T. P. Chatterjee
Fundamentals of Homeopathy and Valuable Hints For Practice

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Fundamentals of Homoeopathy and Valuable Hints for Practice

Introduction

The founder of the Homoeopathic System of Medicine, the basic scientific explanation of which still remains to be unearthed, is Dr. Samuel Hahnemann, born on April 10, 1755. Himself a great philosopher and physician and a renowned chemist of his time, gave to the world this wonderful system which has worked miracles and continues to save myriads of lives which would have otherwise been lost under the modern system of medicine. This is not to cast aspersion on the modern system which has also a great value but only in a limited sphere and is predominantly suppressive. It has little answer to chronic diseases and long-term use of most of its products has proved injurious to human system.

The philosophy of Homoeopathic treatment is summarised in the statement "Similia Similibus Curentur". "Similia" means similar, "Similibus" means simillimum and "Curentur" means cure. In other words, like cures like. The drug, which in its proving gives out symptoms similar to the disease, is the most suitable drug to bring about the cure of the disease. This is the Law of Similars—the matching of the "disease personality" in its entirety as reflected in the Totality of Symptoms with the "drug personality" in its entirety as reported in the Materia Medica, and forms the governing principle of homoeopathic treatment. The Organon of Medicine of Dr. Hahnemann is its Bible.

Vital Force and Homoeopathic System

In Homoeopathy, the concept of individual diseases is not recognised. The omnipotent vital force which pervades the whole world in its animate and inanimate states and maintains harmony in them, is also equally present in human beings; and their so-called diseased state is nothing but disequilibrium of this vital force. Treatment with
for ailments 2-7. It is claimed that no further study on the usual lines is necessary.

Sources of Medicine

The crude drugs having medicinal properties form the bases of all potentised drugs in use in Homoeopathy. They may be of vegetable origin, e.g., Aconite, Belladonna, China; or of mineral origin, e.g., Aurum Metallicum, Phosphorus, Slannum Metallicum; or of animal origin, e.g., Croialus, Lachesis including nosodes like Tuberculinum, Becillinum, Variolinum etc., products of diseased paits of body. Even though the vital force is not in dynamic equilibrium in its diseased state, certain fundamental functions of the human body should continue to be discharged to help eliminate poisons accumulated as a result of deranged vital force and, it is the duty of the attending physician to see that they are so before prescribing medicines from any of the above three groups. Thus, it is important to see that excretory functions are in working order before prescribing medicines from the Vegetable Group, that heart and kidney functions are not impaired and the state of vitality is not too low while prescribing medicines from the Animal Group and that if the condition of a local lesion is grave, no medicine from the Mineral Group is prescribed.

Potentisation

Potentisation of drugs is an indispensable feature of homoeo-treatment. It means bringing out the latent medicinal properties of a drug by successive friction by means of multiplied and continued irituration and succussion of a small portion of "the drug. The transformation of the drug is so dynamic, extraordinary and astonishing that a minute quantity of the potentised drug cures various ailments that the human body suffers from. Indeed, the remedy is equally applicable to ailments of animals and plants. But, how this happens remains a mystery. It has baffled scientific investigation till to-day.

The two systems under which the potentised medicines are available are: (a) The Centesimal System (1:100) and (b) The Decimal System (1:10). Under the Centesimal System, 1, 2...30...200...1M (1000)....10M (10,000).....CM (100,000) are suffixed to the name of the medicine such as Arnica 30, Hepar Sulph 200, Sulph 1M etc. The ultra potencies, namely, MM, LMM, CMM, DM etc. though proved to be most effective and curative in some desperate chronic cases, are

patient's life and even sterility can result from emotional strain which causes tubal spasm. While the case of Madness has to be kept separate as it involves constant attention, expensive auxilliaries and can best be treated in a mental hospital patronised by government, the golden rule of Totality of characteristic symptoms cum miasm is equally applicable, with due emphasis on peculiar, rare/alternating symptoms and concomitants, to mental cases and holds the key to their successful treatment, as in other cases. An illustrative list of some psychic medicines based on Dr. Gallavardin's work is given as Appendix VII. 

**Homoeopathy and Diet Restriction**

There is intimate relation between diet and disease and this is respected by all systems of medicine. No body would suggest food difficult to digest to a person suffering from diarrhoea or sugar to a diabetic. While there is need to restrict diet in disease, equally, there is need to prescribe special diet to help recovery. The advice of a physician should not stop by prohibiting sugar to a diabetic or fat to a high blood-cholesterol patient, he must also suggest helpful diet such as vegetables and unrefined bread to them to control blood sugar and blood cholesterol. Thus, every physician is expected to have some knowledge of diet in disease to be really helpful to the patient. An idea of quantum of food and calories required in certain typical diseases may be had from Appendix IX to this book. The requirement of food and its distribution among the principal components as shown in the appendix are based on adult experience in countries where summer is short. Under Indian conditions this has to be suitably adjusted. The food habits also vary greatly and, therefore, details of food under each category such as protein, carbohydrate and fat would vary and have to be filled in with due regard to the broad character of the diet such as high protein, low fat, etc, as shown within brackets against each item and the calorie requirement of the patient considering his disease, age, activity, digestion, taste, etc. Vitamins and essential salts also have to be provided through food in the diet chart itself, unless separately called for in special cases. But here, it has to be remembered that if the deficiency syndrome is the result of some chronic metabolic defect, any extra amount of synthetic vitamins and minerals will only aggravate the situation. Thus, an excess of vitamin B-Complex may lead to a disease called Vitaminosis, while the indiscriminate use of mineral salts is likely to affect the normal electrolyte balance of the body. The remedy lies in removing the metabolic defect. And it is here that homoeopathy can help. The prescription of proper diet in a disease is the job of diet-
Although, initially, conception is a physiological event, after fertilization, the foetus becomes a part and parcel of the mother's body and only a high potency drug could be expected to dislodge it, if potentised drug has to be used. An opportunity came to the author to treat a case on the above basis and it was successful. The case is quoted below from the case diary:

Mrs. R. aged 38, married, with two children, came to see me on 2.8.80 and enquired if it would be possible to terminate pregnancy by homoeo-drugs. I replied that it might be possible provided the pregnancy was in its very early stage. Then she told her case that she had already terminated her last pregnancy which was 6 weeks old in a hospital about 8 months ago. She feared she must have conceived again as her period had not come, though it was due more than a fortnight ago. Her period, which was 3-weekly, was very regular. As it did not come yet, she suspected conception. She had suffered a lot in her last termination of pregnancy. She would now like to take chance with homoeo-drugs. *Ine* was examined and hers was a confirmed case of conception. Her mental picture fitted completely with Pulsatilia—fearful, weepy, likes sympathy, changeable mood. So, *Pulsatilia* was selected and 5 doses of its 1M potency were given to be taken twice daily morning and evening. 4.8.80. No period yet. *Pulsatilia* 10M, 4 doses, noon, evening, next morning and evening. To consult after 4 yrs. 9.8.80: Joyfully reported that her period started on the 8th last and flow was normal, though clotty. No abnormal pain. No medicine. 9.9.80: Had her period after 27 days. No complaint. Here *Pulsatilia* not only saved her from the trouble and suffering of abortion under the modern system but also regularised her period, as she used to have it before only on the 21st day of the cycle, every month.

The possibility of finding a single birth control drug as has already been pointed out, appears remote. But it may not prove difficult to classify females within the reproductive age into major groups on the basis of key homoeo-drugs having specific bearing on the reproductive system and common physical and mental symptoms such as Pulsatilia type, Sepia type, Calcarea type, etc. and study their responses to known birth-control drugs both as preventive and also as agents for terminating pregnancy by administering the drugs in low potencies including mother tincture and also in high potencies. This is just a suggestion and is recorded for whatever it is worth in the programmes of research in this field.

However, homoeopathic treatment is most suited to deal with cases
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