

# T.S. Iyer

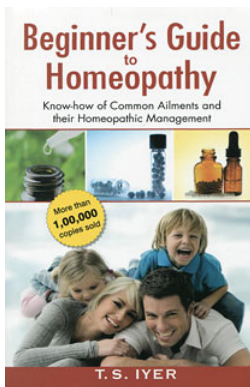
## Beginners Guide to Homeopathy

Reading excerpt

[Beginners Guide to Homeopathy](#)

of [T.S. Iyer](#)

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# INTRODUCTION

## 1. INTRODUCTORY

### *HOMCEOPATHY*

Homoeopathy may be defined as the Therapeutic method of *symptom-similarity*. In the field of Medicine, therefore, Homoeopathy deals only with Therapeutics, i.e., treatment of disease. This Homoeopathic treatment of disease is further limited to the use of certain pharmacologic preparations prepared according to certain well defined principles laid down by the Founder.

This law of Homoeopathic relationship is two-fold, viz., (1) we have a group of symptoms expressing the disease, and (2) we have a group of symptoms caused by the effect of some drug on the healthy human body. In applying this law in practice if a disease is curable and if a medicine which has the same group of symptoms corresponding to the disease is given in conformity with the Homoeopathic rules of practice, a cure is bound to follow.

Homoeopathy is therefore, a special form of using drugs, and the practice of this system is not in conflict with the great field of modern medicine. The main points of advantage which Homoeopathy has over the other systems of medicine are : (1) greater attention paid to the study of the scope and usefulness of drugs in the treatment of diseases ; (2) the use of single remedies whose effects are well known and the laws for their administration which are based on certain well-defined principles; and (3) the absence of possibility of any danger to the patient by their wrong or excessive administration. Briefly Homoeopathy is a *practical* method of using drugs backed up by the experience of over a century and a quarter which will hold good for all time, because symptoms of disease and symptoms of drugs do not change and that is the rock on which the foundation of Homoeopathy rests.

*Hahnemann and the new law of Cure.*

The great founder Samuel Hahnemann was born at Meissen, near Dresden in Germany on the tenth day of

assistance for paralysed parts of such as are without sensation. This is found in *cold spring water* or *cold water from deep wells*. The water may either be poured on these parts for one, two or three minutes or by douche-baths over the whole body of one to five minutes duration, either daily or as often as may be required, according to the circumstances, together with the appropriate internal, anti-psoric treatment, sufficient exercise in the open air and judicious diet.

#### 4. HAHNEMANN'S NOSOLOGY

##### *Chronic Diseases—Further explanation.*

The classification of diseases adopted by Hahnemann includes two types, *acute* and *chronic*.

*Acute diseases* originate from defective hygiene, errors in diet, physical agents, cold, heat and other atmospheric changes, mental and moral influences.

Again, telluric and meteoric and bacterial influences give rise to acute diseases, attacking a number of individuals, at the same time giving rise to epidemic and contagious diseases. Besides these general causes, there are types of acute disease which are transient activities of the hitherto dormant psoric miasm, rendered so from some cause or other.

*Chronic diseases* are such as are produced by infection from a chronic miasm, and which the . vital powers of the organism, aided by hygienic and dietetic and sanitary measures are not able to extinguish. The chronic miasms giving rise to all forms of chronic diseases are *psora*, *syphilis* and *sycosis*. Hahnemann does not classify among these chronic diseases, such as result from living under unhygienic and insanitary influences, or trying mental conditions, dietetic errors, excesses of all kinds, etc. as those diseases disappear of themselves by mere change of regimen<sup>^</sup> and surroundings and removing the cause, provided, -howeVe<sup>^</sup> there is not present one of the three chronic miasms, which<sup>4</sup> are the real causes of all chronic diseases.

*Drug diseases.* On the other hand prolonged drug use in heroic doses does produce a species of chronic disease which is most difficult to cure, and when such have attained a considerable hold, it would seem as if no remedy could be discovered for their radical cure.

(2) It is of the utmost importance that the food taken should be *light*, of *easy digestion* and *nutrition* and in quantities just sufficient to satisfy hunger. It is better always to wait until the patient has some desire for food and calls for it, for then its judicious administration will afford valuable assistance in his restoration from disease. Food should on no account be forced on the patient in a routine manner much against his will. It must be remembered that one important reason why certain articles are prohibited and the use of others are restricted is that the homoeopathic remedies are given in such small doses and are so powerful in action, that nothing should be taken which by their chemical or medicinal action may disturb the normal action of these remedies and neutralise good effects which they may otherwise produce. In order to obtain quick relief and permanent results, it is absolutely necessary that the restrictions mentioned here should be rigidly observed.

(3) The following are prohibited while the Homoeopathic medicines are being taken :—

(a.) *Coffee* in any form, *strong tea*, aerated water, camphor, flavouring essences, strongly smelling flowers, perfumes of all kinds, sandal, scented or medicated soaps, scented sticks or smokes, strongly scented hair-oils, or pomades, tooth pastes and tooth powders containing chalk or any medicinal substances, chunam with betel leaves, spices, such as masalas, cardamoms, cloves, nutmeg, cinnamon bark, saffron and asafcetida.

(b) onions and garlic, mint, radish, pickles and all vegetables with bitter taste ;

(c) all kinds of medicines, medicinal foods, tonics, disinfectants, such as phenyle in lavatories and naphthalene ;

(d) all-external medications, ointments, plasters, etc.

(e) Medicinal herbs or vegetables, castor oil, and all saline or mercurial purgatives or salts.

(4) The following are allowed :—

(a) In place of coffee, cocoa, ovaltine, Bourne-Vita, oats porridge, Instant Postum, cereal coffee, such as Ragi malt, wheat or whole-green gram, gently fried in an earthen pot to a brown colour and converted into powder, or any-form of conjee prepared out of broken wheat or rice may be used.

*Pulsatilla*, for the same sensation on swallowing as described under *Nux Vomica*, or the throat appears too narrow, as if obstructed by swelling ; redness and sensation of scraping ; *dryness of the throat without thirst* ; shooting pains in the throat when swallowing, but *worse when not swallowing* ; a feeling of tension in the throat ; the glands of the neck are painful when touched ; the *interior of the throat is more of a bluish red* ; the fever is *unaccompanied by thirst* ; chilliness in the evening followed by heat.

*Sulphur* for frequent or continued sore throat, especially in weak constitutions. *Sulphur* is a valuable remedy to hurry forward the suppuration process when an abscess seems certain to burst ; also, after the discharge of an abscess, when the cavity is slow in healing, or when many abscesses form in succession. In order to hasten the healing, *Silicea* may be given.

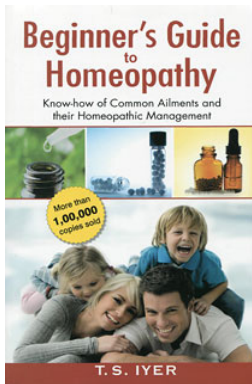
In persons pre-disposed to sore throat. *Sulphur*, *Graphites*, and *Silicea* have been found useful in overcoming this constitutional tendency. In such cases a dose of the remedy suitable for the constitution of the patient may be taken in the 30th potency every fourth day until six doses are taken ; if it has to be repeated after some time, it may be given in the 200th potency, 3 or 4 doses at fortnightly intervals.

## 2. TONSILITIS OR INFLAMMATION OF THE TONSILS.

(a) DEFINITION—CAUSES. Acute tonsillitis has already been considered under 'Sore throat'. Chronic enlargement will now be dealt with.

The tonsils are two oblong, somewhat rounded bodies, placed between the arches of the palate. In some they can scarcely be said to exist, as they are not clearly visible, while in others they fill up the throat to such an extent as to impede swallowing, or even respiration. The use of these glands is to secrete a fluid which makes smooth and slippery the passage to the stomach, for the easy transmission of the food we swallow.

Enlargement of these glands from chronic inflammation, or enlargement either congenital, or arising from excessive nutrition which is not assimilated by the system, constitutes the disease under consideration.



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