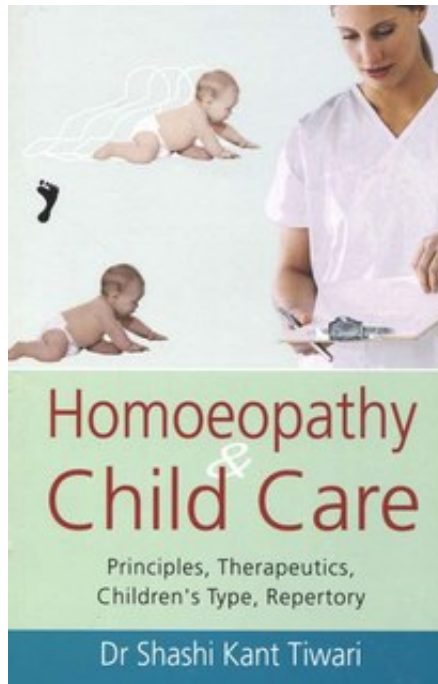


# Shashi Kant Tiwari, S. Homeopathy and Child Care

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## PREFACE

The work on *HOMOEOPATHY AND CHILD CARE* had a humble but significant beginning in the form of articles written for a local English daily. The articles, related to the problems of children, drew remarkable attention of a sizeable number of intellectuals, and were appreciated much beyond author's expectation. Further, frequent demands and requests were made from the knowledge-seekers, medical students and professional colleagues to publish the articles in a book form. This impelled the author to take up this work which not only contains his published articles but also gives much additional information about the child care.

The work is intended to educate the parents, students and practitioners of rational healing art to facilitate and improve the quality of child health care. The book is a long felt need in Homoeopathy, a system of medicine which is most suited to child care because of its efficacy as well as its mild and gentle way of treatment. Besides, children respond readily to the system because they are closer to Nature and their expressions are not masked. Moreover, unlike the adults children are generally not over-drugged. An attempt has been made in this book to exploit these factors to the maximum extent.

The book delineates common complaints in children and also facts and concepts relating to them. This is intended to help Homoeopathic practitioners and the medical students to handle the child with knowledge and confidence. For the benefit of my colleagues in other systems I have briefly intro-

duced the Principles of Homoeopathy

The author's long years of service as a senior consultant in Fr. Muller's Homoeopathic Medical College and Hospital has given him a first hand and close experience regarding various sicknesses affecting children and their management through Homoeopathy. A long tenure as Professor has also helped the author to arrange the vast experience systematically and present it to the profession as well as to the academic world. This book, which is an amalgamation of clinical and academic experience, is therefore exhaustive and easily comprehensible.

The parents these days show maximum concern for their child especially when he is sick. With enlarging trend towards nuclear family, with both parents working, and consequent pressure on time, it is often found that the parents develop a guilty conscience because they are helpless in giving sufficient time and attention to the child especially when its emotional needs are intense. Even when the child is sick, the parents cannot afford to spend sufficient time with him. And in order to find a quick solution, they rush from physician to physician in search of the best and instant treatment. Some parents, because of their guilty conscience, and to impress the spouse, do not mind spending any amount of money for the treatment which might not be necessary in a large number of cases. In the process, even trivial and self-limiting complaints are treated by some physicians with unnecessary drugging. Sometimes this is positively dangerous. The book would help the parents to understand the child better, both in health and sickness, so that unnecessary anxiety and drugging are avoided.

The book is presented in four parts. The first part - ***Principles*** - delineates the philosophy and practice of Homoeopathic system of medicine in eight chapters. This would acquaint the reader with the general principles and application with special reference to child health care. The last two chapters 'Knowing the Child' and 'Case-Taking' are

helpful in understanding the child from Homoeopathic point of view.

The second part - *Therapeutics* - deals with the common diseases in children and their Homoeopathic treatment. Care has been exercised to discuss the presentation rather than the disease process so as to facilitate clinical practice and prompt management of the case. A few names of medicines also appear towards the end of each chapter. These are the most common or frequently indicated medicines in such cases.

The third part \_\_ *Children's Type* - deals with the child from Materia Medica point of view. The author's experience pertaining to the children in his clinical practice coupled with children's description given in Materia Medica has led to the emergence of twenty-one children's type which are narrated in this part. There could be many more types which might emerge in one's own clinical practice. Hence these twenty-one types are in no way to be considered as the final classification. The description of children's type helps to find out a constitutional medicine.

The fourth part - *Repertory on Children* - is an attempt to bring together all the relevant rubrics of children at one place. For this purpose almost all recent and old standard repertories in use have been referred to. Of course, the modification and rearrangement have been done and a new shape is given by the author on the basis of his knowledge of the subject and clinical verification. The rubrics have been arranged alphabetically except at two places under the head 'Characteristic Features' where the arrangement is based on the prominence of symptoms .. This would help the reader to locate a symptom within no time. Three types of typography are used to indicate the grades of medicines as follows:

CAPITAL, - 3 marks	( 1 Grade)
<b>Bold</b> - 2 marks	( 11 Grade)
Roman -1 mark	( III Grade)

A systematic repertorization can be done successfully with the help of this part of the book. No doubt the principle of repertorization remains Generals to Particulars.

**The Bibliography** given towards the end would help further study in this direction.

The book carries a discerning "Foreword" by Dr.Sanjeev Rai, Senior Professor in Paediatrics and Vice-Principal, Fr.Muller's Institute of Medical Education and Research. I am indebted to him for writing a Foreword and offering constructive suggestions.

I would remain indebted to Dr.Mahender Singh, my teacher for writing his opinion about this book.

While presenting this book to the practitioners, parents, academics and students, I would earnestly request them to offer constructive criticism, if any.

## **ACKNOWLEDGEMENT**

I am grateful to B.Jain Publishers, New Delhi, who had published my first book *Essentials, of Repertorization*, for readily agreeing to publish this book too.

I am deeply indebted to Most Rev.Bernard Moras, former Director, Rev.Dr.Baptist Menezes, Director. Rev.Fr.Valerian D'Souza, Asst.Director, Dr.A.K.Singh, Vice-Principal, Fr.Muller's Homoeopathic Medical College for their constant support and encouragement,

Dr.Valarmathy Racheal Fernandes, my colleague in the Department, shared a part of my departmental responsibilities so that I could concentrate on writing. My students Ms.Gayathri and Ms.Glory Persya of IV BHMS readily came forward to help me in preparing Index to the repertory and Bibliography. I sincerely thank them all.

My heart-felt thanks are due to Prof.M.Raghavendra Prabhu of Canara College, Mangalore .for his help in prepar-

ing the copy for the press. Mrs. Veena Nazareth of our College office carefully typed the entire manuscripts to my fullest satisfaction for which I thank her.

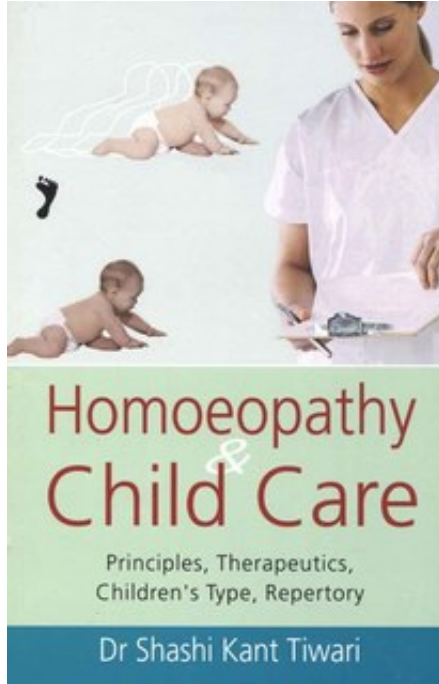
Both Sri Balakrishna Pai (who is unfortunately not with us) and Ms. M. Sudha, Graduate Asst. (Retd.), St. Mary's High School, Mangalore, were the ones who willingly shouldered a part of my family responsibility and helped me in devoting more time for writing work. I remain ever grateful to their selfless love and service. I would also like to thank Mrs. Gladys Pinto, Lower Bendore, Mangalore, for her constant support.

The successful completion of the work would not have been possible but for the blessings showered on me by my parents and elders in the family - Shri Kailash Nath Tiwari, Smt. Savitri Pandeya, Shri. Om Prakash Tiwari, Shri Satya Prakash Tiwari, Shri Ram Pratap Tiwari, Smt. Shashi Kala Upadhyaya and Shri Ved Prakash Tiwari. At this juncture I recall with deep gratitude the care and concern showed to me by Shri Ram Pratap Tiwari during my period of study in Calcutta.

Last but not the least I cannot find adequate words to express my gratitude to my *Sahadharmini* Smt. Savita and my children Pawan and Manish for their constant love and emotional support in spite of my being engrossed in the professional and writing work.

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## [Homeopathy and Child Care](#)

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