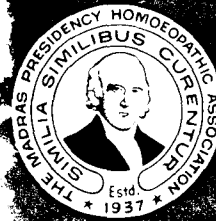


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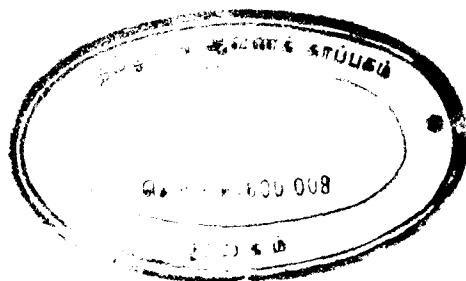




**JOURNAL OF THE
MADRAS PRESIDENCY
HOMOEOPATHIC ASSOCIATION**



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SOCIAL BREAK OFF 1995



The final year students conducted social break-off on 2.4.1995 All the faculty members were honoured on the occasion. Dr K.S. Bhaskaran Nair, General Secretary looks on.

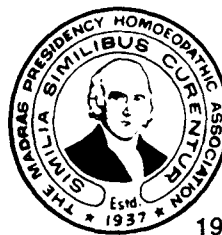
Dr. P. Chinnaiyan, is seen giving a peice of advice to the members.



Lion Dr MVL. Narasimhan Vice President requests the members to help bringing out the journal as a monthly.

THE JOURNAL OF THE MADRAS PRESIDENCY HOMOEOPATHIC ASSOCIATION

(FOR PRIVATE CIRCULATION AMONG MEMBERS ONLY)



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QUARTERLY

NO. 12

Editorial

SUPER MAN SUPERIOR SYSTEM

HAHEMANN DAY

THE two most far reaching discoveries in medicine are first that of Hippocrates who, in brief, divorced medicine from superstition and the second most far reaching discovery was made by Dr. Hahnemann.

As Dr. J. Krause says "both friends and foes alike have for a hundred and fifty years mistaken the real achievement of Hahnemann. Friends hail him as the founder of the Homoeopathic method, law, or principle. Foes oppose him for pathological vagaries and the small dose. Both friends and foes take the unessentials and forget or overlook Hahnemann's essential contribution to medicine. As Hippocrates brought disease action within the category of observable phenomena, so Hahnemann brought drug action within the category of observable phenomena. He discovered that drugs produced in the healthy body series of subjective and objective symptoms corresponding to entire disease picture. This discovery was secondary only in Time to the discovery of Hippocrates. The two discoveries are of equal import to the practice of medicine. In "Hufeland's" journal de praktischen Arzeny-kunde and Wundarzneykunst of 1796, Volume 11 parts 3 and 4 Hahnemann published his Essay on a New Principle for Discovering The Curative Powers of Drugs. In this essay he says distinctly that every

and abdomen. Flatulence in stomach or upper abdomen. Eructations are rancid, sour and putrid. Stomach pains are crampy and force the patient to bend double.

6. CHINA OFFICINALIS 6/30

Flatulence in whole of the abdomen, and distention is painful. Belching gives momentary relief. Food does not digest quickly but lies for a long time in the stomach resulting in eructation, and finally undigested food is vomited. Sour or bitter eructations of offensive flatus.

7. LYCOPodium 200

Flatulence in lower abdomen. Vigorous appetite but little food makes the stomach bloat. There is a great distress immediately after eating. Intolerance of pressure round the waist. Desire for sweets is very prominent. Very useful in atonic and acid forms of Dypepsia. It has sour taste, sour belching and sour vomiting. Painful swelling at the pit of stomach. Belching of gas does not offer relief.

8. NATRUM PHOS 6X

Hyper-acidity, acidic condition of stomach with nausea and vomiting of acrid fluid. Sour eructations, sour smelling sweat. Flatulence and vomiting of curdled milk, ulceration of mucous wall of stomach.

9. NUX VOMICA 6/30

There is loss of appetite, pain after eating, indigestion. In this case pain starts from epigastrium and radiates downwards with spasmodic vomiting. Discomfort is felt after half an hour after eating and more so after alcoholic beverages.

10. VERATRUM VIRIDE-30

Inflammation of stomach accompanied by heat. Constrictive pain, vomiting and nausea. Smallest quantity of food or drink is immediately rejected. Constant hiccough with thirst and feverishness. ♦

*Courtesy: The Hahnemannian
Homoeopathic Sandesh*

CAFFEINE AND METABOLISM

SIR,—This refers to Mr. G. Azeemoddin's letter "Fat in coffee" (*The Hindu*, May 8).

That coffee is a source of great danger to the human body, cannot be questioned. The following are some well researched views: the caffeine in coffee increases the excretion of calcium from the body to nearly twice the normal amount. A cup of coffee takes as much as 24 hours to pass through the kidney and the urinary tract. It is, therefore, easy to imagine the amount of strain put on these organs in the case of a person who consumes three to four cups of coffee daily, and has his bloodstream loaded with caffeine. A considerable amount of energy is needed by the body to expel the caffeine and this inhibits sleep. To make it worse, the energy generated by the body is much less owing to lack of sleep.

Coffee can be regarded as a kind of drug because it is habit-forming. One who is accustomed to bed-coffee, morning-coffee, evening-coffee, etc., finds it extremely hard to give it up. Caffeine is a stimulant of the central nervous system and for those who enjoy the luxury of

seven or eight cups of coffee or tea a day, the possession of a dialysis machine would be helpful.

When food and coffee are taken together, coffee forces the food to leave the stomach prematurely leading to constipation. Coffee creates excess of acid in the body. The body, in an attempt to neutralise it, retains water. This adds to the weight of the body.

Coffee de-cafeinated by non-chemical methods, though less harmful, is still acid forming. It is important that acid-forming food should be avoided as far as possible. Besides coffee, tea and soft drinks also contain caffeine. The only purpose of adding caffeine to soft drinks is to make them habit-forming.

The exorbitant price of coffee, and added to it, the dangers involved in its consumption, should serve as a deterrent to coffee-drinking. ♦

*Col. N. B. Nayar (retd.),
Thiruvananthapuram
(Letter to Editor in The Hindu)*

THE ILL EFFECTS OF ANTIBIOTICS

In modern allopathic practice Antibiotics some times are misused or overused. These drugs are frequently used by the patients without a prescription from a doctor, for minor and trifle ailments such as sore throat and small absces and also for acute skin rashes. The ill effects of antibiotics create problems from



their interference with the balance of the normal alimentary flora.

BED WETTING

BELLADONNA will help the child who sleeps deeply. The *Belladonna* child is sensitive to jarring, as when someone bumps the bed, change of weather or being chilled and sweating may bring on this child's bedwetting. Indians of the rocky mountain area give small doses of the plant nightshade (from which belladonna is made) to children who wet the bed at night.

The child who needs *Causticum* wets the bed in the first sleep and is worse in dry, clear weather. He or she had weakness and spasms in various parts of the body; urine may spurt whenever the child coughs.

Kreosotum is also effective for the child who sleeps deeply. The child needing *Kresotum* dreams of urinating or has nightmares involving fire or of being pursued. *Pulsatilla* will benefit the child who is shy, sensitive, weepy and affectionate. Such a youngster is upset by sudden change in the weather. *Sepia* suits many children who wet the bed in their first sleep. In general, the child who needs *Sepia* loves vigorous exercise and dancing, and is sensitive to cold air. Remedies for bedwetting must be strictly chosen with the individual in mind. ♦

The patient may develop malaise (Loss of appetite) gastro Intestinal disturbances, or thrush. In all such cases it is advisable to prescribe one small cup of yogurt daily and garlic tablets or capsules twice daily for adult and once daily for children. Infants may be given generous quantities of garlic in their diet. These two substances yogurt and garlic assist in the restoration of the floral im balance.

In case where diarrhoea has set in due to administration of Antibiotics, *Acidum Nitricum* 30 thrice a day can be given. Where oral or vaginal thrush develop *Borax* 30 twice daily is a good prescription.

Where a cutaneneos allergic response arises as at result of the administration of antibiotic or for that matter any drug then it is wise after stopping the drug, administration of sulphur 6, 30 once daily.

ART OF CURE BY HOMOEOPATHY

A miasm is a prolonged disturbance of physiology that follows infection, the infecting organism having been expelled from the body. Certain types of infection may, thus be regarded as modifying factors with regard to

the generation of fundamental disease.

After years of patient observation Hahnemann saw that a superficial symptom resemblance between drug symptom and disease symptom was some times insufficient to show to true specific correspondence. Eventually he tracked down the three constitutional discrasia to the three "miasm" and he named them syphili, sycosis and psora. The first would be the initial sore of chancre, the second the effects of gonorrhoea and the third to the chronic effects of itch poisoning. The remedies according to Dr Hahnemann, for all the three miasms and their derivatives of various chronic diseases are (1) Mercury (2) Thuia and (3) sulphur with out bring unfaithful to homoeopathy in regard to the fundamental characters of constitution alone render it possible to a certain degree and make it possible to cure with one single remedy a complicated constitutional ailment.

The miasm shows relentless persistence because of the cellular insufficient strength to remove the cellular disfunction. In these instances homoeopathic remedies are needed to remove the miasm. These generally consist of nosodes prepared from

the organism responsible for the disease. Hence a measles miasm that is to say a prolonged disturbance of physiologies following measles is often nullified by the administration of a few doses of 'morbillinum 200' (Measles nosode).

The 'psoric miasm' as it is termed, is the original Hahnemannian concept and perhaps the most understood in the whole field of Homoeopathy. Though the skin disease may be due to fungal agents parasitic infestation (e.g. scabies) or herpes yet the cutaneous infection may give rise to a profound disturbance of internal cellular function. Even though the actual skin infection may disappear either spontaneously or through the action of topical medicines such as sulphur ointment or steroidal cream, the cellular disturbance may remain and in turn may progress to the phase of genetic fundamental disease, and thus psora becomes inheritance disease and in clinical practice we often see its manifestations.

Remedies that deal with psora are termed antipsoric, the principle remedy being sulphur given internally. Within Homoeopathic circle however it is a strange fact that the occurrence

of a transient skin rash (resembling eczema psoriasis, herpes or scabies) is a common event during the successful homoeopathic treatment of chronic diseases in general, even if the patient has no history of skin disease in the past.

Our objective in therapy is to cause a reversion from the pathological to the normal programme, we must think over, so to speak from one genetic programme to another.

The importance of recognising the appearance of chronic disease in its earliest phase and early homoeopathic intervention in the case of an infant mild chronic nasal catarrh will completely normalize cellular functions and prevent its development into a more serious disease such as chronic otitis media, asthma, and so on if we fail to recognize these subtle changes will lead to more serious disease.

In allopathy the attention of the physician is largely directed to the alleviation of sufferings of the patient. Drugs are administered which have the ability to diminish the force of particular pathological process. It would seem laudable for the physician to relieve immediate suffering by the use of allopathic drugs. It does incur

MEMORY

PSYCHOLOGISTS divide the memory system into three stages—sensory memory, short-term memory and long-term memory. Sensory memory holds information for just an instant; short-term memory holds information for as long as the person actively thinks about it; longterm memory stores a huge amount of information but requires intense emotion and repetition to retain it.

Memory is the ability of the brain to remember something it has learned or experienced. It is vital part of the learning process but is not persistent and requires

repeated revision. Memory brings back to us the pleasure of happy moments and the sorrow of unhappy ones.

When an individual learns something new, the information is stored in his brain in the form of molecules. Storing new memories involves both chemical and physical changes in the nerve cells. These changes occur in a tiny section of the brain called the hippocampus. The word "hippocampus" is derived from the Greek word for sea-horse as it is shaped like one. The hippocampus lies behind the tiny bony cavity near the eye and is

certain serious disadvantages for the patient at a later date. The fundamental disease is neither subdued nor eradicated and thus the patient can not be cured. The healing is being suppressed by the allopathic drugs which generally oppose both elements namely the pathological process destruction and healing.

There are two elements in pathological process; destruction

and healing. Homocopathic remedies work by encouraging the healing component, thus opposing the destructive element. In this way they are quite different from drugs in their action and are not therefore suppressive as that of drugs in the nature of allopathy. ♦

Dr. G. Venkatarathinam. B.Sc.,
D.H.BM

part of a larger structure called the cerebral cortex which controls most higher functions such as problem solving and the use of language.

Memory is acquired by means of a series of consolidated events in the brain. The primary molecule involved in the recent memory pathway is acetylcholine, a neurotransmitter in the brain. Several other chemicals such as vasoactive intestinal polypeptide, adenosine and endorphins influence memory. It may, therefore, be possible to improve memory by manipulating these molecules.

EXERCISE :

Instead of using drugs, it is better to try and increase memory by practising the ability to remember a piece of information. Remember, the more one learns, the more lasting is the memory. Students often find it helpful to study in the room where they are to be tested. This is another memory aid. Yet another method is to try and organise information by creating a list between something to be remembered and something that is already known.

Mental exercise, relaxation and proper hours of sleep help enhance grasping power, concentration and even increase

memory. Motivation is the most important aid of all. It is important to recognise that each person has his/her individual likes and dislikes. For example, a student may be poor at academics but he might excel in sports or art or music. To identify and develop these positive points he/she needs proper guidance and channelisation. Trying to force something down his/her throat with memory enhances, brain tonics and "miracle" drugs will not help.

HOMOEOPATHIC DRUGS :

Homoeopathic system of medicine covers, and is capable of curing, vast range of weaknesses regarding memory.

It is well known that neither all the patients suffer from the same kind of weak memory nor with equal intensity. For example, one may have a quite good memory, but in the case of names, he might be seen baffling. Similarly, one may have weakness of memory regarding particular dates of occurrences. As such, a deep study provides us quite good information about the remedy for a certain case.

Let us discuss about some medicines which, when administered, do wonders.

WISDOM AWARDS

*The following is a letter received from
Lion Dr. K.V. Govinda Rao, Editor, Wisdom.*

Dear Lion Dr. Narasimhan,

THIS is to acknowledge receipt of our quarterly journal for the period October'94 – February'95. The Journal continues to be piece of excellence, manifesting your creative thinking and objective presentation. My hearty congratulations.

I do thank you for publishing a writeup on WISDOM AWARDS.

I believe a few mistakes have crept in due to oversight. I am just pointing them out for your information.

Cover page: The WISDOM AWARDS were instituted by WISDOM PUBLICATIONS but not by RATHNA AND RAO WISDOM TRUST.

The Chief Guest who honoured Dr. Venugopal was Hon'ble Justice Shivaraj Patil but not Hon'ble Justice K.A. Swamy, Chief Justice.

Page No.13: The title could have been WISDOM AWARDS instead of WISDOM AWARD.

Thanking you and wishing you all the best. ♦

One Who Forgets dates, particularly Conium, Kali bi, Merc. Sol.

One Who Forgets what he was about to do

Baryta c., Chelid., Sulph.

One Who Forgets while expressing oneself

Lyco, Nat mur., plb., Nux v.

One Who Forgets what has happened

Lach., Nat mur., Sulph.

One Who Forgets proper names

Anacard, Lyc., Medo., R.T., Sul.

One Who Forgets What he has read

Lach., Lyco., Medo., Merc., Nat mur.,

Op., Staphis.

One Who Forgets what he has just thought

Cann. l.,

One Who Forgets Spellings

Lyco., Lach., Medo., Nux v., Sul.

One Who Forgets words, while speaking

Cann. l., Kali-br., Lach., Lyc.,

Nat mur., Nux v., Ph-ac., Sulph.

One Who Forgets well known streets

Glonoine.,

One Who Forgets due to old age

Baryta C., Lyco., Ph-ac.,

These remedies have no side effects when prescribed on the basis of Homoeopathic principles. ♦

– Courtesy: Homoeo Sandesh

PIMPLE CURE

Lion Dr. M.V.L. Narasimhan MAML DHBM

ACNE or pimples is a word derived from the Greek word *acme*, a point. It is one of the most common diseases of the skin. It generally appears on the face and back. It mostly occurs at the age of puberty. This is because, at this age the hair follicles and sebaceous glands are in a stage of physiological hyper activity and tend to suffer functional derangement.

The causes of acne are frequently found in lowered vitality associated with functional or organic derangement of the digestive and sexual system. Homoeopathy offers excellent remedies for the problem of pimples.

ARNICA :

Arnica is the medicine to be given when a number of small pimples erupt. Itching, burning pimples, characterised by symmetry in distribution. When the colour of the pimples is bright red, *Ledum Pal* cures them like miracle.

Hepar Sulph and *Rhus Tox* are also very good medicines for pimples. If pimples appear before menses, *Dulcamera* works very well. *Calcarea Sulph* is the



medicine to be administrated when mucus discharge from the pimples are yellow and thick. *Thuja* is the general medicine to be given for pimples. Other Homoeopathic medicines for pimples which can be very effective are as under:

SEPIA :

Pimples on chin, legs and ftitures of joints.

SULPHUR :

Pimples with black pores on the face. Red itching pimples on the nose, lip around the chin and forearms.

NUX VOMICA :

Pimples with indigestion and constipation. In persons of sedentary habits.

CIMICIFUGA :

Pimples in women who are suffering from gastric, ovarian or uterine. ♦

PROSTATE GLAND

Dr. Pravin Gupta

PROSTATE gland is a part of male reproductive system and is situated at the junction of the urinary bladder and urine tube or urethra. During coitus, the gland secretes a thin, milky and sticky secretion which contains mainly fructose and helps to keep the sperms alive. It has got a lubricant effect and thus eases the passage of sperms in the female genitalia.

It is alkaline in nature and contains enzymes which produce a favourable atmosphere for the union of female eggs and sperms. The functioning of this gland is governed both by male and female hormones with the male hormones having an upper hand. By and large, the gland tends to increase in size after the age of 40 years and is found to be enlarged in about 80% of patients above the age of 70 years. This enlarged gland is responsible for various urinary complaints in the old age males.

WHY THE INCREASE IN SIZE?

In fact, both male and female hormones are flowing in every human being. In men, the male hormones predominate. After the

age of 40 years, the secretion of male hormones tends to decrease, while the female hormones continue to flow at the same amount. This discrepancy is one of the factors in increasing the size of the prostate. Another theory of enlargement is that this is nothing but a new growth in the prostate due to deposition of large number of neoplastic (new) cells in the gland.

SYMPTOMS OF ENLARGED PROSTATE

The most common and prominent symptom is increase in the frequency of urination. This is especially seen in the night and the patient might have to get up 4-5 times during night to empty his bladder. Slowly the frequency increases in the day time also. The urge to pass urine is so intense that the patient has to go to the toilet immediately otherwise there is a fear of passing urine in the clothes itself.

When the patient actually tries to micturate, it does not come out instantly, but he has to wait for some time before the act. The stream of urine is slow and may stop and start in between. At the

end of the micturition, few drops of urine continue to dribble. The patient is not satisfied even after the urination and a sense of incomplete evacuation of bladder continues. If the patient tries to strain during the stream then instead of increase in the stream, the urine stops or slows down. Few patients might also feel a sense of heaviness around the pelvis or distention in the anus and rectum.

OTHER PROBLEMS:

1. PAIN:

There might be a constant pain below the navel and is mainly due to infection in the urine and bladder.

2. RETENTION OR STOPPAGE OF URINE:

Sometimes, the passage of urine may stop completely and the patient is unable to pass a single drop. This is an emergency and may disturb the patient too much to seek an urgent medical aid. This usually happens in a cold or rainy night, or after consumption of alcohol. A long time bed ridden condition due either to a disease or after operation can also create similar problem. Few patients defer the urge of micturition just because of a laziness, especially in cold or

rainy night and may land into the stage of retention of urine.

3. BLEEDING IN URINE:

Passage of one or two drops of blood before or after the micturition is common in this disease and may be overlooked by the patient either because it is diluted by the urine or the visual accuracy to detect blood in urine is reduced. Some times, due to rupture of a major blood vessel, there may be a torrential amount of haemorrhage.

OTHER COMPLICATIONS:

Because of the obstruction to outflow of urine, a back flow or reverse flow may occur so that the excreted urine might ascend back in the kidneys. As there is usually a focus of infection in the bladder or around prostate, these infective organisms might enter the kidney and infect and contaminate them. If this continues for a long time, the kidneys might get damaged and may become poor or non functioning. Loss of control over urine or discontinuance of urine may follow in a long standing case. This disease can also lead to development of urinary stones. As the patient has to strain a lot during passage of urine, the raised intra-abdominal pressure

may give rise to hernia or prolapse of haemorrhoids (piles). Impotence and infertility may be experienced by few patients.

HOW TO DIAGNOSE THE STATE OF PROSTATIC ENLARGEMENT?

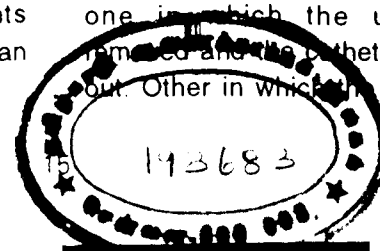
The gland can be felt by passing a lubricated finger in the anus. The size of the gland, the extent, its consistency, relations with the other surrounding structures and the surface of the gland can be noted with this examination. The amount of obstruction produced by the endoscope (tube to visualise the internal parts of the body) called as cystoscopy is of much help as it gives a clear idea about the status of prostatic enlargement and urinary bladder. A piece of tissue can also be taken from the inside with the help of endoscope.

TREATMENT:

Although the complete and curative treatment for enlarged gland is surgery only (where the prostate is removed), in situations where the patient is neither fit to undergo surgery nor he is willing to get operated, then the following measures can be taken. Similarly those patients who are waiting for operation can also be treated on similar lines.

The first aim is to eradicate the infection from the urinary tract and this can be achieved with the help of antibiotics under the guidance of a doctor. The patient should never try to avoid or defer the urge to pass urine and should immediately go to the toilet. Some situations may arise when one cannot go to empty his bladder due to some or other reasons like long distance travel in the bus, lack of favourable place and atmosphere to pass urine and the distantly situated toilet which renders repeated visits is a cumbersome job. These things, if possible should best be avoided.

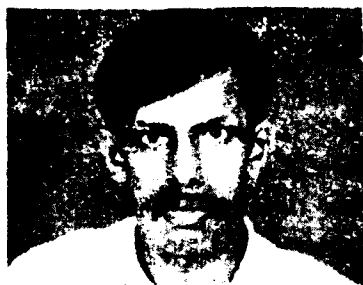
Consumption of alcohol and few drugs which are used to control high blood pressure (diuretics) and which increases the amount of urine should also be discontinued. Sitting in a tub containing warm water or massaging the gland by passing a finger in the rectum also helps in excretion of the retained urine. Sometimes one may need a passage of tube or catheter in the urinary bladder to drain the urine out. This is especially needed if the patient has got an acute stoppage of urine. The catheters are of two types—one in which the urine is removed and the catheter pulled out. Other in which the catheter



INTERESTING FACTS ABOUT FAT

— Dr. T.K. Rengachari M.Sc., N.D., DHBM —

A good balanced diet should include fat. Fat should supply 20 to 25% of the calories needed by the body. Weight for weight fat has about $2\frac{1}{4}$ times as many as calories as carbohydrates and proteins. It is the most concentrated energy food. It is also the vehicle of other food substances, notably fat soluble vitamins, needed by the body, in



its chemical composition fat is a combination of Glycerin (Glycerol) and various "Fatty Acids".

can be retained in the bladder for many days. Few drugs, which produce a shrinkage in the gland and help in easy drainage of urine can also be used. Most of these are ayurvedic preparations.

SURGERY:

There are many different techniques to remove the glands. The two most commonly followed and performed are:

1) A passage is made in the urinary bladder to reach the gland from where the prostate can be removed. This is especially useful in removing out large glands and is comparatively cheaper.

At the same time, the patient has to stay for a longer period in the hospital and the chances of complications are more.

2) In the second technique, so called 'Transurethral removal of Prostate, (TUR-P), the gland is approached via the urethra by passing the endoscope and the gland is shaved off in place with the help of an electric cutter.

This is a better accepted technique as the patient has to stay for 3 days in the hospital and there is no external wound. This is more preferable than the first one and the facility is available only in big cities. ♦

There is a delusion that eating fat makes you fat. This is not true. It all depends on how much fat you consume. It is usually easier to cut fat out of the diet than any other common food stuff. The total number of calories consumed and not the amount of fat determines whether you loose weight or not.

Actually the animal body (Including the Human) can manufacture its own fat out of Carbohydrates and Proteins eaten. The best example is the cow, which eats Grass and produces butter fat.

Sources of fat in the Human diet are animal fats-dairy products (Especially butter fat) and plant oils (Such as Olive oil, Soyabean, Corn and cottonseed oil) plant oils are often Hydrogenated to make them firm. They then become Oleomargarine. Nuts and seeds are exceptionally rich source of fat.

Will a fat free diet prevent heart disease? No. Over weight people usually ingest more calories than they should both as fat and other food substances. There is an association between over weight and heart disease but the over weight does not cause the heart disease. There is also a theory unproved that low fat diet will prevent or slow down the deposit of fat (Cholesterol) on the inner lining of the arteries. A condition (Atherosclerosis) definitely associated with heart disease. How-

ever this theory breaks down because the body manufactures. Its own fat (Cholesterol). It is wise to keep one's weight at a sensible level as a precaution against heart and Blood level disorders but completely avoiding fat is not the way to do it.

Are high fat diets dangerous? To some extent they usually are associated with the intake of too many Calories. Fats must be consumed along with a proportion of proteins and carbohydrates; otherwise the fats are not completely digested and become ketone bodies producing a condition of ketosis. This sometimes occurs in patients on high fat diabetic diets.

A low fat diet sometimes helps in treating only skin conditions notably acne.

Are fats indigestible? Not at all. Fried and fat foods often appear to be indigestible because they have been over cooked. The fat Globules have been overcooked. The fat Globules have been so moulded together by the heat that it is difficult for the fat solvents in the digestive tract, gastric juice, and bile, to break them in to small Globules for complete digestion.

Too much fat in the diet is neither appetizing nor assimilable. But there is no reason for avoiding fat altogether.

In Homoeopathy crataegus cures arteriosclerosis. Crataegus has the solvent power upon crustaceous and calcareous deposits in arteries. ♦

MAGIC OF MINIMUM DOSE

Dr. K.S. Bhaskaran Nair

IRONY of fate! Homoeopathy could alterate it for good.

A wealthy business man, fair and well built, could not eat normal or delicious food for the past two years due to stomatitis. A lot of allopathic drugs, Vit.B tablets and injections were prescribed for him, from time to time. But had only temporary relief. As he was travelling to all parts of India often and abroad at times, he was not fortunate to eat regular and needy food, which created inveterate constipation in him. Laxatives were not of much help to him.

This gentleman was brought to me by a common friend, a few months back, with the hope of getting lasting relief from his ailments. Considering the facts that he was mostly on hotel food and constipated bowels, I prescribed BRYONIA 200, as constipation is a good reason for stomatitis. After a week he reported improvement in bowel movement but complained of soreness in mouth and a few ulcers. I prescribed BORAX 30



six doses followed by MERC SOL. 30 six doses. At the end of the last dose of Merc. Sol. 30, he said he is mostly relieved of stomatitis and was able to eat normal homely food. But he showed me cuts in corners of mouth, painful at times. Six doses of CONDURANGA 30 relieved him of this trouble also. Today after one month he is not complaining any sort of malady in his mouth. His bowel is also normal.

In this case I had to prescribe 4 remedies serially due to change of symptoms and irregular and untimely food habits. The patient is happy of Homoeopathic treatment. He is recommending many of his family members and friends to come to Homoeopathy for acute or chronic ailments. ♦



MENSTRUAL PROBLEMS

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

MOST of the ladies suffer menstrual problems like painful, scanty, irregular or excessive discharge, leucorrhoea before or after menses, etc. Menopause syndrome occurs between 40 and 50 years. Delayed menses is also one such condition. Homoeopaths are least concerned about the name of the ailments but are concerned about the symptoms of the individual patient and treatment. Late Dr. C. Sriramulu our General Secretary of the M.P.H. Association used to say time and again to keep aside the clinical reports and go by the symptoms exhibited by the patient.

2. I had occasions to meet one of the leading Gynaecologist in the city of Madras who refuses to examine the young girls with the menstrual complaints, probably she is of the view that those problems can be overcome by resistance developed in the body in due course by young girls.

3. Amenorrhoea - Absence of menstruation. Primary Amenorrhoea is the non-occurrence of the menses. Secondary amenorrhoea is cessation of the menses after



they have been established, owing to disease or pregnancy.

4. Dysmenorrhoea is painful menstruation. Primar dysmenorrhoea is spasmodic in its nature, that is painful contractions of the uterus arising just prior or at the time of menstruation. Secondary dysmenorrhoea is congestive in its nature, that is due to local congestion and abnormal increase in size of endometrium (endometrioses) which worsen the condition. When there is congestion in pelvic organs a thick whitish discharge from the vagina occurs or excessive discharge of mucus namely Leucorrhoea.

5. Dysmenorrhoea is painful menstruation without regard to quantity of blood discharge, though in most cases the menstrual flow is scanty. The

different complaints accompanying the menses set in either before or at the time when the flow starts and generally last a day or two and sometimes till the end of the period. The Dysmenorrhoea when occurs, forms the principal characteristic feature of the entire menstrual life. The disease reappears at each succeeding month with increased severity. Sometimes the pains are accompanied by nausea, vomiting and headache. In some cases the patient goes to bed crying with agonising pains and rolls about in bed, lies and presses upon the abdomen.

6. Dysmenorrhoea may be due to frequent colds, lack of exercise to the body or improper diet etc. Menstrual irregularities and troubles are due to psoric condition says Dr. Samuel Hahnemann.

7. The following are the Homoeopathic remedies:-

(i) *Belladonna*: Congestive dysmenorrhoea. Pains preceding the flow. Pains come suddenly and cease suddenly. Flow offensive and clotted.

(ii) *Caulophyllum*: Bearing down pains, apthae pains shoot in various parts of the body. Pains intermittent and spasmodic patient screams with pain.

(iii) *Chamomilla*: Pains make the patient mad and patient says she cannot bear the pain. Dark flow.

(iv) *Cimicifuga*: Menses irregular, delayed or suppressed. hysterical or epileptical spasms at the time of menses. Pain moving across the pelvic region from one side to another.

(v) *Cocculus*: Neuralgic pains - agonising pains, burning, extending down to thighs and radiate over the whole body and even to the heart.

(vi) *Gelsemium*: Best for spasmodic dysmenorrhoea. Relieves the pains at the start.

(vii) *Mag Phos*: Menstrual colic. Membranous dysmenorrhoea-menses too early stringy dark. Swelling of external parts. Ovarian neuralgia vaginismus.

(viii) *Pulsatilla*: Menses dark in colour and delayed. To be given in between the periods and for congestive dysmenorrhoea worse during menstruation. Absence of Menses.

(ix) *Sulphur*: It removes psoric taint - when other medicines do not work, sulphur by itself works on all such complaints.

(x) *Viburnum Opulus*: Pains begin in the back and going around loins and to the uterus

ending in cramps-Neurologic and spasmodic dysmenorrhoea.

Other homoeo remedies are Ferrum Met, Cyclamen, Aconite, Turnera, Stramonium, Sabal Serrulata, Lycopodium, Dulcamara, Kalicarbo, Chionanthus, Biochemic remedies are Mag Phos, Ferrum Phos, Kali Phos, Kali Mur.

8. Leucorrhoea:

Leucorrhoea is an abnormal, white or yellow mucous discharge from the cervical canal or the vagina. It is due to the ulceration of the Endocervix and catarrhal affections of mucous membranes of vagina. Leucorrhoea may occur at any period of life but it is most frequent between 15 and 45. It may occur especially in scrofulous girls and materially interfere with the full and free development of the girl and of the uterus.

9. Causes for occurrence of Leucorrhoea are attributable to many factors. Hereditary, errors in diet, wrong habits of living, ulceration of the womb. Chronic constipation, purgatives, irritation from stimulating injections, inflammation of the rectum. Disorders causing stagnation in proper circulation of blood, miscarriages, uterine displacement, excessive use of coffee

and tea, anaemia, general weakness, exposure to cold things are a few. Persistent discharge especially when blood tinged demand careful treatment. Even for treatment of Leucorrhoea totality of the symptoms have to be considered.

(i) *Alumina*: Acid Leucorrhoea with burning in the genital organs and rectum. Walking difficult, "relieved by washing with cold water. Constipation, itching in pudenda during Leucorrhoea," transparent ropy, flow greatly exhausting as it is rich in albumen.

(ii) *Calcarea Carb*: Leucorrhoea is profuse milky, persistent or yellow and itching and burning. Leucorrhoea before menses or recurring attacks between menses.

(iii) *Kreasotum*: It has power to cure Leucorrhoea. Cures profuse watery sometimes yellowish-acridity is marked; Leucorrhoea precede menses, acrid and causes pudenda and thighs to swell and itch.

(iv) *Pulsatilla*: Leucorrhoea of thick mucous resembling cream. Leucorrhoea in young girls before puberty.

(v) *Sepia*: Milk like or yellow or greenish water like pus or bad

SANKARA VIJAYAM TO HOMOEOPATHY

HIS holiness the Jagath Guru Sankarachariar paid a visit to the Jeyendral Free Homoeo dispensary run by the 'Janakkalyan' movement, at Pattukkottai on 18.3.95 - 4 p.m. Dr. V. Kalidoss - in charge of the free homoeo dispensary and Dr. S. Sampath Kumar - Honorary physician and advisor of the dispensary were honoured with golden shawl by His Holiness the Jagath Guru.

In his address to the public, His holiness said that "Homoeo and Siddha are the systems of

medicine which do not cause allergy. Allopathy relieves pain and fever fastly, but it may cause allergy.

Though the doctrine and philosophy of Homoeopathy is foreign to us, it is akin to the teachings of our vedhas that the quintessence of a matter is more powerful and curative than the mere mass of it.

Homoeopathy is effective and curative—thoroughly curative—without side effects. As somebody stated here, nowadays the

smelling fluid-profuse after urination. Worse before menses. Sensation of emptiness at the pit of the stomach. Good for leucorrhoea of little girls.

(vi) *Sulphur* : Leucorrhoea follows menstruation which is yellow, acid and thick. Leucorrhoea from suppressed eruptions or ulcers. Burning of soles of the feet, heat in the head. Craving for food at night.

Other homoeo remedies are

Actea Racemosa, *Acid Nitric*, *Algetris Farinosa*, *Lachesis*, *Lapis Albus*, *Sabina*, *Lobelia*, *Gun Powder*, *Borax*, *Graphites*, *Veratrum*, *Album*, *Jaborandi*, *Sarsaparilla*, *Mag Phos*, *Conimum*, *Nux vomica*, *Platina* etc. according to symptoms.

Biochemic remedies are *Kali Mur*, *Calcarea Phos*, *Kali Phos*, *Silicea*, *Nat Phos*, *Nat Mur*, *Nat Sulph* and *Kali Sulph*. ♦

LIGHT AS MEDICINE

BESIDES, being essential for life on our planet, light has curative properties too. The natural light, i.e. Sun light has germicidal properties. When the body comes in contact with direct sunlight, many harmful bacteria residing on the skin are killed. Even our forefathers were aware that our skin undergoes photochemical reaction in the sun. These may be beneficial and cosmetic. The Victorians thought sunlight promoted healing and prevented rickets.

Like air and water, light is also essential for life. Plants are considered as primary producers in our ecosystem, because they produce carbohydrates and other chemicals in the presence of light. These sugars and other intermediate chemicals are essential to sustain life on earth.

Now, it is a proven fact that deficiency of vitamin D leads to

abnormal calcium and phosphorus metabolism and defective bone formation in the children's disease rickets, which results in bowlegs and pigeonbreast. Vitamin D3 is normally made in the skin of people and animals from an inactive precursor, dehydrocholesterol, by reaction that are promoted by exposure to the ultraviolet (UV) component of semilight. The other common form is vitamin D2, a commercial product made by UV irradiation of ergosterol of yeast. People do not need supplementary vitamin D, as long as the skin receives sufficient exposure to sunlight. The sun-bath is a regular feature in naturopathy style of treatment.

Now a days, even artificial lights are being used to treat many ailments. In 1958, a nursing sister at Rochford General Hospital in Essex noticed that babies on the

cost of treatment is very prohibitive. But homoeopathy is cheap, effective and within the reach of the poor public. We wish the public to avail the benefits of

homoeopathy.

Service to humanity is service to God. Let this institution prosper in its service to the poor."... ♦

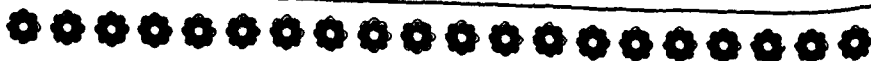
sunny side of the maternity ward seldom became jaundiced. New-born babies become jaundiced because their livers cannot cope with a bodily waste product called bilirubin, a breakdown product of red blood cells. Too much bilirubin can cause brain damage. In the womb, bilirubin is removed across the placenta, but newly born babies have to manufacture their own enzymes to make bilirubin soluble in waste fluids. Initially, these enzymes are missing in the infants, so there is probability of being jaundiced. Now, it is well known that exposure to light acts as enzyme and it solubilises the bilirubin in the skin.

Most of the maternity hospitals prevent jaundice in new-born babies by bathing them in blue light. Phototherapy is being used even to treat cancer. Doctors inject cancer patients with a 'sensitiser' molecule which is absorbed over two or three days, mainly by cancer cells. The doctors then insert fibre-optic

probes into the patient which illuminate the cancer with red laser light. The laser activates the sensitiser, which also fluoresces, so we can see it absorbing the light. The activated molecule excites oxygen in the cell to form single oxygen. This is dangerously reactive and kills the cell. The German chemical company BASF, has process for making vitamin A by using light. On the other hand, using infra-red bulbs to get rid of bone and joint pain is much common.

It is just unfortunate that in this era of pollution and environmental degradation sunlight has become dangerous. The stratospheric ozone shield is being destroyed by CFCs and other chemicals and as a result the concentration of ultra-violet (UV) light in the sunrays is increasing. The long exposure to UV light may kill the cell and even skin cancer may occur. ♦

— Courtesy : *Body and Care*



RENEWAL

Please renew your Subscription to MPHA and ensure uninterrupted supply of your journal.

Please introduce new Members.

TABACUM

TABACUM is to the natural order of solayacaec 3 to 5 ft high with coarse leaves having a disagreeable odour and taste and turning brown on drying—originally a native of America but is now grown in many parts of the world. The word tobacco is applied to this spreads.

Introduced into Spain by the followers of Columbus and from Spain it found its way to other European countries. It was introduced into England by Sir Walter Raleigh into India by Portuguese.

The active principle of Tobacco is nicotine, a volatile oily fluid, soluble in water. The symptoms of tobacco poisoning are nausea, vertigo, vomiting, tremor, salivation, extreme pallor (death like) prostration and by icy clammy sweating. Intermittent pulse become small and weak. The dilatory action on the heart is worth studying. The work of the heart is increased to a greater extent. In the greater number of cases the cardiac symptoms of chronic nicotine poisoning are functional and there are hardly any pathological change. Occasionally due to the heavy continued smoking, hypertrophy results, fatty degeneration and



Dr. C. Sriramulu

arterio sclerosis, though rare are sometime evident. The symptoms most commonly met with are those of pointing to 'irritable heart' palpitation, dyspnoea, pain, muscular weakness, headache and amnesia (loss of memory especially of the ideas represented by words) are frequently to be seen.

Has marked antiseptic qualities, antidotal to cholera germs. Complete prostration of the entire muscular system. Collapse, Gastralgia, enteralgia, sea sickness, cholera infantum; cold but wants abdomen uncovered. Vigorous peristaltic activity, diarrhoea. The most homoeopathic drug for angina pectoris. (Gastralgia—pain from cardiac and extending to left arm.)

Vertigo on opening eyes, sick head ache with deathly nausea; periodical, tight feeling as from band. Sudden pain as if struck by a hammer, nervous deafness.

Throat-Nasopharyngitis and tracheitis, hammering morning cough with vomiting; hoarseness of public speakers.

The effect of tobacco on the eyes is universally recognised. Amblyopia (Dimness of vision especially that not due to refractive errors or organic disease of the eye; it may be congenital or acquired) is of frequent recurrence. It also causes sexual weakness. Effect of tobacco on the general development, it causes a decided loss of weight. The muscles that are mostly affected are the muscles of cheek and back. The main point in Tabacum is intense nausea with incessant vomiting. In this respect it vies with Ipecac. The latter remedy however is wanting in the intense wretchedness of Tabacum neither do we find in Ipecac, prominently the tremor the cold clammy sweat, and the pallor of Tabacum. Another peculiarity about the nausea and vomiting of Ipecac is that the slightest movement causes aggravation of symptoms; the patient has to remain quiet and inactive to prevent this harassing- nausea from getting worse. These indications also leads to it application in Asiatic cholera.

The second feature of the remedy is the sinking sensation felt at the stomach. It is a feeling very hard to describe; It is mostly

a sensation of relaxation felt at the stomach with nausea accompanying it. It is a dreadful faint feeling in the stomach.

There is always a marked amelioration of the symptoms from exposure to draught of open, fresh air and from uncovering. Agg. from the slightest movement, even that of opening the eyes. The picture of Tabacum patient is striking. He is extremely emaciated. The death like pallor of his face is awful. It is also blue, pinched and sunken eyes, surrounded by the blue rings, indicate the agony, and wretchedness of the sufferer. Tabacum has very pronounced symptoms in the region of the heart and it is often used in many complaints affecting that organ. It has been recommended in dilation of the heart caused by shock or violent physical exertion, and also angina pectoris. Palpitation when lying on left side, pulse intermittent, like imperceptible pain in the precordial region. Pain radiates from centre to sternum—Tachycardia & bradycardia (Tachycardia—excessive rapidity of the heart's action—160/200) (Bradycardia—Slowness of the heart manifestation in a pulse rate usually less than 60 per min).

Violent constriction in the throat tightness across the upper part of the heart with proxysmal oppression and palpitation

VITAMINS-EQUIVALENT BIO-CHEMIC SALTS

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

VITAMINS, Function in the body, deficiency symptoms and Bio-chemic equivalent

Vitamin	Function in the body	Deficiency symptoms	Tissue Salts Equivalent
A	Essential for normal growth and vitality. Necessary for good sight and healthy skin. It protects the body against disease, especially of the respiratory tract.	Eye infection, poor vision, night blindness, frequent colds, lack of appetite and skin disorder.	Calcarea Phos.



(Rearing or hissing sound in the ear), tinnitus aurium muscle volitantes (floating specks in the field of vision due to opacities in the media of the eye)—pain between the shoulders, cough followed by hiccup, dyspnoea with tingling down left arm when lying on the left side—irregular feeble pulse are some of the symptoms that accompany others already mentioned.

Remarkable as this cure seems to be it was effected the following red stand symptoms—Epigastric sinking, intense nausea and a frequent falling of faintness at night time. It has been recommended in strangulated hernia. Vomiting of faecal matter

sometimes, Gastralgia—pain from cardiac and extending to left arm incarcerated (inbedded or hidden) hernia. Sea sickness—terrible faint, sinking feeling at the pit of the stomach.

Constipation—rectum paralysed, prolapsed. Diarrhoea sudden, wakes with nausea and vomiting, prostration and cold sweat discharge look like sourmilk, thick, curdly watery. Renal colic, violent pain along left side.

Respiratory—difficult, violent constriction of the chest, cough followed by hiccup, cough dry, must take a swallow of cold water. Legs and hands icy cold; limbs tremble. ♦

B B ₁ or Thia- mine	Includes B ₁ , B ₂ etc. Essential for normal functioning of Nervous System. Regulates Carbohydrate metabo- lism, appetite and aids in digestion.	Serious impairment of Nervous and digestive Systems, Neuritis, Beri-Beri, loss of Weight, diabetes, mental depression and weakness of Heart.	Kali Mur. Kali Phos in alternation with Mag Phos-12X.
B ₂ or Ribof- lavin	Essential for growth and general health, healthy eyes, Skin, Nails and Hair.	Burning sensation in the legs, lips and tongue, cracking at the angles of the mouth Premature Wrinkles and Eczema.	Natrum Mur- 30X + Silicea-12 X + Calcarea Phos, Kali Sulph.
C or Ascor- bic Acid	Essential for normal growth and mainten- ance of body tissues especially those of the joints bones, teeth and gums. Protects against infection and helps in quick healing of wounds.	Scurvy, anaemia, tooth decay, blee- ding gums painful and swollen parts, slow healing of wounds and premature ageing.	Natrum Mur 30X + Ferrum Phos
D	Essential for proper bone and teeth forma- tion and Metabolism of Calcium and Phosphor- ous.	Rickets, tooth decay, Pyorrhoea, muscular weakness and gross deficiencies of bones.	Calc Phos in alter- nation with Silicea-12X
E	Essential for normal reproductive function, fertility and physical Vigor. It dilates the Blood Vessels and imp- roves circulation.	Degeneration of repro- ductive tissues, liver disorders and sluggish circulation.	Calcarea Flour, Kali Sulph-12X Kali Phos, Silicea-12X or 200X.
K	Necessary for proper Clotting of Blood and for prevention of blee- ding.	Insufficient bile Salts in the intestines tines lowered vita- lity and premature ageing.	Calcarea Phos, Ferrum Phos 12X

Note: Unless otherwise specially indicated the potency is 6x

TO PREVENT HEART ATTACK:

Calcarea Phos-12X + Kali Phos-3X + Natrum Mur-3X

Note : To be taken daily twice

want of Haemoglobin Ferrum Protoxalatum 1X
daily three times.

SOURCE FROM WHICH COMPILED:

Lecture on Homoeopathy, Homoeopathic self Reliance forum, Anantapur, A.P.
and Health, the natural way. ♦

FRUITS FOR MENTAL HEALTH

STAY COOL WITH FRUITS

Women who eat more fruits and vegetables enjoy better mental health, research at the university college of Swansea in wales has revealed.

Dr. David Benton, reader in physiology at the university, says a random postal survey showed that women who ate large amounts of fruits & vegetables were less likely to be anxious or depressed. The doctor says this many indicate that an increased in take of vitamins and minerals is linked with better mental health.

Alternatively, it could be a case of women with higher self-esteem being more likely to eat fruits and vegetables in an attempt to stay trim. Whatever the reason, Dr. Benton could find no evidence that there is a similar link between diet and mental health in men.

CHUBBY SECRET

Chubby babies usually bag all the cuddles but they have

something else to be proud of. Scientists now say they are less prone in later lives to develop heart disease, high blood pressure and diabetes.

The conclusion is based on two surveys under taken in U.K. a team of researchers at the university of southampton compared the birth weights of 5,654 males born between 1911 and 1930. The reserchers found that fatty babies were less likely to die of heart diseases. Another survey of 1,586 men confirmed the link between birth weight and death from cardio-vascular disease.

In another study, stockholm university researchsers surveyed the birth weights of swedish male twins. The researchers did not find an increased incidence of heart disease in twins but they found that the shorter of the two had a higher susceptibility to heart disease. ♦

VALEDICTORY FUNCTION

SUNDAY the 2nd day of April, 1995 was a pleasant evening to the faculties and students of DHBM 1992-95 Batch. The students organised a Farewell Party. Commenced at 3.30 p.m. with Tea and Snacks well relished and enjoyed by all. Dr. P. Chinnaiyan presided over the meeting. Prayer rendered by Ms. V.N. Deepa and Mrs. Anuradha Krishnamurthy students of this Batch. Mr. Balakrishnan made a warm welcome in a fitting manner. Then each and every one of the faculty was invited to give their advice to the outgoing students.

Dr. Thiagarajan advised to read Dr. Hahnemann's Chronic Diseases - Theory part. Give up nervousness. Do not repeat same potency same remedy second time.

Dr. Ganga Bai wished all success in their future.

Dr. Janaki Bai suggested all students meet once a month to exchange their experience and knowledge as a study circle. This will give more confidence.

Dr. V. Venugopal mentioned - do not jump to prescribe. Wait until patient completes his/her problems in full. Even after that try to get it confirmed by cross enquiry whether the selection of remedy is correct.

Dr. Surendra - Revive on Sundays.

Continue efforts of practice help the society - explain to people that delay due to the system to bring out from inside to outside and for permanent cure.

Dr. Subramanian - stressed on philosophy of Homoeopathy and its fundamentals - spend time at Dispensary.

Dr. Venkathrathnam - Any system is good - whether Siddha, Ayurvedic, etc. But make use of the best also available in Homoeopathy. Select the remedy by at least three Guiding Symptoms indicated.

Dr. M.V.L. Narasimhan - No two patients are alike, therefore there cannot be a specif drug for any disease or complain. With your support let us bring the journal into a monthly.

Dr. K.S. Bhaskaran Nair - The MPHA has all facilities and no institution in India has such facilities. All of you enroll as Life Members and support the Association to expand its activities.

Dr. P. Chinnaiyan - I am still a student and with you. Follow single, simple, duly guided symptom with minimum dose.

Response by students - Mr. R. Dorairaj expressed thanks to the association, but for whom we would not have gained this knowledge - Let

us all join together and try to improve the Service to the Society by spreading the message of this System-Cheap, Sure Cure, case given up by allopathic also cured. Long standing (Chronic) very well taken care of - no side effects - so this best to achieve the result and bring the Association's name to a still higher level.

At the end a small momento was offered to each one of the faculty in token of appreciation by students.

Mr. V.S.R. Krishnan proposed a vote of thanks and special mention for Mr. Aminder Singh for arranging for Group Photo and Mr. Durairaj for arrangement of snacks. ♦

R Durairaj

NEW CLASSES

Homoeopathy classes of the MPHA have commenced after Summer Vacation. Classes are between 2 PM and 5 PM. Please introduce new members to the classes.

General Secretary

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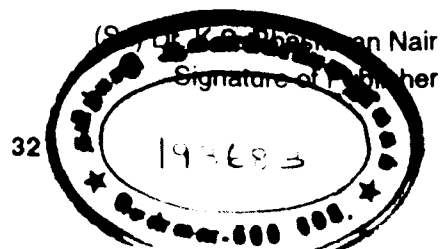
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I, Dr. K.S. Bhaskaran Nair, hereby declare that the particulars given above are true to the best of my knowledge and belief

Date : 25.2.1995



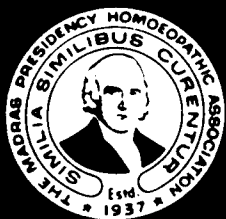
SOCIAL BREAK OFF 1995



Dr Janaki Bai, Vice President suggested monthly meet of old students to exchange experiences.



Dr Venkata Subramanian, receives a memento from one of the outgoing students.



**JOURNAL OF THE
MADRAS PRESIDENCY
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