and repetition schedules are very accurate. In some cases even if the medicine is correctly chosen, it may produce slight aggravation of the existing symptoms of the patient, when administered in higher potency or more frequently repeated doses (than required). Such transient aggravation of symptoms is called as Homeopathic Aggravation which passes off within a few hours in case of acute diseases and a few days in case of chronic ones.

Medical Aggravation

According to Homeopathic philosophy, a medicine, whose symptoms are similar to those of

the patient, can only bring forth radical cure. When a medicine, matching only a portion of the symptomatology of the patient, is administered, it produces some new symptoms in the patient. Such new symptoms owe to the nature and action of such wrongly selected medicine. As such, patient's assumption that his disease has aggravated after the intake of Homeopathic medicine, in such case, is correct.

This aggravated condition of the patient is called as Medicinal Aggravation. Here, the physician has to take a fresh note of the patient's existing condition and select one accurate medicine for the patient.

Disease Aggravation

In certain cases it may so happen that the physicians fail to perceive the real portraits of the patients and select wrong medicines, which have absolutely no relation with the patient's complaints. In such cases, the medicine may not produce any result on the patient. On the contrary, the disease progresses in its own way. A patient suffering from Acute Sore throat and administered with a wrong medicine may experience joint pains, followed by cardiac involvement, because it is the usual progress of the Rheumatic fever. But the patient attributes such joint

pain and heart ailment as adverse reactions of the Homeopathic medicine employed for Sore throat.

Such condition is known as Disease Aggravation and the physician has to reassess the case and select an appropriate medicine for the patient.

Sudden Change Over

Patients under prolonged Allopathic treatment for Diabetes Mellitus, Hypertension, Bronchial Asthma, Migraine etc. when come for Homeopathic treatment and are advised to discontinue the previous medicines forthwith and to take homeopathic medicines alone, their ailments, which were suppressed under Allopathic treatment so far may flare up sometimes. But some patients attribute such intensification of symptoms to the nature of Homeopathic medicines and as such refute the science itself. What happens in reality, in such case, is that our medicines can no longer suppress the ailments. On the contrary, they bring forth those concealed symptoms to the surface again with a view to annihilate the sufferings completely. If the patient can withstand such transient accentuated state patiently, then a steady progress will be experienced.

Deceptive Symptoms

Some of the external maladies, which manifest on the body surface, like Psoriasis, Eczema,

Ringworm, Lipomas, Fibromas etc. when treated through unnatural means, such as local applications or surgical removals or even internal administration of non-homeopathic medicines, usually pursue a retrograde path, go back to the interior of the body and lie concealed, deceiving the patients that they are cured. Such patients when resort to homeopathic medicines, the latter bring those latent conditions back to the body surface with a view to cure the patient in its whole extent. Because, according to Homeopathic principles, cure takes place from within outward, but not the vice versa. But when the patients old external symptoms reappear on the body surface, he presumes those as reactions of Homeopathic medicines.

In these circumstances patients have nothing to blame the Homeopathic physicians nor the system. They should observe patience and cooperate with the physicians for their own benefit.

Sometimes it is true that mistakes lie with the physicians. They can be corrected without much harm to the patients.

But such lapses of some homeopathic physicians, under some circumstances, should never be branded as failure of Homeopathic Science itself.

*Compiled by Champa
Narasimhan
Courtesy: Body & Care*

CRYING IS A MEDICINE

Shedding tears cures several diseases. It alleviates suffering, releases mental tension eases depression, and absorbs shock. It also helps in overcoming emotion like grief, fear, anger and joy. In Ayurveda sore eyes, chest pains, and headaches get cured by profuse shedding of tears. Tearing also helps to overcome vomiting and stiff necks. Tearing is natural flow of emotions, hence should never be checked. After a bout of crying one feels relieved of excessive emotions and calm descends leading to peace and relaxation. One feels invigorated after a gush of tears for a few minutes.

Women are less prone to heart attacks than the men because they burst into tears on any small excuse. They cannot be branded as weak hearted otherwise. Ask their husbands.

Immune to infection

Tears are mostly a salt solution or lachrymal fluid which contains substances that fight bacteria and proteins, that make the eye immune to infection. Biologists concede that tears help the body by ridding of some undesirable substances.

Kills Germs

Alexander Fleming has proved

that tears can kill germs. Eye care should form part of tear shedding. All the dust particles and dirt embedded in the eyes gets cleared away through tears, and eye sores also get eliminated.

If laughter is the best medicine so is the shedding of tears, as both relieve tensions, depressions, and pent up emotions. In human beings we have tears of joy, grief, anger or fear, which result from psychic emotions. As a matter of fact tearing is better medicine to health.

Born with a cry

Nature has so ordained that, when a child is born it cries and if it does not, it is made to cry by pinching, sprinkling, of hot and cold water, spanking or slapping or else it will die, though infants do not shed tears while crying for a period of a few days to four months, because their lachrymal glands, which are a source of watery secretion are not fully developed.

Weeping Rooms

In some of the western countries there are specially earmarked weeping rooms where the babies are allowed to cry to their hearts' content so that they breath faster

and their lungs get strengthened to become stronger as they grow. Whenever there is an unfortunate death in a family the bereaved is made to weep so that he or she is relieved of pain, suffering, mental tensions, depressions, and shock absorbed.

Spiritual Experience

Shedding tear is effective in putting an end to emotional stress

arising out of sadness, rancour, anger, and shocks. It provides a comprehensive cleansing of the mind, rinsing it of all impurities. Shedding tears is a deep spiritual experience too.

Those who laugh for health should also learn to shed tears for others to retain health. Laughing is a mundane affair but weeping gives you a deep spiritual experience. ■

CAUTION - 3 MISTAKES

Dr. A. Janaki Bai

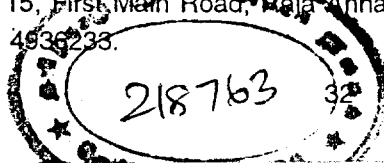
Hahnemann emphasizes and reiterates this caution (in Vol.I, Chronic Diseases, p.152) by calling attention to what he terms "the three mistakes" which the physician cannot commit, but to carefully avoid, viz:

1. Thinking the dose too small.
2. Improper use of the remedy.
3. Too frequent repetition of the dose.

Whether the dose be large or small, the practitioner who fails to

individualize and to match morbid phenomenon closely with drug pathogenesis, will fail to cure, and whenever an improper use of the drug is wilfully persisted in whether arising from "carelessness, laziness or levity", as Hahnemann tells us, there is absolutely no hope for improvement and a decent regard for common ethics should compel such a practitioner to abandon the claim to being a homoeopathist. ■

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