

# Tandon / Bajaj

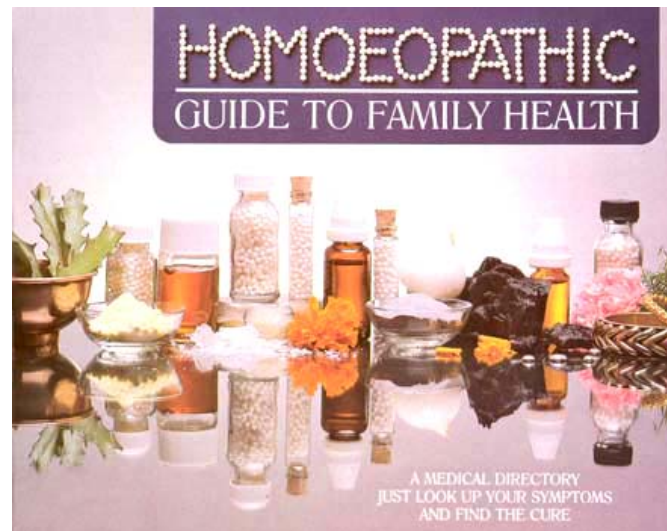
## Homoeopathic Guide to Family Health

Reading excerpt

[Homoeopathic Guide to Family Health](#)

of [Tandon / Bajaj](#)

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# PREFACE

"The Homoeopathic Guide to Family Health" is an effort to present the homoeopathic system of medicine in an easy-to-understand and quick-to-refer format. In one compact volume we have tried to introduce the reader to the system of homoeopathic healing, how it originated, what are the scientific theories underlying it and what are its advantages in terms of alleviation of sickness and reduced costs of treatment and medication. We have highlighted the relevant facets of the life of Dr. Samuel Hahnemann who originated and propounded the theories of homoeopathy. The doctrine as written in his own words has been presented in the chapter "Organon". The reader has been advised on how to select a remedy for the apparent symptoms.

We have arranged the chapters dealing with the selection of remedy according to parts of the body. Further, there are chapters on the skin, fevers, sleep, problems of children, emergency, on first aid and on prevalent curses like smoking and cancer. Care has been taken not to omit any known ailment. In the part on materia medica a number of carefully chosen drugs have been discussed in detail. We hope that these

chapters would provide a rewarding reading experience to the readers of this book.

A reader of the "Homoeopathic Guide to Family Health" can benefit from the use of the book in a number of ways. He can go to the chapter dealing with the specific part of the body and refer to the chapter index. Alternately, the reader can directly go to the exhaustive alphabetical index at the end of the book and look for the page on which his malady, problem or symptom has been discussed and medicine suggested.

We believe that the homoeopathic system of medicine is the system of healing suited to all, the young and the old, the rich and the poor, the people in the developed as well as the under-developed countries and for persons in any place or climate. This is not to take away from the value and utility of the other prevalent systems of medicine. The aim of every science of healing is the relief of the sick. Every system is successful in its own fashion. Homoeopathy too fights sickness and does so with remarkable results. Additionally, the costs of diagnosis in this system are negligible because the diagnosis is by and large symptomatic. The time taken for the medicine to show improvement is not long. Homoeopathic medicines are easy to store and have a long shelf- life.

In the nature of the subject, while preparing this book, we have relied heavily on original sources and works of pioneers such as

Dr. Samuel Hahnemann, Dr. C. Hering, Dr. T.F. Allen, Dr. J.T. Kent, Dr. William \* Boericke and Dr. E.B. Nash. As these learned doctors and authors are no more we can express our indebtedness only in writing. Generations to come would benefit from the spirit of discovery, hard work, understanding and learning of these eminent men as condensed in their writings. We have also had the privilege of access and consultation of a number of excellent books on diet, human body and its ailments. We record our gratitude to the learned authors whose knowledge we have shared through the medium of their books. We have tried our best not to use any copy-righted material without permission. The writing, arrangement and design of the "Homoeopathic Guide to the Family Health" are our own. There is the unavoidable reliance on original symptoms as recorded by the "provers" and tabulated by Dr. S. Hahnemann, his colleagues and successors. But that makes this work all the more authentic.

Homoeopathy has been attacked again and again on the ground that the potentised drugs cannot be tested in a laboratory. But that way a number of phenomena are still outside the pale of conventional science. However, laboratory tests have been going on in many countries and certain phenomena not acceptable to conventional

scientific beliefs have been observed. A report titled "The incredible shrinking dose", published in 'The Economist', London, on July 8, 1988, draws our attention to experiments conducted by Dr. Jacques Benveniste and his colleagues at the University of Paris - Sud in which antibodies in a solution diluted 120 times with antibody-free liquid showed reaction. These results were confirmed independently at laboratories in Israel, Italy and Canada. Only then these were published in the prestigious science magazine, "Nature". Maybe, soon the homoeopathic dose of Dr. Hahneman will produce reaction in a laboratory solution. But, in the human body this infinitesimal dose has been producing a healing reaction for more than a hundred years. That is no mean achievement!

We hope that the "Homoeopathic Guide to Family Health" would be used and referred to in every home by patients and by those who care for them, by mothers for their children and by any-one else interested in sound health at reasonable cost. We are sure that this book would open the gates to health for all. We also genuinely hope that the "Homoeopathic Guide to Family Health" would be of immense advantage to students of homoeopathy as well as to the laymen.

R.K.TANDON  
V.R.BAJAJ, M.D.

## PREFACE TO THE FIFTH PRINT

Homoeopathic Guide to Family Health which was first published in February, 1989 has already gone through three reprints. The present is the fourth reprint of the book.

This monumental work has been received well not only in India but also abroad and is in use by thousands and thousands of families, by laymen, students as well as professionals practising homoeopathy.

The success of the book, while it has been a matter of great satisfaction to me, is ample proof of the interest the enlightened man has in the homoeopathic system of healing, of the utility of this system in bringing about a cure of the sick easily, at low cost, in a short time and without side effects or after effects.

Dr. V.R. Bajaj, the co-author passed away on 11th March, 1991. His contribution to the making of this book was critical. I acknowledge my debt for his fine tuning of the various essays preceding the chapters on parts of the human body and of short paragraphs introducing the sub-chapters.

In the writing of Homoeopathic Guide to Family Health my wife, Swarn, helped me through thick and thin, bearing all sorts of inconvenience because our daily living was

disturbed by the hard work that had to be put into the making of this book. She provided me with great moral support. When doubts were expressed on the scale and viability of the project, she stood by me. She firmly believed that this labour of love would be highly successful. Her faith and belief have come true. In such matters mere thanks are just not enough. Maybe there are no words to express my gratitude for such unshaking support in a risky and unpredictable venture as Swarn gave me when I wrote and published the Homoeopathic Guide to Family Health !

In the publication of a book, a very difficult job is that of proof reading. This arduous task was undertaken by my daughter Bindu, son Vivek and daughter-in-law Anju. They worked hard, day and night for months to accomplish this task as well as to get the artworks ready. My heartfelt thanks to them.

I hope that Homoeopathic Guide to Family Health would continue to be a popular and useful manual of reference to thousands and thousands of enlightened users.

R. K. TANDON.

**HOMOEOPATHIC**  
GUIDE TO FAMILY HEALTH



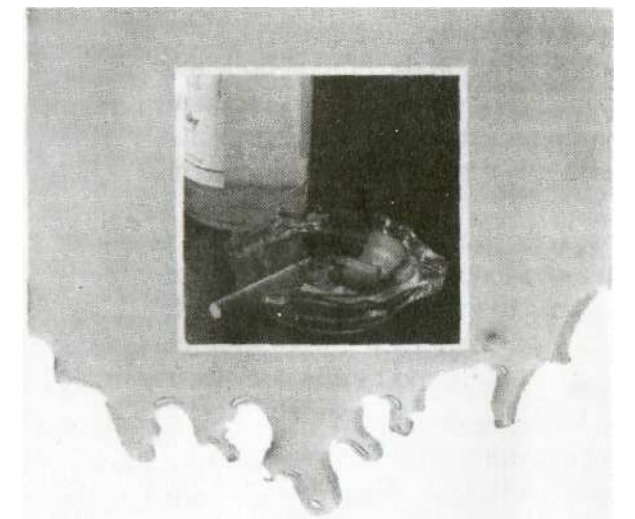
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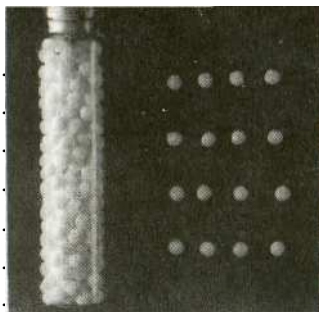
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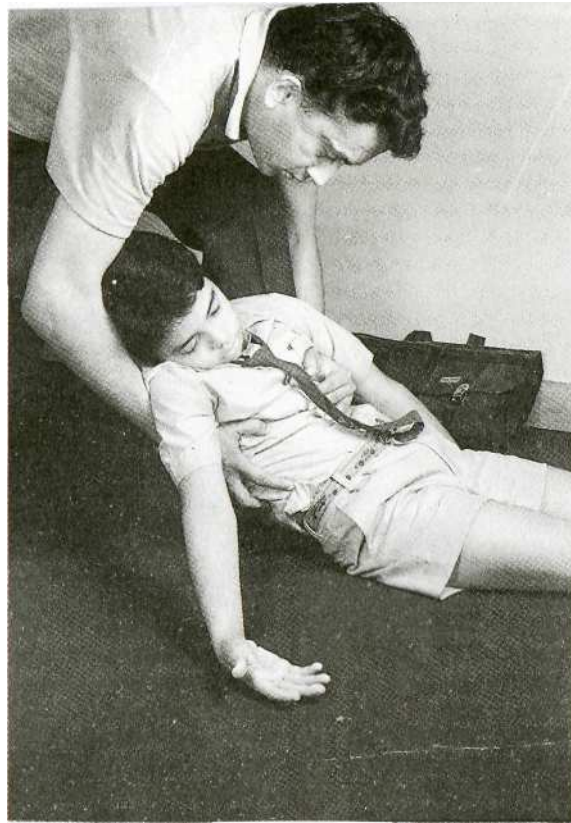


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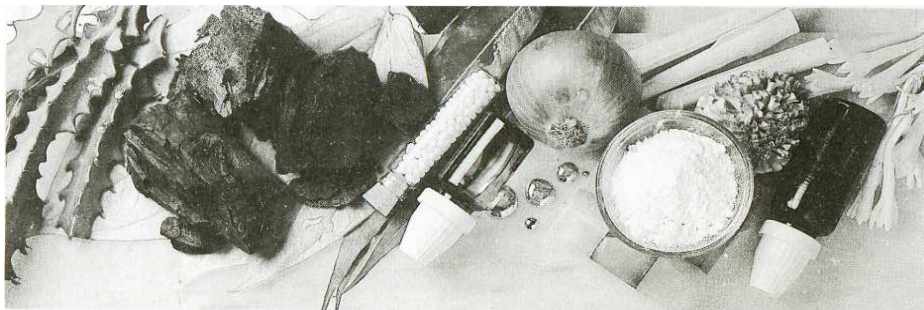


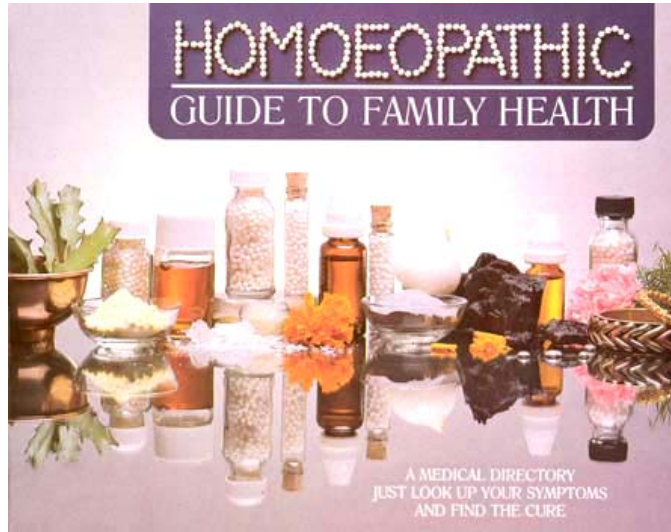
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501 pages, hb



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