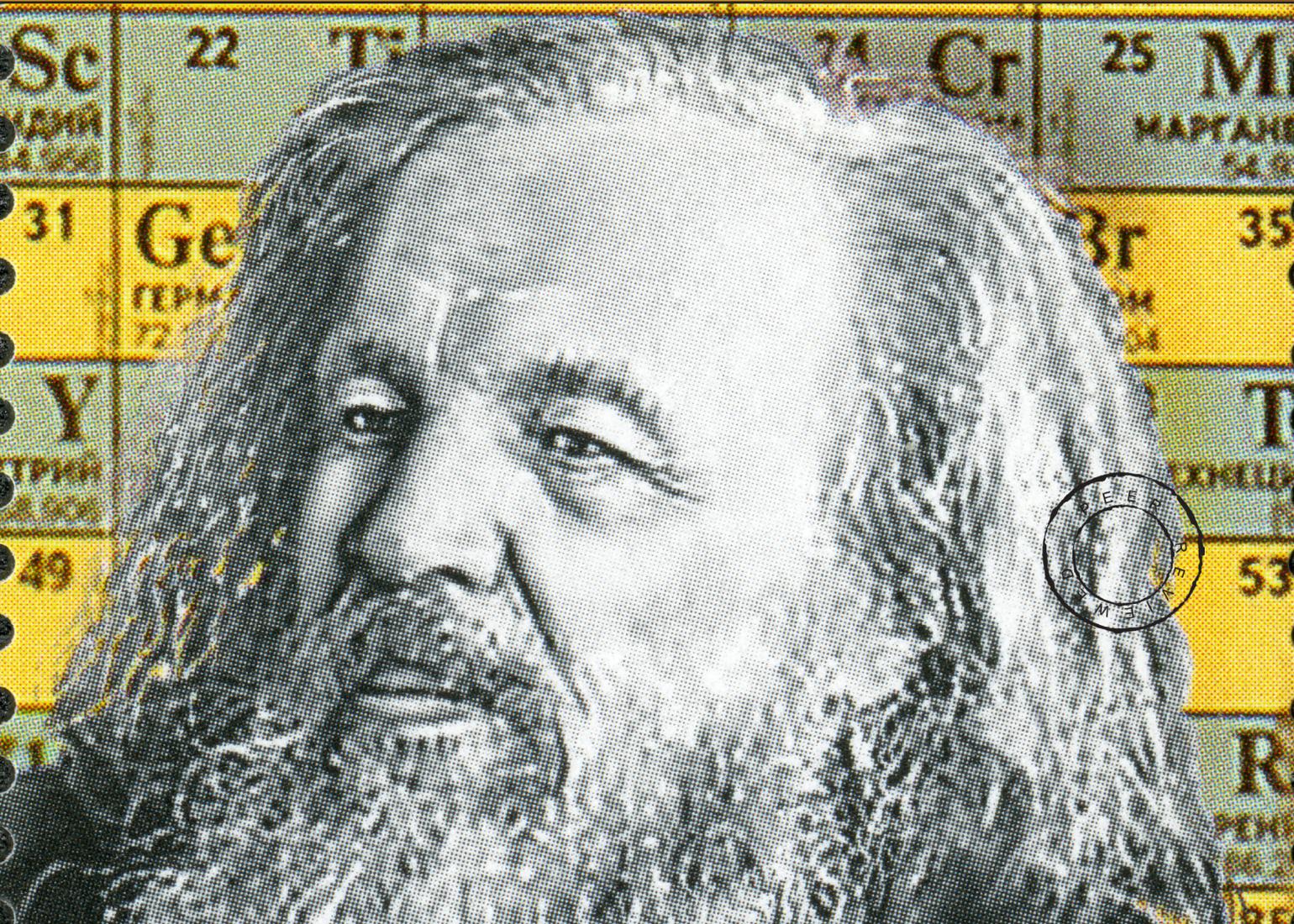


THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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Homoeopathic Materia Medica and Periodic Table

- No amputation: an evidence based case of diabetic wet(septic) gangrene cured with the homoeopathic drug, Gun powder.
- An individualised homoeopathic evidence-based case report on mastoiditis



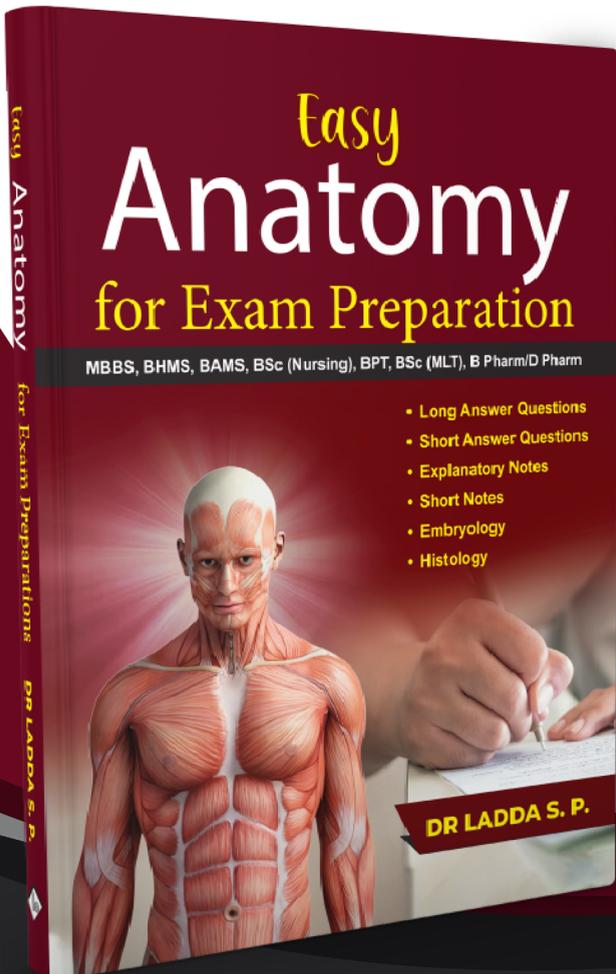
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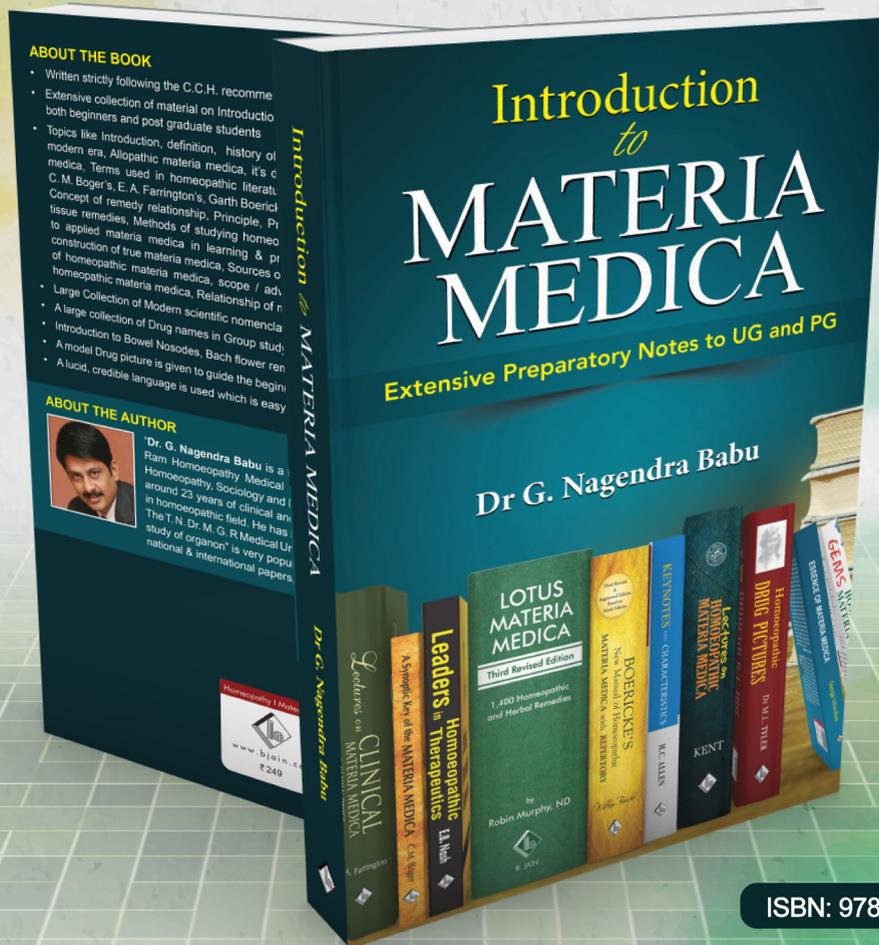
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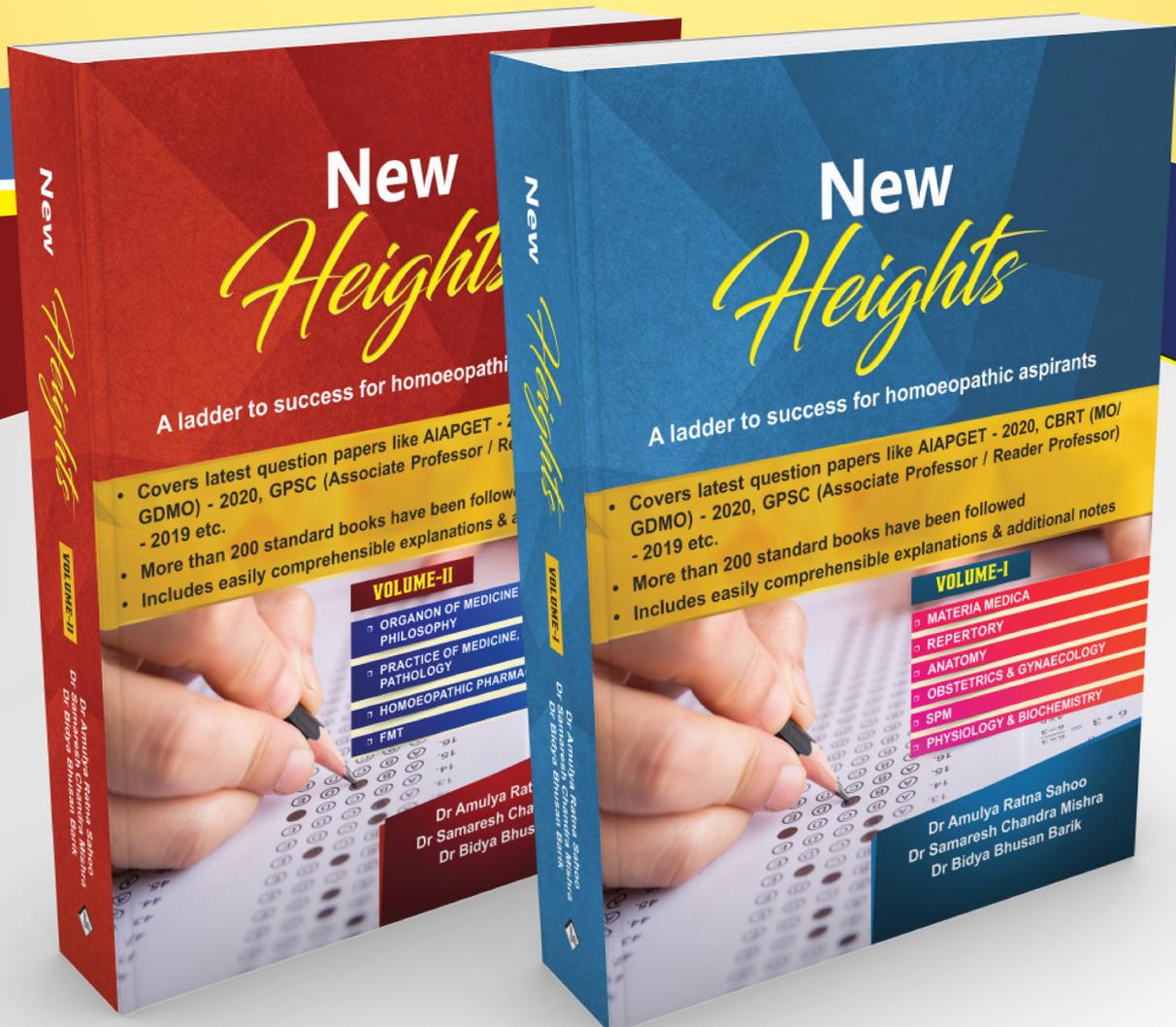
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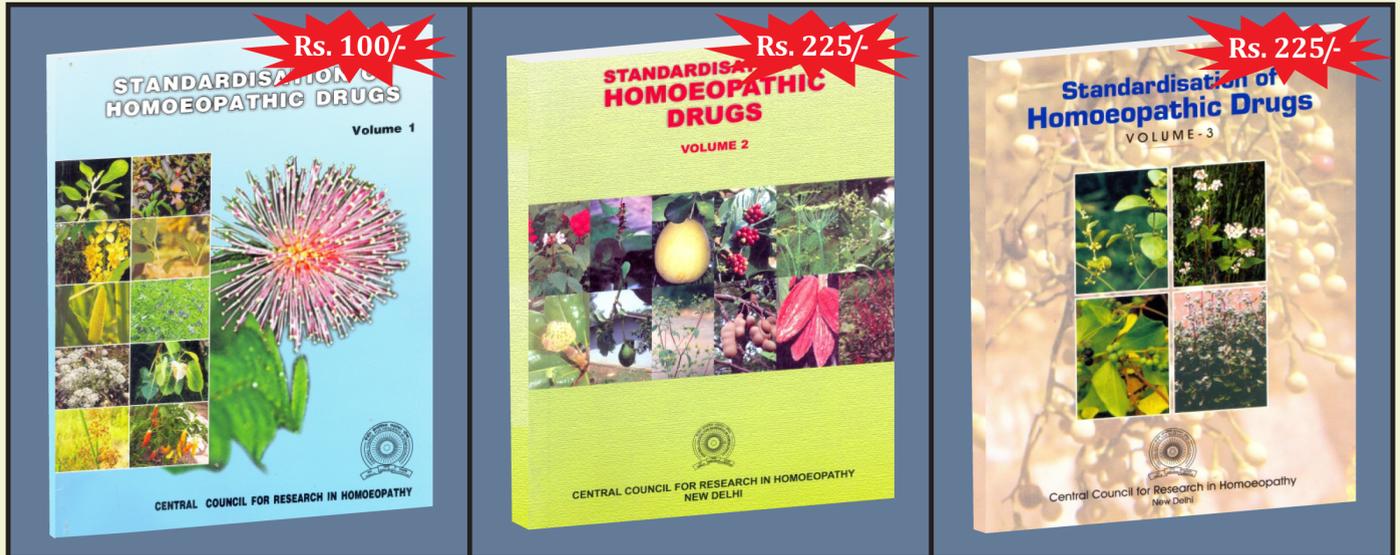
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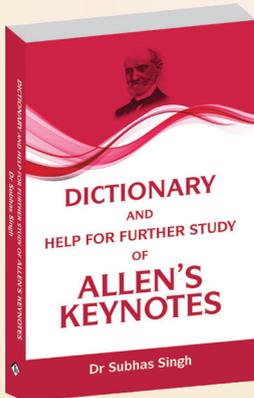
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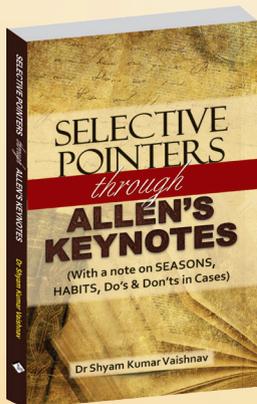
DICTIONARY and Help for Further Study of ALLEN'S KEYNOTES Dr Subhas Singh



- Keeping into consideration, the difficulties faced by readers in reading and understanding the vocabulary used in Allen's Keynotes, the author has come up with this dictionary of Allen's Keynotes.
- The author has done his best to provide the word meanings to all the difficult terminologies and nomenclature used in Allen's Keynotes.
- the related symptoms of all medicines have been placed together. The Keynote symptoms have been placed under different chapters and sub-chapters.
- word meanings to some of the selected words, terms, and nomenclatures used in Allen's Key Notes are given.
- the symptoms (Keynotes) are segregated according to the various chapters and sub-chapters.
- the unrelated but similar-sounding symptoms are clubbed at one place, to make comprehension and learning of Allen's keynote easier.
- Arrangement of relationship in different headings.

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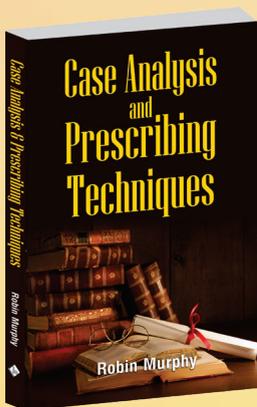
Selective Pointers through Allen's Keynotes Dr Shyam Kumar Vaishnav



- This book is to provide an answer to the vexed question "How shall I get a remedy quickly in a particular group of population & without much effort?"
- The book is divided into 2 sections in which, the most important symptoms are arranged under 11 subsections, based on different phases of life, addictions, seasons along with the Do's and Don'ts.
- Its easy for comprehension and also quick for reference and prescription.
- The THUMB RULE section gives a different perspective of learning making the reader ponder and go to the depth of Allen's Keynotes.
- Emphasis had been on dividing age groups, gender groups& even on pediatric remedies, a list of drugs has been incorporated for the convenience of students, PG scholars, and the physicians.

ISBN: 978-81-319-1805-0 | ₹ 145 | 120pp

Case Analysis & Prescribing Techniques By Robin Murphy



- The author has taken a point-by-point approach to case-taking, punctuated by general discussions of the related topics.
- He has given invaluable tips, making it somewhat revolutionary compared to accepted concepts disclosed and applied in the earlier case-taking guidelines.
- several cases are analyzed throughout the book with discussions and follow-up. This book contains the transcripts of seven, 95 minute audiotapes. There is student-teacher dialogue clearing queries.
- The book also guides about potency selection.

ISBN: 978-81-319-0249-3 | ₹ 299 | 296pp

Dear Readers,

Two decades ago, Dr Jan Scholten stated the concept of theme or constitution of different elements of the periodic table while understanding different drugs of homoeopathic materia medica. Periodic table acts as an essential tool in analysing the case and finding the exact simillimum. Dr Scholten created a framework for homoeopaths to opt a centralised approach and opened up a great number of previously inaccessible remedies.

Periodic table has proven to be a reliable system to describe and predict the chemical and the physical properties of the element as the chemical order of the element in the periodic table shows certain phases and sequences of human development while the horizontal rows can be seen replica of development of person from conception to old age and death.

The first three rows correspond to childhood, starting from conception followed by birth and separation, and subsequently developing a separate identity. From fourth row, things related to adulthood, security, performing, and taking responsibility can be seen. Also, each column represents a stage including beginning stage, finding a space stage, comparing stage, establishing stage, preparing stage, etc. The lanthanides possess a high level of responsibility, freedom, self-determination so they dislike being controlled and manipulated.

A Quick word on Issue Content: This issue of *The Homoeopathic Heritage*, is dedicated to homoeopathic materia medica and periodic table. We open this issue with interesting peer reviewed articles on no amputation: an evidence-based case of diabetic wet(septic) gangrene cured with the

homoeopathic drug, *Gun powder* by Dr Amala. A, and an individualised homoeopathic evidence-based case report on mastoiditis by Dr Chirag Mishra, Dr Seema Kumari Meena. The different case studies in the issue include a case of non-bullous impetigo: cured with homoeopathic medicine by Dr Amala. A, Dr Jyoshna Shivaprasad, it was never expected to be like this in a case of migraine by Dr Jyothi Vijayakumar, Dr Smita Balunnavar, management of gonorrhoea with homoeopathy: a case report by Dr Ajay Vishwakarma, Dr Nitin Kumar, individualised homoeopathic treatment of ovarian cyst by Dr Abhishek Kumar Aryan, Dr Nitesh Kumar, Dr Binay Pratap Sing, Dr Manoranjan Kumar. The section of materia medica include articles such as demonstrating the law of similia through snake remedies by Dr Shilpa R Metran, halogens – the letting go elements and its homoeopathic uses by Dr Neha Sahu, homoeopathic materia medica and periodic table by Dr Maryam, the compositae family by Dr Ravneet Kaur. The research reviews include integrated study of the elements in homoeopathy by Dr Melita Alva, a comparative study of gold series and lanthanides by exploiting their theme of leadership and power by Dr A.U. Santhi Priya, a few less commonly used rheumatic remedies in homoeopathy by Dr Reshmita Ghosh, Dr Tamara Afroza, Dr Biswajit Bera, secrets of periodic table in homoeopathy by Dr Vaidehi Kumari Gupta. Another journal section, presents beautiful subjective articles are on iron series-the fourth series of the periodic table by Dr Deepti Sharma, ferrum series – performing task for security by Dr Sneha Subhash, Dr C.R. Krishnakumari Amma, halogen group of remedies in attention deficit hyperactivity disorder (ADHD) by Dr S. Soundarya,

insight of homoeopathy in rheumatoid arthritis by Dr Samapika Mishra, Dr Anchal Sharma, an overview of periodic table in homoeopathy with analysis of the calcium compounds by Dr Navin Kumar Singh, Dr Debanjan Chowdhury, Dr Harshit Garg, Dr Sheetal Mishra, fever is an expression of inner rage by Dr Mini I. V, an individual insight to table of elements in homoeopathy by Dr Nandini Dadhich, Dr Shishir Mathur, say hello! to halogen by Dr Nidhi Joshi, Dr Falguni Pilot, Dr Mamta Tapas, Dr Vinit Tapas, Dr Arpita Chatterjee, anxiety and its management with lesser known remedies of homoeopathy by Dr Ashok Yadav, Dr Virendra Chauhan Dr Anandita Debonath, periodic table and homoeopathy by Dr Biswajit Bera, Dr Tamara Afroza, Dr Ashish Biswas, homoeopathy in veterinary by Dr Noopur Kumari, Dr Divya Taneja, Dr Renu Mittal.

As you may go through different articles and case studies, you will realise the importance of the stages of periodic table which act as essential tools in analysing cases and remedies. They represent the stage in development, the cycle of life. They start with rise and growth, come to a full development and then decline again, ending in nothing. They can be applied to different remedies of homoeopathic materia medica.

We are also obliged to all our authors and readers for their contribution to the journal. Also, I look forward to hearing opinions and recommendations. You may also login to our website, www.homeopathy360.com for more information and opportunities related to homoeopathy.

Dr Yashika Arora Malhotra
hheditor@bjain.com

Exploring the periodic table in homoeopathic parlance

Since time immemorial, the origin of the celestial bodies, the stars, the satellites, the comets, the asteroids, the meteorites, the planets, and more specifically the earth have, intrigued the humans. This curiosity comes from the man's never-ending search for its own origin. The numerous theories, the varied hypotheses, that come up and then seem unsettling after a few more research studies, fuels this forage all the more. A huge number of studies, in-depth researches, and some confirmed, verified, and reverified results, have led to the concept of nucleosynthesis and the formation of chemical elements on a cosmic level. It was then established that elements are formed by nuclear processes and they vary in weight, mass, density, and accordingly, in their physical traits as well.

The word 'element' possesses a simple definition as any substance which cannot be decomposed into simpler substances by ordinary chemical processes. In fact, the lightest elements, namely, hydrogen and helium, are two of the most abundant constituents of the largest planets in solar system.

The fact is that the lighter elements form the surface of the earth whereas the heavier ones are found in the depths of it.

As a homoeopath, one can surely understand the urge of a man in search of the meaning of life, a higher purpose that is imparted to the human mind by a spiritual force that none of us have been able to decipher yet.

This urge led the human to discover, study, research, and establish several elements that came to be categorised into groups by Dmitri Mendeleev as the modern periodic table. March 1, 1869 is considered as the date of discovery of the periodic law.

Homoeopathy, the science of experience, makes one understand the correlation of various temperaments, man's constitution, and traits exhibited by the different elements so far discovered. In fact, the very masterpiece that was created by Dmitri Mendeleev in the form of the periodic table, gets an innovative meaning when this concurrence between the elements and the man's make-up is viewed from the homoeopathic viewpoint. Though this correlation saw its origin in the works

of Hippocrates, Galen, Avicenna, or Paracelsus, but the utilisation of elements as potent medicines for an array of diseases, was visualised in homoeopathy.

The very first volume of *Materia Medica Pura* finds mercury as the remedy which clearly denotes the addition of elements to the list of homoeopathic drugs by Dr Hahnemann.

Ever since its birth, homoeopathy has witnessed immeasurable growth in terms of popularity, enrichment with newer additions of medicines by various stalwarts as well as their contributions towards its development.

With the same fervour, this issue of 'The Homoeopathic Heritage' explores the role of elements in the restoration of health through homoeopathic principles and invites our readers on an exciting journey across the periodic table where they can truly admire the beauty of subtle connection that a man has with the various elements.

Happy Reading!

— Dr. Rashi Prakash

Note: *The Homoeopathic Heritage* is now a peer reviewed journal since January 2013. All the articles are peer reviewed by the in-house editorial team and selected articles from each issue are sent for peer review by an external board of reviewers and those articles are distinctly marked with a stamp of 'peer reviewed'. For inclusion of articles in peer review section, kindly send your articles 3-4 months in advance of the said month. Send your articles at hheditor@bjain.com.

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June 2022	Jungian Psychology and Homoeopathy	April 15, 2022
July 2022	Pain Palliation with Homoeopathy	May 15, 2022

A case of non-bullous impetigo: cured with homoeopathic medicine

By Dr Amala.a, Dr Jyoshna Shivaprasad

ABSTRACT: Baby girl of 1.6 years belonging to Mangalore has presented with the complaint of fever and vesicular eruptions around the mouth, buttocks and hands. Based on the presenting complaint and psychodynamic sphere of the patient, *Lycopodium clavatum* was prescribed which proved to be effective in curing the Impetigo. Patient improved in four days.

Keywords: homoeopathy, impetigo, *Lycopodium clavatum*, vesicular eruptions.

Abbreviations: group A beta haemolytic streptococci (GABHS), staphylococcal scalded-skin syndrome (SSSS), exfoliative toxin A (ETA), in-patient department (IPD)

Introduction

Impetigo is the most common bacterial skin infection of children. Most cases of non-bullous impetigo and all cases of bullous impetigo are caused by staphylococcus aureus. The remaining cases of non-bullous impetigo are due to group A beta haemolytic streptococci (GABHS)¹. Impetigo is a highly contagious, superficial skin infection that most commonly affects children two to five years of age. The two types of impetigo are nonbullous impetigo (i.e. impetigo contagiosa) and bullous impetigo. The diagnosis usually is made clinically, but rarely a culture may be useful. Although impetigo usually heals spontaneously within two weeks without scarring, treatment helps relieve the discomfort, improve cosmetic appearance, and prevent the spread of an organism that may cause other illnesses (e.g. glomerulonephritis).²

Exfoliative toxin A, produced by staphylococcus aureus, causes blisters in bullous impetigo and its more generalised form, staphylococcal scalded-skin syndrome. The toxin shows exquisite specificity in causing loss of cell

adhesion only in the superficial epidermis. Although exfoliative toxin 2A has the structure of a serine protease, a target protein has not been identified. In 1878, Baron Gottfried Ritter von Rittershain described a severe blistering disease of neonates that is now called staphylococcal scalded-skin syndrome (SSSS), or Ritter disease. This disease was soon recognised to be a more severe form of what had been called pemphigus neonatorum, which occurred in epidemics in neonatal nurseries, and of sporadic localised bullous impetigo. The blisters in these diseases are caused by toxins, most often exfoliative toxin A (ETA), produced by Staphylococcus aureus. In SSSS, a local infection releases the toxin into the circulation, whence it produces widespread skin blistering, whereas in bullous impetigo the toxin causes blistering locally at the site of infection³.

Case report

Patient started with fever initially. It was sudden in onset. After first day of fever patient started with small, reddish vesicular eruptions around mouth. Eruptions are aggravated by heat and amelioration by application of cold water. Later the

eruptions spread to buttocks, hands and then whole body. The eruptions are painful due to which patient is weepy. Eruptions around the mouth are crusty. Patient is highly irritable mentally.

Family history: No family history of impetigo or any other systemic disease.

Personal history: Patient has reduced appetite, loss of thirst, and disturbed sleep due to the complaint.

General physical examination: Patient is well oriented with place, time and person.

Weight: 8 kg

Temp: On the day of admission in IPD: 100.7°F.

Temperature dropped to 98° F.

On examination: vesicular eruptions around buttocks, mouth, hands.

Investigation: all the parameters are normal.

Diagnosis:

Provisional diagnosis: non-bullous impetigo³:

CASE STUDY

Crops of blisters around the mouth, buttocks, upper and lower extremities.
Crusty eruption around the mouth.

Differential diagnosis: hand foot mouth disease³
It was ruled out because:

The patient presented with eruptions more on palms, soles and inside mouth, while impetigo did not show up in mouth.

Analysis of the case:

Common symptoms: Fever. Reddish vesicular eruptions around the mouth, hands, buttocks. Crusty and painful eruptions.	Uncommon symptoms: Reduced appetite. Absence of thirst. Sleep disturbed. Irritability, obstinate, weeping, screaming.
--	---

Evaluation:

Mental generals: Irritability. Weeping. Screaming. Obstinate.	Physical generals: Sleep disturbed. Absence of thirst. Reduced appetite. Irritability.	Characteristic particulars: Reddish, vesicular eruptions around the mouth, hands, buttocks. Crusty and painful eruptions.
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Repertorial totality⁴:

RUBRICS WITH PAGE NO.S		Rep No.											
1	2	3	4	5	6	7	8	9	10	11	12	T/R	
1. Stomach -	7. Skin-Eruptions	Ars	1	2	2	3	2	2					Ars 17/8
Appetite - Diminished	- Impetigo	Sulph	1	1	3	2	3	2	1	3			Sulph 16/8
2. Stomach - Thirstless	8. Skin-Eruptions - Painful	Sep	1	2	1	2	2	2	1	2			Sep 13/8
3. Sleep - Disturbed	9. Mind - Irritability - children in sick ward	Merc	1	1	1	2	3	2	1	1			Merc 12/8
4. Fever - Fever, heat in general		Ant c	1	2		1	3	3	4	1			Ant c 15/7
5. Skin - Eruptions - Crusty		Lye	2	2		3	3		1	2	2		Lye 15/7
6. Skin - Eruptions - Blisters		Rhus	1	2		3	3	3	2	1			Rhus 15/7
		Querc		1	1	2	3	2	2	2			Querc 13/7
		Nat M	1	1	1	3	3	1	1				Nat M 11/7
		Alum	3		1	1	2	1	1	1			Alum 10/7

Though *Arsenicum album* gets 19 marks, *Lycopodium clavatum* was chosen based on the mental generals (highly irritable and obstinate) and characteristic particulars of the patient. Millesimal potency was chosen to avoid any kind of

aggravation as it was impetigo and as also the child was extremely irritable, 0/1 potency given 1 teaspoonful every 3rd hourly gradually reduced the eruptions and irritability of the child.

Prescription: *Lycopodium clavatum* 0/1/

1teaspoonful every 3rd hourly was given.

Patient improved in FOUR days.

Date	Follow up	Remedy
3-1-2022	During the course of medication, the vesicular eruptions dried and crusted on buttocks, around mouth, hands, perineum. Appetite was slightly diminished. Sleep: better. New vesicular eruptions appeared on hands and slight crusting around mouth. All the generals are good	<i>Lycopodium clavatum</i> 0/1 1tsp every 3 rd hourly was given.
4-1-2022		<i>Lycopodium clavatum</i> 0/1, 1tsp-1tsp-1tsp

5-1-2022	Patient was 70% better. All the other generals are good.	<i>Lycopodium clavatum</i> 0/1 1tsp- 1tsp- 1tsp.
6-1-2022	Patient was completely better.	<i>Lycopodium clavatum</i> 0/1 was stopped , SL 1Packet was given



Discussion⁵:

Lycopodium:

—Abdomen, distended.
Albuminuria.
Angina pectoris.
Bright's disease.
Cataract.
Consumption.
Cough.
Debility.
Dropsies.

Clinicals

Abortion.
Aneurism.
Aphasia.
Cancer.
Constipation.
Corns.
Cystitis.
Distension.
Dysentery.

Dysmenorrhoea.
Ear, eczema behind.
Ephelis.
Goitre.
Gout.
Hernia.
Hypochondriasis.
Impotence.
Intertrigo.
Renal colic.
Rheumatism.

Dyspepsia.
Eczema.
Ephelis.
Gall-stone colic.
Glands, swelling of.
Haematuria.
Haemorrhoids.
Hair, falling out.
Heartburn.
Heart, diseases of.
Hemiopia.
Hydropericardium.
Hysteria.

Rhagades. Sciatica. Sleep, abnormal.
Speech, disordered; stammering.
Strains. Sunstroke. Taste, abnormal.
Throat, sore.

Mind — Silent, melancholy, and peevish humour; despair of eternal salvation. Desponding, grieving mood. Sadness when hearing distant music. Anguish, esp. in region of epigastrium, with melancholy and disposition to weep; especially after

a fit of anger, or on the approach of other persons. Sensitive disposition. Dread of men; desires to be alone, or else aversion to solitude. Excitement after a glass of wine, almost mischievous. Irritability and susceptibility, with tears. Irascibility. Obstinacy. Estrangement and frenzy, which manifest themselves by envy, reproaches, arrogance, and overbearing conduct. Disposition to be very haughty when sick; mistrustful; does not understand anything one says to them; memory weak, aversion to speaking. Fatigue from intellectual exertion, and incapability of devotion to mental labour. Giddiness. Inability to express oneself correctly; misapplication of words and syllables. Confused speech. Confusion about everyday things, but rational talking on abstract subjects. Inability to remember what is read. Stupor. Dullness.

Skin – Gnawing and itching in daytime, on getting heated, or in evening, before lying down. Tendency of the skin to become chapped. Painful eruptions. Nettle-rash (chronic). Large red spots on skin. Itching maculae hepaticae. Insensible tetter, of a yellowish brown, wrinkled or moist, purulent, full of deep cracks and thick scabs. Large furunculi, which return periodically. Mercurial ulcers. Bleeding ulcers, with shooting pain, which burn while being dressed, or with nocturnal tearing and itching. Fistulous ulcers, with callous, red edges, reversed and shining, sometimes with inflammation and swelling of the part affected. Excoriated places on the skin of children; the sore places are humid. **Impetigo**; raw places bleeding easily. Skin unhealthy, corrosive vesicles. Naevus maternus, moist; scurfy; tearing and painful., Want of action

of the skin. Itch, burning; creeping. Skin scurfy; sticky; clammy. Brown mortification. Pale swelling. Varices suppurating. Chilblains. Great dryness of the skin.⁵

Millesimal scale⁶

The 50 millesimal scale was introduced by Dr Hahnemann in the 6th edition of organon of medicine in aphorism 270. This name was given by Dr Pierre Schmidt of Geneva. Potencies prepared under this method are named by Dr Schmidt as fifty millesimal potencies as the material part of the medicine is said to be decreased by 50000 times for each degree of dynamisation. Hahnemann himself termed this new method as renewed dynamisation.

In India and Bangladesh, the potency prepared by this scale is designated as 0/1, 0/2, 0/3, 0/4 and M/1, M/2, M/3, M/4 ETC. In the west it is designated as 1/0, 2/0, 3/0, etc.

Advantages:

Minimum homoeopathic aggravation – Homoeopathic aggravation may be avoided, minimised, even controlled due to less quantity of material quantity. It can be used even in the most deplorable cases without the fear of dangerous and violent aggravation.

Quick cure of chronic diseases – Long lasting and complicated and intractable chronic diseases may be cured within the shortest period of time

Frequent repetition permissible – Both in the acute and chronic diseases the remedy can be frequently repeated without the fear of medicinal aggravation. It can be repeated daily or every 1, 2, 3, 4 or 6 hours.

Skin and mental diseases – Very useful in skin and mental diseases where least aggravation may be very much harmful to the patient and confusing to the physician. This potency can affect the cure smoothly without least aggravation.⁶

As *Lycopodium clavatum* matches with mental generals and characteristic particulars of the patient, it was selected. *Lycopodium clavatum* proved to be useful in treating impetigo.

Conclusion

This case highlights the usefulness of homoeopathic medicines in treating non-bullous impetigo. Patient responded positively to the homoeopathic treatment and relieved her of impetigo. *Lycopodium clavatum* 0/1 potency was useful in curing the patient.

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An individual insight to table of elements in homoeopathy

By Dr Nandini Dadhich, Dr Shishir Mathur

Abstract: The periodic table is classification of elements of mineral kingdom which provides elementary material structure of whole universe. The minerals are concerned with structure and organisation. Similarly, structure and organised nature is found in humans. Certain trends are observed within the elements of periodic table which corresponds to human constitution, the interpretation of which reveals homoeopathic significance of elementary prescribing. It has been observed that in accordance with the physical and chemical aspect of elements, the humans evolve along the same pattern. The study of periodic table in relation to homoeopathic materia medica is thus essential for good prescribing.

Keywords: Homoeopathy, homoeopathic elements, mineral kingdom, periodic table.

Introduction

The periodic table is a classification of the chemical elements in a logical framework¹ by Dmitri Mendeleev in 1869². The minerals consist of various elements and their compounds which serve as a source of medicine in homoeopathy³. The table is divided into rows, called periods or series and the columns, called groups. The table is arranged in 7 rows vertically

and 18 columns horizontally. The rows of the periodic table can be seen as a replica of the development of a person, starting from the conception and ending in the old age and death⁴. The 7 series indicate the progressive line of development from one to the next. These series represent the 7 different books on life. Each story has different lessons, different story on evolution which portrays the inner image of an individual. The word series indicate the progressive

line of development from one to the next. The 18 columns represent the way of developing in a particular stage⁵. Separately, the Lanthanides are an addition to and an extension of the other series in the system⁶. To understand a remedy, one should grasp the connection that ties together its myriad symptoms: the basic delusion, its source, the miasm to which it belongs, its symptoms⁷.

Periodic table of the elements

group	1*	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1	H																	He
2	Li	Be											B	C	N	O	F	Ne
3	Na	Mg											Al	Si	P	S	Cl	Ar
4	K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr
5	Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe
6	Cs	Ba	La	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn
7	Fr	Ra	Ac	Rf	Db	Sg	Bh	Hs	Mt	Ds	Rg	Cn	Nh	Fl	Mc	Lv	Ts	Og
lanthanoid series	6	58	59	60	61	62	63	64	65	66	67	68	69	70	71			
		Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu			
actinoid series	7	90	91	92	93	94	95	96	97	98	99	100	101	102	103			
		Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr			

*Numbering system adopted by the International Union of Pure and Applied Chemistry (IUPAC).

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Figure 1: Periodic table of elements

The 7 horizontal series^{5,8,9}:

Series 1 – Hydrogen series: The theme depicting this series is existence, birth, being incarnating. As the series has two elements, thus depicting two possibilities 'to be or not to be' in this world. They experience and have a great desire for unity which is expressed in a deep love for everyone on this earth. They experience the world like a baby without body. Like a way that there is no division between self and other in the same way that a fetus doesn't feel this division. But later on, this sense of unity is gradually lost and they begin to feel that they are separate from the rest of the world. They feel as if they can't bridge this chasm of separation anymore and it makes them feel lost and lonely. In the development of life, this series corresponds with unborn conception, the period of the unborn child.

Series 2 – Carbon series: The theme depicting this series is individual entity, value and separation. This level represents the development as an individual and questions 'who am I?' immediately followed by the question 'what am I worth?', 'Am I a part of something or am I separate?' The age that corresponds to this phase of development is that of the toddler. A toddler learns to distinguish between different things, most importantly the one between 'I' and the other person. The elements Lithium, Beryllium, Boron issues the feeling of dependence and no separation. There is feeling of insecurity to have an independent existence. The elements C, N, O develop separation and the element F completely separates and breaks the attachment.

Series 3 – Silicium series: The theme depicting this series is

identity, family and relations. The question of identity arises as 'I am separate, but who am I?' This level issues the development and assertion of individual choice, ability to do things for self. This is the level of relationships, first within the family, then gradually including other people later on. This is the age of the teenager who finds out his position in relation to others. The area includes their own house, neighborhood and friends. The elements sodium, magnesium, aluminium issues the feeling that their identity is not completely developed and they are dependent. Silicon has fixed identity whereas P develops identity apart from what is given. The element S develops identity to ego and chlorine develops completely opposite of identity given.

Series 4 – Ferrum series: The theme depicting this series is task, trade, abilities, profession and security. This is the level where abilities start to develop. They learn to fulfill certain tasks in order to fulfill the question 'I know who I am but safety is not yet developed. I can't safeguard or defend myself.' Security in terms of money, relationships, house, job and health. The elements potassium, calcium lacks the capacity to protect self and depends on others. Scandium, Titanium, Vanadium, and Chromium start to develop capacity to protect self. Manganese, Ferrum, Cobalt, Nickel, Copper, Zinc can protect selves and need the position maintenance for which they face opposition. Gallium, Germanium, Arsenic, Selenium, and Bromine begin to lose capacity of self-protection.

Series 5 – Silver series: The theme depicting this series is ideas, art, creativity and performance. The level revolves around the need

to explore new ideas, be creative, perform and to be appreciated. This can be done through paintings and sculptures, through poetry, theatre, music, through speeches or through channeled information from other spheres. The area is that of the province. The need to process information, analyse, improvise, research, invent, devise, strategise, plan, solve, conclude. Speech and hearing are two specific physical themes that belong to the silver series. Speech to get ideas across to others, ears to receive the ideas. The elements, rubidium, and strontium lack the capacity to explore, create and perform rather depend on others for same. Yttrium, zirconium, niobium, molybdenum start developing capacity to explore new. Technetium, ruthenium, rhodium, palladium, silver, cadmium develops capacity and need maintaining it. Indium, tin, antimony, tellurium, and iodine lose the capacity to create and perform.

Series 6 – Gold series: The theme depicting this series is power, leadership, responsibility. Power is the central theme of this level which is all about leadership and power over other people with a feeling of responsibility for those people. This is the phase of maturity, the age at which people traditionally used to, and still do, come into a position of power. The area extends to include the whole country or even the whole world. The vision of a king has to be much broader than that of a baker: a king has to be able to see his whole country in order to plan his strategies. The eyes are associated with the gold series. They are one of the main problem areas of the remedies in this series. The elements, cesium, and barium lack the power of responsibility and depend on others. Lanthanum, hafnium, tantalum, tungsten start

taking responsibilities. Rhenium, osmium, iridium, platinum, Aurum, mercury be the leader and maintain the same. Thallium, lead, bismuth, polonium, astatine start losing power to take responsibilities.

Series 7 – Uranium series: The theme depicting this series is magic and intuition. These are the people who know how to reach their goal through the power of intention and the power of thought. These people are often clairvoyant, or clairaudient or they simply know what is going on. They are the one who guide the evolution of mankind from behind the scenes, working with invisible forces. They know how to manifest the hidden knowledge and power deep within the subconscious mind. This is the time of very old age. They work with the whole world and the whole universe.

The 18 columns or groups or stages^{8,10,11}:

Stage 1 – Beginning: The prefix that is associated with this stage is 'in-' which indicates a beginning: to introduce, to initiate, to induce, to incarnate, impulsive. The spontaneous start, the impulsive begin. Things are done without being thought over, without reflection. This leads to naive, instinctive, simplistic and even childish or foolish behavior. It can lead to one-sidedness, which seems rigid, manic, alone and lonely.

Stage 2 – Finding a space: Unsure, timid. Doesn't know what he is worth, what he can do, so remains passive or adapts to the situation. He just watches and feels watched at the same time, so he hides. He wants and needs protection and support. Bewildered and overwhelmed.

Stage 3 – Comparing: The prefix un-

or under is often seen in this stage. They are under age, unofficial, under the mark, too small to participate in the real thing. Searching for the right thing, trying and comparing possibilities. He feels unsure and easily underestimates himself, so he cannot come to a conclusion. He avoids a decision, does not commit himself.

Stage 4 – Establishing: The real official start. It can be the founding of business, a marriage, a contract. The decision is made, the commitment stated. But one can feel unsure, astonished that it can be done. This can lead to irresolution and amazement.

Stage 5 – Preparing: The prefix belonging to this stage is 'pre' as in preparations, everything that precedes the real action. The preparation of the work, the plans and proposals after the start is made. But the work looks too big, the mountain too high to climb, insurmountable. So, he is easily discouraged, disappointed in his provisory plans. He alternates between going on and giving up, avoiding and postponing the work to his unrealistic goal.

Stage 6 – Proving: This is the challenge. One has to do things, prove one's power. One is forced to act, it is inevitable and inescapable. It has to be done, the bridges are burnt behind him. It takes courage and bravery, in the extreme it is the daredevil. The fear of a possible failure can make him do his act alone, covered and secretive.

Stage 7 – Practising: Training leads to perfection. He can do his act, but knows he has still to learn a lot more. He has to practice to become a master of everything. He wants to

learn from others, likes to cooperate to see how others do things. And he likes to teach and help others on their road to become a master.

Stage 8 – Perseverance: This is the real work, everything learnt so far has to be assembled, put together. But the amount of work is massive, huge. So, one needs perseverance, endurance, power and force. One feels pressurised due to lack of time, struggling against deadlines. One has to push and fight against the inertia of matter and resistance of people. One can be irritated by opposition.

Stage 9 – Success is in sight: The body of work has been done, but the last details have to be filled in. Practically the goal is reached. Virtually, the work is finished. Minor adaptations can be made after the dress rehearsal. The book can be completed after the corrections of the proofreaders. The contract just has to be approved and signed. But the fear of a blunder, a failure at the examination can make one the call the whole thing off.

Stage 10 – Lord and master: The goal is reached. One feels at the top, the summit. It is the glory of the winner, the brilliance of a victory. Everything falls into place. It is obvious that one is oneself, the noble person that decides independently and is self-sufficient. One can become so convinced of the success and righteousness, that one becomes rigid, fixed and haughty. Balance and imbalance.

Stage 11 – Preserving: This is the maintenance. One has to hold and keep the position reached, things have to be conserved and preserved. One wants to enjoy the affluence

and prosperity. One wants to expand and share the wealth and fortune. Sustenance is possible, but heavy. One protects like a guardian or shepherd.

Stage 12 – Division: The power is exerted to the utmost, is overdone like a tyrant. One has still full power, but feels threatened from all directions. Suspicious of betrayal and attack one defends the power in an exaggerated way. It is overdone, leading to opposition. It is too much of a good thing: overshooting, overdoing, overstating, and boasting. The conservative one rules by division, defending against revolution and decline.

Stage 13 – Withdrawal: The position can only be held partly, half. One has to retreat and retire. One has to reduce and shrink. But one holds one to old and obsolete things with nostalgic feelings. The antique and outdated things from the past, which are the best, must be retired and withdrawn. But they are held in honor in the reduced space. The atmosphere is musty, moldy.

Stage 14 – Formal: Form without power; mask, facade, mummy, fossil. The real power is gone, but externally it seems to function still well. One is dismissed, put on a sidetrack. One feels powerless, weak, drained, discharged, empty and hollow. One hides behind the form, diverting real responsibility. Coward.

Stage 15 – Loss: This is the stage of disappearance of what has been achieved, the bankruptcy, defeat, and death, being fired. Everything is burnt. It can be felt like a shock, being poisoned. One can fight and resistance, refusing to give over. Or one can give in as a surrender, sacrifice or abdication. The best is to forgive and forget.

Stage 16 – Remembering: Things are over, in essence. Only the remnants and ashes are left, the leftovers. The remnants can be in a state of decay, purification, producing and offensive and rotten odor and ugly view. One is disgusted and becomes an outcast. It is like a beggar in rags, seducing and tempting others to give. Only memories are left, bringing one in a state of fantasy of greatness. Deepening and reconciliation. Lazy.

Stage 17 – The end letting go: This is the eradication, all has to be erased. It has to be ceased, extinguished, abolished, aborted and finalized. One can be forced to quit or flee, being expelled as an outcast. One has to let go everything, even forget memories. It frees, makes one loose from bonds. One can let go with humor. The opposite is to hold on to things, even taking them without asking.

Stage 18 – Rest: This is the denial of action, of everything. It is the pause between actions: rest, holidays, sleep, meditation, coma, death. Things are latent, idle, inert, inactive and quiet. Externally there is no interaction or communication: autism, cocoon. Internally there can be a transformation. The sensation is of being free, floating, confused, and unconnected. This stage can also be called Stage 0, as it is the Stage before Stage 1 of the new cycle.

The Lanthanides: The Lanthanides persons possess a high level of responsibility, they feel responsible for the world and that is why they become humanistic and live by their own rules. They need to be free and act with self-control and self-determination so they dislike being controlled and manipulated. They have a strong intellectual capacity, and they have desire of

wisdom, spirituality, truth and anarchy⁶.

Conclusion

The study of key themes belonging to minerals and elements of periodic table enables us to expand our knowledge of medicines. Each individual element that forms the part of medicine has its own theme that blends to portray a remedy picture. This systematic approach allows the practitioner to spot a medicine with degree of accuracy.

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Anxiety and its management with lesser known remedies of homoeopathy

By Dr Ashok Yadav, Dr Virendra Chauhan Dr Anandita Debonath

Abstract: Anxiety is the reaction of mind and body to stressful, dangerous, or unfamiliar situations. It is the sense of uneasiness, distress, or dread you feel before a significant event. Anxiety Disorders are the most prevalent of psychiatric morbidities and are the sixth leading cause of disability worldwide with 4% of all YLD (years lived with disability), more commonly seen in females than males. This article deals with an overview of Anxiety, focusing upon its various aspects along with Homoeopathic management.

Keywords: Anxiety, homoeopathy.

Abbreviations: YLD (years lived with disability), hypothalamic-pituitary-adrenal (HPA), corticostriatal-thalamocortical (CSTC), example (e.g.).

Introduction

These are characterised by the emotion of anxiety, worrisome studies, avoidance behaviours and the physical symptoms of autonomic thrill. Anxiety diseases are divided into three main subtypes phobic, panic, and generalised. The nature and elevation of the physical symptoms frequently lead the case to present originally to medical services. Anxiety may be stress-related and phobic anxiety may follow an unwelcome incident.¹

Clinical features:²

1. **Phobic anxiety disorder-** Recurring, illogical fears of specific objects, conditioning, or situations, with posterior avoidance geste of the phobic encouragement. Opinion is made only when the avoidance geste interferes with social or occupational functioning. Common phobias include fear of unrestricted places (claustrophobia), fear of blood and fear of flying. Social phobia is distinguished by a specific fear of social or performance

situations in which the existent is exposed to strange individualities or to possible examination and evaluation by others.

2. **Panic anxiety disorder-** Characterised by fear attacks, which are unforeseen, unanticipated, inviting paroxysms of terror and apprehension with multiple associated physical symptoms. Attacks generally reach a peak within 10 minutes, also sluggishly resolve spontaneously. Attacks are accompanied by pulsations, sweating, pulsing, dyspnoea, casket pain, dizziness, and a fear of brewing doom or death. When the complaint goes uncelebrated and undressed, patients frequently witness significant morbidity, they come hysterical of leaving home and may develop anticipant anxiety, agoraphobia, and other spreading phobias.
3. **Generalised anxiety disorder-** They witness persistent, inordinate, and/ or unrealistic solicitude associated with

muscle pressure, bloodied attention, autonomic thrill, feeling “on edge” or restless, and wakefulness. Patients worry exorbitantly over minor matters, with life-dismembering goods; unlike fear complaint, complaints of briefness of breath, pulsations, and tachycardia are fairly rare.

Aetiology:³

Biological cause:

1. **Genetic influences-** While genetics have been known to contribute to the donation of anxiety symptoms, the relations between genetics and stressful environmental influences accounts for further of anxiety diseases than genetics alone (Bienvenu, Davydow, and Kendler, 2011). The hunt to identify specific genes that may dispose individualities to develop anxiety diseases has superminent experimenters to the serotonin transporter gene (5-HTTLPR). Mutation of the 5-HTTLPR gene has been plant to be related to a reduction

in serotonin exertion and an increase in anxiety-related personality traits (Munafa, Brown, and Hairiri, 2008).

2. **Neurobiological structures-** When presented with a fearful situation, the amygdala initiates a response in sweats to prepare the body for a response. First, the amygdala triggers the hypothalamic-pituitary-adrenal (HPA) axis for immediate action – either fight or flight. The alternate pathway is actuated by the stressed encouragement itself, by transferring a sensitive signal to the hippocampus and prefrontal cortex, to determine if the trouble is real or imagined. However, the amygdala sends a comforting response to the HPA axis, therefore reducing the position of fear, If it's determined that no trouble is present. However, the amygdala is actuated, producing a fear response, If there's a trouble present. Specific to panic disorder is the reprimation of the locus coeruleus, the brain structure that serves as an "on-off" switch for norepinephrine neurotransmitters. It's believed that increased activation of the locus coeruleus results in fear like symptoms; thus, individualities with panic disorder may have a hyperactive locus coeruleus, leaving them more susceptible to experience more violent and frequent physiological thrill than the general public (Gorman, Kent, Sullivan, and Coplan, 2000). More specifically, the corticostriatal-thalamocortical (CSTC) circuit, also known as the fear-specific circuit, is theorized as a major contributor to fear symptoms (Gutman, Gorman, and Hirsch, 2004). When an existent is presented with a

shocking object or situation, the amygdala is actuated, transferring a fear response to the anterior cingulate cortex and the orbitofrontal cortex. Fresh protuberance from the amygdala to the hypothalamus activates endocrinologic responses to fear-releasing adrenaline and cortisol to help prepare the body to fight or flight (Gutman, Gorman, and Hirsch, 2004). This complex pathway supports the proposition that fear complaint is intermediated by several neuroanatomical structures and their associated neurotransmitters.

Psychological causes:

1. **Cognitive-** The cognitive perspective on the development of anxiety diseases centres around dysfunctional study patterns. Maladaptive hypotheticals are routinely observed in individualities with anxiety diseases, as they frequently interpret events as dangerous and overreact to potentially stressful events, which contributes to a heightened overall anxiety position. These individualities might had further trauma-related gests in the history, and thus, are quick to miscalculate their physical symptoms that lead to misconstructions to physiological thrill. Social anxiety is also explained by cognitive proponents. Individualities with social anxiety complaint tend to hold unattainable or extremely high social beliefs and prospects they frequently engage in preconceived maladaptive hypotheticals that their actions lead to terrible consequences. Because of these beliefs, they anticipate social disasters

will do and thus, avoid social hassles (or limit them to close musketeers/ family members) in sweats to help the disaster (Moscovitch et al., 2013). Individualities with social anxiety complaint will also estimate the social event after it has taken place, frequently obsessively reviewing the details. This over-evaluation negatively reinforces unborn avoidance of social situations.

2. **Behavioural-** Specifically, behavioural proponents concentrate on classical exertion – when two events that do close together come explosively associated with one another, despite their lack of unproductive relationship. Little Albert trial is an example of how classical exertion can be used to induce fear through associations. In this study, Little Albert developed a fear of white rats by pairing a white rate with a loud sound. This trial, although lacking ethical norms, was base breaking in the development of learned behaviours
3. **Modelling-** In modelling, an individual acquires a far through observation and reproduction (Bandura and Rosenthal, 1966). For illustration, when a youthful child observes their parent display illogical fears of a beast, the child may also begin to display analogous behaviours. Also, observing another existent being scouted in a social setting may increase the chances of the development of social anxiety, as the existent may come fearful that they would witness an analogous situation in the future. It's suspected that the conservation of these phobias is due to the avoidance of the stressed item or social setting.

Socio-cultural causes:

1. While characteristics similar as living in poverty, passing significant diurnal stressors, and increased exposure to traumatic events are all linked as major contributors to anxiety diseases, fresh sociocultural influences similar as gender demarcation have also entered a great deal of attention. women are routinely

diagnosed with anxiety diseases more frequently than men, a trend that's observed throughout the entire lifetime. One implicit explanation for this distinction is the influence of social pressures on women. Women are more susceptible to experience traumatic gests throughout their life, which may contribute to anxious appraisals of unborn

events. These factors may increase situations of stress hormones (e.g., cortisol) within women that leave them susceptible to develop symptoms of anxiety. Thus, it appears a combination of inheritable, environmental, and social factors may explain why women tend to be diagnosed with anxiety diseases more frequently than men.

Diagnosis guidelines:⁴

Phobic anxiety disorder	Panic anxiety disorder	Generalised anxiety disorder
<p>All of the following should be fulfilled for a definite opinion:</p> <ol style="list-style-type: none"> 1. the cerebral or autonomic symptoms must be primary instantiations of anxiety, and not secondary to other symptoms similar as vision or compulsive study. 2. the anxiety must be confined to the presence of the particular phobic object or situation. 3. the phobic situation should be avoided whenever possible. <p>Includes- acrophobia, beast phobias, claustrophobia, examination phobia, simple phobia.</p>	<p>For a definite opinion, several severe attacks of autonomic anxiety should have passed within a period of about 1 month.</p> <ol style="list-style-type: none"> 1. in circumstances where there's no objective peril. 2. without being confined to known situations. 3. with relative freedom from anxiety symptoms between attacks (although anticipant anxiety is common). <p>Includes- fear attack, fear state.</p>	<p>The inpatient must have primary symptoms of anxiety most days for at least several weeks at a time, and generally for several months. These symptoms should generally involve rudiments of:</p> <ol style="list-style-type: none"> 1. apprehension (worries about future mischances, feeling "on edge", difficulty in concentrating, etc.) 2. motor pressure (restless wriggling, pressure headaches, pulsing, incapability to relax); and 3. autonomic overactivity (flightiness, sweating, tachycardia or tachypnoea, epigastric discomfort, dizziness, dry mouth, etc.)

TREATMENT and MANAGEMENT with lesser-known remedies of homoeopathy

- *Arsenicum sulphuratum flavum*- Intense torturing anxiety and apprehension. ⁵
- *Calcarea arsenicosa*- Depression and anxiety. Delirium, evenings in the dark. Slightest emotion causes palpitation of heart ₆

- *Asarum europoeum*- Nervous irritability and exaltation of the senses. Merely thinking someone might scratch with finger-tip or nail on linen, disagreeable thrill through him, arresting thought and action. Cold "shivers" from any emotion. ⁵
- *Arsenicum Hydrogenisatum*- Anxiety; despair. Coldness;

- prostration ⁶
- *Carlsbad Aqua*- Discouraged and anxious about domestic duties. ⁶
- *Cenchrus Contortrix*- Anxiety, feels she will die suddenly. Absent-minded. Took the wrong car without realising where she was going. When riding in the car rode past the

place she intended to get off at. Suspicious, thinks her husband is going to put her in an insane asylum; every day, 3 to 8 p.m., for ten days, yet she knew it was a delusion.⁵

- **Euphorbia Corollata**- Great anxiety. Wants to die.⁵
- **Kalium Iodatum**- Sad, anxious; harsh temper. Irritable; congestion to head.⁶ Extremely nervous, and must walk and be on the go. A nervous and mental exhaustion comes on from resting.⁷
- **Elaps Corallinus**- Depressed; imagines he hears someone talking; dreads to be left alone. Fear of rain. Can speak, but cannot understand speech. Fears apoplexy.⁶
- **Mancinella**- To be remembered in mental depressed states at puberty and at climacteric. Wandering thoughts. Sudden vanishing of thought. Bashful. Fear of becoming insane.⁶
- **Menyanthes**- Anxiety and apprehension. Anxiety about the heart, as if something evil were going to happen.⁵

- **Mygale Lasiodora**- Delirious, restless, sad; fears death; despondent.⁶
- **Niccolum**- fears something evil will happen. Vexed and angry from least contradiction. Anxious moroseness and inquietude. Trembling and fright with desire for solitude. Dislike to conversation. Anxiety on moving as if sweat would break out.⁵
- **Plantago**- Irritable, morose; impatient, restless mood, with dull, stupid feeling in brain. Great mental prostration, < by mental exertion, which = rapid breathing and anxiety.⁵
- **Strontium Carbonicum**- Inquietude and anguish. Apprehension as from a bad conscience. Peevishness, with tendency to fly into a rage⁵
- **Xantoxylum Fraxineum**- Nervous, frightened. Mental depression.⁶

Conclusion

Anxiety has become the cause of tremendous suffering for millions of people. Homoeopathic medicines can help patient in this condition

by preventing them to use the modern drugs which has numerous amount of side effects and also in the modification of mental states and can reclaim their health, restore their functioning, and can provide rewarding and satisfying lives.

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It was never expected to be like this in a case of migraine

By Dr Jyothi Vijayakumar, Dr Smita Balunnavar

Abstract: The association between migraine and major depressive disorder is stronger for patients who have migraine with aura. Following is a case report of migraine with aura which was associated with depression in a 39 years old female. The search towards the homoeopathic medicine is through the periodic table approach.

The patient showed marked improvement in migraine along with its comorbidity with the indicated constitutional medicine in 6 months which was assessed by using MIDAS scale and patient health quality (PHQ)-9.

Keywords: migraine with aura, depression, *Natrum muriaticum*

Abbreviations: DALYs- disability-adjusted life years, DM- diabetes mellitus, HTN- hypertension, OA- osteoarthritis, C/O- complaints of, A/F- ailments from, <- aggravation, >- amelioration, H/O- history of, FU- follow up, MIDAS- migraine disability assessment scale, PHQ - patient health quality, CT – computed tomography, MRI – magnetic resonance imaging, LMP – last menstrual period.

Introduction:

It's not just pain. It's a complete physical, mental, and emotional assault on your body"- Jamie Wingo¹

Headache in 2019 ranked 14th among global causes of DALYs². Migraine affects an estimated 12% of the population³.

The association between migraine and major depressive disorder is stronger for patients who have migraine with aura. The relationship between migraine and depression appears to be bidirectional⁴.

One comes across lots of literature which narrates on utility of homoeopathic remedies in migrainous condition. In the following case, one can nicely correlate the history of the patient with the schematic presentation of *Natrum muriaticum* through periodic table approach. Also, correlation of migraine with one of the psychiatric comorbidities i.e. depression can be highlighted through her life events. The way in which patient's life was revolving around relationship and trust, with difficulty to cope up from it, it indicated towards the group of remedies from mineral kingdom.

Case study

A 39 years old housewife, visited A M Shaikh Homoeopathic hospital OPD with complaints of severe headache on 26/6/2020. The headache was present since last 1 year but intensified since the last month.

Ailments- Change of routine, fine work, sleeplessness

Location: Unilateral, right sided

Duration: Headache once in 10 days for 1 month. Previously 1- 2 times in a month.

Sensation: Pulling type of pain, feels darkness before the eyes, photophobia, nausea during headache.

Modalities: <-Pressing+++ , shouting, bending forward, sneezing while, coughing [has to hold head and do act] >- Sleep after, rest, putting oil in the ear

Past history- Similar complaints in the past for which she took homoeopathic medications.

Family history- Father-expired

due to chronic diabetic renal complications

Mother-DM, HTN and OA- under homoeopathic treatment

Sister- allergic complaints

Physical characteristics:

Appearance: Lean, thin, emaciated, fair with pale appearance.

Conjunctiva and nails are pale.

Digestion: Patient prefers non-veg more with marked desire for salt 2+, fish 3+ and does activities Slow.

Elimination: Stools once a day, unsatisfactory, hard, not cleared easily. Urine 4-5 times/day, 1-2 times/night, pale yellow. Perspiration is generalised.

Menstrual history- Attained menarche at 13 yrs of age, cycles regular with no other complaints.

Life space investigations

As narrated by the patient that she belonged to a well-to-do family, "I had no worries emotionally or financially. We were 4 siblings [2 girls, 2 boys]. For me, all decisions

CASE STUDY

were taken by my family, because I believe they do it for my betterment. Even selection of clothes was by my sister, mother. I don't choose them as I know they will do it for me.

I married 2 times.....

My first married life had very bad phase. It was arranged marriage. I have a child with him. He was orthodox from the beginning. He used to put restriction and keep me bounded. I could still tolerate it, but later he started torturing me. Physical abuse.... torcher.... he used to beat me. I had never expected it be like this. It was out of my tolerance. I still think that whether I have done something wrong or have I not done enough to maintain the marriage. Did I lack somewhere? My father took me and my son back with him. And I got divorced....

After few years, I married for second time to a divorcee. He also has a boy child younger to my son. His wife also left him. Marring for second time was not at all my thought. My parents convinced me continuously to do so and think about future of me and my child.

Even this marriage is out of my expectation. I feel like my son is been not taken care by him. He does lots of partiality in both sons. But never expected it to be so. I expect lots of care, love and affection. We are been provided every necessary thing but no affection, it's just materialistic way. No caring.

I also deserve affection.....it lacked in previous marriage and now also the same.

I always go in deep thoughts of it, why so? Why me only?

This is affecting somehow on my health. I can't control my thoughts, become sad, doesn't feel like to do anything.

Thoughts remain in my mind even if the talk is over also. I will be always thinking about the past events for long and then tears come, but I don't cry in front of people.

Since 2-3 years I have changed..... this was first told to me by mother and later I am also observing..... I shout for small things also..... shouts at anybodysometimes

without reasonsuddenly I go in deep thoughts.....thinks about my messed life.....don't feel like to do anything.....slowly I start with headache sometimes.....I was never like this before.....don't know how to come out of it".

Irritability – used to shout at son and husband but later repents, felt better when she shouted at them. Couldn't vent out the anger on other people.

Empathy- if anybody was in trouble, she used to feel bad. If anyone was unwell, nobody told her about it, she will be throughout thinking about incidence and it will affect her health.

Incidence- her cousin sister's husband died due to COVID-19. After hearing about it, her health condition worsened due to overthinking.

She used to think if anyone would be there for her or not. "Was she alone?" When she had such thoughts, she went to her mother's place.

During headache, she became nervous, depressed, couldn't tolerate the pain, and lost all hope.

Differential diagnosis⁵:

DISEASE	SYMPTOMS			INVESTIGATIONS
	HEADACHE		OTHER SYMPTOMS	
	ONSET	CHARACTERISTICS		
Migraine	Sudden	Severe to moderate pain, unilateral, pulsating, 4-72hrs	Preceding aura Nausea Vomiting photophobia phonophobia	Clinical diagnosis CT and MRI- to rule out other suspected possible cause for headache
Cluster Headache	Sudden	Unilateral, periorbital, minutes to hours, throbbing	Conjunctival injection, lachrymation, rhinorrhoea	

Tension Headache	Sudden	Mild to moderate pain, bilateral, constricting pain, minutes to days	None	
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Diagnosis: International classification of disease -10-CM⁶

According to 2022 International classification of disease -10-CM diagnostic code ----

Migraine with aura- G43.1

International classification of headache disorders III [ICHD-III] diagnostic criteria for migraine with **aura**⁷ :

Migraine with aura

Must fulfill criteria for migraine listed above

At least two attacks fulfilling the following criteria:

• One or more of the following reversible aura symptoms:

- Visual
- Sensory
- Speech and/or language
- Motor
- Brainstem
- Retinal

At least three of the following six characteristics:

- At least one aura symptom spreads gradually over ≥ 5 minutes
- Two or more aura symptoms occur in succession
- Each individual aura symptom lasts 5-60 minutes
- At least one aura symptom is unilateral
- At least one aura symptom is positive
- The aura is accompanied by, or followed within 60 minutes by, migraine headache

Justification Patient came with the complaint of headache. A few of the ideas which popped up into the mind while taking case in regards to diagnosis was tension headache, sinusitis, cluster headache and migraine. While coming through the series of symptom presentations and getting a clear picture of unilateral headache with aura, it was differentiated from other types

of headaches.

Case analysis:

Analysis and evaluation:

**K I N G D O M
DIFFERENTIATION----**

So as the history is very much clear, one may see under which kingdom the patient falls.

Kingdom differentiation

M I N E R A L
PLANT

Structure, Relationship, leadership, security Sensitivity

ANIMAL

Prey and predator

CASE STUDY

As it is more thematically pointing towards RELATIONSHIP and DEPENDENCY, one could divert his mind to MINERAL KINGDOM⁸.

MINERAL KINGDOM-----

ROW DIFFERENTIATION-----

When one goes through the understanding of second row, Nourishment derived is from inside. Attachment is like within the other, cannot think of existence outside of that. Often their keyword is "I cannot have an independent existence"⁹.

Whereas in third row, attachment is where one derives all nourishment and care from the outside. They have independent existence. They seek relationships where there is understanding, familiarity, comfort, communication, confidence, trust and attachment¹⁰. Feeling is "she and I are not different, she is mine, and therefore I will not be let down in anyway"⁹. The decisions are impulsive and also instinctive.

Similarly, in fourth row, the issue is mainly to go with money, house, bank balance, insurance, etc. Here they need to trust that their job, bank balance is secured. Whereas in row 3 trust is associated with empathy. They start becoming calculative. Planning here is short term but not

an obsession like row 3. They look for more steadiness, stability, and are practical, pragmatic⁹.

Row 3 features were matching our patient's characteristics.

COLUMN approach -----

The main feeling of *Magnesium muriaticum* is that his trust and faith in the people he depends so much upon will be betrayed, and he will be disappointed.

Natrum muriaticum feels both disappointed and betrayed, as a result, he feels irritable and angry. The relationship she seeks is not one of dependence like *Calcarea* or *Magnesium* but of friendship or romance, a relation on a one-to-one basis.

Natrum muriaticum has no identity of her own, doing what others decided for her. Seeks for love and care.

Sepia officinalis comes close to *Natrum muriaticum*. Both have the theme of disappointment. The main contradiction of *Sepia officinalis* is between relationship and occupation, but not between making and breaking the relationship as seen in *Natrum muriaticum*¹⁰.

Similarly, patient agreed to whatever

decision made by her parents for her showing segment of dependency. Even after 2nd marriage, somewhere that love, care and affection was lacking. It's just materialistic way. No caring. Dwelling upon past memories. Felt empathised about others. Felt better when weeping alone. Along with these complaints, some of the physicals, desire for fish, salt, fair complexion, with thin built and particulars point towards the remedy.

Natrum muriaticum was selected for the patient seeing all her complaints. The remedy was started in 30 potency OD for 3 days early in the morning.

Along with it, the patient was counselled regarding her stress issues.

TOOLS USED-These scales were used at baseline and last follow up to assess severity and progress during the period of medication.

Tools used to assess severity of migraine & depression with progress of symptoms after medication included-

A] Migraine disability assessment scale [MIDAS]⁴

B] Patient health quality (PHQ)-9⁴

The migraine disability assessment scale [MIDAS]:

QUESTIONS	First visit	Last visit
1. On how many days in the last 3 months did you miss work or school because of your headaches?	4	2
2. How many days in the last 3 months was your productivity at work or school reduced by half or more because of your headaches? (Do not include days you counted in question 1 where you missed work or school.)	3	2
3. On how many days in the last 3 months did you not do household work (such as housework, home repairs and maintenance, shopping, caring for children and relatives) because of your headaches?	3	2

4. How many days in the last 3 months was your productivity in household work reduced by half or more because of your headaches? (Do not include days you counted in question 3 where you did not do household work.)	2	0
5. On how many days in the last 3 months did you miss family, social or leisure activities because of your headaches?	1	0
TOTAL----	13	6

What your Physician will need to know about your headache:

A. On how many days in the last 3 months did you have a headache? (If a headache lasted more than 1 day, count each day.)	4	1
B. On a scale of 0 - 10, on average how painful were these headaches? (Where 0=no pain at all, and 10= pain as bad as it can be.)	7	2

1st visit= 13- MIDAS Grade III Moderate disability

Last visit= 6- MIDAS Grade III Mild disability

Patient health quality (PHQ)-9----It was used at baseline tool to assess depression severity.

Over last 2wks how often you are bothered	Not at all		Several days		More than half the days		Nearly every day	
	1 st Visit	Last visit	1 st visit	Last visit	1 st visit	Last visit	1 st visit	Last visit
1] little interest or pleasure in doing things		0			2			
2]Feeling down, depressed or hopeless				1			3	
3]trouble falling or staying asleep				1			3	
4] Feeling tired or having little energy						2	3	
5] poor appetite or overeating	0	0						
6]feeling bad about yourself				1	2			
7]trouble concentrating on things such as newspaper		0	1					
8]moving or speaking so slowly that people notice around			1	1				
9]thoughts that u would be better off dead	0	0						

1st visit score – 15 – moderately severe depression

Last visit score – 6 – mild depression

FOLLOW UP:

Follow up	Complaints	Prescription	Remarks
FU-1 9/7/20	<p>Patient was better</p> <p>similar episodes of headache but with less intensity, could bear them.</p> <p>Whenever pain starts, nervous feeling [whether she is going to survive or not]</p> <p>Sensation as if headache will eat her up</p> <p>Yesterday 2-3 times vomiting with headache</p> <p>Appetite-decreased</p>	<p>1]Pl-15 days</p> <p>4-0-4</p>	<p>Though headache persisted severity was better, so continued with placebo.</p> <p>Never repeat the remedy as long as improvement persist¹¹.</p>
FU-2 10/8/20	<p>Rt sided frontal headache</p> <p>Pain from frontal region goes till nape of the neck</p> <p>Shifting pain from right to left side</p> <p>Throbbing pain- >-- by massage+++</p> <p>Vomiting- 1 episode</p> <p>Mind- less irritable on silly things, just think before shouting on son. Getting sound sleep and much past thoughts.</p> <p>App- reduced with bitter taste in mouth</p>	<p>1] <i>Natrum muriaticum</i></p> <p>30 /3doses</p> <p>2]Pl-30 days</p> <p>4-0-4</p>	<p>Similar complaints, so the medicine was repeated.</p> <p>When improvement ceases, give the remedy in the potency first chosen¹¹.</p>
FU-3 14/9/20	<p>Patient much betterHeadache frequency reduced</p> <p>Now able to stitch, do fine works</p>	<p>1] Pl- 1 month</p> <p>4-0-4</p>	
FU-4 25/11/20	<p>Headache complaints similar as before</p> <p>Patient was out of station, so couldn't report for month follow up.</p>	<p>1] <i>Natrum muriaticum</i> 30 /6 doses</p> <p>2] Pl- 1 month</p> <p>4-0-4</p>	<p>Potency same as patient was responding to it, but raised the dose.</p> <p>Dr Hahnemann in 6th edition of <i>Organon of Medicine</i> has advised for the repetition of doses in chronic cases¹¹.</p>
FU-5 11/9/20	<p>Headache episodes reduced, now occasionally</p> <p>Burning in both eyes</p> <p>Generalised weakness++ for 1 month</p> <p>A/F-death in family during COVID-19 period</p> <p>Menses- LMP-29/8/20</p> <p>Flow- moderate</p>	<p>1] <i>K a l i u m phosphoricum</i></p> <p>6X- 16 DOSES</p> <p>0-0-2</p> <p>2]Pl-1month</p>	<p>Gave biochemic remedy for neuralgic pains with depression and sleeplessness¹¹.</p> <p>Did not repeat <i>Natrum muriaticum</i> as she was better.</p>

FU-6 6/10/20	Feeling much better now Episodes of headache reduced Disturbed sleep because some guests visited the house.	1] <i>Kalium phosphoricum</i> 6X-- 16 DOSES 0-0-2 2]Pl -1month	
FU-7 9/11/20	Feeling good No episodes of headache Now able to sleep	1]PL-15 days	

Prognosis: Long term studies support the concept that remission increase with age¹³. Identifying predictors of migraine and working on it, helps towards good prognosis.

Treatment plan: Though the complaints are reduced, there are chances of remission as stated above. The patient was followed up to see for its recurrence.

Conclusion

In this case of migraine with aura, constitutional homoeopathic medicine selected on the basis of knowledge of 3rd row of periodic table, not only cured the condition but also depression, thus proving it to be holistic method.

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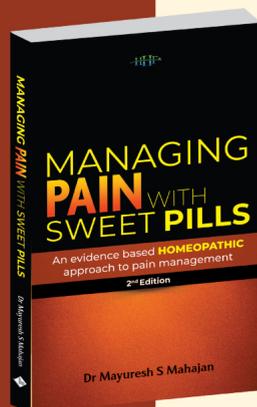
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“Fever is an expression of inner rage”

By Dr MINI. I. V

Abstract: Fever is one of the body’s immune responses that attempts to neutralise the bacterial, viral or parasitic infection who cannot survive at a higher temperature. As fever regulatory mechanism accompanies inflammation, increased body temperature accelerates certain biochemical reaction of use to the host in combating infection and help the body cells to repair themselves research demonstrate that fever has several important functions in the healing process. Fever should not be confused with hyperthermia, which is a defect in body’s response to heat (thermoregulation), which can also raise the body temperature. Fever should also not be confused with hot flashes or night sweats due to hormonal changes during perimenopause.

Keywords: Homoeopathy, fever, temperature, psoric.

Abbreviations: HIV – human immunodeficiency virus, SLE – systemic lupus erythematosus.

Introduction

Fever, pyrexia, or febrile response is a condition of elevated body temperature above the normal range 37.5 and 38.3 degree centigrade or 99.5- and 100.9-degree Fahrenheit[1]. A complex physiologic response to disease mediated by pyrogenic cytokines and characterised by

an increase in core temperature, generation of acute phase reactants and activation of immune systems. A full-day temperature fluctuations from lowest level in the early morning to highest in late afternoon, with an average mean maximum variation of about 0.6 degree Celsius is considered normal. Body temperature is determined by the

balance between heat production from tissues, particularly the liver and the muscles, and the heat loss from periphery.^[1]

In a healthy individual, the hypothalamic thermoregulatory centre maintains body temperature of the internal organs from 37 to 38 degree Celsius.

Aetiology

Infectious causes:	Non-infectious causes:
Upper and lower respiratory tract infections	Drug fever
Gastrointestinal infections	Malignancies
Urinary tract infections	Collagen vascular diseases
Skin infections	Miscellaneous

Types of fever

Continuous fever

Intermittent fever

Remittent fever

Hyperpyrexia^[2]

collectively exogenous pyrogen, are both diverse and complex^[2].

Substantial evidence supports a key role in fever production for cytokine, termed endogenous pyrogen, which are produced by cells interacting with exogenous pyrogen. These endogenous pyrogen act centrally on thermosensitive neurons in the pre-optic hypothalamus to trigger increased heat production and to decrease heat loss. The core body temperature rises until a higher sustainable point is reached.

- Two general issues are important in the initial evaluation of acute fever.

Identifying any localising symptoms (headache, cough) help to understand the possible cause. The localising symptom may be a part of the patient’s chief complaint or identified only by specific questioning.

- Determining whether the patient is seriously or chronically ill, many causes of fever in healthy people are self-limited, and many of the possible

Pathogenesis of fever

Fever may be produced by many stimuli including bacteria and their endotoxins, viruses, yeast, protozoa, immune reaction, and drug and synthetic polynucleotides. The substance which has been termed

Evaluation:

viral infection are difficult to diagnose specifically^[3].

History of present illness

- History of present illness should cover magnitude and duration of fever.
- True rigors (severe shaking, teeth chattering chills not simply feeling cold) suggest fever due to infection but are not otherwise specific.
- Pain is an important clue to the possible source the patient should be asked.
- Other localising symptoms include nasal congestion and or discharge cough, diarrhoea and urinary symptoms.
- Presence of rash (including nature, location, and time of onset in relation to other symptom) and lymphadenopathy may help.
- Review of system should identify symptoms of chronic illness, including recurrent fever, night sweats, night sweats, and weight loss^[3].

Past medical history should particularly cover the following

1. Recurrent surgery.
2. Known disorders that predispose to infection (HIV infection, diabetes, cancer, organ transplantation, sickle cell disease).
3. Other known disorders that predispose to fever (rheumatologic disorders, SLE, gout sarcoidosis, hyperthyroidism, cancer).
4. Enquire about recent travel include location, time since return, locale, vaccinations received before travel, any use of prophylactic antimalarial drugs, if required).

5. All patients should be asked about possible exposure (via unsafe food or water, insect bites, animal contact, or unprotected sex).
6. Vaccination's history, particularly HEPATITIS A and HEPATITIS B, and against organisms that cause infections, should be noted^[3].

Drug history should include specific questions about the following:

- a. Drugs known to cause fever.
- b. Drugs that predispose to infection.

Physical examination

- Measuring rectal temperature, oral temperature or axillary temperature.
- Other vital signs are reviewed for presence of tachypnoea, tachycardia, or hypotension.
- The patient's general appearance, including any weakness, lethargy, confusion, cachexia, distress should be noted.
- All the skin should be inspected for rash, particularly petechial or haemorrhagic rash
- Axilla and epitrochlear and inguinal areas should be examined for adenopathy.
- The lungs are examined for crackles or signs of consolidation, and the heart is auscultated.
- The abdomen is palpated for hepato-splenomegaly and tenderness suggestive of infection. The flanks are percussed for tenderness over the kidney suggesting pyelonephritis. Genital examination is done in men to check for urethral discharge and local tenderness.

- The rectum is examined for tenderness and swelling, suggesting perirectal abscess.
- All major joints are examined for swelling erythema and tenderness.
- The hands and feet are signs of endocarditis, including splinter haemorrhages under nail, painful, erythematous, subcutaneous nodule on the tip of digits^[4].

Complication

1. Dehydration
2. Delirium and hallucination
3. Coma
4. Seizures
5. Sepsis^[4]

Treatment and management

When the body temperature starts reaching 106.1-degree Fahrenheit and higher, it may be necessary to treat the fever itself, as well as the underlying cause. Direct treatment of hyperpyrexia may include^[5].

- A cool bath or cold, wet sponging put on skin.
- Especially cold compression on axilla will reduce the temperature.
- Liquid hydration through intravenous or from drinking.

Dietetic management of febrile state is always the matter of interest. During an acute fever, appetite is diminished, hydrochloric acid is reduced. A low diet protects impaired digestive system, and favor's absorption of liquid from tissues, thus relieves congestion. Light food is advised always. Proper feeding of liquid diet in fevers must be given regularly. Eggs as food in fevers are distinctly contraindicated. Meats fall into same category^[5].

Homoeopathic remedies

Belladonna: Sudden onset of symptoms. Along with headache and feet is icy cold. No thirst with fever. Patient has a flushed face, high temperature, and pulse is strong^[6].

Gelsemium sempervirens: Slow onset, dullness, dizziness, drowsiness and delirium are the concomitant. Patient is chilly, doesn't want to move. Drooping of eyelids, chills up and down back with no thirst.

Cedron : Regular paroxysm of fever, coming at same hour, periodicity is marked, commencing with chills in back and limbs. Feet and hand will be cold^[7].

Pyrogenium: Pulse is weak and rapid, and not proportionate with temperature, most indicated in blood poisonings. Temperature goes up and down, aches all over the body. Has chills, is alternatively hot and cold and complaining bed is hard. Especially indicated in septicaemia.

Arsenicum album: Restless, fearful, fear of death, burning pain relieved by warmth. Worse after midnight, increasing weakness, very thirsty for frequent sips of water.

Bryonia alba: Patient prefers to lie still as they are worse from very little movement. Usually pale and quiet, very thirsty, drink large amount of water. Marked homesickness.

Ferrum phosphoricum: Gradual onset, red cheeks, pulse is fast and weak. Throbbing headache and better by cold application on the head. Usually give in first stage of inflammation.

Aconitum napellus: Restless, anxious, and fearful. Sudden onset, skin is dry and hot, pulse will be bounding and unquenchable thirst for large quantity of water. Barking, dry cough^[8].

Homoeopathic view on fever^[9]

Dr Hahnemann tells about intermittent fever in 6th edition of *Organon of Medicine* in aphorism from 235 to 244. The power of producing a similar series of alternating state comprising the whole paroxysmal phase.

In *Organon of Medicine*, Master Hahnemann affirms that acute disease generally only a transitory outbreak an explosion of latent psoric affection. The symptomatic expression of this or any other dyscrasia must be selected based on the totality thus obtained^[10].

Correspondence by similarity of symptoms to the strongest, best marked and most peculiar alternating state. But the remedy selected to stop the paroxysms must be also acute remedies and not the anti-psoric drugs having deeper action.

Philosophical aspect of fever^[11]

Dr H.C. ALLEN – “All fevers that tend to be protracted, low or malignant type, occur in the psoric or tubercular patient and the more deeply psoric, the more malignant the attack.” Dr H.C. Allen is following Dr Hahnemann's view regarding fever.

Conclusion

A **fever** is a body temperature that's higher than is considered normal. Fever may be produced by many stimuli. It's also called a high temperature, hyperthermia, or pyrexia, and it's usually a sign that your body is working very hard to keep you healthy from an infection. A part of **your brain** called the **hypothalamus** controls the body temperature. In response to an infection, or due to some other cause, the hypothalamus may reset the body to a higher temperature. So, when a fever comes on, it's a sign that something is altered in the body.

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Demonstrating the law of similia through snake remedies

By Dr Shilpa R Metran

Abstract: Homoeopathy is a system which does not treat based on the diagnosis of any specific condition rather it treats any condition based on its symptom similarity with the remedies, which is capable of producing similar signs and symptoms in healthy human beings. Snake bites envenoming produces signs and symptoms similar to that of signs and symptoms of varicose veins, hence based on symptom similarity, snake remedies are dynamised and used in the treatment of varicose veins.

Keywords: varicose veins, snake remedies, homoeopathy, symptom similarity, coagulopathy, haemotoxins, snake bites, pain, swelling, cramps, valve damage, clots, torturous veins, sclerotherapy, ablation therapy, thrombocytopaenia, cytotoxicity, neurotoxin, anti-coagulant.

Abbreviations: DIC (disseminated intravascular coagulation), SVSP (snake venom serine protease).

Introduction

Homoeopathy is a system based on the law of similars, “similia similibus curentur”, meaning ‘let likes be cured by likes’. Homoeopathic medicines are prepared from various substances prepared from plants to toxic animals. One such animal venom used is snake venom. Medicines prepared homeopathically from snakes act on various disease conditions of human system. One such condition is varicose veins. demonstrate the law of similars and Varicose veins Varicose veins are twisted, enlarged veins near the surface of the skin and they mostly develop in the legs and ankles. Due to prolonged standing or sitting, the blood in the veins of the legs pool and the pressure in the veins increase and causing stretching of the veins, weakening the vein wall resulting in varicose veins .^[1]

In simple words, the function of veins is to drain the deoxygenated blood from all the body parts into the heart for oxygenation. The veins in the lower limbs must drain the blood from the legs to the heart against the gravitational force hence to prevent the back flow of the blood the valves in the vein wall prevents it.

But due to long standing, obesity, long sitting, smoking, hormonal factors, etc., the valves in the veins

become weak and thus hamper the one direction flow of blood in the veins causing reverse flow and stagnation of blood in the veins causing dilated, torturous veins in the legs, called as varicose veins.

The conventional treatment for varicose veins usually involves techniques like sclerotherapy, laser surgery, micro sclerotherapy, endovenous ablation therapy and endoscopic vein surgery. These treatments commonly has side effects that include vascular injuries, deep vein thrombosis, nerve damage, wound complications like skin infections, blood clots, scarring and staining of the skin. Despite an invasive surgery, the chances of recurrence of the problem are common.

Hence, here comes the role of homoeopathy in the treatment of varicose veins, where the presenting signs and symptoms of the patient are considered and based on the symptom similarity of the drug and the patient's complaints medicines are given. Medicines act on the dynamic level of the patient and strengthen the valves of the veins, dissolves the clots formed inside the veins due to stagnation which in turn reduces the symptoms like pain, cramps, heaviness, and oedema, etc. There are many remedies which help with these signs and

symptoms of varicose veins in homoeopathy like *Arnica montana*, *Bothrops lanceolatus*, *Calcarea flourica*, *Crotalus horridus*, *Flouricum acidum*, *Hamamelis virginiana*, *Lachesis muta*, *Pulsatilla nigricans*, *Vipera berus*, etc. Among these the snake remedies have astonishing effects on varicose veins they are *Lachesis muta*, *Crotalus horridus*, *Vipera berus*, and *Bothrops lanceolatus*.^[2]

Snake venom

Snake venoms are aqueous solutions of proteins mixed with mucus and epithelial debris, fatty matter and some other salts like chlorides, calcium, magnesium and phosphates of ammonium, are also found in the venom. Chemically, they resemble the ptomaine bodies; but physiologically most venoms contain:

1. Haemotoxic – Damages the blood vessels and bleeds into the tissues.
2. Neurotoxin- Paralyzes the nerve centres, particularly the nerve centers of the medulla.
3. Anti-coagulant – Prevents the coagulation of the blood and predisposes to haemorrhage
4. Haemolysin – Dissolves the red blood corpuscles.
5. Agglutinin- Affects the

agglutination of both red and white blood corpuscles.

6. Other components yet to be established conclusively.^[3]

Discussion

Most snake venoms exhibit strong haemotoxic properties by interfering with blood clotting factors, platelets, blood pressure and causes haemorrhage. Haematological abnormalities such as thrombocytopaenia, DIC (disseminated intravascular coagulation) and prolonged bleeding and clotting times due to coagulation factor abnormalities are very common with snakebites, particularly viper bites.^[4]

The underlying mechanism for thrombotic complications is due to the imbalance between the pro-coagulant and anti-coagulant systems in the body. Haemotoxic snake venoms cause profound abnormalities in the coagulation system and platelets leading to the syndrome of DIC (disseminated intravascular coagulation). This condition causes excessive bleeding following the uncontrolled activation of coagulation events resulting in a consumption coagulopathy.^[5]

Snake venom serine protease (SVSP) toxins increase the vascular permeability of blood vessels by degrading capillary basement membranes, resulting in hemorrhage. Haemorrhage caused by snake venom is often complicated and exacerbated by patients presenting with blood clotting disturbances as the result of venom-induced consumption coagulopathy. Snake venom haemotoxins exhibit diverse functionalities resulting in haemorrhagic, coagulopathic, and hypotensive pathology in snakebite victims.^[4]

Symptom similarity Snake bites causes cytotoxicity which are characterised by painful and progressive swelling at the bite site, developing into tender local swelling, oedema, heaviness, cramps, increased local heat blistering and bruising pains which

is similar to the presentation of varicose veins.^[4]

Hence, based on the symptom similarity of acute signs and symptoms produced in case of a snake bite and that of varicose veins, also applying the doctrine of signature; rising heat – snake rears up when caught and the tortured veins, dilated veins – appear to be like snakes externally; snake remedies can be used for the treatment of varicose veins when given in a dynamic level.

When these snake venoms are dynamised, the lethal effects of the venom is diminished completely, as it does not act on the physiological level, they act on the dynamic plane thus producing a similar signs and symptoms of that of varicose veins; pain, heaviness, cramps, tenderness, oedema, blistering, etc. when proved on a healthy human.

1. *Lachesis muta*- Varicose veins, the whole leg is swollen and aches, sore and burning. Plegmasia alba dolens. Foot-like marble from varicose swellings. Ulcer on right leg with varicose swelling.^[6,7]
2. *Crotalus horridus* – Phlebitis, varicose veins, and varicocele. Lower limbs go to sleep easily. Limbs inflamed, swollen and gangrenous. Predominantly right sided remedy. Cramp like pain in the calves, heels and toes.^[6]
3. *Vipera berus*- Varicose veins, patient is obliged to keep the limbs elevated. When limbs are allowed to hang down, it seems as if they would burst and the pain is unbearable. Varicose veins and acute phlebitis. Veins swollen, sensitive, bursting pain. Blue lower limbs. Severe cramp in the lower limbs.^[6]
4. *Bothrops lanceolatus*- Oedema, heaviness of lower limbs. Numbness. Phlebitis. Suppuration of leg. Varicose veins. Leg is badly infected after surgery for varicose veins. Swollen veins. Gangrenous ulcers.^[6]

Conclusion

Thus, it may be assumed that snakes when bitten due to its haemotoxins causes clots in the veins producing symptoms like pain, cramp, oedema, heaviness, gangrenous conditions due to lack of circulation, which are all similar to the presentation of the condition varicose veins. Applying the homeopathic law of similia, snake venoms and toxins has the ability to produce symptoms similar to that of varicose veins also has the ability to remove those symptoms when given homeopathically, which has given excellent results in the treatment of varicose veins for decades. In the same way, all the homeopathic medicines when potentised and dynamised, they produce artificial disease in the healthy humans due to its active principles and alkaloids, which when given to a similar disease condition cures it, demonstrating the law of similars.

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Ferrum series – performing task for security

By Dr Sneha Subhash, Dr C.R. Krishnakumari Amma

Abstract: The periodic table of elements has a significant homoeopathic relevance. Each series in periodic table signifies a peculiar characteristic. Ferrum series is a picture of an everyday man, with his daily issues and problems in his routine tasks and job. Hence, this series is all about developing skills to perform his task and make his living secure. The main motive of this article is to give an understanding about few important characteristics common to row 4 and compare them. Observing the evolution of remedies from left to right in periodic table.

Keywords: mineral kingdom, periodic table, ferrum series, row 4, homoeopathy.

Abbreviations: Kalium (K), calcium (Ca), scandium (Sc), titanium (Ti), vanadium (V), chromium (Cr), manganum (Mn), ferrum (Fe), cobaltum (Co), nicolum (Ni), copper (Cu), zincum (Zn), gallium (Ga), germanium (Ge), arsenicum (As), selenium (Se), bromine (Br), krypton (Kr).

Introduction

Although homoeopathy is gaining popularity among the public, many practitioners find it difficult to arrive to a simillimum. There is abundant substance in the nature and hence proving it entirely is next to impossible. Homoeopathy would be elevated if every group or family under each kingdom had a peculiar characteristic of its own.^[1]

The first periodic table was created by Dmitri Mendeleev in 1869. This

periodic table continued to evolve with the progress of science. The use of periodic table in homoeopathy has served as an essential tool in finding the most appropriate remedy. Dr Jan Scholten contributed in understanding the homoeopathic constitution of each element using the periodic table. Later, Dr Rajan Sankaran gave a deeper insight into it.^[2]

The periodic table constitute of 7 rows (series) and 18 columns (stages). Each of this have a peculiar

common theme. The periodic table of elements has a significant homoeopathic relevance. Many homoeopaths throughout the world have independently verified Jan Scholten's element theory of 'series' and 'stages'.^[3]

Today's generation is more focused on securing their life and are more practical. They are task-oriented and judge themselves with respect to their performance outcome and duties they perform to secure their life and family.

	Incapable	Dependent	Confusion	Inadequate	Alternating	Uncertain	Know capability	Perseverance	Self doubt	Successful	Maintain	Constant Attack	Losing of	Preserve	Loss of	Complete loss	Let down	Contented
FERRUM SERIES	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
Security	K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr

Table: Remedies in ferrum series^[4]

Ferrum series is more concerned with the security and task. They talk more about their stability, relationships, finance, etc.^[5] There

is a feeling of fulfilling their task at their best. In this row, the person has his own identity and now he is beginning to develop skills to

secure his life with respect to family, relationships and money. They have their own choice but they are rational. Right and wrong is very

important.^[4]

Kalium: Alkali metal. Totally dependent for security due to their incapability. They cannot be independent. Affects musculoskeletal system. Weakness of muscles, heart, back, limbs. Weakness is main feature of all potassium salts.^[6] Malarial miasm.

Calcium: Alkali earth metal. They need support and protection in the situation of threat. They have lot of anxiety and fear to take up any task without a guidance. Calcium gives rise to defective nutrition of bones, glands, blood and skin.^{[6][7]} Ringworm miasm.

Scandium: Transitional metal. Doubtful about their abilities. Double minded and confused.^[8] Ringworm miasm.

Titanium: Transitional metal. They begin to protect themselves but are inadequate. It is found in bones and muscles. It is used in lupus, hemiopia and premature ejaculations.^[9] Ringworm miasm.

Vanadium: Transitional Metal. Alternates between whether they are capable or no. Lack of self-confidence. Concerned about their success. Vanadium acts as an oxygen carrier and catalyser, hence used in wasting diseases. It is a remedy for degenerative condition of liver and arteries – fatty degeneration of heart and liver.^{[6][9]} Ringworm miasm.

Chromium: Transitional metal. Their security is developed. They take up the challenges on their own but are uncertain of the result. It removes cancerous growth without pain or without the use of knife.^[10] Ringworm miasm.

Manganum: Transitional metal. They know their capabilities. Apprehension, anxiety and

restlessness and become perfectly well while lying down. Main sphere of action is on the periosteum, joints, ankles, shin bone, heel, and inner ear. Very sensitive bones with diagonal pains.^[7] Ringworm miasm.

Ferrum: Transitional metal. They are capable as well as secure. Persistent in performing their duty and tasks despite of difficulties and oppositions. They are obstinate, headstrong and determined. They are firm in their decision. Action on vasomotor system and blood circulation.^[7] Ringworm miasm.

Colbaltum: Transitional metal. They are doubtful about their protection. There is a guilt of self-mistake and wrong decisions but accepts it. Delusion that he is criminal and others know about it. It affects the lumbar spine, genitals, kidneys and bones. It is useful for neurasthenic state of spinal origin with sexual disturbances.^{[6][11]} Ringworm miasm.

Nicolum: Transitional metal. Successful in both security and protection. Egotism and superiority. Fight for others like a policeman and protect the weaker. Best for literary men who suffer from periodical nervous headaches, weakness, asthenopia, constipation, which is aggravated in morning on waking.^[11] Ringworm miasm.

Cuprum: Transitional metal. There is a need to maintain the success of security and protection. Need to be ready to defend sudden oppositions. Shuns everybody approaching them. It is an anti-psoric remedy affecting nerves of cerebrospinal axis and muscles causing spasmodic effect after suppression of eruptions and discharges.^{[6][11]} Ringworm miasm.

Zincum: Transitional Metal. Constant attack to their position

of security and protection. Thinks of death calmly. Therefore they are alert. Affects brain and nerves which are fagged. Tissues are worn out. Indicated in brain paralysis and spinal affections.^{[6][9]} Ringworm Miasm.

Gallium: Metal. Unavoidable loss of protection and security. Hence, they postpone the task to prevent loss. They stubbornly hold on to old ideas and not ready for new ideas, especially the younger generation who has adapted newer ideas. This gives them a sense of insecurity. Clinically used for paralysis, anaemia, cancer.^[8] Sycotic miasm.

Germanium: Metaloid. They try to preserve their security but fails to face the opposition. They are afraid of being held responsible for their behaviour. They are afraid of making mistakes. They are too tired to do anything more. Useful in cancer and diabetes.^[2] Cancer miasm.

Arsenicum: Metaloid. They are weak to defend and protect those things left with them. They are dependent on others for support. Arsenic is the remedy for the effect of feats of prolonged endurance. It affects all the tissues and organs, especially the mucous membranes, blood, nerves, muscles, serous cavity.^[11] Cancer miasm.

Selenium: Non-metal. Complete loss of capacity and energy. No support and protection. It is a constituent of bone and teeth. It affect nerves of genito-urinary organs and supraorbital region.^[6] Tubercular miasm.

Bromine: Halogen. Totally insecure. Completely alone to face danger or oppositions. They want to cut off from their task. It affects the glands causing induration and respiratory tract especially larynx and trachea.^[9]

Leprosy miasm.

Krypton: Nobel gas. They are contended. There is complete absence of security.^[2] Syphilitic miasm.

Conclusion

The rows and columns show stages of beginning, aiming, reaching the peak and declining as experiences in our lives. When there is a conflict related to a particular stage of life, there develops physical symptom or pathology.

The common characteristic marked in the ferrum series is that of performing task to secure and protect themselves from the external oppositions. There is anxiety, apprehension, restlessness, fidgetiness. The main sphere of action of the remedies in this series is circulation and musculoskeletal system. The column from left towards the middle of the table were progressive states going to peak performance followed by progressive decline in performance represented by remedies as we go to the right side of the table. As we go from left to right in periodic

table - security starts developing, the middle columns show complete security and towards right starts falling down to become insecure. Same is with dependency. In the beginning, due to incapability and doubts, they are dependent, the middle of the column shows independence and then towards right again needs support as they start losing their ability to maintain the position. It is also observed that the miasm deepens as we go from left to right in the periodic table.

A remedy from row 4 is chosen not on the basis of performing task, but it is selected on the basis of complaints coming up due to conflicts related to the performance.

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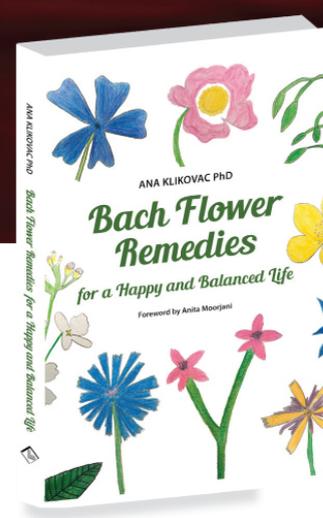
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Halogens – the letting go elements and its homoeopathic uses

By Dr Neha Sahu

Abstract: The halogens belongs to group 17 in the periodic table consisting of five elements: fluorine (F), chlorine (Cl), bromine (Br), iodine (I), and astatine (At). As they have seven valance electron hence require one electron to complete their outer orbit and become stable, so they constantly trying to get one electron and hence these halogen remedies are very active, restless, excited and anxious. They are unstable alone so they usually form compounds to become stable and in nature they are mostly found in combined state like *Calcarea iodatum*, *Calcarea flouricum*, etc. that are used as homoeopathic remedies. Hence, their individual actions are difficult to interpret from compound forms but are more known to us in different compound forms.

Keywords: halogens, homoeopathy, periodic table.

Abbreviations:- fluorine (F), chlorine (Cl), bromine (Br), iodine (I), and astatine (At).

Introduction

In the periodic table group 17 elements are known as the halogens consisting of five chemically related elements: fluorine (F), chlorine (Cl), bromine (Br), iodine (I), and astatine (At). In Greek words 'halos' means 'sea salts', and 'genes' means 'production'. It is so originated due to their close resemblance and gradual transition of physical and chemical properties. As they have seven valance electrons, missing just one electron each to fill their shells, hence require one electron to complete their outer orbit and become stable, so they constantly trying to get one electron and hence these halogen remedies are very active, restless, excited and anxious. Due to their high reactivity, the halogens are found in the environment only in compounds or as ions. The halogens are the only group which contains elements in all three familiar states of matter at standard pressure and temperature, where fluorine and chlorine are gases, bromine is a liquid and iodum and astatine are solids.^{[1][2]}

Mental Sphere

On the mental plane, the main feeling in halogens is that they don't need anyone much that they are nearly complete in themselves. So, they don't want to be tied down or bound for too long.

The word describing the halogens – letting go, holding on, excited, climax, demanding uncontrolled, final end.

According to Dr Jan Scholten, – halogen series is the eradication, all has to be erased. It has to be ceased, extinguished, abolished, aborted, and finalised. One can be forced to quit or flee, being expelled as an outcast. To let go everything, even forget memories. It frees, makes one loose from bonds. One can let go with humour. The opposite is to hold on to things, even taking them without asking.^[2]

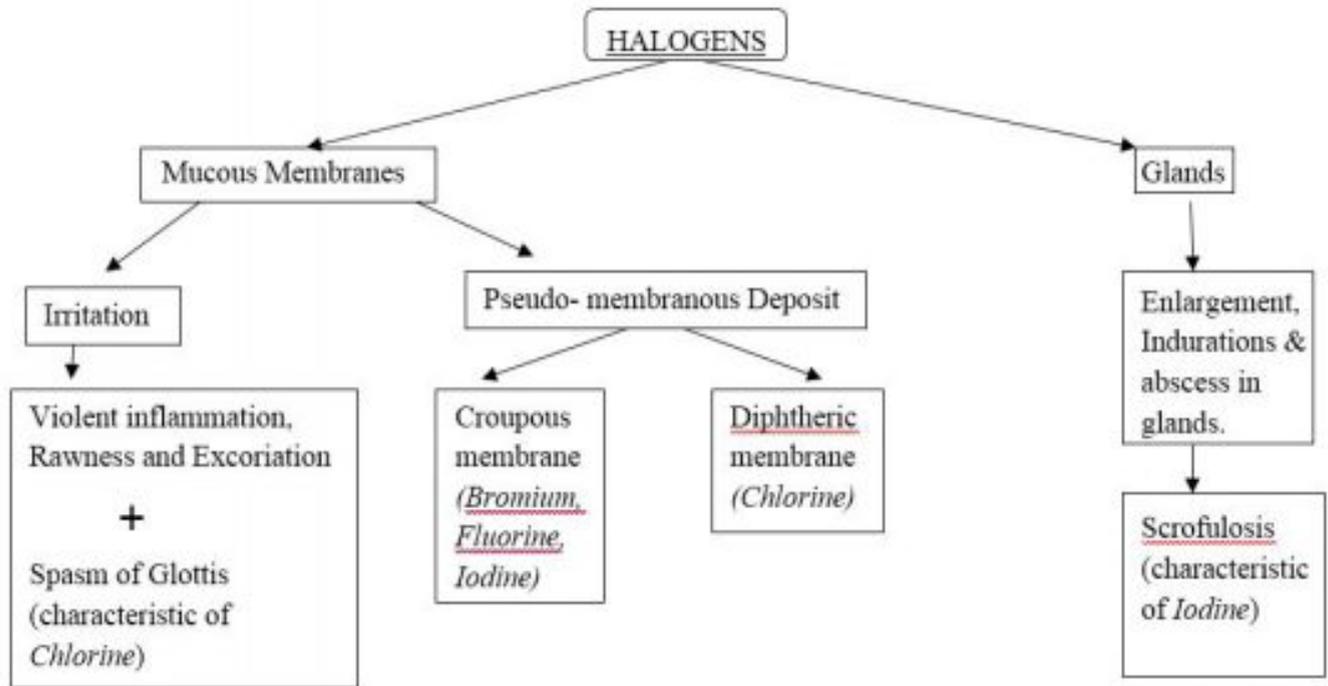
- **Restless, excitable people**– There is a decided erethism, during which the patient is very excitable, and restless, moving about from place to place, now sitting here, now sitting there, he

fears that every little occurrence will end seriously. want to be doing something continuously. They are active, agile people.

- **Impulsive** - They wanted to do things quickly, impulse to do violent and strange things, tendency to become destructive, tendency to ruin things which they don't like.
- **Violent and destructive** – they take harsh and violent measures.
- **Forgetful** - Forgetfulness is a characteristic symptom. There is a lot of things crowding in their mind that they can't keep up with it. They are inclined to write everything down on little notes, but even then they keep forgetting certain things.
- **Obsession** - Their fear of forgetting things might become an obsession. This may lead to compulsive behaviour, all because they want to be able to keep everything under control. This results in fixed ideas: 'I have to do this, and I must do that'.^{[1][2]}

Physiological action^[3]

The chief action of halogens are mainly on mucous membranes and glands.



Few important halogen remedies

Fluorine

Chloral Bromine

Iodine

Fluorine^{[1][4][5]}

The chemical preparation of the element is very difficult since it combines with nearly every substance with which it comes in contact but especially with water, forming hydrofluoric acid.

Fluorine in its pure elemental form. It is the most reactive of all the non-metallic elements and it affects every substance it comes in contact with, even metals like Platina.

- For actions on the organism only compounds of fluorine come under consideration, *Acidum fluoricum*, *Calcium fluoricum*.

- The bones and teeth are richest in fluorine. The fluorine content in man is found increased with older ages.
- *Acidum fluoricum* was proven by Dr Hering and his circle of provers in Philadelphia.
- From clinical use it has been shown that *Acidum fluoricum* has a slowed but deep, prolonged action. The supportive tissue is the favored site.
- It acts on the bones, especially the long bones, causing caries and necrosis, and favours the expulsion of the necrosed part.
- Fistulae, rectal, dental, and lachrymal come within its sphere.
- Vascular erethism:

- Heated state without real fever.
- Fluoric acid has amelioration from cold applications, bathing in cold water.
- Itching, worse from warmth. Aggravation from warmth in any form, also from warm drinks. Profuse sweats.
- Muscle unrest.
- Sexual excitation (as in beginning diseases of central nervous system).

Mental - as they belong to row2, there is complete separation. They are completely independent and separate.

They forms and breaks relationships readily. Attachment to a person becomes burdensome for them and so they get completely separated.^[5]

Chloralum

Chlorine is of great significance in the organism in the ionic form, primarily in its neutral salt compound with sodium.

The homoeopathic use of chlorine in the form of potentised chlorine water, aqua chlorata, is recommended in croup, spasm of the glottis, asthma with expiratory dyspnoea, coryza with sudden flow of acrid, corrosive mucus, and loss of voice in damp weather.

- Laryngeal spasm is especially pronounced; the chief difficulty is in exhaling, can draw in the air well enough.
- Coryza with sudden gushes of sharp, corroding fluid, making nose sore inside and about the alae.
- Sudden dyspnoea from spasm of the vocal cords, with staring protruding eyes, blue face, cold sweat, pulse small.
- Convulsive attacks on cutting eye-teeth.
- Mouth inflamed and ulcerated.
- Many complaints, especially the constipation, are said to be aggravated at the seashore.
- Mostly females, emaciation in spite of a good appetite, pale gray cachectic appearance, dry skin and mucous membranes, chilly but intolerant to the sun's heat, physically and mentally exhausted.
- Tendency to migraine, basedowism.

periodicity, aggravation during and after the irregular menses. ^{[1][4][5]}

Mental – as they belong to **row**

3, they have issues with finding identity and nourishment. They feel betrayed, hurt, and let down by the identity given to them so they want to be free from them and assumes a completely opposite identity.

Very forgetful; he cannot remember names.

Bromine

Bromine was isolated from the mother liquor of the Mediterranean Sea in 1826 by Ballard. It is often found in the animal organism in slight amounts, particularly in the thyroid. Indeed, the bromine content of the blood is essentially higher than the iodine content.

- It is also useful in hypomanic state (sedative and antiepileptic action).
- The chief use of bromine preparations in homoeopathy has been in affections of the upper air passages.
- The glands (thyroid, testes, maxillary, parotid) are swollen and indurated.
- There is much anxiety of mind; a fear of ghosts or visions when in the dark.
- Like the other halogens, Bromine is a strong anti-scorbutic.
- Amelioration at the sea-side; but aggravation in sailors when coming ashore they suffer from asthma.
- Migraine, chiefly left side, < from stooping, especially after drinking milk.
- Hypertrophy of heart from gymnastics in growing.
- Physometra - loud emission of

flatus from the vagina.

- Cold sensation in larynx on inspiration better after shaving. ^{[1][4][5]}

Mental – as they belong to **row 4** they are more concerned about security and task. They have a feeling of insecurity and of being completely alone to face danger and attack.

No one to protect.

Fear of ghost, being pursued, conscience, hitting punished. ^[5]

Iodium

Iodine is an element necessary for the mammalian organism but it is not essential for the general electrolytic economy, for the regulation of osmosis and colloid states, but has specific functions as a catalyser.

Baumann found iodine in the thyroid in 1895 and in 1927 Harington and Barger made a chemical determination of thyroxin (tetra-iodophenol ether of tyrosin), to which may be ascribed the chief action of thyroid. Besides this, di-iodo-tyrosin, it appears, has a weaker action.

- The homoeopathic indications, according to the symptom register of Hahnemann, are swelling of the neck with numerous sensations of tension, oppression and compression of the throat.

Iodium is especially suited to persons of dark hair and complexion; dark, yellow, tawny skin.

The iodine picture is an example of the oxygenoid constitution of Grauvogl, in which the oxygen influence is increased.

- Ravenous hunger; eats freely

and well, yet loses flesh all the time.

- **Hypertrophy and induration of glandular tissue** thyroid, mammae, ovaries, testes, uterus, prostate or other glands. Breasts may dwindle and become flabby.
- Aggravation from heat, in a warm room, and moreover at rest.
- Amelioration from walking around and in the open air.
- On the sexual organs the toxic atrophy is preceded by an irritative phase.

Earlier iodine was used as an emmenagogue. Too early and too profuse menses are the most frequent

form of menstrual disturbance with iodine. [1][4][5]

Mental – as they belong to row 5 they have issues of facing the new, performance, creativity. There is a feeling of completely alone and unguided in a new and dangerous situation.

- Cannot depend on anybody.[5]

Conclusion

Thus halogens have proved to be efficacious in scrofulous acting on glands, respiratory affections, cancerous and various other kinds of affections. *Iodum and Bromium* are quite well proved but *Flourine, Chlorine* and *Astatine* are not well proved and need extensive proving and clinical trials to explore their

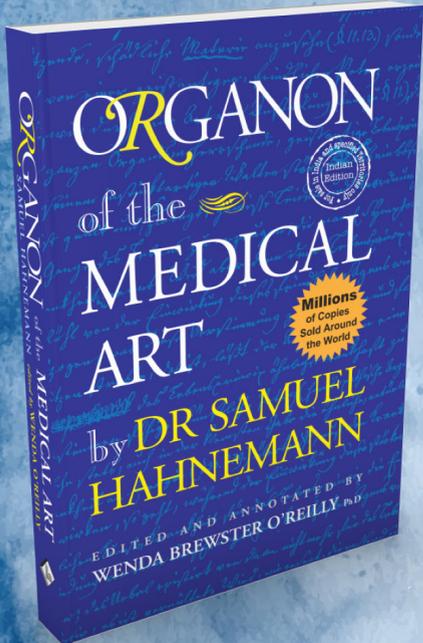
inherent powers to cure different diseases.

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- An indispensable source of teachings of Dr. Hahnemann which forms the basis of homeopathy.
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Halogen group of remedies in attention deficit hyperactivity disorder (ADHD)

By Dr S.Soundarya

Abstract: The periodic table gives a new approach to understand the characteristic symptoms of homoeopathic remedies. Dr Jan Scholten gave a great contribution to the development of homoeopathy with the understanding of theme or constitution of the elements of periodic table. The author is intending to work on the theme of halogen group of remedies to the attention deficit hyperactivity disorder in children.

Keywords: periodic table, halogen group, Attention deficit hyperactivity disorder (ADHD).

Abbreviations: Attention deficit hyperactivity disorder (ADHD), diagnostic and statistical manual of mental disorders V (DSM V)

Introduction

Simillimum based prescription is necessary to bring the cure. Finding simillimum is not an easy task. This can be made easy by knowing the theme of the elements of the periodic table. The plant root emerges through the rock to find new life, likewise the periodic table emerges to break through the case and find its simillimum. Periodic table provides a way to collect the group of remedies in our mind by assessing the theme. Narrowing down from a largest group of medicines to the smallest group of medicines is the significance of the periodic table analysis. There are many other ways to find out simillimum, this is one among them.

A. Halogen group of remedies

In the table of elements there are 18 stages or groups and 7 rows or series. The halogen belong to the group 17 of periodic table and are characterised by an s^2p^5 . Group 17 occupies the second column from the right in the periodic table and contains fluorine (F), chlorine (Cl), bromine (Br), iodine (I), astatine (At). At 25°C, fluorine and chlorine are gases, bromine is a liquid and iodine is a salt. The properties of halogen

are just similar to each other¹.

Word meaning

They were given the name *halogen*, from the greek roots *hal-* (“salt”) and *-gen* (“to produce”), because they all produce sodium salts of similar properties².

Facts of halogen

Halogen has great reactivity, the free halogen elements are not found in nature. In combined form, fluorine is the most abundant of the halogens in earth’s crust. The percentages of the halogens in the igneous rocks of earth’s crust are 0.06 fluorine, 0.031 chlorine, 0.00016 bromine, and 0.00003 iodine. Astatine does not occur in nature, because they are short-lived³.

Properties of halogen

- The chemical properties are more uniform.
- Halogens have very high electronegativities.
- The halogens are particularly reactive with the alkali and alkaline earth metals, forming stable ionic crystals. Halogens are salt formers.

- The lightest halogen is fluorine and the heaviest is the astatine³.

B. Attention deficit hyperactivity disorder (adhd)

Attention deficit hyperactivity disorder is a neuro developmental disorder characterized by persistent hyperactivity, impulsivity and inattention that significantly impairs educational achievements or social functioning.⁴ ADHD is the most common neurobehavioural disorder of childhood, one of the most prevalent chronic health conditions affecting school aged children, and the most extensively studied mental disorder of childhood⁵.

History

The first example of a disorder that appears to be similar to ADHD was given by Sir Alexander Crichton in 1791. In 1798, he published, “An inquiry into the nature and origin of mental derangement: comprehending a concise system of the physiology and pathology of the human mind and a history of the passions and their effects”. He gave his lectures to the Royal Academy of Physicians. He described a case series of 40 children presenting with problems of over activity, inattention and deficits in ‘volitional inhibition’. The condition which we now refer to as ADHD was first included in the second edition of

the *diagnostic and statistical manual of mental disorders* (DSM) in 1968 and labelled 'hyperkinetic disorder of childhood.'

Cause

Use of cigarettes and alcohol in pregnancy, brain trauma during pregnancy, preterm birth, nutritional deficiency of magnesium, vitamin B₆, zinc, essential fatty acids and also familial tendency increases the risk of developing ADHD⁶.

Primary symptoms

- Inattention (trouble paying attention).
- Impulsivity (acting before thinking).
- Hyperactivity (trouble sitting still for even a short time)⁷.

Secondary symptoms:

- Behavioural difficulties, poor school achievement and or learning difficulties.
- Poor relationships, low self-esteem.
- Moody, restlessness, forgetfulness, day dreams⁷

Diagnostic criteria :

As per given in DSM V, The American Psychiatric Association published DSM-V, the first major revision to the diagnostic manual for psychiatric disorders since 1994. In DSM-V, ADHD is included in the section on neurodevelopment disorder.⁸

C. Perfinity of halogen group of remedy to adhd

Perfinity means the similarity in one field working "through" (per) in another field. Likewise halogen group of remedies will have similarity to ADHD.

Halogen has got 7 electrons in their outer orbit. They do not occur free, but are found in combined state. They require one electron to complete their outer orbit and become stable; hence they are trying to get one electron, an unbounded energy produced due to fast metabolic process³. This overflowing energy is similar to the ADHD patient's energy. ADHD patients has tremendous energy, hence they are very hyperactive in nature. In the symptoms of hyperactivity, there is tremendous loss of energy. Hyperactivity is found at mental as well as physical level. ADHD patient often fidgets with hand or feet, squirms in their seat, can never sit quiet and often talks excessively⁹.

At the same time, restlessness in the halogen group is due to its unstable nature. Energy is driven off during restlessness³. Restlessness is the main symptoms of ADHD patient. ADHD patients often runs about, jumps or claims excessively in situations which are inappropriate⁹.

Halogen group portrays anxiety in an attempt to become the stable electron. This anxiety presents on ADHD patient. His anxiety manifests into his dreams in the form of nightmares, of falling, death, drowning, etc⁹.

Due to instability of the halogens, it turns out to be irritable³. This irritability seen in ADHD patient, leads to impulsivity. Patient often blurts out answers before the questions have been completed, often interrupts or intrudes on others. They don't like to be questioned or reprimanded, finds excuses or escape routes and often experiences difficulty awaiting his or her turn. Impulsivity leads to violent activity and destructive tendency⁹.

Tremendous release of energy in

unstable electrons can be interpreted as lose of energy in ADHD patients which is due to hyperactivity and can, in turn, cause inattention. ADHD patient has difficulty in sustaining attention in tasks or play activities, fails to give attention to details, or makes careless mistakes in school work, work or other activities, doesn't seem to listen when spoken to directly, often avoids, dislikes, or is reluctant to engage in tasks that requires sustained mental effort, easily distracted by extraneous stimuli and often forgetful in daily activities, etc⁹.

D. Halogen group of medicines indicating adhd symptoms^{10,11}.

Fluorine preparation:

Acidum fluoricum: Uncommon buoyancy of mind: fears nothing and is self satisfied. Disposition to be exceedingly anxious, causing perspiration. Forgetfulness of dates.

Calcarea fluoricum: Vivid dreams, with sense of impending danger. Unrefreshing sleep.

Chlorine preparation:

Natrum muriaticum: Disposition to weep easily, but consolation from others aggravates. During sleep, many fears and anxieties surface up, leading to sleeplessness, night mares, and dreams. Aggressive behaviour in children due to lack of love. Extreme sensitivity. Projected anger in the form of irritability, impulsiveness and impetuosity. Child's emotional trauma is expressed by delusion that he looked wretched when he sees his face in the mirror. Difficulty in calculations. Mild and sentimental children.

Baryta muriaticum : Great anxiety, environment and surroundings; strange; everything is strange, anger (see irritability and quarrelsome), irritability, Impaired thinking; difficulty concentrating, Confusion.

Chininum muriaticum

Exhausted, apathetic, listless. Anxiety and excitement, with increased heart beat. Depressed. Restlessness increased to anxiety; startled by every step on the stair or knock on the door. Disinclination to work. Irritable, depressed. Weakness and stupidity.

Chlorum : Apprehension. Irritability, inclined to anger. Forgets names and persons. Effects of excitement. Coma, fainting with cold, viscous sweats.

Chloralum : Melancholic, idiocy, and insanity. Constantly hears voices. Hurried and excited, walking up and down the room conversing with imaginary beings.

Chloroformum: Wild excitement, followed by complete insensibility. Obscene language used. Desire to kill.

Kalium chloricum : Liveliness, ill-humour, anxious, tension in precordial region, > nose-bleed. Feels dreadfully dull and stupid. Apathy; in evening, with sadness, chilliness and disgust of life.

Iodine preparation:

Arsenicum iodatum : Irritability, Unable to study, difficult in concentration.

Iodoformum : Excitement interrupted by broken sleep, Excitement, melancholia, hallucinations of sight and hearing. Screams out, leaves her bed but falls down after walking a few steps, talk's nonsense unconnectedly, is unable to hold anything, sees everything double. Talkativeness excessive; fear of death with anguish.

Iodium : Lachrymose disposition

and mental dejection. Melancholy, Hypochondriasis, sadness, anxiety. Fear, Anxious apprehensions. Restless agitation (with inclination to move about), which will neither permit the patient to remain seated, nor to sleep. Irresistible impulse to run.

Bromine preparation:

Kalium bromatum: Nervous restlessness. Cannot sit still, must move around or keep occupied. Night terrors in children who see horrible visions awake shrieking and recognising no one. The child constantly imagines that he is singled out as an object of divine wrath. Answers in mono syllable. Sometimes for all questions 'no' is the only answer. Anxiety at night especially in dentition age group. Fidgetiness constantly plays with fingers and hands. Omits or reverses words when talking and writing.

Radium bromatum : Apprehensive, depression, hardly able to move about. Fear of being alone; of the dark; wants to have someone near. Irritable, cross, easily vexed. Mind cloudy and unable to think clearly, stupidity.

Conclusion

ADHD is one of the leading causes of poor school performance. The child fails to achieve school grades commiserating with his intelligence because of these inattention and hyperactivity. In modern medicine ADHD is treated with stimulant drugs such as ritalin, oral anti hypertensive and anti depressant. While these medications can at times be effective, if carefully monitored, side effects are possible, and most

of these drugs should not be given to children under 6 years because of risk of toxicity or lack of dosage information due to inadequate testing for adverse drug reaction. Homoeopathy treats ADHD disorder in an effective way. Halogen group remedy plays a major role in treating ADHD. When envision the society, one can realise that every individual possesses the academic, the social and the emotional skills needed to succeed in school, at work and in life.

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“Integrated study of the elements in homoeopathy”

By Dr Melita Alva

Abstract: Group study is a way to study materia medica in a simpler and livelier form. The process of understanding the general character of a particular segment of event, phenomenon or experience can be considered as a group study. Group studies in homoeopathy are done according to the plant kingdom, the animal kingdom, and the minerals.

So here is an attempt to correlate the mineral represented in a periodic table according to the homoeopathic science.

Keywords: group study, periodic table, elements, series, groups, potency, remedy relationship.

Abbreviations: COPD – chronic obstructive pulmonary disease eg - example

“I saw in a dream a table where all the elements fell into place as required.

Awakening, I immediately wrote it down on a piece of paper.”

A quote by Dmitri Ivanovich Mendeleev (Figure 1)

The Father of modern periodic table (8th February 1834 to 2nd February 1907).

Introduction⁽²⁾

During Dr Hahnemann’s time in 1830, there were 100 remedies in materia medica which went on to increase up to more than 4500 remedies recent studies, ultimately posing a challenge to the students to remember billions of symptoms. Emerging complexity of materia medica led towards the group study method. This method has made the entire materia medica easier and comprehensible, as well as labour-saving.

Dr Hahnemann started with the classification according to the nature of the drug, i.e. miasms. Later, many stalwarts like Dr Kent, Dr E.A Farrington, Dr Clarke carried such method of group study especially plant kingdom remedies. In 1935, Otto Lesser, in his *Textbook of Homoeopathic Materia Medica*, attempted to study inorganic materia medica by dividing Medicines into different groups, according to the periodic table.

The prime mover of the group

analysis of the modern era is Dr M.L. Dhawale, followed by Dr Jan Scholten in his book *Homoeopathy and Elements and Homoeopathy and Minerals*.

The work has been further continued by the other stalwarts like Roger Morrison and Rajan Sankaran. Dr Jeremy Sherr by proved the elements from the periodic table.

History of the periodic table

On 17 February 1869, Russian Chemist Dmitri Mendeleev developed the periodic table, others had tried before, but his table was periodic or repeating because characteristics of elements follow a pattern. He jotted down the symbols for the chemical elements, putting them in order according to their atomic weights and inventing the periodic table. It was perhaps the greatest breakthrough the history of chemistry. He is recognised as the **father of modern periodic table**.

The element at the atomic number 101, which was discovered in 1955,

was named “Mendelevium” after Mendeleev. Also, a ‘crater on the moon’ is named in his honour.

Dmitri Mendeleev is considered one of the most influential chemists in history.

In his version of periodic table of 1871, he left gaps in places where he believed that the unknown elements would find their place. He even predicted the likely properties of 3 potential elements- eka-boron, eka-aluminum, eka-silicon.

The subsequent proof of many of his predictions within his lifetime brought fame to Mendeleev as the founder of periodic law.

The periodic table is a useful way of organizing the elements in order of their atomic number, which is the number of protons in the nucleus of an atom and is unique to every element.

The periodical arrangement of the inorganic ELEMENTS with their physical, chemical, biochemical

properties arranged in increasing atomic number, in a tabular form is called a periodic table.

Arrangement of the periodic table:

- 1. Series/period:** The elements arranged in the horizontal rows with the increasing atomic number. There are 7 series/periods.
- 2. Groups:** The elements arranged vertically are called groups. There are I to VIII and zero groups.

Series and group: (Figure 2)

Series/period:

1st series (2 elements)

2nd series (8 elements)

3rd series (8 elements)

4th series (18 elements)

5th series (18 elements)

6th series (32 elements)-monster period (15 rare elements)

Groups:

IA, IIA - alkaline earth metals.

IIIB, IVB, VB, VIB, VIIB, VIII, IB, IIB – Metals (transition elements)

IIIA, IVA, VA, VIA, VIIA-Non-metals

Zero group – inert gases.

The interpretation of the periodic table in homoeopathy:

1. Direction of action: Centripetal or centrifugal: (Figure 3)

Metals are having centripetal action, where the cause of the disease lies inside the body and the non-metals have centrifugal action, where cause

lies outside the body.

Metals can be prescribed in diseases due to deficiencies or due to excess, surgical diseases and also in complications of hypertension and diabetes.

Non-metals can be prescribed in cases of infections, toxic effects of chemicals, poisons, drugs, insect bites, and acute diseases.

2. Miasm: According to the increase in the atomic number the disease progresses.

There are cations (positive ions) and the anions (negative ions) in the periodic table given below. (Figure 4)

Miasms and the periodic table:⁽¹⁾

Disease producing power of each element is a disease curing power, which depends on its atomic number.

An atom of cation of:

Series 2 and 3 are sycotic

Series 4 is tubercular

Series 5 is tuberculo-syphilitic

Series 6 is syphilitic

Anion of:

Series 2 is syphilitic

Series 3 is tuberculo-syphilitic

Series 4 is tubercular

Series 5 is sycotic

Series 5 and 6 elements and anions of the series 2 elements are **mutagenic, i.e. carcinogenic.**

Series 7 elements have **metastatic effects** and influence all other elements in the same group.

Each series has different miasms.

Miasm indicates the depth of the action of each element.

The depth of the action of the element increases in cation from above downwards (lower atomic number to higher atomic number): whereas in anion it's just the reverse order, i.e. the depth of the action of the element increases below upwards (from higher atomic number to the lower atomic number).

3. Constitution: Tendency to increase body weight increases according to group and decreases according to the series

cations are related to hot patients as the atomic number increases according to the group.

Anions are related to chilly patients.

4. Mind:

All elements have many symptoms common at:

1. Emotional level

2. Intellect

3. Behaviour levels (fear, quarrelsome, indifference)

Each block represents the 3 different levels of mind.

Blocks:

s-block: Emotions increase whereas intellect and behaviour decrease.

p-block: Behaviour increase, whereas emotions and intellect decrease.

d-block /f-block: Intellect increase, whereas emotions and behaviour have a less role to play.

(Figure: 5)

Potency:

In chronic cases:

Low potency(30,3X):

When gross pathological changes are seen, i.e. chronic cases, the potency should be low and frequent repetition till improvement begins, then stop medicine and prescribe, **if required** (s.o.s)

Medium potency(30, 1M):

Repeat frequently, once improvement begins taper down the doses till complete cure.

High potency(1M and above):

Such as, in acute cases, high potency with frequent repetition till complete cure.

High potency is rapid, superficial, has a short duration of action.

Low potency is slow, deep acting,

has long duration of action.

Remedy relationship:

Antidote: Electropositive antidotes electronegative (cations are antidote by anions)

Eg: Cations of Group IA are antidote by the anions of VII A.

Cations of Group II A are antidote by anions VI A.

The second prescription in dynamic dose is known as dynamic antidote.

Complementary: After administering the first medicine if the case has not cured completely and some residual symptoms are persisting, then a complement remedy should be prescribed. The medicine that follows the path of the previous one and cures residual

symptoms is a complementary medicine.

Eg: Metallic group cations: the elements of lower atomic number follow well and complementary to high atomic number of the same group.

Group IA:Li⁺¹,Na⁺¹,K⁺¹complementary to Ca⁺²,Rb⁺¹,Cs⁺¹

Group IIA: Be⁺², Mg⁺²,Ca⁺² complementary to Sr⁺²,Ba⁺².

Series: 2, 3, 4 complementary to 5, 6.

Diagonal relationships:⁽¹⁾

Lithium-Magnesium

Beryllium-Aluminum

Group	I	II	III	IV	V	VI	VII
Series2	Li	Be	B	C	N	O	F
Series 3	Na	Mg	Al	Si	P	S	Cl

Figure: 6

Inimical: The elements of the high atomic number are inimical to the low atomic number elements of the same group. If the lower atomic number has acted favourably and completely.

Eg: K⁺ is inimical to Na⁺

Ca⁺ is inimical to Mg⁺

Conclusion

Since the ELEMENTS were used in homoeopathy for the preparation of medicines, it has been made easy for the students to study materia medica which itself is a vast pool of remedies. Thus, helping the students to know the correlation between the group remedies and the remedy

relations and a step forward in prescription to choose a simillimum.

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METALS / NON-METALS

H																He	
Li	Be											B	C	N	O	F	Ne
Na	Mg											Al	Si	P	S	Cl	Ar
K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr
Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe
Cs	Ba	La	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn
Fr	Ra	Ac	Rf	Db	Sg	Bh	Hs	Mt									

Ga	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu
Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr

Metals

Non-metals

Figure 3

+1																	0
H ⁺	+2									+3		-3	-2	-1			He ⁰
Li ⁺	Be ²⁺									B ³⁺		N ³⁻	O ²⁻	F ⁻			Ne ⁰
Na ⁺	Mg ²⁺									Al ³⁺		P ³⁻	S ²⁻	Cl ⁻			Ar ⁰
K ⁺	Ca ²⁺									Ga ³⁺		As ³⁻	Se ²⁻	Br ⁻			Kr ⁰
Rb ⁺	Sr ²⁺									In ³⁺		Sb ³⁻	Te ²⁻	I ⁻			Xe ⁰
Cs ⁺	Ba ²⁺									Tl ³⁺							Rn ⁰
Fr ⁺	Ra ²⁺																

Figure 4

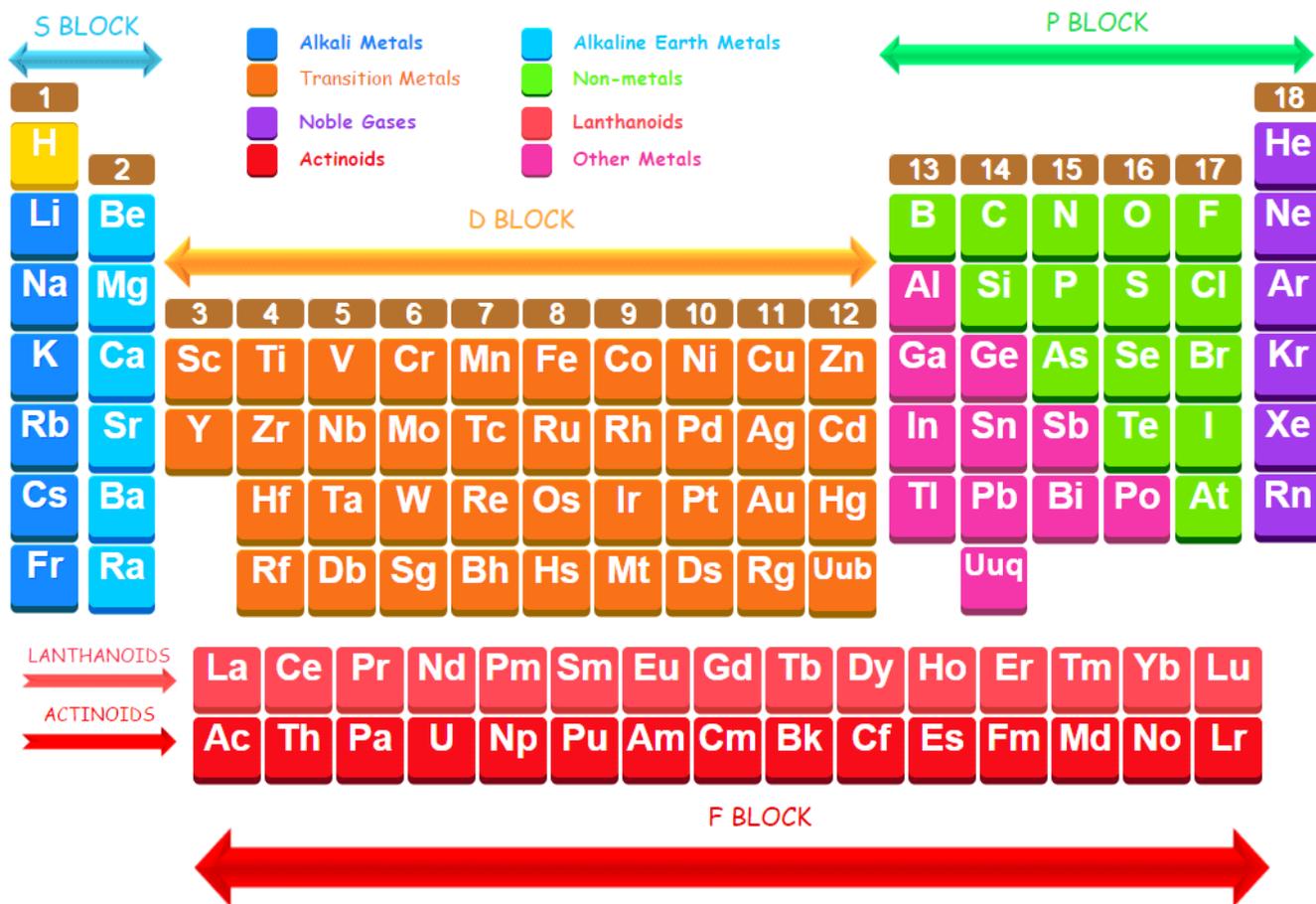


Figure 5

NEW RELEASE

M.T.

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Much Ado About Nothing

JOURNEY IN HOMEOPATHY
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ISBN : 9788131923801 | ₹ 595 | 505 pp

- FRANCIS TREUHERZ -

Iron series-the fourth series of the periodic table

By Dr Deepti Sharma

Abstract: Jan Scholten has a great contribution in knowing the elements of the periodic table, which are there in the homeopathic system. He said that every element of each series of the periodic table shows the same characters. Each series is divided into maximum 18 steps and each is illustrated according to their homeopathic property. The iron series are a group of 18 elements which, along with their salts, have come to be used as homeopathic remedies over the past decades. Row-4 elements are *Potassium, Calcium, Scandium metallicum, Titanium metallicum, Vanadium metallicum, Chromium metallicum, Manganum metallicum, Ferrum metallicum, Cobaltum metallicum, Niccolum metallicum, Cuprum metallicum, Zincum metallicum, Gallium metallicum, Germanium metallicum, Arsenicum metallicum, Selenium metallicum, Bromium, Krypton*.

Keywords: row 4, aggression, attack, elements, performance, protection, series.

Introduction

Homoeopathy is a system of medicine with more than 20 decades; it is the most harmless system of healing worldwide. The elements of the periodic table have been used since the beginning, but still the main source of homeopathic medicine considers plants only. The concept of major source is plant kingdom has been changed by the contribution of Jane Scholten, who helps us to understand the homeopathic properties of the elements and their salts that result from their combination^[1]. Iron series elements as well as their combined salts are used more and more in medical and science field. The Russian chemist, Dmitry Mendeleev, created an outline in the year 1869, for placing the elements, what is now known as the modern periodic table. Elements are placed in the periodic table according to their atomic numbers, chemical and physical properties. In the periodic table, the parallel lines are called periods, in which the metals are attached to the left and the nonmetals are attached to the right. The atomic structure of the elements and the similarity and dissimilarity between them is known only by the

periodic table. Mendeleev periodic law stated that “the physical and chemical properties of elements are a periodic function of their atomic weights”^[2]. Its homeopathic explanation dates back to the nineties when Scholten identified elements of the periodic table, certain stages and sequences of human development. Each element of the periodic table lies at the convergence of a row and a column; these two coordinates define not only the position of the element but also its properties. To get knowledge about any element of the periodic table, we need to know its row and period, from which we can acquire its characteristics. Scholten said that, every elements show similar characteristic in every (series) of the periodic table. The rows of the periodic table can be viewed as replicating a person’s development, starting from fetal life and ending in the death^[3]. Since we view the individual as mineral, we can reach the stage of development in which he is trapped, and identify the next line. Common theme about Iron series is related to the action of personal achievement, this achievement can also go under the guise of ‘performance’. Ferrum is the series key metal and the action of performance are the dual notions

of protection and defence^[4]. In fact the iron series is related with three principle themes- action, attack and defence. Looking at the metals on the extreme left of the series, one can find Kalium and Calcium both buried in fear requiring defence and protection. But on the right, Bromium’s response to aggression is to counter attack. Metals like Manganum, Ferrum, Cobaltum, Niccolum, Cuprum and Zincum are positioned centrally, where defence is very much present. Recurring themes emerge around protection: police, soldiers, the armed forces. Arsenicum a little further right, is frightened of robbers, against which protection is necessary^[5]. Minerals are non-living substances, markedly different from plants and animals, as reflected by the symptoms and issues in their healing drawings.

Minerals are are distant more organized than creatures and plants; the issues of minerals are as a rule structure, organisation, and security, particular relationship, fund or execution. Minerals are slower, more measured and settled, than those of plants and animals. People who require mineral treatment wear plain clothes, or stripes, checks and symmetrical or geometric designs.

Color is not that important to them. The two keywords of the mineral kingdom are structure and function; they are incomplete without function and structure [6]. Scholten introduced the concept of periodic table themes [7]; Sankaran deepens it further by adopting this new ap-

proach to the method of sensation [8]. Many ferrum series elements play a role in controlling protein function as secondary messengers, structural components, or enzyme cofactors. Potassium is used by cells to maintain a membrane potential for neurotransmitters. Calcium

is a signaling molecule which helps in skeletal muscle contraction in vertebrates. Selenium is a component of amino acid, Manganese enzymes play a role in the virulence of some pathogenic bacteria [9].

Elements of row 4-

group	1*	2											13	14	15	16	17	18
1	H																	He
2	Li	Be																
3	Na	Mg											B	C	N	O	F	Ne
4	K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr
5	Rb	Sr	Y	Zr	Nb	Mo	Tc	Ru	Rh	Pd	Ag	Cd	In	Sn	Sb	Te	I	Xe
6	Cs	Ba	La	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn
7	Fr	Ra	Ac	Rf	Db	Sg	Bh	Hs	Mt	Ds	Rg	Cn	Nh	Fl	Mc	Lv	Ts	Og
lanthanoid series	6		Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu		
actinoid series	7		Th	Pa	U	Np	Pu	Am	Cm	Bk	Cf	Es	Fm	Md	No	Lr		

Figure- 1^[10]

Periodic table with atomic number, symbol, and atomic weight

- Potassium-** These patients are extremely conscientious, and extremely “do what has to be done”. They suffer from purulent rhinitis and asthma, aggravated at 3’o clock in the morning [5].
- Calcium-** These patients are unsure of what they do, and have multiple fears. Aggravated at 3’o clock in the afternoon. They want to eat eggs and fruits that are difficult to digest.
- Scandium metallicum-** These patients are perfectionists who cannot make decisions in matter of choice. They suffer from problems of perspiration and

oto rhino laryngology (ulcers in mouth).

- Titanium metallicum-** These patients are unable to take the first step. They wake; anxious at 7 o’ clock in the morning, suffer from hemiopia, eczema and have a great desire of apples.
- Vanadium metallicum-** These patients swing between success and failure, attack and defence. It is a remedy for loss of appetite and bulimia.
- Chromium metallicum-** It is all to do with good appearance. It is a remedy for coquetry and purulent sinusitis.
- Manganum metallicum-** These patients work hard and practice, in order to carry out their tasks. It is a remedy for otitis and laryngitis. Cough stimulated by

otoscopy. Desire for tomatoes.

- Ferrum metallicum-** These patients work away persistently and take action. It is a remedy for iron deficiency anaemia.
- Cobaltum metallicum-** These patients are prepared to work but make mistakes at the last minute. It is a remedy for spina bifida, lumbago and dermatitis.
- Niccolum metallicum-** These patients are highly achievers and need to control everything to perfection. They suppress their emotions. It is a remedy for cultivated, literary types suffering from headaches and cough.
- Cuprum metallicum-** These patients are so intent on control that ends up with cramp. They like rituals as children. Very

much useful for colic, whooping cough and cramp [5].

12. Zincum metallicum- These patients are so keen on accomplishing their work that they work too hard and don't know when to stop. They revise all the time. It is a remedy for tics, stuttering, sleeping disorders and eczema of the hands.

13. Gallium metallicum- These patients appear perfectly capable of succeeding, but a part of their potential has been removed or is being suppressed. As a result they are in decline and just do what they can. It is a remedy for conjunctivitis and eczema.

14. Germanium metallicum- These patients have personalities dictated by the need for protocol. They hide behind a mask avoiding, having to face up to their responsibilities. It is a remedy for renal problems and chronic fatigue.

15. Arsenicum metallicum- These patients have lost their jobs and they do everything they can to save face. It is a useful remedy

for fear of the dark, for asthma and otitis.

16. Selenium metallicum- These patients are indifferent- don't care about what they do. A remedy for early aging hydrocele, fetid perspiration and acne.

17. Bromium- Action has come to its end. Useful for asthma, laryngitis and mumps [5].

18. Krypton- These patients thoroughly deserve their rest after work.

Conclusion

There is a direct link between the position the metals occupy in the periodic table, their chemical and physical reactivity, and the way that they react to the outside world. A great approach of Scholtan's theory was brought by modern homeopathy in to evaluate case easily and finding the exact simillimum for the case. From the patient's sensitivities, one is able to obtain the state, row and column, and using keynotes from materia medica can confirm the measurement [11].

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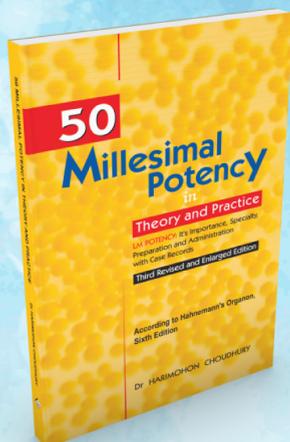
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50

MILLESIMAL POTENCY_{in}

THEORY & PRACTICE



- This book presents the whole history of LM scale, its necessity, mode of preparation and administration etcetera, in a very simple and lucid manner.
- At each step, guidelines by Dr Hahnemann have been quoted to show the authenticity of the authors views. The author also touches upon various general topics on homeopathic philosophy such as the need for single medicine, the selection of the medicine etc.
- At the end the author has given two cases of Dr Hahnemann treated with LM potencies and also presents many of his own cases.

ISBN :9788131903445 | ₹ 149 | 128 pp

A comparative study of gold series and lanthanides by exploiting their theme of leadership and power

By Dr A.U. Santhi Priya

Abstract: The gold series as elaborated by Jan Scholten, contains the lanthanide series of elements having the 4f electronic configuration. Although the lanthanides are a part of the gold series, they differ in certain aspects, one among them being, the theme of leadership or power. Through this article, the author has intended to offer a brief insight into the divergent aspects of the leadership and power theme, among the different elements of the gold series in comparison with that of the lanthanides.

Keywords: Gold series, lanthanides, theme of leadership

Introduction

Dr Jan Scholten in his works, 'Homoeopathy and the elements' and 'Secret lanthanides', had elaborated on the use of elements of the periodic table in a way that makes the readers understand the depth of his unique perception and innovative ideologies. He has contributed to Homoeopathy a rare gem through his exploitation of the periodic table. According to him the 7 horizontal rows of the periodic table are represented as series with a common theme for each row and the 18 columns are mentioned as stages, where each column represent the stages in the development cycle of life.

The gold series

The gold series represent the 6th row of the periodic table. It contains the elements Cesium, atomic number 55 to Radon with atomic number 86. Power is the central theme of this level. It is all about leadership and power over other people and leadership goes hand in hand with a feeling of responsibility for those people.⁽¹⁾

Lanthanides

The lanthanide series of chemical elements comprises

the 15 metallic chemical elements with atomic numbers 57-71, from lanthanum through lutetium. These elements, along with the chemically similar elements scandium and yttrium, are often collectively known as the rare-earth elements or rare-earth metals.⁽²⁾ Jan Scholten had effectively introduced these into the clinical practise by relating their physicochemical properties exhibited in the periodic table of elements to their homoeopathic potential.⁽³⁾

Comparison on the theme of power and leadership

Gold series

The theme of this series is leadership and management. They are the leaders in the family and in the business. They direct their power to the outer world.⁽⁴⁾

In our society it can be observed through the judges, directors, mayors, bishops, who are examples of leadership, even if the nobility is only an illusion. They involve a larger part of the society like town councils, business and matters

related to the whole country and feel sense of responsibility towards it, due to which they are serious in nature.⁽¹⁾

Like the king who waves his sceptre and has total power over his people, they like to exercise their power over others. They may even feel they have power over life and death, as if they are the representative of God here on earth.⁽¹⁾

Lanthanides

As regards to the lanthanides, they direct the power to themselves. It's more directed inwardly, to their inner world. It manifests more of self-control, an example for which is, Lanthanum tries to find out where his power is and how he can use it.⁽⁴⁾

In philosophy, power represents the ideas of the enlightenment and the universal declaration of human rights. These ideas stand for autonomy and freedom, to think and express oneself. Equality of all people is the consequence of autonomy for everyone.⁽⁴⁾

Comparing the elements of lanthanide with gold series on the theme of power and leadership

Neodymium Neodymium has to prove his power by doing all kinds of things that are difficult, dangerous and forbidden.	Tantalum They want to succeed and show off their power, but are in fact doubtful about the completion of their tasks.
Promethium Promethium researches further possibilities of where he can find and exert his power.	Wolframium They are proud and want to prove themselves, with a feeling of detachment.
Samarium Samarium exerts really significant power under pressure. They build and realize big things with their continuous exertion of power.	Rhenium They have leadership skills and look for compliments and feedbacks in order to improve themselves.
Europium Europium knows he has power, but he still has doubts about it. His tactic is to be clever instead of doing things with his power.	Osmium A forceful leader good in managing crisis and have to exert tremendous energy over it, which leaves him depleted.
Gadolinium Gadolinium knows that everyone has equal power and that it is harmonious. Things are proper the way they are.	Iridium Single minded, preoccupied with tasks have leadership qualities, great workaholics but have insecurity on whether they can complete their task.
Terbium Terbium has to maintain his power. He has to go on and cannot relax out of fear it will slip through his fingers.	Platinum They are self confident leaders, often arrogant and sees the ordinary people as inferior to them.
Dysprosium Dysprosium has to defend himself and others against attacks. His power is used as a defense against everything that's unclear and threatening.	Aurum They believe to have high intrinsic values like gold, are egoistic and can go into depression and self destruction.
Holmium Holmium uses his power selectively. He uses it only in situations that he can handle. In situations where he feels he will be overpowered he will withdraw.	Mercurius They are hungry for power and maintain it through "divide and rule" concept. They are mistrustful and has a fear of losing power always.
Erbium Erbium feels he has no real power anymore. Even when he has power internally, he feels he has no power to exert it in the world. But he covers it up behind a mask, not showing his lack of power.	Thallium They are suspicious leaders, who do not believe in their leadership qualities and withdraw from it when criticised.
Thulium Thulium feels he's losing his power. Even when he has power, it's useless in the situation he's in.	Plumbum They put on a great show of power for the outside world, but don't take responsibilities for themselves and assign it to other people.
Ytterbium feels like an outsider who doesn't need to exert any power. It has no use, he feels it is in vain.	Bismuthum The power they hold will be lost from them and the feeling of being alone is prominent. They would prefer death to the loss of honour.

Lutetium Lutetium uses his power freely, by his own choice. It's a kind of game, that will give him the most freedom. ⁽⁴⁾	Polonium They have lost their power and position but yet expect to be treated with respect and dignity. They have delusions of superiority .
	Astatinum They are people who have lost their power , the end of leadership often due to the abuse of power , which they try to hold onto , even pleading guilty to it.
	Radon Their days of leadership are over, their work and responsibilities completed and there is nothing left to worry about. ⁽⁵⁾

Conclusion

Thus, the power play and leadership qualities differ in lanthanides, even though it forms a part of the gold series. the lanthanides need to be explored further as it could provide more meaningful insights and wonders to the homoeopathic art of healing. Jan Scholten though his innovative ideologies had provided a gateway of opportunities through his works on periodic table and

lanthanides. It is now the duty of the young minds to explore further into his works and provide evidence based results on it.

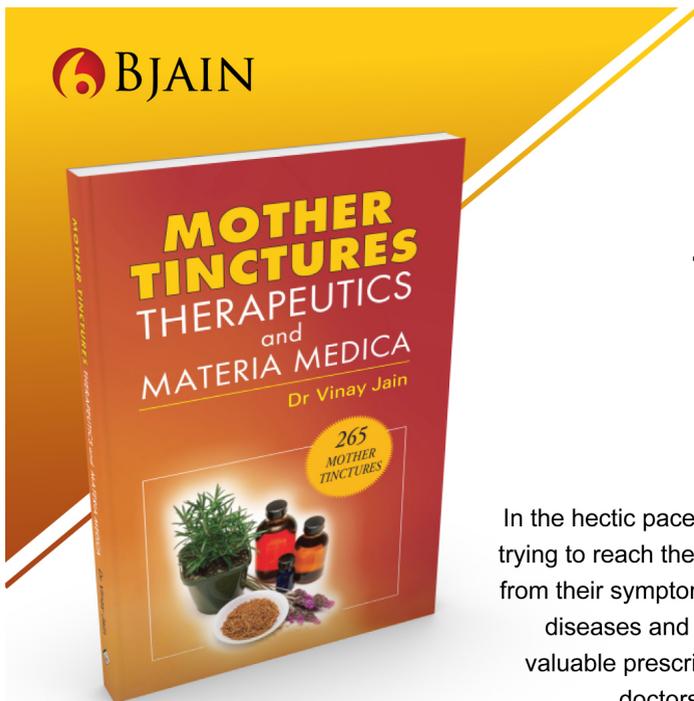
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MOTHER TINCTURES THERAPEUTICS and MATERIA MEDICA

BY DR. VINAY JAIN

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ISBN : 9788131903858 | ₹ 145 | 224 pp

Homoeopathic materia medica and periodic table

By Dr Maryam

Abstract: In 18th century, while translating the William Cullen's book, "A TREATISE ON MATERIA MEDICA", Dr HAHNEMANN proved the old therapeutic saying, "SIMILIA SIMILIBUS CURENTUR" i.e. "LIKES CURES LIKES" by performing drug proving on himself and others. Thus, HOMOEOPATHIC MATERIA MEDICA comes into existence. Materia medica is the compilation of homoeopathic remedies along with its symptoms, the origin (plant, animal, mineral), etc. utilised in the treatment of the patient holistically and on the concept of individualisation.

Two decades ago, Dr JAN SCHOLTEN, pioneered the PERIODIC TABLE METHOD for classifying the elements for homoeopathic materia medica. He discovered the pattern behind the periodic table and the essence of the rows and the columns in the table. The pattern of the periodic table is akin to the pattern of life. The development of life is reflected in the sequence of elements. Hydrogen is number 1 and is the conception. The end of life with decay is the uranium series, with its decaying radioactive element.

This article resumes the Dr Scholten theory, Dr Lac De Schepper, and other eminent homoeopaths concepts as well as introduce the concept of the periodic table theme with the materia medica.

Keywords: stages, column, periodic table, materia medica, elements, remedies.

Abbreviations: M.M. – materia medica, USA – United States of America, EEC – European economic community

Introduction

Periodic table is an essential tool in analysing the case and finding the exact simillimum remedy. Periodic table includes **18 COLUMNS/STAGES (transverse) and 7 ROWS/SERIES (horizontal)**.

According to Scholten, all elements in each row (horizontal) characterised by single common theme.

The book, HOMOEOPATHY AND THE ELEMENTS, by Dr Scholten mainly concerns materia medica based on the theory concerning the periodic table.

This is usually set out in 7 rows ('series') and 18 columns ('stages') by which the physical structures of the atoms are related to each other. An alternative is a 7-ring spiral, with hydrogen at the centre. Each of these is described in the short paragraph. Each series has a theme, to do with being, one of man's '7 ages',

a geographical area, sense datum and tissue. The 'Stages' are those of any project: the idea, its initiation, planning, development, execution, use at its prime, its decline and decay. Each medicine has these two items by which it can be described. Natrum, for example, is in the first stage, some of whose characteristics are simplicity, impulse, spontaneity, naivety, immaturity, being alone, and destruction. Relating the concepts of each of these lists gives a third list, corresponding to those characteristics expected in a potency of the element itself. These include simple love, relationships made impulsively which get stuck at the beginning, being alone in the home and so on. Since *Natrum* is known as a salt, this list must later be combined with another derived from the cation.

Quoting one of Scholten's cases may help, a patient complained of various minor complaints including spots

on his chin, teeth grinding, painful penile rash, receding hair, etc. He was a very committed manager who had planned each stage of his career carefully. This indicates a medicine from the 'Gold' series. Which 'stage'? At age 35, he did not reach the top, so he was between stages 1 and 10. He had passed the planning and initial stages of his career path, which was against stages 1-5. He had responded briefly to Osmium, stage 8, which indicates it was not the best prescription. Detailed questioning established that he was practising as a manager, that he felt he was still learning, and could profit from constructive criticism and positive feedback; he was keen to co-operate and learn from it, and could still be subject to self-doubts. These might relate to confused situations, to which he was averse; he preferred a clear overview of his problem. These characteristics are reflected in the description of stage 7 of the 18, which is the element rhenium.

Following a potency of *Rhenium*, he felt calmer and better generally, and his physical complaints went away and stayed away. Since some of these features had not been noted previously in the materia medica of this medicine, they were added to it tentatively after the success of this prescription.

Stages and series are discussed below from scholten point of view:

The 18 stages of the periodic table

The stages of the periodic table are an essential tool in analysing cases and remedies. They are called stages as they represent the stage in a development, the cycle of life. It starts with the rise and growth, comes to a full development and then declines again, ending in nothing. They agree with the columns of the periodic table. But they can be applied to all remedies.

Stage 1 : The spontaneous start, the impulsive begin. Things are done without being thought over, without reflection. This leads to naive, instinctive, simplistic and even childish or foolish behaviour. It can lead to one-sidedness, which seems rigid. Maniac. Alone and lonely.

Stage 2 : Unsure, timid. Doesn't know what he is worth, what he can do, so remains passive or adapts to the situation. He just watches and feels watched at the same time, so he hides. He wants and needs protection and support. Bewildered and overwhelmed.

Stage 3 : Searching, for the right thing, trying and comparing possibilities. He feels unsure and easily underestimates himself, so he cannot come to a conclusion. He avoids a decision, does not commit himself.

Stage 4 : The real official start. It can be the founding of business, a marriage, a contract. The decision is made, the commitment stated. But one can feel unsure, astonished that it can be done. This can lead to irresolution and amazement.

Stage 5 : The preparation of the work, the plans and proposals after the start is made. But the work looks too big, the mountain too high to climb, insurmountable. So he is easily discouraged, disappointed in his provisory plans. He alternates between going on and giving up, avoiding and postponing the work to his unrealistic goal.

Stage 6 : This is the challenge. One has to do things, prove one's power. One is forced to act, it is inevitable and inescapable. It has to be done, the bridges are burnt behind him. It takes courage and bravery, in the extreme it is the daredevil. The fear of a possible failure can make him do his act alone, covered and secretive.

Stage 7 : Training leads to perfection. He can do his act, but knows he has still to learn a lot more. He has to practice to become a master of everything. He wants to learn from others, likes to cooperate to see how others do things. And he likes to teach and help others on their road to become a master.

Stage 8 : This is the real work, everything learnt so far has to be assembled, put together. But the amount of work is massive, huge. So one needs perseverance, endurance, power and force. One feels pressured due to lack of time, struggling against deadlines. One has to push and fight against the inertia of matter and resistance of people. One can be irritated by opposition.

Stage 9 : The body of work has been done, but the last details have to

be filled in. Practically the goal is reached. Virtually the work is finished. Minor adaptations can be made after the dress rehearsal. The book can be completed after the corrections of the proof-readers. The contract just has to be approved and signed. But the fear of a blunder, a failure at the examination can make one call the whole thing off.

Stage 10 : The goal is reached. One feels at the top, the summit. It is the glory of the winner, the brilliance of a victory. Everything falls into place. It is obvious that one is oneself, the noble person that decides independently and is self-sufficient. One can become so convinced of the success and righteousness, that one becomes rigid, fixed and haughty. Balance and imbalance.

Stage 11 : This is the maintenance. One has to hold and keep the position reached, things have to be conserved and preserved. One wants to enjoy the affluence and prosperity. One wants to expand and share the wealth and fortune. Sustenance is possible, but heavy. One protects like a guardian or shepherd. Benevolence. Benign tumours.

Stage 12 : The power is exerted to the utmost, is overdone like a tyrant. One has still full power, but feels threatened from all directions. Suspicious of betrayal and attack one defends the power in an exaggerated way. It is overdone, leading to opposition. It is too much of a good thing: overshooting, overdoing, overstating, and boasting. The conservative one rules by division, defending against revolution and decline.

Stage 13 : The position can only be held partly, half. One has to retreat and retire. One has to reduce and shrink. But one holds one to old

and obsolete things with nostalgic feelings. The antique and outdated things from the past, which are the best, must be retired and withdrawn. But they are held in honour in the reduced space. The atmosphere is musty, mouldy.

Stage 14 : Form without power; mask, facade, mummy, fossil. The real power is gone, but externally it seems to function still well. One is dismissed, put on a side-track. One feels powerless, weak, drained, discharged, empty and hollow. One hides behind the form, diverting real responsibility. Coward.

Stage 15 : The loss. This is the stage of disappearance of what has been achieved, the bankruptcy, defeat, and death, being fired. Everything is burnt. It can be felt like a shock, being poisoned. One can fight and resistance, refusing to give over. Or one can give in as a surrender, sacrifice or abdication. The best is to forgive and forget.

Stage 16 : Things are over, in essence. Only the remnants and ashes are left, the leftovers. The remnants can be in a state of decay, putrefaction, producing and offensive and rotten odour and ugly view. One is

disgusted and becomes an outcast. It is like a beggar in rags, seducing and tempting others to give. Only memories are left, bringing one in a state of fantasy of greatness. Deepening and reconciliation. Lazy.

Stage 17 : This is the eradication, that has to be erased. It has to be ceased, extinguished, abolished, aborted and finalised. One can be forced to quit or flee, being expelled as an outcast. One has to let go everything, even forget memories. It frees, makes one loose from bonds. One can let go with humour. The opposite is to hold on to things, even taking them without asking.

Stage 18 : This is the denial of action, of everything. It is the pause between actions: rest, holidays, sleep, meditation, coma, death. Things are latent, idle, inert, inactive and quiet. Externally there is no interaction or communication: autism, cocoon. Internally there can be a transformation. The sensation is of being free, floating, confused, and unconnected. This stage can also be called stage 0, as it is the stage before stage 1 of the new cycle.

The eighteen stages : The eighteen

stages are stages in a cycle. Each cycle consists of the beginning of a project, the successful accomplishment of this project and then its eventual decline and final breakdown. It describes the rise, the success and the fall of any undertaking, project, business or kingdom. The stages could be seen as separate moments fixed in time in this overall process. They describe the continuing process as if it consisted of different steps that can be lifted out separately. The stages are the same for each series, so they can be applied to all of them. We just need to bear in mind that the first few series have fewer stages, it is as if they have skipped a few. Further down the line we get progressively more stages, as if there is more differentiation between each stage of development in the later series. Each stage was given a number instead of a name. It is easier to work with numbers than to remember 18 different names in the right sequence. Later on, some names were added to describe the main characteristics of that stage.

Table: Stages: periodic system

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The 7 rows/series:

1. The hydrogen series: hydrogen to helium

Being incarnating: 'To be or not to be' in this world. The theme could be described as 'whether or not to incarnate' in this world. The fact that this series only has two elements is quite symbolic of its general theme: there are only two possibilities, to be or not to be.

Unity symbiosis: They experience and have a great desire for unity. This is expressed in a deep love for every living being on this earth, they feel totally at one with everything. Hydrogen experiences the world as a whole, there is no division between self and other in the same way that a foetus doesn't feel this division. But later on this sense of unity is gradually lost and they begin to feel that they are separate from the rest of the world. It is as if their world has collapsed and they have ended up in hell. Their paradise has changed into a world of good and evil, of me and you. They feel as if they can't bridge this chasm of separation anymore and it makes them feel lost and lonely.

Conception unborn: In the development of life this series corresponds with conception and the period of the unborn child.

2. The carbon series: lithium to neon

Individuality: This level represents the development as an individual and questions such as 'who am I?'.
Value meaning: This is immediately followed by the question 'what am I worth?', 'what is the value of the world?', 'what is the meaning of life?'.

Child: The age that corresponds to this phase of development is that of the toddler. A toddler learns to distinguish between different things and one of the most important distinctions is the one between 'I' and the other person.

Body: In this phase the area that is being (dis)covered is only small, i.e. the body.

3. The silicium series: natrium to argon

Family and relations: This is the level of relationships, first within the family, then gradually including other people later on.

Teenager: This is the age of the teenager. The teenager finds out about his position in relation to others, learning to define his own space and to respect that of others.

Home/ neighbourhood/ friends:

The area increases to include their own house and the immediate neighbourhood, the environment where the child learns to relate to people outside the family. This includes his school where he starts to make friends with other children.

4. The ferrum series: kali to krypton

Task trade abilities profession: This is the level where abilities start to be developed. They have to learn to fulfil certain tasks. In order to do this, they have to be schooled by another person, either a master or a teacher, a school or the parents themselves. Eventually they learn to carry out this task by themselves.

Youth adulthood: This is the phase of becoming an adult. In our society this includes the years of puberty. This is when they learn a certain trade at school.

Village: This is the area of the village or the tribe, as it used to be in the olden days. The individual gets to know the whole group and starts to determine his own position within this group. This position is linked to a trade he has learned, for instance being a baker or a carpenter. The area is still small enough for everybody to know everybody else, the way it happens in a village. Research

has shown that it is possible to know about 2000 people personally, and this is the average population of a village.

5. The silver series: rubidium to xenon

Ideas art: The theme that belongs to this level is Art. But there are many other themes linked to this series that might at first sight have little to do with art: advising other people, mysticism, being a spokesman. The central theme is the passing on of ideas and images. This can be done through paintings and sculptures, through poetry, theatre, music, through speeches or through channelled information from other spheres.

Middle age: This level is usually developed in middle age. But the theme can be present at any age, often even in childhood.

Region county province: The area is that of the province. The governor of the county is a representative of the king, ruling over a small area. A large town is usually the centre of such an area. It should be noted that we have now reached a level where it is no longer possible to know everybody. This is reflected in the case of the artist who is greeted in the street by many people he has never even seen before.

Voice hearing: Speech and hearing are two specific physical themes that belongs to the silver series. We use speech to get our ideas across to others, one may use ears to receive the ideas.

6. The gold series: cesium to radon

Power leadership: Power is the central theme of this level. It is all about leadership and power over other people. And leadership goes hand in hand with a feeling of responsibility for those people.

Ripe age: This is the phase of maturity, the age at which people traditionally used to, and still do, come into a position of power.

Country world: The area has now been extended to include the whole country or even the whole world. The vision of a king has to be much broader than that of a baker: a king has to be able to see his whole country in order to plan his strategies.

Eyes: The eyes are associated with the gold series. They are one of the main problem areas of the remedies in this series.

**7. The uranium series:
francium to plutonium**

Magic: These are the magicians, the people who know how to reach their goal through the power of intention and the power of thought. They are the shamans, the prophets who guide the evolution of mankind from behind the scenes, people like Merlin and Rasputin.

Invisible power: They work with invisible forces. They work quietly in the background, unseen by most people. They know how to manifest the hidden knowledge and power deep within the subconscious mind.

Old age: This is the time of very old age.

World universe: There are no limits to the area on which they focus their powers. They work with the whole world and the whole universe. The themes that go with it are those of the super nations, the USA, Russia, China, India, the EEC, and specifically the United Nations.

Intuition: This series focusses on the intuition. These people are often clairvoyant, or clairaudient or they simply know what is going on.

Serie	Theme	Sense	Age	Region	Philosophy
Hydrogen	Being Existence True Real	Smell	Unborn	Spaceless Timeless	
Carbon	Ego Individual	Touch	Child	Body Vitality	Ethics Value
Silicium	Friend Family	Taste	Puberty Teenager	Home Neighbour	Communica Love Hate
Iron	Worker Task Duty	Position	Adult	Village	Practical
Silver	Scientist Artist Queen	Hearing Voice	Middle age	City County	Aesthetics Beauty
Lanthanide	Shaman Therapist	Vision	Middle old	Country	Spiritism
Gold	King Leader	Vision Eye	Old age	Country World	Politics
Uranium	Magic Intuition	Smell?	Ripe old age	Universe	

Conclusion:

Jan is famous for being one of homeopathy's pioneers. He is synonymous in homeopathy for the enormous advances and insights he has made with the periodic table and mineral kingdom. This groundbreaking work has been done with the categorization of materia medica into characteristic groups and endeavouring to find their 'essence'. This way of thinking about remedies as having 'essences' was first brought to prominence by George Vithoulkas.

With great clarity and coherence, Jan Scholten has brought to light the inner relationships of groups of mineral remedies and then later expanded this to give a working hypothesis for the whole of the periodic table, and the other eminent homeopaths like Dr Luc

De Schepper, etc. depended the understanding of it. Jan's idea of combining two remedy pictures (for example Calcarea and Sulphur) to produce a third and individual picture (*Calcarea sulphuricum*) is now a common and popular practice among many homeopaths. Jan's latest contribution to homeopathy is his work on the lanthanides that yet again takes the reader into previously un-chartered waters.

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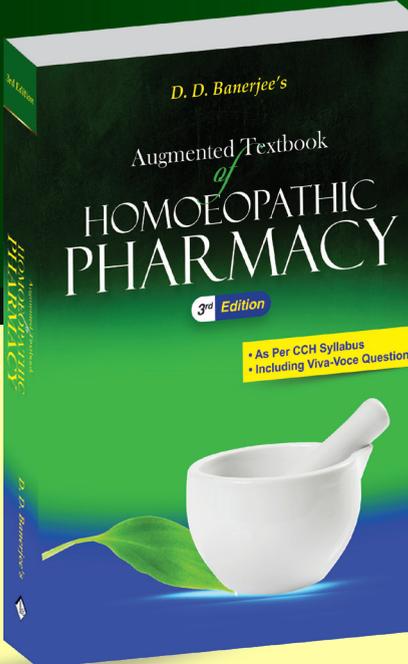
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No amputation: an evidence based case of diabetic wet(septic) gangrene cured with the homoeopathic drug, *Gun powder*.

By Dr Amala.A

Abstract: This article discusses a case of septic gangrene of the foot in an elderly man whose prognosis was poor given that amputation of the leg below the knee was advised. Patient was completely cured with the help of remedy, *Gun powder* and *Insulinum*, without amputation.

A male patient of 53 years belonging to Ilkal, Karnataka has presented with the complaint of pain and numbness in lower extremities on 18-4-2020. Patient cannot walk without support of walker. All the complaints started 4 months back. Patient is diabetic since 12years and is on allopathic prescription. Based on the presenting complaint of the patient, the homoeopathic medicine *Gun powder* and *Insulinum* were prescribed, which proved to be effective in treating the diabetic wet gangrene without foot amputation. In this case, a patient of diabetic wet gangrene was completely cured with homoeopathic medicines, *Gun Powder* and *Insulinum* without the foot amputation.

Keywords: homoeopathy, diabetic wet gangrene, *Gun powder*, *Insulinum*, *NECROSIS*.

Abbreviations: peripheral arterial disease (**PAD**), diabetes mellitus (**DM**), ankle brachial index (**ABI**), computed tomographic (**CT**) scan, magnetic resonance imaging (**MRI**), bilateral (**B/L**)

Introduction

Diabetes occurs due to impairment in either pancreatic production of insulin or utilisation of the produced insulin. It is one of the leading causes of deaths worldwide. It is associated with various complications and reduced quality of life. Among these, foot complications remain an important concern. The major foot complications include foot ulceration, cellulitis, abscess, wet gangrene, dry gangrene, and necrotising fasciitis, with different pathophysiological concepts behind each of them. As per the World Health Organisation, there are always higher chances of limb amputation among diabetic patients as compared to non-diabetics¹.

Gangrene usually represents a late manifestation of peripheral limb ischaemia in patients with diabetes mellitus, often requires amputation and may result in death. Gangrene

caused by peripheral arterial disease (PAD) is commonly aseptic or non infected and has a 'dry' appearance, whereas gangrene caused by bacterial infections or sepsis has a 'wet' appearance. Dry gangrene is usually less severe than wet gangrene and may result in auto amputation (i.e. spontaneous detachment from the body and elimination of a gangrenous part), whereas wet gangrene may lead to cellulitis, loss of the extremity, septicaemia and death. Diabetic ischaemic peripheral gangrene most commonly affects the toes/digits, feet and in some cases the entire leg².

Foot gangrene, defined as dead tissue in the foot resulting from inadequate blood flow supply, is one of the manifestations of critical limb ischemia. It can be caused by obstructed peripheral circulation or bacterial infections. Foot ulcers in patients with diabetes are at an increased risk of foot gangrene,

mainly due to peripheral arterial disease (PAD) and foot infections.

Foot gangrene can be classified into two types: (1) dry gangrene with ischemic tissue but no infection, and (2) wet gangrene with both infectious and necrotic tissue. Infectious foot gangrene (wet gangrene) is both a limb- and life-threatening disease

Diabetic foot ulcers are an injury to all layers of skin, necrosis or gangrene that usually occur on the soles of the feet, as a result of peripheral neuropathy or peripheral arterial disease in diabetes mellitus (DM) patients.

Understanding diabetic foot ulcers include necrosis or gangrene. Diabetic gangrene is a tissue death caused by a blockage of blood vessels (ischaemic necrosis) due to micro emboli atherothrombosis which is caused by occlusive peripheral vascular disease that accompanies

diabetics as a chronic complication of diabetes itself. Diabetic foot ulcers can be followed by bacterial invasion resulting in infection and decay, can occur in any part of the body especially in the distal part of

Aetiology of diabetic foot ulcers:

- Causative factor, **peripheral neuropathy** (sensory, motor, autonomic), the main and most important causative factors. Sensory neuropathy is usually fairly deep (>50%) before experiencing a loss of protective sensation which results in susceptibility to physical and thermal trauma, thus increasing the risk of foot ulcers. Not only the sensation of pain and pressure are lost, but also the proprioception of the sensation of foot position also disappeared. Motor neuropathy affects all the muscles in the legs, resulting in protrusion of abnormal bones, normal architecture of the foot changed, distinctive deformity such as hammer toe and hallux rigidus.
- Autonomic neuropathy is characterised by dry skin, no sweating and increased secondary capillary refill due to arteriovenous shunts in the skin, triggering fissures, skin crust, all make the foot vulnerable to minimal trauma. High foot plantar pressure The second most important causative factor.
- Trauma, especially recurring trauma, 21% trauma from friction from footwear, 11% due to foot injuries (mostly due to fall), 4% cellulitis due to tinea pedis complications and 4% due to fingernail cut errors.
- Contributive factor: Atherosclerosis due to peripheral vascular disease,

especially regarding the blood vessels of femoropopliteal and small blood vessels below the knee, is the most important contributing factor. The risk of ulcers, twice as high in diabetic patients as compared to non-diabetic patients.

- Diabetes leads to intrinsic wound healing, including collagen cross-linking disorders, matrix metalloproteinase functional disorders and immunologic disorders. In addition, diabetics have higher rates of onychomycosis and tinea infections, so the skin is easy to peel and infections. In DM, characterised by sustained hyperglycaemia as well as increased inflammatory mediators, triggering an inflammatory response, leading to chronic inflammation, but this is considered to be low-grade inflammation,
- **Clinical diagnosis of diabetic foot ulcers and management of diabetic ulcers consists of:**
- Determining and repairing the underlying cause of ulcer disease, good wound care, and prevention of ulcer recurrence. The cause of diabetic ulcers can be determined precisely through deep anamnesis and physical examination.
- History: Symptoms of peripheral neuropathy include hyperaesthesia, paraesthesia, dysesthesia, radicular pain and anhidrosis.
- Most people with atherosclerotic disease in the lower extremity are asymptomatic, patients who show symptoms are found claudication, ischemic pain at rest, non-cured wounds and

obvious leg pain. Cramps, weakness and discomfort in the legs are often felt by diabetics because of their tendency to suffer from occlusion of tibioperoneal atherosclerosis. Ulcers can arise in malleolus because in this area it often gets traumatized.

- Other abnormalities found in the physical examiner include: hypertrophic callus, brittle or broken nail, hammer toes and fissure. Assessment of possible vascular insufficiency. Physical examination shows the disappearance or decrease of the peripheral pulse below a certain level.
- Other findings associated with atherosclerotic disease include bruits on the iliac and femoral arteries, skin atrophy, hair loss in the legs, cyanosis of the toes, ulceration and ischemic necrosis, both pale feet when the foot is raised as high as the heart for 1-2 minute.
- Non-invasive vascular examinations include measurements of transcutaneous oxygen, ankle brachial index (ABI), systolic pressure of the toes. Ankle brachial index is a non-invasive examination that is easily performed using the Doppler tool.
- Peripheral neuropathy signs include loss of sensation of vibration and position, loss of deep tendon reflex, tropical ulceration, foot drop, muscle atrophy and hypertrophic callus formation especially in the pressure areas.
- Neurologic status can be examined using the **Semmes-Weinstein** monofilament to

determine if the patient still has a “protective sensation”.

- **Blood tests:** leucocytosis may indicate an abscess or other infection of the foot. Wound healing is inhibited by the presence of anaemia.
- **Metabolic profile:** measurement of blood glucose, glycohaemoglobin and serum creatinine helps to determine the adequacy of glucose regulation and renal function. Radiological examination.
- A plain examination of the diabetic foot may show demineralisation and the charcot joint and the presence of osteomyelitis.

- Computed tomographic (CT) scan and magnetic resonance Imaging (MRI): although an experienced examiner can diagnose an abscess with a physical examination, a CT scan or MRI may be used to help diagnose an abscess if the physical examination is unclear.³

Case report: Initially, patient experienced numbness in the bilateral limbs for a month. Later, there was pain and blackish discolouration of bilateral legs and feet. Later after a month eruptions started on bilateral legs with oozing of foul smelling discharge. Then the eruptions turned into necrosis with the exposure of underlying femur.

Patient was advised for bilateral feet amputation.

Family history: No family history of any major illness.

Personal history: Diet- mixed, appetite: 3meals /day, increased since 1 month, sleep: refreshing, bowels: regular, micturition: increased frequency.

General physical examination: patient is well oriented will time, place and person.

Weight: 67 kg

On Examination: offensive discharge from the necrosed bilateral legs and feet.

Investigation: 16-3-2020

CHEMICAL PANEL - I		Specimen: Serum	
Plasma GLUCOSE - Fasting (Hexokinase)	232 #	mg/dl	[70-100]
UREA (Urease/GLDH)	18.85	mg/dl	[8.00-23.00]
SERUM CREATININE (mod.Jaffe)	1.29	mg/dl	[0.60-1.40]
ESTIMATED GFR	44.8 #	ml/min/1.73sq.m	[>60.0]
SERUM SODIUM (ISE)	139.4	mmol/l	[134.0-145.0]
SERUM POTASSIUM (ISE)	4.0	mmol/l	[3.5-5.2]
SERUM CHLORIDE (ISE)	109.0 #	mmol/l	[95.0-105.0]
SERUM BICARBONATE	25.9	mmol/l	[21.0-31.0]

Investigation : 17-4-2020

Plasma GLUCOSE- Random (Hexokinase)	158 #	mg/dl	[70-140]
UREA (Urease/GLDH)	28.75 #	mg/dl	[8.00-23.00]
SERUM CREATININE (mod.Jaffe)	2.34	mg/dl	[0.60-1.40]
ESTIMATED GFR	43.1 #	ml/min/1.73sq.m	[>60.0]
SERUM SODIUM (ISE / IMT)	139.9	mmol/l	[134.0-145.0]
SERUM POTASSIUM (ISE / IMT)	5.4 #	mmol/l	[3.5-5.2]
SERUM CHLORIDE (ISE / IMT)	109.4 #	mmol/l	[95.0-105.0]
SERUM BICARBONATE	25.0	mmol/l	[21.0-31.0]

eGFR which is primarily based on Serum Creatinine is a derivation of CKD-
 eGFR normalized to 1.73 sq.m BSA and is not applicable to individuals below 18 years.
 tends to be less accurate when Serum Creatinine estimation is indeterminate e.g.
 at extremes of muscle mass, on unusual diets etc. and samples with severe Hemolysis
 or Lipemia.

(Glycosylated Hemoglobin)	6.6 #	%	[4.0-6.5]
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As per American Diabetes Association
 Non diabetic adults >= 18years <5.7
 Prediabetes (At Risk) 5.7-6.4
 Diagnosing Diabetes >= 6.5

Diagnosis: diabetic wet gangrene³

Analysis of the case

Common symptoms:	Uncommon symptoms
<ul style="list-style-type: none"> • Numbness with tingling sensation in bilateral legs and toes. • Pain and blackish discolouration of bilateral legs and feet. • Eruptions on bilateral legs with oozing of foul-smelling discharge. • Necrosis with the exposure of underlying femur. • Foul smelling discharge from the necrosed lower limbs 	<ul style="list-style-type: none"> • Diet: mixed. • Appetite: increased since a month. • Sleep: slightly disturbed. • Bowels: regular. • Micturition: frequency increased. • Irritability, restlessness, depressed that he cannot walk, fear of losing lower limbs.

Evaluation of the case:

Mental generals:	Physical generals:	Characteristic particulars:
<ul style="list-style-type: none"> • Irritability. • Restlessness. • Depressed that he cannot walk. • Fear of losing lower limbs. 	<ul style="list-style-type: none"> • Diet: mixed. • Appetite: increased since a month. • Sleep: slightly disturbed. • Bowels: regular. • Micturition: frequency increased. 	<ul style="list-style-type: none"> • Numbness with tingling sensation in bilateral legs and toes. • Pain and blackish discolouration of bilateral legs and feet. • Eruptions on bilateral legs with oozing of foul smelling discharge. • Necrosis with the exposure of underlying femur. • Foul smelling discharge from the necrosed lower limbs

Totality:

- Numbness with tingling sensation in bilateral legs and toes.
- Pain and blackish discolouration of bilateral legs and feet.
- Eruptions on bilateral legs with oozing of foul smelling discharge.
- Necrosis with the exposure of underlying femur.
- Foul smelling discharge from the necrosed lower limbs.
- Irritability, restlessness, depressed that he cannot walk, fear of losing lower limbs.

- Diet: mixed, appetite: increased since a month, sleep: slightly disturbed, bowels: regular, micturition: frequency increased.

Discussion:

Gunpowder⁴: **clinical:** Abscesses. Acne. Bites. Blood-poisoning. Boils. Carbuncles. Cuts, poisoned. Ivy (Hedera) poisoning. Osteo-myelitis. Tonsillitis, septic. Vaccinosis. Worms. *Black Gunpowder* is a mixture and not a chemical compound. But for all that, it is a unit, and can be used as such in medicine. As it contains three potent remedies, two of them polychrests, there is little wonder at its medicinal powers. "Blood-poisoning." *Gunp.* corresponds to suppuration in a great number of forms, many of them septic.

Gun powder was first published in *Homoeopathic world, London* 1914 by **Clarke**, Av combination remedy of carbon, sulphur, and potassium nitrate. Useful for all kinds of blood poisoning, for septic wounds and ptomaine poisoning. Strong history of use in war time, particularly world war 1 and 2. Gunshot wounds, surgical septicaemia, boils, methane poisoning. Wartime ailments⁴

Blood disorders, blood poisoning from pyorrhoea alveolaris. Septic suppurations. Infected wounds. Wounds that refuse to heal, abscessed bites, infections and wounds, antiseptic. Swollen and abscessed glands.

Poisoning from bad food or water. Poisoning from meats that

have been unsuccessfully tinned. Acute infections, boils, abscesses, carbuncles, and bites.

Antidoting the ill effects of vaccination. Preventive for various kinds of inoculations. Gonorrhoea and syphilis. Shingles of face and eyes.

Dr. Clarke referred to the old-fashioned gun powder that was in use before the era of high explosives and smokeless powder. black gunpowder is a mixture and not a chemical compound . it contains three remedies , two of the polychrests Nitre with Sulphur and charcoal forms gunpowder. In lower trituration , gunpowder has cured ascarides in adults .

The London police Force also knew it as boil remedy.

Canon Roland Upcher noted that Norfolk shepherds rubbed gunpowder on to sheep's wounds made during sheep-shearing , and took it to cure or prevent ill effects from handling sheep who suffered from 'foot-rot'.

Upcher published cases of skin eruptions caused by handling ivy, cured with Gunpowder 3x.

Clarke experimented with Gun powder 2x and developed severe herpes facialis involving the right eyebrow and right side of the nose.

Clarke confirmed the proving by curing Shingles. He heard of a case of lumbrici cured with an infusion of Gun powder by the patient.

A woman who had very sensitive skin was bitten by a gnat on the foot, resulting in swelling inflammation and suppuration .There was a ring of inflammation around the bite, constantly spreading and detaching the epidermis

as it spread , after the failure of several medicines, *Gun powder 3x* rapidly cured.

A man had a bad cut with a knife on the left index finger . The wound refused to heal . An inflammatory ring striped off the epidermis and spread more and more . *Lachesis mutus* and other remedies failed to make any impression , *Gun powder* rapidly cured.

Another women was very severely poisoned by sewer gas . There followed swelling of the right arm and axillary glands of the right side. 3 months after the accident the right arm was almost fixed at the elbow above and below. The axillary glands were as large as hen's egg. *Gun powder 3x* gradually resolved the trouble and motility of arm was fully restored⁴.

Insulinum⁵: An active principle from the pancreas which affects sugar metabolism.

Besides the use of Insulin in the treatment of diabetes, restoring the lost ability to oxidise carbohydrate and again storing glycogen in the liver, some use of it homoeopathically has been made by **Dr Wm. F. Baker**, showing its applicability in acne, carbuncles, erythema with itching eczema. In the gouty, transitory glycosuria when skin manifestations are persistent give three times daily after eating. Given a persistent case of skin irritation, boils or varicose ulceration with polyuria, it is indicated.

Clinicals: Abscesses, acidosis, Acne, bed sores, boils, cancer, dermatitis, diabetes, diarrhoea, carbuncles, gout, glycosuria, hepatitis, enlarged liver, varicose ulcers, marasmus, otitis, pneumonia, polyuria.

The pancreatic hormone plays an important part in the process of sugar metabolism in the body . its capacity to burn the sugar into carbon di oxide and water , thereby helping the body with

combustion. If insulin is administered at suitable intervals , the blood sugar is maintained at normal level and the urine remains free of sugar . restores the ability to restore carbohydrates, and to store glycogen in the liver.

It was proved by **Dr William F Baker, and Dr S. K . Josh** of Calcutta . some sue of insulin homoeopathically has been made by Baker, showing its applicability in acne, carbuncles, erythema, with itching eczema.

Insulin is indicated for persistent cases of skin irritation, boils, varicose ulcers with polyuria,

For gouty patients with glycosuria when skin manifestations are persistent it is indicated.

Dr Ghose used it in potency for overdoses of insulin, followed by weakness, fatigue and tremulousness with profuse sweating . patient is debilitated , Asthenia, Emaciation with loose bowels, craving for sweets.

Abdomen:- duodenal ulcers, chronic intestinal troubles with diarrhoea and enlarged liver.

Blood: hypoglycaemia, septicaemia.

Food: desires sugar and sweets, but aggravated by them.

Liver: hepatitis, chronic functional derangement of liver.

Skin: acute dermatitis with chronic diarrhoea and liver trouble eczema, acne, erythema, suppurative ailments with enlarged liver⁵.

Prescription :

1) *Gun powder 3x 3-3-3 /7 days*

2) *Insulinum 30 4-0-4/7days*

Follow up after 7days.

Follow up:

CASE STUDY

DATE	FOLLOW UP	REMEDY
6-5-2020	<ul style="list-style-type: none"> • Numbness with tingling sensation in bilateral legs and toes > • Pain and blackish discolouration of bilateral legs and feet. Persists • Eruptions on bilateral legs with oozing of foul smelling discharge,> • Necrosis with the exposure of underlying femur, persists. • Foul smelling discharge from the necrosed lower limbs, slightly > • Irritability, restlessness, depressed that he cannot walk, fear of losing lower limbs,> • All generals are good 	1. Gunpowder 3x 3-3-3 /7 days 2. Insulinum 30 4-0-4/7days
15-5-2020	<ul style="list-style-type: none"> • Foul smelling discharge from the necrosed lower limbs, > • Numbness with tingling sensation in bilateral legs and toes> • All generals are good. 	1. Gunpowder 3x 3-3-3 /15 days 2. Insulinum 30 4-0-4/15days
4-6-2020	<ul style="list-style-type: none"> • Patient is able to walker without the walker. • Foul smelling discharge from the necrosed lower limbs > • Pain and blackish discolouration of bilateral legs and feet,> • All generals are good. 	1. Placebo 3-3-3/15days
25-6-2020	<ul style="list-style-type: none"> • Eruptions on bilaterak legs and feet ,> • Pain and blackish discolouration of bilateral legs and feet,> • Patient is able to walker without the walker. • Patient feels confident. • All generals are good. 	1. Gunpowder 3x 3-3-3 /15 days 2. Insulinum 30 4-0-4/15days
11-7-2020	<ul style="list-style-type: none"> • Necrosis with the exposure of underlying femur>. • Revascularisation in B/L lower limbs is established. 	1. Gunpowder 3x 3-3-3 /15 days 2. <i>Insulinum</i> 30 4-0-4/15days
26-7-2020	<ul style="list-style-type: none"> • Patient is completely better. • Can walk without the support of walker. • All the generals are good 	1. Placebo 3-0-3 /7 days

Before the homoeopathic treatment : the case was advised for amputation



After the homoeopathic treatment: patient completely recovered without amputation



Conclusion

Patient has completely recovered by homoeopathic treatment within a span of 3 months without the lower limb amputation. This proves that homoeopathic medicines can do wonders in such complicated cases. As the patient belonged to the low- socio economic status and was the only bread winner of the

family, he was quite depressed of his condition. In such cases, omoeopathic treatment helps in providing a better quality of life to the patients.

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About the author

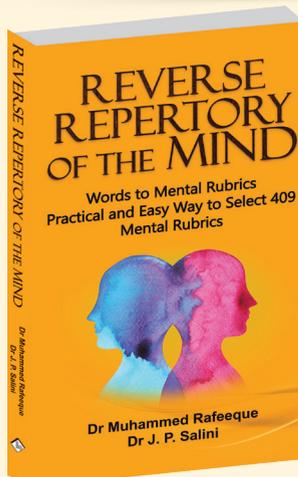
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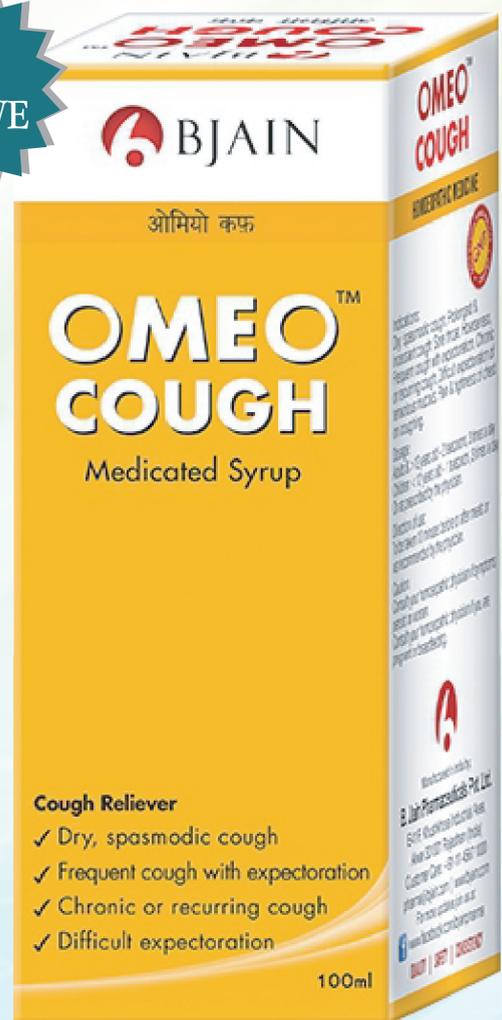
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Antimonium tartaricum	6X	0.5%
Coccus cacti	3X	0.5%
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Senega	Ø	3.0%
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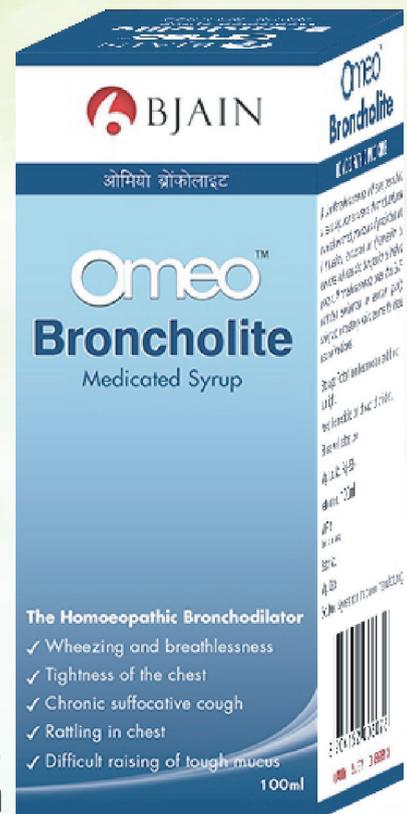
Indications:

Bronchial catarrh, Soreness and tightness of chest, Difficult raising of tough mucus, Breathlessness on lying down, Cough with dyspnea, Suffocation from great accumulation of mucus.

Composition

Blatta orientalis	∅	4.8% v/v
Justicia adhatoda	∅	2.8% v/v
Senega	∅	1.6% v/v
Lobelia inflata	∅	1.6% v/v
Ipecacuanha	∅	1.6% v/v
Grindelia robusta	∅	1.6% v/v
Magnesia phosphorica	2x	3.0% w/v
Alcohol content		10.5% v/v
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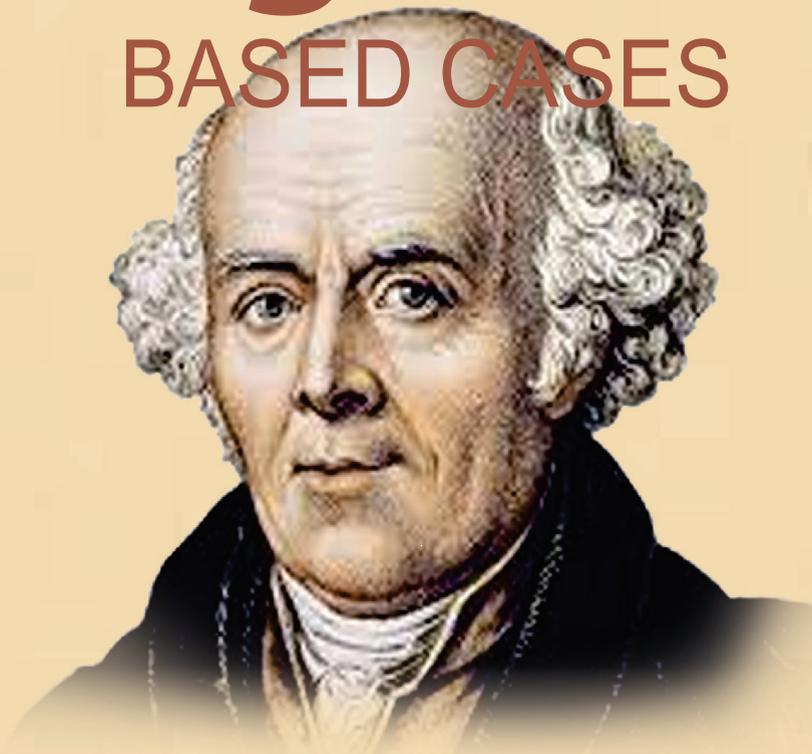
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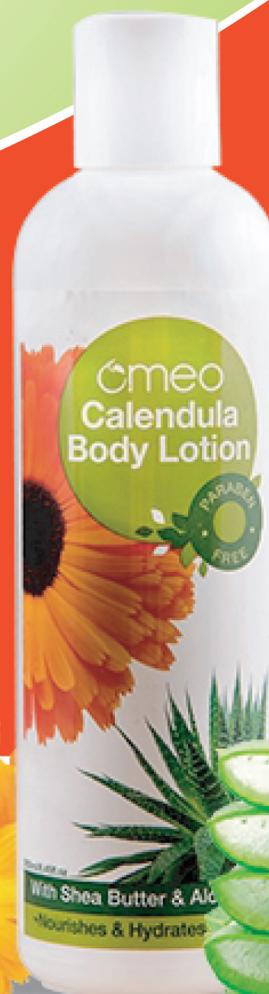
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Periodic table and homoeopathy

By Dr Biswajit Bera, Dr Tamara Afroza, Dr Ashish Biswas

Abstract: Periodic table is the classification of the elements of mineral kingdom. A Russian chemist, Mendeleev discovered it in 1869 and published it in 1871 as a physico-chemical table. This article tries to mention few general properties of elements in relation to homoeopathy.

Keywords: periodic table, elements, series, column, lanthanides, actinides, halogens, homoeopathy.

Abbreviations: Protactinium (91), uranium (92), neptunium (93).

Introduction

The inorganic minerals are the foundation of the earth's structure as well as the human constitution. The nutritional minerals are the building blocks of the human being and remedies are multi-miasmatic, deep acting, and constitutional. These are universal because they are similar to fundamental human temperaments and constitutions. The main theme

of the mineral kingdom is structure and organisation. Similar structure and organised nature are also found in people who require a remedy from the mineral kingdom. The structural organisation of minerals makes the chemistry an exact science, helps to understand the exact classification of elements and different properties of their in the periodic table.¹

Discussion: The periodic table is consisting of seven series or rows

and eighteen columns or groups. J Scholten detailed the description of the key themes belonging to many of the major minerals and elements used in homoeopathy and defined common theme that can be applied to the group as a whole. The 7 series are named after what Scholten considers to be the most representative element of the series:

Series	Theme
Hydrogen	being, incarnation, inception
Carbon	ego and individuation
Silicium	family, home, friends, relationships, society
Ferrum	work, task, profession
Silver	creativity
Gold	power, leadership
Uranium	weightlessness

The first three rows related to childhood, starting from conception followed by birth and separation, and ultimately developing a

separate identity. From the fourth row onwards, things related to adulthood and security, performing and taking responsibility.^{2,3,4}

Hydrogen series: First row is called as hydrogen series. This row has only two remedies Hydrogen and Helium. This series is concerned

with the theme of existence or birth. Hydrogen is the potential for existence in one pole and Helium on the other pole. Helium is used in cases of autism homoeopathically. The characteristic symptoms of the Hydrogen are perception, being out of balance, absent-minded etc. The person is detached, likes to be alone and depressed, even the suicidal, weeping tendency with a rush of ideas in their head. There is a volatility in the temper and heat in the sacrum and back otherwise, there is mainly coldness. The person is pale and light, with symptoms of nausea and craving for spicy food.^{1,4,5}

Carbon series: This row of second level is called the carbon series with eight elements from lithium to fluorine. This row is concerned with the theme of separation. These small, light and young elements represent the development of the body, physical vitality and self confidence in childhood. The carbon series has to do with ego and individualisation. Several lithium salts are used as medicines.^{1,5}

Silicium series: It is the third row with the theme of identity and relationship with others. There are problems in the relationship level because of confusion about identity. These are also called the ripening eight elements of the silicium series, natrum to chlorum represent the level of adolescence in the family, love affairs and relationship.¹

Ferrum series: This series has theme of duty and security. These eighteen elements is also called as the iron or ferrum series from kalium (potassium) to bromium. This series has the feeling of needing shelter, home and protection. They wake

up thinking about their security and their ability to protect themselves. They are focused on security and the task in hand. Like many of the other metals in the series they are useful and hard-working, but not very flexible in their approach to life. Ferrum is stiff and rigid, obstinate with a disposition to contradict. They feel compelled to do something, disposition to often dictated by the parents and feel guilty if not obeying their wishes.^{1,5}

Silver series: Fifth row is also called as series of the silver with the theme of performance and creativity. There is a need to explore and create something new, a need to be appreciated, to conclude, analyse, improvise and invent. Eighteen elements represent the position of mediator in show, performance in arts, creativity and scientific Publications. Argentum represents this series with its tendency towards damaging and deteriorated diseases of the tissues like arthritis, loss of voice, stand for leadership, politics and responsibility.^{1,4}

Gold series: The sixth row also called as gold series with the theme of power, series feel that they must take responsibility. They have a need for evitable power and can withstand a lot of pressure which they inevitably feel. There is a learning phase, gaining more ability or responsibility, and then there is the eventual loss of this ability or the threat to loss of this power and high position. It includes a special sub series, the *lanthanides* with an emphasis on development of inner power and autonomy.^{1,5}

Uranium series: This is the last row called as uranium series with the theme of isolation, disintegration

and death. These are the heaviest elements and their issues and feelings are very heavy as well. It has a feeling of being beyond humanity and also a strong sense of responsibility to mankind. There is great detachment and isolation.^{1,4,5}

Groups: In the periodic table each row is divided into 18 columns or groups (transverse) or stages. They correspond to electron configuration in the outer shell of atom so they shows chemical behaviour of the specific element. Scholten has classified each stage according to their theme. There are 18 stages corresponding to the 18 columns of the periodic table.

Stage 1: *Begin*; Stage 2: *Place settle*; Stage 3: *Search*; Stage 4: *Establish*; Stage 5: *Prepare*; Stage 6: *Prove*; Stage 7: *Train, cooperate*; Stage 8: *Persevere*; Stage 9: *Fulfill, success*; Stage 10: *Supremacy, rule*; Stage 11: *Keep, preserve*; Stage 12: *Divide*; Stage 13: *Withdraw*; Stage 14: *Formal*; Stage 15: *Lose*; Stage 16: *Memory*; Stage 17: *End, abandon*; Stage 18: *Pause, rest before a new cycle*.^{1,4,5}

Lanthanides: Lanthanides are addition to and on existence of the other series of the periodic table. They are a group of rare earth elements or inner transitional elements in the periodic table, consists of 14 chemical elements with atomic numbers from 58 (*cerium*) to 71 (*lutetium*). The lanthanides person possesses a high level of responsibility, they feel responsible for world and that is why they became humanistic. They need to be free and act with self-control, and self-determination and dislike being controlled and manipulated. They have strong intellectual capacity and they have desire of wisdom and

spirituality.^{1,2,4,5}

Actinides: Dr Grigor and Dr David A Johnson have described the characters of the actinide remedies and provided some information regarding homoeopathic materia medica of radio-active elements. They are a group of radioactive elements in the periodic table, consists of 14 chemical elements with atomic numbers from 90 to 103. These are *Thorium*, Th (90); *Protactinium*, Pa (91); *Uranium*, U (92); *Neptunium*, Np (93); *Plutonium*, Pu (94); *Americium*, Am (95); *Curium*, Cm (96); *Berkelium*, Bk (97); *Californium*, Cf (98); *Einsteinium*, Es (99); *Fermium*, Fm (100); *Mendelevium*, Md (101); *Nobelium*, Nb (102); *Lawrencium*, Lr (103).¹

They are all radio-active, it means that they do not have stable isotopes. The first three elements of atomic numbers 90, 91, 92 all belong to the natural radioactive elements, they occur in the nature. All other actinides also known as transuranic elements are obtained by nuclear reactions artificially. The structure of atoms of actinides is very similar to the structure of lanthanide atoms that is the two outermost electron shells of actinides and lanthanides is similar. Hence, the similarities of their properties are seen while conducting provings. Two general symptoms common to the actinides are sense of inner heaviness and needs to control things so they do not fragment or fall apart.^{2,4,5}

Halogen group: They belong to the group VIIA or 17 of the periodic table. These are five non-metal elements i.e. *Fluorine*, *Chlorine*, *Bromine*, *Iodine* and *Astatine*. They are highly reactive and never occur free in nature.

The personality of halogen group is marked with hyperactivity, anxiety, impulsiveness and restlessness. These tendencies are prevalent in all age groups from childhood to old age. Hyperactivity is found at mental as well as physical level and this restlessness, excitement, anxiety and impulsiveness is a direct result of the profound unbounded energy produced due to rapid metabolic processes of the body. As the person is mentally very active and restless, he is compelled to move constantly and vigorously, always hurried with anxiety about health. Due to irritability he becomes impulsive, violent and wants to kill somebody unless engaged in any work. Mind is overactive leaving the person feeling uneasy, making him unable to sit calm and quietly at one place. He becomes forgetful and forgets things in the midst of doing them. His anxiety manifests itself into his dreams in the form of nightmares of falling, death, drowning, etc. They are extrovert and adventurous in nature, love travelling and are outgoing. Sexual excitement with inadequate performance and impotency. Due to nutritional and metabolic imbalance they emaciate very rapidly despite of ravenous hunger. Great affinity for glandular system of body, especially thyroid, gonads, breast, tonsils; produces inflammation, ulceration, formation of abscess and tendency towards malignancy.¹

Conclusion

There is always an element corresponding to the present state of the subject in its history at the crossing point between series and stage. In addition, if the problem of the individual is to be searched in the mineral kingdom and match

the symptoms of the drugs with the symptoms of the patients then we can find the remedy on the basis of totality of symptoms following homoeopathic philosophy.^{1,5}

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An individualised homoeopathic evidence-based case report on mastoiditis

By Dr Chirag Mishra, Dr Seema kumari Meena

Abstract: Mastoiditis is the inflammation of the mastoid bone and mastoid air cells which are the epithelium lining marked as septations in the bone continuous with the middle ear cavity. Mastoiditis is a common complication of acute otitis media. Here is a case of mastoiditis suggested for surgery, treated successfully by homoeopathic individualised medicine, *Pulsatilla nigricans* within a short period of time through proper case taking and careful analysis of case and selecting remedy on the totality.

Keywords: mastoiditis, homoeopathy, *Pulsatilla nigricans*

Abbreviations – OPD – outpatient department, **BP –** blood pressure, **PDF –** potential differential field, **bpm –** beats per minute

Introduction

Mastoiditis is one of the commonest complications of otitis media which is caused due to the spread of infection of the middle ear into the area of bone underneath the ear.¹ It is commonly found in children rarely in adults, in which the adult patient will typically complain of severe earache, fever, and headache. Physical examination in both children and adults will show erythema, post auricular tenderness, bulging over mastoid, warmth over affected area followed by fluctuance.²

Case history

Presenting complaints: A female patient aged 52 years came to seek treatment at OPD of YPSM Homoeopathic medical college and hospital, Alwar (Rajasthan) on 5 October 2021, presented with the complaint of intolerable pain and swelling in left post auricular region, redness extended up to left side occipital region for 5 months. Pain aggravated by even a slight movement of neck, and not even allowing the physician to examine too.

History of presenting complaints: Complaint started with mild pain in left ear for which she took antibiotics and analgesics without any consultation for 2 months

and got temporary relief but the complaints soon recurred, after few months swelling appeared in left post auricular region, which was followed by erythema and fever on and off, for which she was diagnosed with mastoiditis and took allopathic treatment for 2 months, but she didn't get any relief instead the complaints were getting worse gradually so, she was advised for surgery. Further, to avoid or to seek consultation in a conservational therapy she opted to take homoeopathic treatment.

Past history: Suffered with otitis media 1 year ago according to the attendant (without evidence) taken allopathic treatment got temporary relief as pain persists on and off.

Physical generals: Her appetite was variable depending on her mood, had no desire for drink water during the daytime but becomes thirsty at night. Had aversion to butter, couldn't eat cakes and pastry due to diarrhoea. Patient was thermally hot, she could not tolerate heat in any form, desired for open air usually, even in winters she covered herself with only one piece of thin woolen or majority of the times didn't require too.

Restlessness during sleep due to severe pain, so sleeps lying on unaffected area.

When interrogated for menstrual history, she attained menopause 3 years ago.

Mentals revealed that she became too much excited whenever something was going to happen whatever she desired for, but became too much sad if not happened, and then used to isolate herself in a room for few minutes, couldn't stay alone for longer period as she was much fond of people around her. Too much caring for everyone, did not let anyone stay alone.

General examination: Appearance-fair, fleshy, with flushed face; B.P.-130/90mm Hg; Pulse-104bpm; Respiratory rate-20/min. Temperature-100 °.

Clinical findings: an extended erythema on left post auricular region, swelling and tenderness around the region even a slight motion of head. (Fig.2)

Diagnosis –based upon clinical observation² mentioned in international classification disease code (ICD code) H70.90.

Case analysis-

Analysis of case: the case was analysed as per the Kentian approach as generals were prominent in the case. (Table 1)

Table 1. Case analysis

Mentals	Physical generals	Particulars
Becomes too much excited whenever something is going to happen whatever she desires.+++	Appetite is variable depending on her mood.++	Intolerable pain and swelling in left post auricular region.+++
Cannot stay alone for longer period as she is much fond of people.++	Becomes thirsty at night.+	Redness extended up to left side occipital region.
Too much caring for everyone, does not let anyone stay alone.++	Aversion to butter++	Pain aggravated by even a slight movement of neck, and not even allowing the physician to examine too.++
	Cannot eat cakes and pastry due to diarrhea.+++	
	Restless sleep due to severe pain.	
	Thermal reaction- hot+++	
	Menopause attained	

Repertorial totality:

1. MIND - EXCITEMENT - anticipating events, when
2. MIND - COMPANY - desire for
3. MIND - SYMPATHETIC
4. GENERALS - FOOD and DRINKS - pastry - agg.
5. GENERALS - FOOD and

6. STOMACH - APPETITE - capricious appetite
7. STOMACH - THIRST - night
8. EAR - PAIN - Behind the ear - left
9. EAR - SWELLING - Behind the ear

10. EAR - PAIN - Behind the ear - moving head
11. EAR - INFLAMMATION - Mastoid

Note: Thermal reaction was considered as the potential differential field (PDF) for yielding the exact simillimum.

Repertorisation

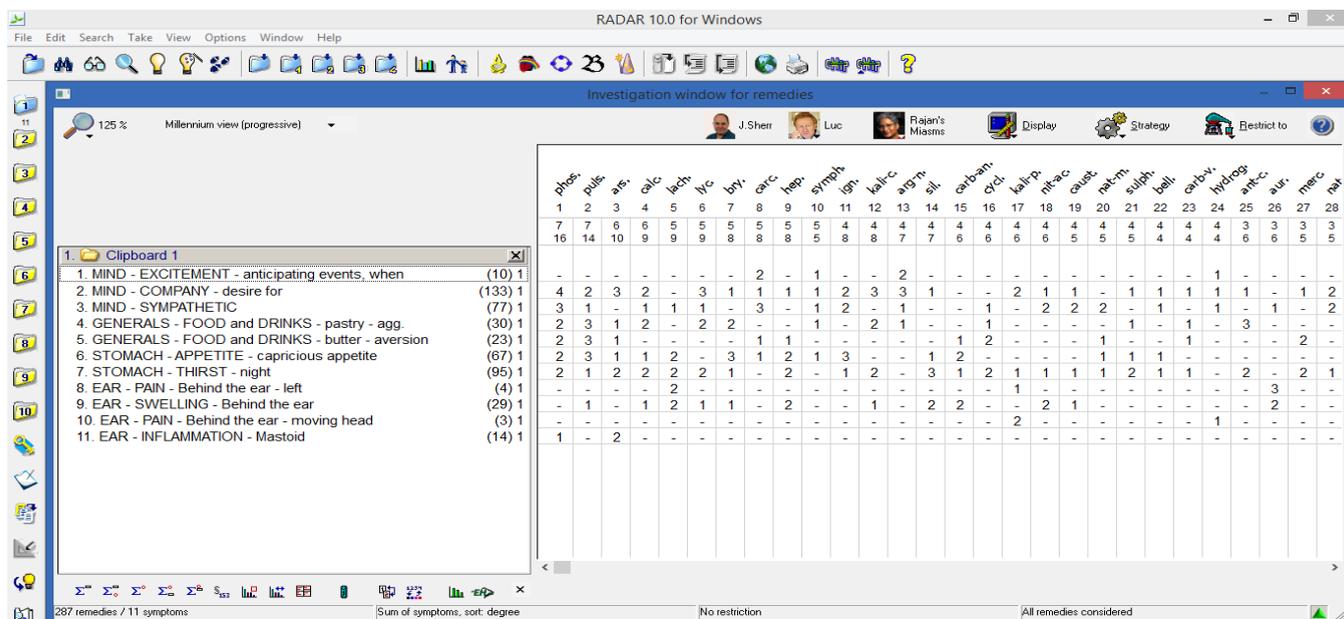


Fig.1 Repertorisation of case with the help of RADAR version 10.0 using *Synthesis repertory*.³

Prescription:

Pulsatilla nigricans was selected as simillimum on the basis of repertorisation with the consideration of PDF selected where it covers the maximum rubrics (7) with marks (16) (Fig.1). Here, repertorisation clearly justifies that *Pulsatilla nigricans* covering the prominent mentals as well as physical generals and the particulars as well. *The Review of Materia Medica*,⁴ signifies that it has

great affinity for ear complaints and due to its yielding nature and also the thermal concludes to be the most similar remedy to be chosen for the complaints. Therefore, *Pulsatilla nigricans* 200 potency, once a day followed by rubrum thrice a day is prescribed for 7 days as due to acuteness of symptoms, it was prescribed on 5th October 2021. Follow up maintained as per the principles of *Organon of medicine*.⁵ Repeti-

tion of doses was done to accelerate the cure⁶ as the patient was in too much agony, and wants to get rid off the complaint as she doesn't want to approach for surgery. Dr Hahnemann stated in aphorism 248 of 6th edition of *Organon of medicine* that "... every correctly chosen homoeopathic medicine, even those whose action is of long duration, may be repeated daily for months with ever increasing success".⁵

Table 2 Follow up of case

Date	Change in symptomatology	Prescription	Justification
12/10/2021	Status quo, Patient took allopathic medicine once as the temperature elevated to 120 °F as per the attendant. Temperature : 99.8 °F Pulse: 100 bpm	<i>Pulsatilla nigricans</i> 200/OD; Rubrum three times a day for 14 days.	Neither changes nor specific aggravation observed. ^{5,7}
26/10/2021	Mild swelling reduced, redness persists with tenderness. Temperature: 99 °F Pulse: 98 bpm	<i>Pulsatilla nigricans</i> 200/OD; Rubrum three times a day for 14 days	Towards improvement ⁵
16/11/2021	Swelling along with redness reduced to some extent, now can move head slowly and allowing to examine with fine touch on affected area. Temperature: 98.7 °F Pulse: 90 bpm	<i>Pulsatilla nigricans</i> 200/OD; Rubrum three times a day for 14 days	Improvement observed ⁵
30/11/2021	Patient now able to move her head freely, but mild pain persists over the swelling region, redness reduced to a localised area.(Fig.3) Patient informed that this time after eating cake on her granddaughter's birthday she didn't have any complaint of diarrhea. Temperature: 98.6 °F Pulse: 88 bpm	<i>Pulsatilla nigricans</i> 200/OD; Rubrum three times a day for 14 days	Improvement in general complaints ⁵
14/12/2021	Pain in left ear reappeared but the patient is in general relief. Temperature: 98.6 °F Pulse: 89 bpm	<i>Pulsatilla nigricans</i> 200/OD; Rubrum three times a day for 14 days	Old complaint reappeared with general relief, depicts a good sign towards cure. ^{5,7}

28/12/2021	Complaints got relieved Temperature: 98.6 °FPulse: 86 bpm	Rubrum three times a day for 14 days	As the patient got relieved therefore, put under observation. ⁵
11/01/2022	Complaints completely cured as the swelling disappeared , redness disappeared , tenderness relieved (Fig.4) Temperature: 98.6 °FPulse: 82 bpm	Rubrum three times a day for 14 days	Patient had no further complaints and was cured. ⁵



Fig.2 Before treatment
(05/10/2021)



Fig.3 During treatment
(30/11/2021)



Fig.4 After treatment
(11/01/2022)

Conclusion

The case has progression towards surgical intervention but with individualized homoeopathic treatment further progression had been ceased and hence got cured in short period of time without any such operation. The case report thus concluded that Homoeopathy can be opted as a safe alternative in cases of primary surgical diseases, which can prevent further complication as well as recurrence of the symptoms hence, proved that individualized homoeopathic constitutional remedy *Pulsatilla nigricans* prescribed on the basis of totality is effective in cases

of mastoiditis and motivates for more research to be done in such cases for further evaluation of the constitutional approach.

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Say Hello! to Halogen

By Dr Nidhi Joshi, Dr Falguni Pilot, Dr Mamta Tapas, Dr Vinit Tapas, Dr Arpita Chatterjee

Abstract: The periodic table is formed with different 118 elements which is classified on their chemical properties and atomic numbers. In homoeopathy many medicines prepared are from elements. These elements are present in human body and atmosphere as well. Some of the substances are there in homoeopathy and they represent in terms of symptoms. With help of law of similia homoeopathic physician prescribe that element in routine practice.

Keywords: halogen group, mind, *Kent repertory*, common symptoms

Abbreviations – OPD – outpatient department, **BP –** blood pressure, **PDF –** potential differential field, **bpm –** beats per minute

Introduction

In periodic table, group number VII is known as halogen group. The latest modern periodic table denotes it as group XVII.

Halogen are elementare fluorine (F) chlorine (Cl) bromine (Br), iodine (I), astatine (At), and tennessine (Ts). They were given the name *halogen*, from the Greek roots *hal* - (“salt”) and *-gen* (“to produce”). In this group, chlorine is the well-known of the halogen elements. The free element is widely used as a water-purification agent, and it is employed in a number of chemical processes. Table salt, sodium chloride, of course, is one of the most familiar chemical compounds. Fluorides are known chiefly for their addition to public water supplies to prevent tooth decay, but organic fluorides are also used as refrigerants and lubricants. Iodine is most familiar as an antiseptic, and bromine is used chiefly to prepare bromine compounds that are used in flame retardants and as general pesticides. in this group.¹ Halogens have got 7 electrons in their outer orbit. They require one electron to complete their outer and become stable, hence they are constantly trying to get one

electron anyhow, and hence these halogen remedies are very active, restless, excited, and anxious.²

Total 6 elements are included in this series/group³:

They have very similar chemical properties like³:

Halogens + H⁺ à Acids

Halogens + Metals à Salts

This group is included in homoeopathic medicine described below:**Common symptoms of group:**

restless, anxiety, activity,

ulceration, induration,
Inflammation,

hot> cold

motion amelioration

mucus secretion – watery /acrid

glandular affection (stony, hard
glandular affection - *Iodine and Bromium*)

Diathesis – Scrofulous.

Miasm – Anti-syphilitic, Anti-tubercular, Anti-cancerous.

Constitution – Lean, thin, emaciated with a typical cachexic look.

Chlorine: hot.

Iodum- hot

Bromium- chilly

Fluorine- ambithermal

Chlorine

Mind. -Apprehension. -Irritability, inclined to anger. Inability to remembers names and persons, -Coma, fainting with cold, excessive viscous sweats.⁴

Fear of becoming crazy and marked loss of memory.⁵

Coryza with sudden gushes of sharp, corroding fluid, making nose sore inside.⁵

Aphonia from damp air. Great difficulty in articulating or breathing. Spasms of glottis; air enters easily, but cannot be expelled.⁴

Fever. Chilliness specially at 10 a.m. to 2 p.m., burning, dry heat, with anxiety and raving. Genial glow all over, with night-sweat. Cold sweat. Viscous sweat. Typhus.⁴

Bromine

Mind. -- Quarrelsome, delusion that strange persons are looking over patient's shoulder and that she would see someone on turning.⁵

Cheerful, always desire for mental work. Low-spirited and out of humour. Crying and lamentation, with hoarse voice. Anxiety; patients expect to see things jump around the floor < evening, when alone, feels as if he should see something if he should turn round; as if someone were behind him.⁴

Sensation deep in brain specially after dinner and also vertigo or fit of apoplexy would come on. Vertigo with tendency to fall backward.²

Coryza with corrosive soreness of nose. Blockage of right nostril. Pressure at root of nose. Sensation specially tickling, smarting and cobweb. Fan-like motion of alar nasal. Bleeding from nose.⁵

Skin. --Acne, pimples and pustules. Boils on arms and face. Glands stony, hard, especially on lower jaw and throat. Hard goitre. Gangrene.⁵

Iodine

Anxious apprehension. Restless and agitation, Melancholy hypochondriasis⁴, anxiety when she is quiet. anxiety and depression, nothing decided for the future. Impulse of run and perform sudden violent acts. Forgetful. Must be busy. Fear of people. Suicidal tendency.⁵

Hoarse. Raw and tickling feeling provoking a dry cough. Pain in larynx. Laryngitis, with painful roughness; worse during cough. Child grasps throat when coughing. Right-sided pneumonia with high temperature. Difficult expansion of chest, blood-streaked sputum, internal dry heat, external coldness.

Violent heart action. Pneumonia.⁵

Thermal reaction - hot

All discharges are acrid.

Great debility, slightest exertion induces perspiration.

Hypertrophy and induration of glandular tissue, thyroid, mammae, ovaries, testes, uterus, prostate or other glands, breasts may dwindle and become flabby. Hard goitre.⁶

Fluorine

Fluorine is rather special in that it isn't easy to potentize. If we were to dissolve it in water it would immediately react with the water to form Fluoric acid

They have a tendency to let go of all the values they have had to take on board during their life so far. They feel that they can no longer live within this restrictive set of rules and norms and they would rather get rid of them.

Mind rubrics from *Kent repertory* for halogen group:

This repertory is one of the oldest and routinely used repertory. The following chapter is written by Dr J.T. Kent and Dr Lippe as per the source. The commonest medicine covered in rubrics are *Iodum* and *Bromium*. Total 123 rubrics is there in halogen group medicine are given.

Anger- *Iodum* (2)

Touched when-*Iodum* (1)

Answers aversion to- *Iodum* (1)

Anxiety- **Iodum** (3)

Anxiety future about- *Iodum* (2)

Hungry when- *Iodum* (2)

Manual labor when—*Iodum* (1)

Mental exertion- *Iodum* (1)

Anxiety sitting amel- *Iodum* (1)

Aversion, approached to being—*Iodum* (2)

Business averse to-*Bromium* (2)

Capriousness- *Bromium* (1)

Carefulness- *Iodum* (2)

Carried desire to- *Bromium* (1)

In group- *Bromium* (1)

Cheerful- *Bromium*, *Iodum* (1)

Cheerful sadness with- *Iodum* (1)

Company aversion to—*Iodum* (2)

Avoids sights of people- *Iodum* (2)

Friends of intimate—*Iodum* (2)

Presence of strangers- *Iodum* (2)

Company desire for- *Bromium* (1)

Concentration difficult- *Bromium*, *Iodum* (1)

Confidence wants of self— *Iodum* (1)

Confusion of mind-- *Iodum* (1)

Confusion morning- *Iodum* (1)

Confusion evening- *Iodum* (1)

Confusion lying down- *Bromium* (1)

Confusion warm room- *Iodum* (2)

Conscientious about trifles-- *Iodum* (1)

Conversations agg - *Iodum* (1)

Cowardice—*Iodum* (1)

Delirium- *Iodum* (1)

Fancy illusion of- *Iodum* (1)

Despair from- *Bromium*, *Iodum* (1)

Discontented-- *Bromium*, *Iodum* (1)

Discouraged- *Iodum* (1)

Dullness—Iodum (1)	Idea's deficiency of- Iodum (1)	Restlessness anxious- Iodum (1)
Dullness morning children- Iodum (1)	Impatience <i>Iodum</i> (2)	Restlessness sitting while- <i>Iodum</i> (2)
Dullness eating after- <i>Iodum</i> (2)	Impulse to run - <i>Iodum</i> (2)	Runs about—Iodum (1)
Ectasy-perspiration during Iodum (1)	Indifference apathy- Bromium, Iodum (1)	Sadness mental depression----- <i>Bromium</i> (2), IODUM (3)
Excitement-- <i>Iodum</i> (2)	Indolence-aversion to work- <i>Bromium</i> (1), <i>Iodum</i> (2)	Sensitive- <i>Iodum</i> (2)
Exertion--- Iodum (1)	Insanity-madness- <i>Bromium</i> , Iodum (1)	External impression to all- Iodum (1)
Exhilaration--- Iodum (1)	Irresolution- Iodum (1)	Noise to- Iodum (1)
Extravagance- Iodum (1)	Irritability – Bromium (1), <i>Iodum</i> (2)	Serious—Iodum (1)
Fancy perspiration during-- Iodum (1)	Irritability afternoon- Iodum (1)	Sit inclination to- Bromium (1), <i>Iodum</i> (2)
Fear- <i>Iodum</i> (2)	Irritability headache during— Iodum (1)	Sit with head on hands, elbow on knees- Iodum (1)
Fear evening- Bromium (1)	Irritability noise from--- Iodum (1)	Spoken to averse to being-- <i>Iodum</i> (2)
Fear of being alone- Bromium (1)	Irritability waking on—Bromium (1)	Want to be let alone--- <i>Iodum</i> (2)
Fear evil of-- <i>Iodum</i> (2)	Kill desire to- <i>Iodum</i> (2)	Starting- Bromium (1)
Fear ghost of- Bromium (1)	Kill rest during- Iodum (1)	Starting sleep during- Iodum (1)
Fear happen something will- <i>Iodum</i> (2)	Kill desire to, sudden impulses of Iodum (1)	Stupefaction—Iodum (1)
Fear imaginary things---- Iodum (1)	Lamenting- Bromium (1)	Suicidal disposition—Iodum (1)
Fear insanity of--- Iodum (1)	Looked at cannot bear to be-- <i>Iodum</i> (2)	Talk indisposed to, desire to be silent- Bromium, Iodum (1)
Fear labor after--- Iodum (1)	Loquacity- Iodum (1)	Tears things---- Iodum (1)
Fear imaginary things---- Iodum (1)	Mania madness----- <i>Bromium</i> (2) <i>Iodum</i> (2)	Thoughts future of the---- Iodum (1)
Fear people of---- <i>Iodum</i> (2)	Manual work—Iodum (1)	Thoughts persistent- <i>Iodum</i> (2)-
Fear physician will not see him seems to terrify her---- Iodum (1)	Memory active –Bromium (1)	Thoughts vanishing of---- Iodum (1)
Fear sitting amel-- iodum(1)	Memory weak –Bromium (1)	Thoughts wandering- Iodum (1)
Fear water of—Iodum (1)	Mirth-- Bromium, Iodum (1)	Timidity- Iodum (1)
Forgetful- Bromium (1)	Misanthropy- Iodum (1)	Bashful- Iodum (1)
Forgetful purchases of, goes off and leaves them- Iodum (1)	Mood alternating- IODUM (3)	Touched aversion to being—Iodum (1)
Fright complaints from- Iodum (1)	Occupation-amel---- <i>Iodum</i> (2)	Unconsciousness vertigo during- Iodum (1)
Gestures pick at bed cloths---- <i>Iodum</i> (2)	Prostration of mind- Iodum (1)	Weeping- <i>Iodum</i> (2)
Hurry- <i>Iodum</i> (2)	Restlessness- <i>Iodum</i> (2)	Weeping eating after- Iodum (1)
Hurry walking while- Iodum (1)	Restlessness night	
Hysteria--- Bromium, Iodum (1)		

Work aversion to mental- Bromium (1)

Conclusion

In periodic table, all the elements are important and in some or the other way, they are present in environment. For constant progress of life, it gives impact on human body. From this table, only one group has been taken in the article and attempt have been made to represent it in article to show how halogen is given in common symptoms and their mental rubrics with marking. In short, they are very reactive in crude as well as in dynamic form as well.

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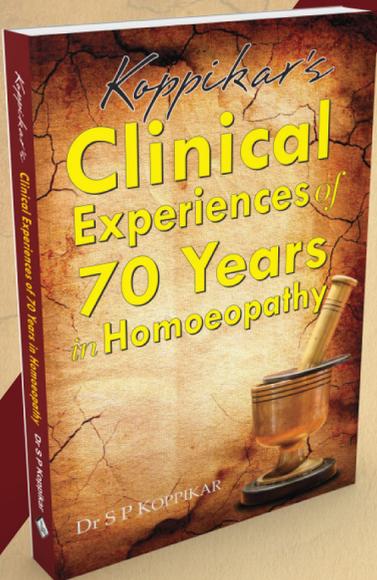
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Secrets of periodic table in homoeopathy

By Dr Vaidehi Kumari Gupta

Abstract: The understanding of the homoeopathic profile of the elements of the periodic table helps in gaining the vast knowledge of homoeopathy and the homoeopaths can access the simillimum for patients more effectively. This article stresses upon the different characteristics of elements in each horizontal row (series) and a column of the periodic table in concise manner as well as emphasises how homoeopathy can treat by holistic approach of treatment.

Keywords: periodic table, homoeopathy, simillimum, element, mineral kingdom.

Introduction

Homoeopathy is a medical approach with more than 200 years and minerals have been used as Homoeopathic remedies since the beginning (e.g. *Sulphur*) however until recently, the major source of homoeopathic medicaments has been the plant kingdom⁽¹⁾.

In periodic table, each element is located at the intersection of a row (series) and a column (stage). These

two coordinates define the position of the element and its characteristics. To understand any element, one needs to know its series and stage, from which one can derive its characteristics^(1,2).

Rows - All elements in each horizontal row or series of the periodic table are characterized by a single common theme. The rows can be seen as a replica of the development of a person, starting from the conception and ending in the old age and death.

Since we perceive the person as mineral, we can reach the stage of development in which he is stuck in, and further identify the row^(1,3).

The first three rows correspond to childhood, starting from conception, then birth, separation and developing a separate identity. From the fourth row onwards, the issues are related to adulthood: security, protection, finding a job, money, performing, taking responsibility, etc⁽⁴⁾

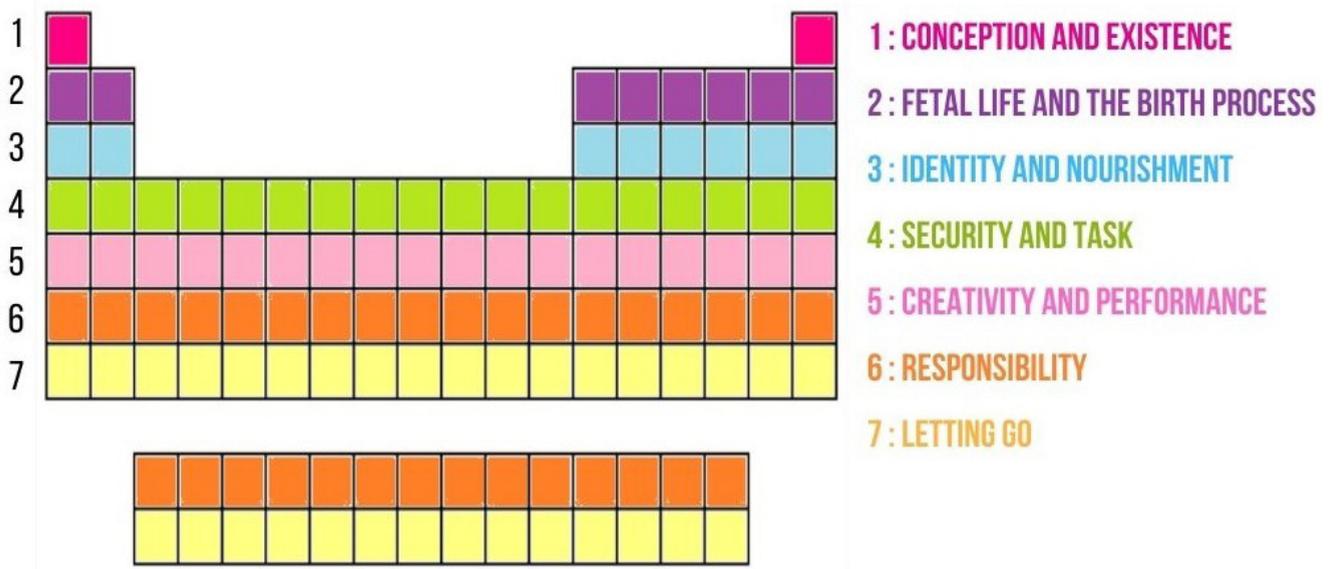


Fig no. 1 – Rows (Theme)⁽⁴⁾

1. First row – It is about the existence; the energy is turned into matter and the conception happens (they were not there before but now they exist). *Hydrogen* and the *helium* are the elements of this series.

- *Hydrogen* has no connection, no support and no structure, the isolation is so great that they connect to the whole, he is not even sure of his existence like at one pole he feels one with existence while that also makes him feel like nothing at the other pole.
- *Helium*, a noble gas feels happy in the womb and does not want to exist in the world outside ⁽¹⁾.

2. Second series - Follow the events after conception, which concerns to foetal life and separation. This entire row follows the process of labour and birth process that leads to the separation from the mother.

The elements of second row are *lithium, beryllium, boron, carbon, nitrogen, oxygen, fluorine, and neon*.

From *beryllium* to *oxygen* the process of separation happens progressively.

- *Beryllium* remains strongly connected and he does not even have the perception of separation.
- *Boron* doubts about whether he is or he is not connected to his mother.
- *Carbon* fears of not being able to be by his own.
- *Nitrogen* feels claustrophobic and wants to be separated; leaves the mother's womb and be independent.
- *Oxygen* is already in the outside world and he breaths for the first time.

- *Fluorine* is like the cut of the umbilical cord; he is completely independent.
- *Neon* is separated and quite happy with that ⁽⁴⁾.
- **Third row** - The stage of development in a child of approximate age 3-6 years where they begin to develop and assert their choice, to develop and demand the ability to do things for themselves also the stage where the child needs warmth, nourishment, care and emotional support.

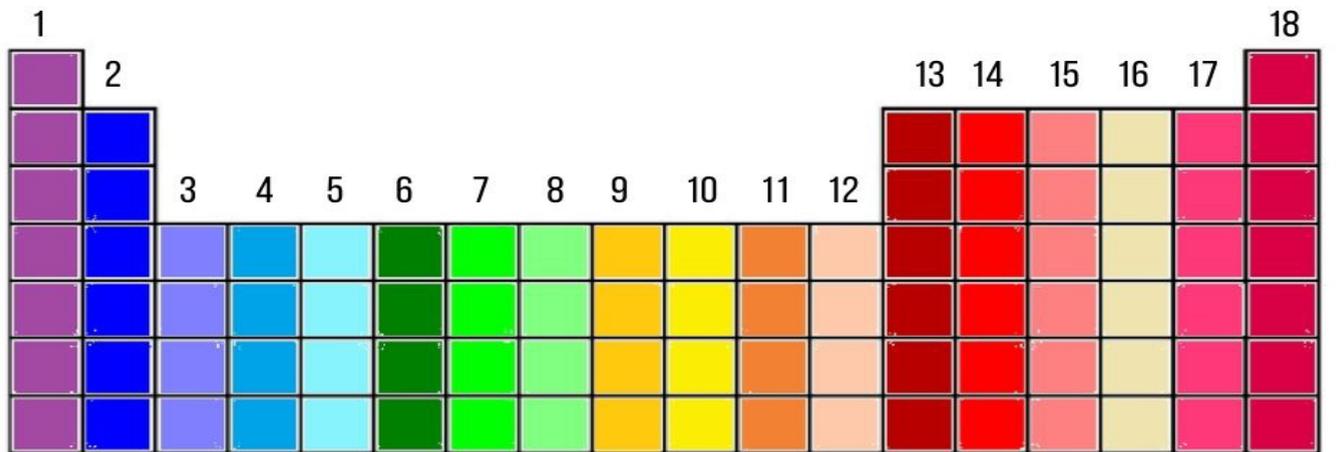
The elements of third row are *sodium, magnesium, aluminium, silica, phosphorus, sulphur, chloride* and *argon*. From *sodium* to *aluminium* an absence of individual identity is noticed.

- *Sodium* feels that he has an independent existence, but does not have a distinct identity or capacity to find one. So, there is no sense of identity causing confusion about him.
- *Magnesium* is starting to build his own ideas but he is afraid of expressing them and scared of being forsaken if he expresses himself, so he adapts the identity that the others want.
- *Aluminium* is confused about his identity; he is not certain whether he has an independent personality or if he has what the others want.
- *Silica* is sure about his identity and has a well-defined image of his own.
- *Phosphorous* having an identity apart from what was given.
- *Sulphur* is proud of his identity and knows that he is better than

the others.

- *Chloride* having an identity that is the opposite of what was given.
- *Argon* having his own identity and he is happy with that ⁽⁴⁾.
- **Fourth row** - Main issue is security, which may be related to money/finances, relationships, house, job and/or health.
- **Fifth row** - Concerns creativity and performance; they want to be creative, to perform new things and be appreciated ⁽²⁾.
- **Sixth row** - Issue is of responsibility and leadership. They passed all the stages, so they are complete in the way that they passed through all the issues in the previous rows and will be the leaders because it's their responsibility. They feel responsible for the world and that's why they become humanistic and live by their own rules; need to be free and act with self-control and self-determination so they dislike being controlled and manipulated; having a strong intellectual capacity, and they have desire of wisdom, spirituality, truth and anarchy ⁽²⁾.
- **Seventh row** - The row of destruction and disintegration. There is an enormous pressure due to the responsibility. They are overloaded, so they desire to break free and let go ⁽²⁾.

Columns - There are 18 stages corresponding to the 18 columns of the *periodic table*. These stages correspond to the electron configuration in the outer shell of the atom, and to the chemical behaviour of the specific element.



1 : BEGIN

2 : PLACE SETTLE

3 : SEARCH (COMPARING)

4 : ESTABLISH

5 : PREPARE

6 : PROVE

7 : TRAIN, COOPERATE

8 : PERSEVERANCE

9 : FULFILL, SUCCESS

10 : SUPREMACY, RULE

11 : KEEP, PRESERVE

12 : DIVIDE (DEFENDING)

13 : WITHDRAW (RETIRING)

14 : FORMAL

15 : LOSE (LOSS)

16 : MEMORY

17 : END, ABANDON (LETTING GO)

18 : PAUSE, REST BEFORE A NEW CYCLE

Fig no. 2 – Columns (stages) ⁽³⁾

The remedies on the left side of the periodic table are dependent on others for support and to complete their structure because they have a feeling of lacking while the remedies on the right side of the periodic table have the feeling that they have to do it on their own, complete their structure themselves without anybody to help⁽⁴⁾.

- **First column** - Totally dependent on others for everything. Their structure has not started to form. They need support to avoid collapsing, like *Natrum*, *Kalium*; etc. which has only one electron in their outermost orbit so would require seven to make them stable. When they unite with another element they tend to lose their outermost electron,

thus making them a cation (positively charged). Hence, these elements (cations like Na⁺, K⁺, etc.) are very needy and dependent on others to achieve stability⁽⁴⁾.

- **Second column** - Begin to feel the presence of structure, but cannot do anything without help. They are more independent than individuals from the first column but they still demand support, physical help and orientation to make decisions. They often need a father figure. The remedies in the second column - *Magnesium*, *Calcarea*, *Strontium* and *Barium* - had a strong intensity of dependence. Each element is dependent in a different way

that represents a certain stage of human development.

- *Magnesium* is like an infant.
- *Calcarea* is like a child.
- *Strontium*, being between *Calcarea* and *Barium*, should have the dependence like a teenager who needs guidance.
- *Barium* is like an adult who is unable to take responsibility.^(1,4)
- **Third column** - Want their own structure, but doubt their capacity and are uncertain regarding the type of structure.
- **Fourth column** – It doubts about structure are resolved. They

can't go back and they have to do things on one's own and they question themselves: "Will I be able to?"

- **Fifth column** - The structure is complete but foundation is not strong and they ask: "Should I go ahead or not?"
- **Sixth column** - The structure is not complete and tested, but the individuals feel compelled to face challenge and they need to prove themselves and their work is criticised due to the lack of precision.
- **Seventh column** - The structure is good in normal situations but need support when times are tough and they feel that they must be perfect but they are far from the perfection and they finish very tired and overwhelmed.
- **Eighth column** - The structure is proven and is no longer a challenge, so the structure has to resist to high pressure. The individuals feel the pressure and the force, the effort must be tremendous to achieve the targets and exhaustion occurs after.
- **Ninth column** - They have no longer any resistance or opposition and the structure is nearly perfect but a little short of perfection.
- **Tenth column** - The structure is complete. Individuals are confident about themselves and they are sure about their choices and they know for certain they have achieved success.
- **Eleventh column** - The structure stands by itself, but the question

is if it will maintain itself in adverse circumstances and the individuals have to maintain and defend their position.

- **Twelfth column** - In constant vigilance, alertness and are protecting themselves and they start to have enemies.
- **Thirteenth column** - They feel that their structure is under severe attack, and loss is imminent. So, they need a superhuman effort to maintain it.
- **Fourteenth column** - They begin to accept that their loss is evident. They understand that have failed and nothing can be done and they give up and accept changes.
- **Fifteenth column** - Sense of being eroded, it is falling apart and cannot be preserved and they are carefully to see how long it can continue.
- **Sixteenth column** - They feel that their structure has lost its utility completely and they are too incapacitated to do anything more. They cannot make any more effort.
- **Seventeenth column** - The instability of the individual is at its maximum; people have the feeling that their structure is dissolving and crumbling and they feel starved, betrayed and let down and they end up feeling tied down and want to escape.
- The main feeling in halogen group is, 'I don't need you so much. I am nearly complete in myself.' That is why they don't want to be tied down or bound

for too long because halogens have seven electrons in their outermost orbit; they require just one more electron to make them stable and when they unite with another element they tend to form 'anions', which are negatively charged ions.

- **Eighteenth column** - The structure is completely dissolved and is not an issue any longer. Individuals live in their own world, detached and separated from the others ^(1, 2, 4).

Conclusion

The reliability of the method of translating the physico-chemical language into the clinical language made possible the approximation of the clinical picture of a remedy based on its physical and chemical behaviour. Once one have identified that the patient needs a mineral remedy, one have to work out which mineral is needed. This approximation is sufficient to justify and guide the clinical use of the mineral remedy, and to open the door of experience.

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The compositae family

By Dr Ravneet Kaur

Abstract: The family asteraceae, also known as compositae, consists of over 32000 species and 1900 genera. Commonly referred as daisy, aster, composite or sunflower family.

The family has widespread distribution from subpolar to tropical regions in a wide variety of habitats. They are mostly herbaceous plants and are economically important family providing food staples, garden plants and herbal medicines. Species outside of their natural ranges are considered as weedy or invasive.

Keywords: Asteraceae, homoeopathy, medicinal plants.

Introduction

Compositae family is one of the biggest families in homoeopathic materia medica with 60 remedies. They are annual plants and perennial herbs, shrubs with 1900 genera and 32000 species. The appearance of single flower consists of many florets, hence that name of family is "compositae". Flowers of compositae is of many individual florets, which are of two types :

- Regular of Disc florets – Form the central disc of short flowers
- Irregular of Ray florets – Form outside petals

All plants are characterised by strong aromatic odour either pleasant or pungent. Bitterness is the prevailing characteristic of these plants. Important remedies of the group

Since the group is one of the biggest family the remedies can be studied in groups

1. Injury group
2. Convulsion group
3. Gastrointestinal or GUT group
4. Cichoriaceae family
5. Fever group

6. Injury group:-
7. Arnica montana
8. Bellis perennis
9. Calendula officinalis
10. Erigeron canadensis

Convulsion group:-

1. Abrotanum (Artemisia abrotanum)
2. Artemisia vulgaris
3. Cina maritima
4. Chamomilla

Gastrointestinal or gut group:-

1. Carduus marianus
2. Carduus benedictus
3. Tussilago farfara
4. Tussilago fragrans
5. Tussilago petasites

Cichoriaceae group:-

1. Cichorium
2. Lactica virosa
3. Taraxacum
4. Liatris spicata

5. Lapsana communis

6. Fever group

1. Eupatorium aromaticum
2. Eupatorium perfoliatum
3. Eupatorium purpureum
4. Helianthus anmes
5. *Parthenium hysterophorus*¹

Remedies

1. Botanical name :- Bellis perennis L.

Synonyms: - Aster Bellis E.H.L Krause; Bellis hertensis Mill

Common Names: - english daisy, red english daisy

Drug Name: - BELLIS PERENNIS

Part used: - Tincture of whole fresh plant

Uses: - Acne, arteries, headache, indigestion, complaints of psoriasis, rheumatism.

Flowering and Fruiting: - April-June

Distribution :- Cultivated in gardens of India

Description :- It is low growing perennial plant producing a rosette of leaves 2-4 cm long from fibrous root stock and usually several short flowering stems 3-12 cm tall, each topped by single flower. The achenes are without pappus. ^{2,3,4}

2. Botanical Name :- Artemisia abrotanum L.

Synonyms :- Artemisia procera Wild

Common Names :- Lady's love, southernwood

Drug Name :- ABROTANUM

Part used :- Tincture of fresh leaves and stems

Uses :- Boils, chilblains, epilepsy, gout, haemorrhoids, hectic fever, hydrocele, Indigestion, lienteria, Marasmus, Myelitis, Chronic nose bleed, Paralysis Rheumatism, Umbilicus, oozing from worms.

Flowering and fruiting :- August-October

Distribution :- Reports of naturalization of this plant in America may be exaggerated. It is not known to become weedy in any of its known locations in North America.

Description :- It is perennial plant with stems that become more or less woody and can persist. It is usually 50-130 cm tall. The root is fibrous and woody and the stems are branched and have an ash-grey bark. The species has pale or sage-green leaves that are pinnate and finely divided. The leaflets are very narrow, lines, entire and concave on the upper and lower surface. Flowers are very rarely seen but are pale yellow. ^{2,3,4}

3. Botanical Name :- Taraxacum

officinale

Synonyms :- Chondrilla taraxacum (L.) stokes

Common Names :- Dandelion, dulal, kanphul, deccan, pathri

Drug Name :- TARAXACUM OFFICINALE

Part used :- Tincture of whole plant just before the perfection of the flower

Uses :- Acne, bilious attack, debility, diabetes, gall stones, jaundice, neuralgia, tongue, typhoid fever, cancerous condition

Flowering and Fruiting :- April-September

Distribution:- Found throughout the temperate Himalayas, Meghalya, Arunachal Pradesh, Gujrat and on the hills of South India at altitudes of 300-5400 m

Description :- Perennial herbs, stems simple or branched, silvery with long soft hairs. Leaves alternate with smooth edges and pitted surfaces but covered with long, soft hairs, lying flat. Most leaves basal, spatulate to oblanceolate, up to 10 cm long and 8mm wide. Upper leaves few, linear to narrowly oblanceolate. Heads occurs mostly singly, with both ray and disk flowers. Involucre bell-shaped to hemispherical, phyllaries in 2 or 3 series, elliptic or oblong with long, soft hair. Ray flowers pistillate, fertile, 6-12 mm long. Disk flowers perfect, fertile. Pappus of 5-8 ovate or lanceolate scales with a long narrow projection at tip. ^{2,3,4}

4. Botanical Name :- Parthenium hysterophorus L.

Synonyms :- Argyrochaeta bipinnatifida Cav.

Common Names :- Bitter broom,

congress grass, chatak chandani, Gajar Gras.

Drug Name :- PARTHENIUM HYSTEROPHORUS

Part used :- Tincture of dry plant, Trituration or solution of the alkaloid parthenia.

Uses :- abortion, Amenorrhoea, cheyne- stokes, breathing, debility, dyspepsia, ear, affections of fevers, headache, extending to nose, Liver pain, Increased milk, neuralgia, periodic salivation, sperm affections of syncope, toothache, vision disorder

Flowering and Fruiting: - May-March

Distribution :- Native of America; now a pantropical weed

Description :- Erect herb, leaves alternate, deeply pinnatisect, oblong lanceolate, apex acute, base decurrent, entire pubescent. Heads in terminal, lax panicles, florets dissimilar, corolla ligulate, corolla tubular, white anther obtuse at base. Achenes 2x1.5mm, pappus absent. ^{2,3,4}

5. Botanical Name: - Silybum Marianum Gaestn

Synonyms: - Carduus marianus L.

Common Names: - Badawend, Blessed thistle, chardon marie, Milk thistle

Drug Name: - CARDUUS MARIANUS

Part used: - Tincture of ground parts and seeds

Uses:- Hepatitis, cirrhosis, jaundice, diabetes, indigestion and gallbladder problems.

Flowering and Fruiting: - December-

February

Distribution: - Nature to Mediterranean region of Europe including Greece, east into Iran and Afghanistan

Description: - Upright herb, leaves are oblong to lanceolate and 15-60 cm long and typically pinnately lobed with spiny edges. The fruits are black achenes with a simple long white pappus surrounded by a yellow basal ring. A long pappus acts as a parachute supporting seed dispersal by wind. ^{2,3,4}

Conclusion

Homoeopathic medicinal plants are playing significant role in the

management of various human diseases with herbs taking the lead in the number of plants used in the preparation of remedies, which may be an indication of their relatively better abundance as compared to other life forms. It is also essential to scientifically evaluate the specific uses of the medicinal plants using plant material from the area through pharmacological, toxicological and clinical studies in order to ensure the safety of the people consuming the medicines and for drug development. This research study has provided a documentation of five plants of asteraceae.

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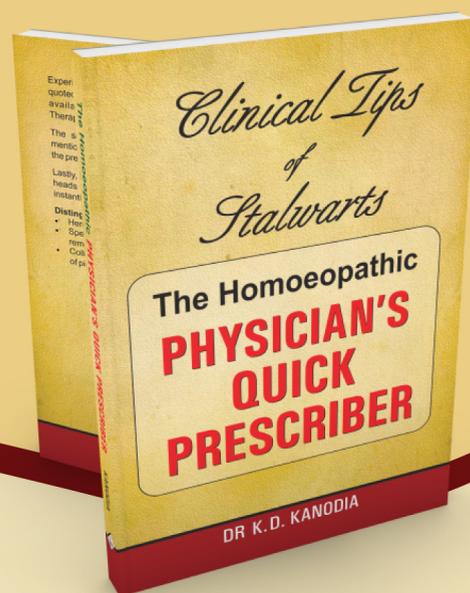
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Homoeopathy in veterinary

By Dr Noopur Kumari, Dr Divya Taneja, Dr Renu Mittal

Abstract:

Objective: The objective was to conduct a review of the existing literature on homoeopathic research conducted on veterinary Homoeopathy. **Materials and Methods:** Homoeopathy can cure some of the commonly found illnesses among animals for which a comprehensive online as well as manual search was made on the research studies on Veterinary Homoeopathy in between the period from 2000 to 2021. The literature has been taken mainly from peer reviewed journals of CCRH library, Pubmed, Google scholar, ScienceDirect, Medline and British Homoeopathic Journal. **Results:** In this review 16 articles are referred, out of which four (04) are randomized control trials, five (05) are case reports and two (02) are observational studies (Table 1). Five (05) review papers were also identified (Table2). **Conclusion:** Veterinary Homoeopathy aims to provide treatment with low use of chemicals and no residue in the animal products. It is cost effective, no side effects, safe and easy to administer. However, the gap between the literature and validation through research needs to be bridged by more research studies.

Keywords: Veterinary, animal, homoeopathy, cattle, dogs, piglets, alternative medicine.

Introduction

Today's need for an alternative medicine has been increasing day by day. Homoeopathy is one of the best, holistic and safest treatments for human beings. Also, the same has been proved beneficial for animals and plants as well. Animal homoeopathy is gaining popularity and many doctors, and most veterinarians choose homoeopathy due to the chronic and recurring nature of many ailments in animals. The idea is to improvise the immunity of the animals and treat the disease from the beginning of its nature.¹ Homoeopathic medicines, instead of suppressing the symptoms, helps in the healing process by vital stimulation of the body's defenses through natural means.²

According to the survey of WHO and Food and AGRICULTURAL Organization (F.A.O) year 2000, 85% doctors in the developing and some other countries, are using alternative systems of medicines for the treatment of animals. This is because of the high cost, side effects,

non-availability and inefficiency of allopathic medicines for some diseases².

The advantage of homoeopathy is that medicines can be applied after observing distressing symptoms carefully even when a disease cannot be clearly diagnosed which helps in arresting the disease at an early stage³.

Livestock owners and veterinarians today are concerned not only with the increasing cost of allopathic drugs but also with the side effects and buildup of resistant strains of bacteria due to continued and often indiscriminate use of antibiotics². The main goal is to heal animals in a holistic way and provide them the best care so that they can be able to live a healthy and productive life. The idea behind using animal homoeopathy is to impart education, to present new therapies and medications in this field⁴. It follows noninvasive treatments with few or no adverse effects that have the potential to heal animals gently^{4,5}.

Methodology

Literature review

The literature review was searched from books on veterinary, Medline⁶, Pubmed⁷, ScienceDirect⁸, Google scholar⁹, Indian Journal of Research in Homoeopathy¹⁰ and CCRH e-library¹¹. The keywords used for the search were Veterinary AND Homoeopathy, Animal Homoeopathy, treatment of animals in Homoeopathy. Additionally, books on veterinary homoeopathy were referred to compare the research studies with the existing literature. Randomised controlled trials (RCTs), observational studies, well documented and peer-reviewed case series published in the period from 2000 to 2021 were considered.

Inclusion criteria

Studies conducted only on the animals and for treating animal diseases were included in this review.

Exclusion criteria

Pharmacology studies meant for human trials after experimenting over animals were not included in this review. Studies on animal cell lines, in vitro, in vivo and other

laboratory models were excluded.

Results

Research literature on diseases of

cattle, lambs, cats, bulls, birds, horses, dogs and pigs was identified. In this review 16 articles are referred out of which four (04) are RCTs, five

(05) are case reports and two (02) are observational studies (Table 1). Five (05) review papers were also identified (Table 2)

Table 1 Clinical research studies published in peer reviewed journals^{12,13,14,15,16,17,18,19,20,21,22}

S.No.	Name of the study	Animal and condition	Outcome	Reference
1	Early udder inflammation in dairy cows treated by a homeopathic medicine (Dolisovet®): a prospective observational pilot study. ¹²	Cows	Dolisovet (Belladonna 1dH, Calendula MT, Echinacea 1dH, Dulcamara 1cH) a homeopathic medicine, licensed in France and indicated for the restoration of mammary function in cows is presented as a 10 g tube of ointment for intramammary use. A significant reduction in electrical conductivity was observed 4-7 days following the first treatment. An increase in milk yield was also observed.	Eléonore Aubry, Marie-Noëlle Issautier, Didier Champomier, Laurence Terzan Homeopathy 2013; 102(02): 139-144
2	Reduction of stool bacterial counts and prevention of diarrhea using an oral homeopathic product in newborn lambs. ¹³	Lambs	There was substantial and significant reduction of cases of diarrhea (up to day 14); however, after this period, there were no difference between groups. Based on these results, we concluded that the homeopathic product had moderate efficacy in terms of control of diarrhea.	Bruno F. Fortuoso, Roger R. Gebert, Luiz G. Griss, Patricia Glombovisky, Chrystian J. Cazarotto, Luana Rampazzo et al. Microbial Pathogenesis Volume 127, February 2019, Pages 347-351
3	Daily intake of a homeopathic agent by dogs modulates white cell defenses and reduces bacterial counts in feces. ¹⁴	Dogs	The tested homeopathic medicines cause neutrophils and eosinophils' stimulation and increases globulins levels even with reduced lymphocytes. The daily consumption of homeopathic by dogs decreases the intestinal bacterial load, resulting in less environmental contamination and animal and human colibacillosis risks.	Antonise Mariely Jaguezeski, Patricia Glombowsky, Gilneia da Rosa, Aleksandro S. Da Silva Microbial Pathogenesis Volume 156, July 2021, 104936
4	Homeopathic prescribing for chronic conditions in feline and canine veterinary practice. ¹⁵	Dogs and cats	In both cats and dogs, dermatitis was the condition most frequently treated with homeopathy. The single homeopathic medicines most frequently used at the last appointment per chronic case during the period of data collection were as follows: Pulsatilla, Sulphur, Phosphorus, Calc Flour, Lycopodium, Causticum.	Robert T. Mathie, Elizabeth S. Baitson, Lise Hansen, Mark F. Elliott, John Hoare Homeopathy Volume 99, Issue 4, October 2010, Pages 243-248
5	Atrial Paroxysmal Tachycardia in Dogs and its Management with Homeopathic Digitalis—two case reports. ¹⁶	Dogs	Oral administration of Digitalis 6c has shown highly encouraging results in reducing increased heart rate, and altering various electrocardiographic features	J.P. Varshney, S. Chaudhuri Homeopathy Volume 96, Issue 4, October 2007, Pages 270-272
6	Clinical management of babesiosis in dogs with homeopathic <i>Crotalus horridus</i> 200C. ¹⁷	Dogs	Canine babesiosis caused by <i>B. gibsoni</i> In homeopathy, <i>C. horridus</i> has been recommended in the treatment of babesiosis in cattle. It is a drug of choice for hemorrhagic diathesis. The results are particularly interesting in less severe cases of canine babesiosis where there was no impending danger of collapse.	S. Chaudhuri, J.P. Varshney Homeopathy Volume 96, Issue 2, April 2007, Pages 90-94

S.No.	Name of the study	Animal and condition	Outcome	Reference
7	Homeopathic and integrative treatment for feline hyperthyroidism – four cases (2006–2010). ¹⁸	Cats	All four cats responded to the individualized remedy with gradual resolution of their clinical signs within 2-4 weeks. Homeopathic treatment alone resulted in normalization of clinical signs and thyroid hormone levels in three of these patients; one patient showed resolution of signs of hyperthyroidism despite persistent elevation of TT4	Sara FoxChapman Homeopathy Volume 100, Issue 4, October 2011, Pages 270-274
8	Clinical management of idiopathic epilepsy in dogs with homeopathic Belladonna 200C: a case series. ¹⁹	Dogs	In all cases the administration of Belladonna 200C at 15 min. intervals during the seizure episode was associated with reduction in seizure activity within an hour. The number of fits reduced to 2-3 during the first 2 weeks after starting therapy, further reducing to 0-1 in next two weeks. No fit was reported by the owners during 2- 8 months of the therapy except in 2 dogs in which fits reappeared with 15-25 days of cessation of therapy by the owners.	J. P. Varshney Homeopathy Volume 96, Issue 1, January 2007, Pages 46-4
9	The therapeutic effect of Tarentulacubensis extract (Theranechron®) in foot-and-mouth disease in cattle: a randomised trial in an endemic setting. ²⁰	Cattles	We conclude that Theranechron® may have useful effects on the signs of (Foot and Mouth Disease FMD), reducing the temperature and respiration rates along with increasing the appetite scores and ruminal contractions. Theranechron® also seems to speed healing of inflamed mucosal lesions of infected animals.	S a m a d L o t f o l l a h z a d e h , Mohammad Reza Alizadeh, MehrdadMohri, Mohammad Reza MokhberDezfoul Homeopathy Volume 101, Issue 3, July 2012, Pages 159-164
10	The effect of individualized homeopathic treatment on the semen quality of bulls with reproductive disorders: a case series. ²¹	Bulls	Sulphur 30CH, Phosphorus 30CH, Lycopodium 30CH and Argentum nitricum 30CH were prescribed. The use of homeopathy apparently improved the success of semen collection, the quality of the semen of the ejaculates, the number of doses of semen and sperm freezing properties	M.F.A.de Souza, E.V.Costa-e-Silva, G.G.Macedo , B.D.Souares, C.E.S.N.Zúccari Homeopathy. 2012 Oct;101(4):243-5
11	Homeopathy as replacement to antibiotics in the case of Escherichia coli diarrhoea in neonatal piglets. ²²	Piglets	In total 52 sows were treated with either Coli 30K or placebo. Both treatment groups included 26 sow. Piglets of the homeopathic treated group had significantly less E. coli diarrhoea than piglets in the placebo group	I.Camerlink, L.Ellinger E.J.Bakker, E.A.Lantinga Homeopathy Volume 99, Issue 1, January 2010, Pages 57-62

Table 2: Meta-analysis and systematic reviews published in peer reviewed^{23, 24,25,26,27}

S.no.	Title	Type of study	Abstract	Reference	Conclusion
1	Veterinary homeopathy: systematic review of medical conditions studied by randomized trials controlled by other than placebo. ²³	Systematic review	One study on individualized homeopathy and 19 were on non-individualized homeopathy. Out of these 14 were treatment studies, 06 were prophylaxis studies on 12 different medical conditions in 06 species (mastitis in pigs, cattle, diarrhoea in cattle, pigs; ectoparasite in cattle, foot and mouth disease in cattle, gastrointestinal nematodes in sheep, lameness in horses, pseudopregnancy in dogs, salmonellosis in birds, handling stress in cattle, immune response to rabies vaccination in cattle, infertility in cattle)	Mathie RT, Clausen J. BMC Veterinary Research 11, 236 (2015)	Due to the poor reliability of their data, OTP-controlled trials do not currently provide useful insight into the effectiveness of homeopathy in animals

2	Randomized controlled trials of veterinary homeopathy: characterizing peer reviewed research literature for systematic review. ²⁴	Systematic review	Seven species and 27 medical conditions were identified in 38 papers. Similar number of treatment (21) and prophylaxis studies (17) were identified. 35 studies were on non-individualized Homoeopathy, 03 were on individualized homeopathy.	Mathie RT, Hacke D, Clausen J. Homeopathy. 2012; 101: 196-203	The results provide a complete and clarified view of the RCT literature in veterinary homeopathy. The findings of the full data extraction and assessment of this complex literature will be carried out systematically under two main headings: treatment trials; prophylaxis trials.
3	Veterinary homeopathy: systematic review of medical conditions studied by randomized placebo-controlled trials. ²⁵	Systematic review	18RCT's were identified representing 04 species and 11 different medical conditions.	Mathie RT, Clausen J. Vet Rec: 2014; 175: 373-81	Mixed findings of these two trials preclude generalisable conclusions about efficacy of a particular homeopathic medicine or the impact of individualised homeopathic intervention in any given medical condition in animals. There is an obvious need for new and higher quality research.
4	Veterinary homeopathy: meta-analysis of randomized placebo-controlled trial. ²⁶	Meta-analysis	For 15 RCTs, pooled odds ratio was identified to be 1.69 (95% confidence interval 1.12 to 2.56).	Mathie RT, Clausen J. Homeopathy 2015; 104:3-8	Meta-analysis provides very limited evidence that clinical intervention in animals using homeopathic medicines is distinguishable from corresponding intervention using placebos
5	Comparison of veterinary drugs and veterinary Homeopathy: Part 1 & 2. ²⁷	Narrative review	There remains today a much smaller but significant use of Homoeopathy by veterinary surgeons. The narrative review outlines theoretical and practical bases for assessing efficacy and effectiveness of conventional medicines homoeopathic products	Lees P., Whitehead ML. Veterinary Record 2017; 1818 (8): 198-207	This review outlines theoretical and practical bases for assessing efficacy and effectiveness of conventional medicines homoeopathic products

Other aspects of veterinary homeopathy identified from published books

Animals – Horses, ox, cattles, cows, elephants, chicken, buffaloes, goat, bulls, lambs, sheep, pigs, cats, dogs, fishes, birds, and poultry.

Disease conditions- Bloat, papillomata, exhaustion, debility, haematoma of ear, haematuria, abscess, abortion, tetanus, colic. Epistaxis, prolapse of vagina and uterus, corneal opacity, septic wounds photosensitivity, ringworm, recurrent milk fever etc. are the most commonly identified disease conditions mentioned in the books but research has only been conducted on diarrhoea, bovine mastitis, atrial paroxysmal

tachycardia in dogs, babesiosis, feline hyperthyroidism, epilepsy in dogs, foot and mouth disease in cattle and reproductive disorders of animals.

Administration of medicines:

Mother tinctures in ordinary doses are very active and results in removing the disease more speedily². The required medicine should be mixed with spoonfuls of cold water and should be given by means of small horns. Where it is required to administer two medicines than two different horns are required. Also, triturations are given which may be placed dry on the tongue of the animal or mixed with the food.⁵

In all cases ,the medicines should be administered when the animals have been there without food for sometime, i.e. for 15-20 minutes.^{2,5}

Doses^{2,5}:

The quantity of medicines to be given for:-

Horses- 6 drops

Cattle- 10 drops

Dog and swine- 2 to 4 drops

Frequency^{2,5}:

Chronic disease – less frequent repetition are suggested, a single dose in a day is sufficient

Acute disease- more frequent repetitions are suggested like in

every 10-20 minutes and in less acute cases every 2,4,6 or 8 hours

Discussion:

The veterinary care ranges from prevention of diseases, treatment of animals to enhancement of yield of animals

¹⁰ Studies till now are primarily on disease conditions. The research studies in this review paper were mostly on cattles, lambs, pigs, bulls, dogs and cows, and on the disease conditions like bovine mastitis/udder inflammation, diarrhoea, epilepsy, foot and mouth disease of cattle, diseases of the reproductive system.

The scope of homeopathy as per literature is on yield enhancement of cows, sows, etc. This is a vast field, however, the practitioners of homeopathy has no knowledge of veterinary care as no such details of the same are there in the educational syllabus²⁸. Anecdotal evidence and case reports by homeopaths in India may be seen, but none are trained veterinarians. Also, the trained veterinarians are trained on modern medicine and not on homeopathy²⁹.

Homeopathy has been criticised as a placebo affect only due to its ultra-dilutions and minuteness of doses¹⁰. It is considered that it's the nature's healing power which cures the patient not the ultra-diluted homeopathic medicines. Also, it has been claimed that homeopathy is not logically consistent as there is no scientific evidences behind the improvement of the cases. By administering homeopathic medicines in animals, the results can be better explained and proved in favour of homeopathy that it's actually effective since it shows the positive results in animals as well cures the animals.³⁰

Among transmissible diseases are zoonotic diseases, which are those that can be transmitted to humans. Animals also may be healthy carriers of agents that are pathogenic for humans but which do not affect the health of the animal (for example, *Salmonella* and *Campylobacter*). The human health, thus, is affected not only by the health of animals (zoonotic pathway), but also by being a means of food preventing nutritional deficiencies (nutrition pathway).³¹ Veterinary drugs including antibiotics, growth hormones, and anti helminthes are used for disease control and growth promotion of livestock animals.³² Also animals are given steroids to increase their weight and flesh content and to increase the milk production in dairy animals but the consumption of such steroid induced meat can cause many health related problems in humans like early puberty in girls has been found to be associated with a higher risk for breast cancer and many reproductive issues.³³

Because of increased milking, hormone-treated cows may becomes more prone to udder infections which could lead to use of more antibiotics to treat the ill cows, in turn leading to more residues of antibiotics to remain in the milk. Frequent exposure to antibiotic residues through milk or dairy products is a health concern for people over the long term. In the normal body, there are bacteria that live in the gut and mouth and help in the digestion of food in the gut. These "friendly" bacteria do not normally cause disease since the immune system keeps them in check. However, if the immune system is weak, these "friendly" bacteria can invade tissues and cause infection. Bacteria in the normal body that come across small amounts of antibiotics frequently, can develop ways to survive the antibiotics and become "antibiotic re-

sistant"³³.

Additionally, a healthy livestock is a source of household income and a sign of prosperity within the animal husbandry society (Socio-economic pathway)³¹.

The diseases which have been mentioned in the books are not properly allocated in any of the research literatures. Since there are limited number of research done on animal homeopathy which does not cover the entire aspect of animal anatomy and diseases related with them. Also the number of medicines prescribed to the animals are also limited.

Only 16 studies were found out for this review which may be due to lack of publications. Homeopathic physicians though trained in human anatomy and diseases related to humans but most of the veterinarians doesn't have the knowledge of homeopathy in treating animals. This could be the biggest reason for less number of publications in this field.

In many animal diseases, mass killing of the affected animal or birds done to prevent the spread of infection to other animals and human beings. These practices further affect the environment detrimentally³⁴. There is a possibility of treating such conditions through homeopathy to prevent mass animal killing and culling. Research and operational strategies need to be developed in future along these lines as well.

Conclusion

The information denoted in the above tables enables researchers and veterinarians to get a quick overview of the status of veterinary clinical research in homeopathy and alleviates the preparation of systematical reviews or may also

encourage them to do further studies over this subject. However, this is only a literature review which is just an attempt to collect the previous and some new information so as to give some suggestions and opinions for studies in future.

This review only illustrates the positive effects of homeopathy in treating animals, but the role of homeopathy in cases of treating animals must be explored further on studies focusing on this particular subject.

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Management of gonorrhoea with homoeopathy: a case report

By Dr Ajay Vishwakarma, Dr Nitin Kumar

Abstract: A case of gonorrhoea associated with involuntary seminal discharge at night with weakness and anxiety after discharge was treated with few doses of Medorrhinum 200 which showed remarkable results in just 2 weeks. Later continued with placebo over a period of time resulted in complete disappearance of symptoms.

Keywords: gGonorrhoea4, STIs, Medorrhinum8

Abbreviations: NAATs – nucleic acid amplification tests, STI – sexually transmitted infections, MSM - man who has sex with men, HIV – human immunodeficiency virus.

Introduction

Gonorrhoea, caused by *Neisseria gonorrhoeae*, is the second most common bacterial STI and results in substantial morbidity and economic cost worldwide. Uncomplicated gonococcal infection commonly manifests as urethritis in men and may cause mucopurulent cervicitis in women. Rectal and pharyngeal infections in both men and women are largely asymptomatic. Gonococcal infections are often asymptomatic in women; the lack of discernible symptoms results in unrecognised and untreated infection that may lead to serious complications, including pelvic inflammatory disease, ectopic pregnancy and infertility. Untreated urethral infection in men can lead to epididymitis, urethral stricture and infertility. Infants of mothers with gonococcal infection can contract neonatal conjunctivitis, which may lead to blindness if left untreated¹.

Neisseria gonorrhoeae can be diagnosed by culture or nucleic acid amplification tests (NAATs), and by Gram stain in men with urethritis. In settings without available laboratory diagnostic support, diagnosis is often made clinically, based on the presence of symptoms such as vaginal and urethral discharge. The

treatment of gonococcal infections is complicated by the rapidly changing antimicrobial susceptibility patterns of *N. gonorrhoeae*, raising concerns about the eventual development of untreatable gonococcal infections with serious sexual and reproductive health consequences¹.

Risk factors for gonorrhoea include sexual contact with an infected person or someone from an endemic area; previous gonorrhoea, STIs or human immunodeficiency virus (HIV); being a sexually active youth; having multiple partners; and being a sex worker, street youth and/or man who has sex with men (MSM).^{1,5} Geographic clustering of gonococcal infections is associated with minority ethnic groups, low socioeconomic status and lack of education².

Gonococcal infections are considered uncomplicated in the absence of bacteraemia or pathogen spread to extragenital sites³. However, left untreated, this infection can have serious sequelae. These include pelvic inflammatory disease, infertility, ectopic pregnancy and chronic pain in women and epididymo-orchitis, reactive arthritis and, rarely, infertility in men³. In both genders, the infection

can progress to disseminated disease.

Case Summary:

A 31 years old married male reported at outpatient department of Chandola homoeopathic medical college and hospital, Rudrapur, Uttarakhand with complaint of an outgrowth on penis with involuntary seminal discharge at night for 2 weeks associated with weakness and anxiety. He was also presented with chest pain with pricking sensation which gets aggravated on physical hard work, night and lying down on any position for 2 months and pain in head in the occiput region with heaviness which aggravates while mental exertion, pressure and noise for 2-3 months.

past medical history:

Patient suffered from dengue at the age of 18yrs also had jaundice at the age of 25 yrs.

Family history:

History of jaundice (mother)

Physical generals:

- Appetite: Decreased
- Thirst: Thirsty, normal water,

- 10-12 glasses/day
- offensive
- Mental generals:
- Desire: Egg, milk, chicken
- Perspiration: Generalised, non-offensive, non-staining
- Don't regret for any wrong task or using abusive language during any conflict.
- Aversion: Nothing significant
- Sleep: Disturbed, unrefreshing, 4-5 hrs/day
- Fear of misfortune
- Intolerance: Nothing significant
- Dreams: of coition, accident
- Anxiety about his health
- Stool: Constipated, in 2-3 days, hard, dry in character
- Thermal reaction: Ambithermal
- Irritation on trifles
- Urine: Clear, regular, non-

Table 1: Analysis and Evaluation of symptom

Physical general ^{Intensity}	Appetite decreased ⁺	Desire for egg ⁺ , Milk ⁺⁺ , Chicken ⁺	Constipation, hard, dry stool	Dreams of coition, accident	Sleep disturbed, unrefreshing	
Mental generals ^{Intensity}	Abusive, have no regret of using bad language	Fear of misfortune	Anxiety about his health	Irritation at trifles		
Particulars ^{Intensity}	Outgrowth on penis with involuntary seminal discharge ⁺⁺	Involuntary seminal discharge at night	Weakness and anxiety	Pain in chest with pricking sensation	Pain aggravated-physical work, night	Pain in occiput aggravated at mental exertion

Provisional diagnosis:

Gonorrhoea⁴

Totality of symptoms:

- Outgrowth on penis with involuntary seminal discharge.
- Involuntary seminal discharge aggravated at night.
- Weakness and anxiety aggravation at night.
- Pain in chest with pricking sensation aggravated during physical work and at night.
- Pain in occiput aggravated on mental exertion.
- Desire for milk.

- Constipation with dry and hard stools.
- Use abusive language without any hesitation and regret.
- Fear of misfortune.
- Anxiety about his health.
- Gets irritable at trifles.
- Rubrics⁵ selected:
 - MIND – ABUSIVE – insulting
 - MIND – ANXIETY – health, about – own health, one's
 - MIND – FEAR – misfortune, of
 - MIND – IRRITABILITY – trifles, from
- HEAD – PAIN – dull pain – occiput
- MALE GENITAL/SEX – CONDYLOMATA – penis – glans
- MALE GENITAL/SEX – POLLUTIONS – night – followed by – weakness
- CHEST – PAIN – pricking – Precordial region – motion – agg
- GENERALS – FOOD and DRINKS – milk – desire- cold

Analysis of the case:

After the analysis and evaluation of the case, the characteristic symptoms were used to form the totality "abusive, anxiety about his own

health, fear of misfortune was some of the important mental generals. Desire of milk was an important physical general, and outgrowth on penis with seminal discharge aggravated at night associated with weakness and anxiety, headache in occiput region and pain chest were some of the characteristic particulars”.

The selection of the remedy was done on the basis of repertorisation from RADAR 10 software using Synthesis treasure edition, 2009 by Fredericke Schroyens⁵ with reportorial result showing top five remedies as Medorrhinum, Carcinoscinum, Lachesis mutus, Phosphorus, Bryonia alba with

Medorrhinum having the highest score covering all the nine rubrics.

Prescription:

Medorrhinum 200 / 3 doses

Basis of prescription:

After analysing the reportorial result and consultation with “The Guiding Symptoms of Our Materia Medica⁶ and The Dictionary of Practical Materia Medica⁷, Medorrhinum 200 was selected for prescription (including symptoms such as abusive, fear of misfortune, anxiety about his health, desire for milk, outgrowth on penis with involuntary seminal emissions

at night, Pain in chest and head in the occiput during physical exertion) although *Carcinoscinum* and *Lachesis* also has irritability and fear of misfortune but particulars of the case are very well covered by Medorrhinum along with others characteristic symptoms of the case. According to the prevalent sycotic miasm of the patient Medorrhinum was selected as the prescribed medicine. Medorrhinum 200 was given in 3 doses after which patient showed improvement followed by placebo for 1 month.

Potency: The very highest potencies only of service. Must not be repeated often⁸.

Fig 1: Repertorial Analysis

Follow Up:

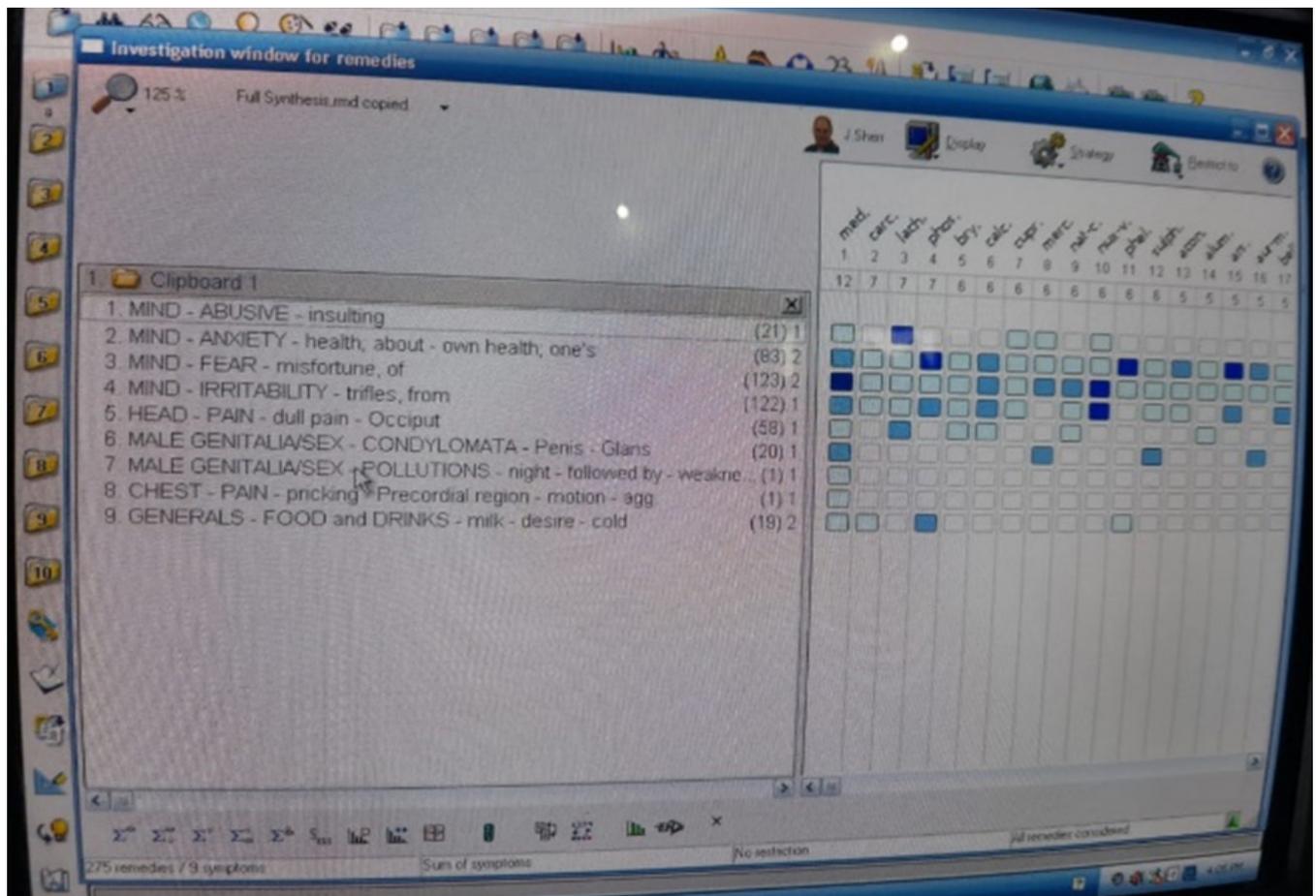


Table 2: Date-wise description of prescribed remedy

DATE	SYMPTOMS	MEDICINES
01-03-2020	Patient 1 st visit	<u>Medorrhinum 200/ 3 doses</u> ("The dose of medicine (of the first prescription) that acts without producing new troublesome symptoms in to be continued while gradually ascending, so long as the patient with general improvement, begins to feel in the mild degree the return to of one or several old original complaints".) (Aph 248,280) ⁹
30-03-2020	Patient finds improvement in the outgrowth along with pain in occiput and chest	<u>Placebo</u>
29-04-2020	Improvement in pain in head and Chest pain but outgrowth on penis with involuntary emissions persists	<u>Medorrhinum 200/ OD/ 3days</u> (According to Kent's 11 th observation reappearance of older symptoms and the improvement is standstill then the repetition of the remedy should be prescribed) ¹⁰
30-05-2020	Further improvement in the outgrowth on penis and seminal emissions. Chest pain and pain in occiput relieved	<u>Placebo</u>
29-06-2020	Marked improvement in the outgrowth and involuntary seminal emissions	<u>Placebo</u>

Before tTreatment

Fig 2: Outgrowth on penis with yellowish discharge



After Treatment

Fig 3: Disappearance of the outgrowth from penis



Discussion and conclusion

Homoeopathic remedy selected on the basis of principles of homoeopathy proved to be very effective in this case of gonorrhoea and shown good results of improvement.

Medorrhinum was selected on the basis of characteristic particulars of the case and mental generals keeping in mind materia medica and homoeopathic principles. Treatment was continued for 4 months. There was marked improvement after the first prescription followed by placebo after one month. Next dose of medorrhinum 200 was given after 2 months when the improvement becomes standstill.

The potency selection was done on the basis of susceptibility and nature of the medicine given¹¹.

1. The greater the characteristic symptoms of the drug in the case, the greater the susceptibility to the remedy and the higher the potency required.

2. Age: medium and higher potencies for children

3. Higher potencies for sensitive, intelligent persons.

4. Higher potencies for persons of intellectual or sedentary occupation and those exposed to excitement or to the continual influence of drugs.

5. In terminal conditions even the crude drugs may be required

He also writes, "different potencies act differently in different cases and individuals at different times under different conditions. All may be needed. No one potency, high or low, will meet the requirement of all cases at all times."

As the patient was young, the susceptibility was high but the disease was in organic stage and according to duration of disease and nature of the remedy, moderate potency of 200 was selected for prescription.

Conflicts of interest: None

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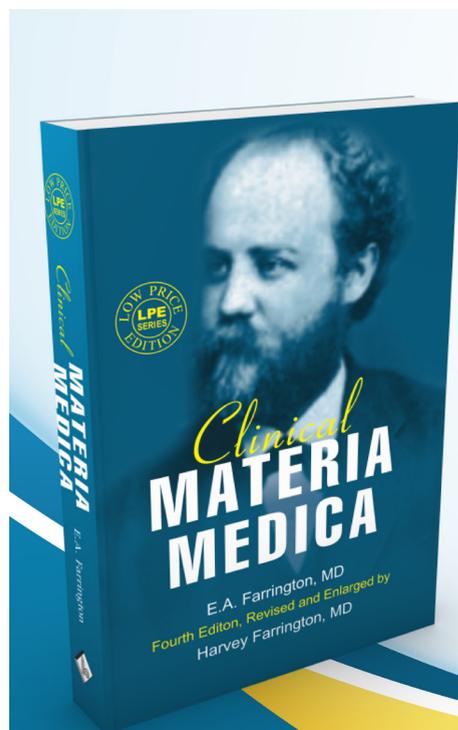
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Deciphering the miasmatic facet of rheumatism

By Dr P. Pavani Datta Manaswini, Dr V.S.P.K. Sastry Akella

Abstract: Homoeopathy has much to offer in the field of rheumatology. Every disease has its own miasmatic expression, with which one can make a plan and progress of treatment strategies effectively. Every disease can manifest itself as any miasm, at a given point of time, depending upon the conditions it is evolving from; similarly, there are manifestations of psoric rheumatism, sycotic rheumatism, syphilitic rheumatism and tubercular rheumatism. Understanding this miasmatic background of rheumatism helps a homoeopath to provide a finer treatment, and thus, promotes the quality of life of patient. Using the miasmatic distinctions of a disease for therapeutical prescribing will surely yield the best results, when chosen homoeopathically. Rheumatism being the most common disease, comprehending all the different miasmatic faces of it, also helps in maintaining a successful clinical practise.

Keywords: Rheumatism, psora, sycosis, syphilis, tubercular.

Abbreviations: WHO – World Health Organization

Introduction

The rheumatic diseases comprise a heterogeneous group of disorders of connective tissue, joints and bones in which musculoskeletal pain and stiffness are prominent.¹ The term “rheumatic diseases” is used in medical subject headings (MeSH) to refer to connective tissue disorders.² Rheumatic diseases affect your joints, tendons, ligaments, bones and muscles.³ Miasms play an active role in well-being or sickness in human being or may remain in latent or dormant state and flare up at a later stage due to some circumstances conducive to its propagation. Miasms have definite pace and pattern of response. Each miasm has its own particular identity, personality, physical structure, pathological tendencies and characteristic symptoms. Miasms are responsible in evolving the constitution, pathology and symptoms in individuals. Better prognosis and more effective treatment can be imparted with the understanding, identifying and attending to the miasms.⁴

Classification of rheumatic diseases:

The WHO classifies common rheumatic complaints under 4 headings:

Back pain

Regional periarticular or soft tissue rheumatism

Osteoarthritis and related disorders

Inflammatory arthropathies.

The detailed classification of diseases of joints, connective tissues and bones is given in the box below.¹

Table 1:

Classification of rheumatic diseases

- **Inflammatory joint diseases**
 - Rheumatoid arthritis
 - Ankylosing spondylitis
 - Reiter’s disease
 - Psoriatic arthritis
 - Enteropathic arthropathy
 - Juvenile chronic arthritis
 - Behcet’s syndrome
 - Whipple’s disease
- **Infectious arthritis**
 - Bacterial
 - Viral
 - Fungal
- **Connective tissue diseases**
 - Systemic lupus erythematosus
 - Mixed connective tissue disease
 - Progressive systemic sclerosis
 - Polymyositis
 - Polyarteritis nodosa

Churg- Strauss vasculitis
Wegener’s granulomatosis
Giant cell arteritis
Takayasu’s disease

The multi-miasmatic nature of diseases:

“Arthritis and rheumatism, asthma, catarrhs, cystitis and warts are all regarded as partly or mainly sycotic in character.”⁵ This attribution of a particular disease to a particular miasm is not always true. Even if there is a strong presenting picture of one miasm in a disease situation, it must always be remembered that the other two activities are still there and functioning to some degree. In some cases these activities will remain within normal limits, but in others they too may be clinically miasmatic.

Confusion can occur over the miasms when the same conventionally named clinical condition is attributed to different miasmatic influences in different individuals. The key to understanding this lies in realising that all situations contain elements of all three influences, and also that the functioning of all systems and organs is regulated by the balance between them in any particular case.⁶

The multimiasmatic nature of patients:

Every individual is born with an accumulation of miasmatic “baggage”, the exact nature of which depends on inherited factors. This will subsequently be added to and altered as a result of the person’s experiences and challenges.⁶

Miasmatic factors: the heart of a case

Hahnemann was led to the miasms, not by a complete failure of his prescription to act, but by the limited action that his apparently well- selected remedies were having in a proportion of cases and also by the fact that an apparent cure was sometimes followed by the emergence of a new symptom

picture representing, in conventional terms, a new disease. A correctly selected remedy will inevitably bear a relationship to the miasmatic situation at the time of its selection, but that situations may change as the case progresses and new aspects of the dynamic disturbance are exposed. The underlying miasmatic balance will determine the true nature of the overall “dis-ease”. Thus, the consideration of the miasmatic factors involved often provides a means of getting to the heart of the case.⁶

Advantages of miasmatic prescribing:

Regardless of how you view the origin of the miasms, the concept of miasms is advantageous in

recognising patterns in which certain pathological tendencies manifest in a patient. Once recognised, it can be predicted what conditions they are likely to suffer and what particular remedies they are likely to need.⁷

Miasms may also constitute a block to the normal working of the body’s disease response, and one of the advantages of the theory is that it offers a way of identifying that block and either overcoming or controlling it.⁶

Different miasmatic faces of rheumatism:^{8,9}

Lets distinguish the psoric, sycotic, syphilitic and tubercular traits of rheumatism.

Table 2:

Psora	Sycosis	Syphilis	Tubercular
<ol style="list-style-type: none"> Various types of inflammatory rheumatism, e.g.osteitis, osteomyelitis(the initial stage without bone destruction), periostitis. Psoric rheumatic pains are generally associated with neuralgic pains which are sore, bruised and pressive in character. Numbness and tingling sensations; feeling as if parts are going to sleep, which occurs when pressure is brought to bear on the part. In psora there is twitching of muscles during the sleep. In psora the patient can walk well and finds it difficult to stand still. Acute inflammatory rheumatic pain >rest, warmth, in summer, by natural discharges like urine, sweat, menstruation, scratching, crying, eating and the appearance of suppressed skin eruptions. 	<ol style="list-style-type: none"> Rheumatism with numbness and paralytic weakness of extremities. Joint pains are sycotic. Easy spraining of joints while walking. Joints and connective tissues are affected. Stitching, pulsating and wandering pains. Puffiness, oedematous, pallid limbs. Stiffness, soreness and lameness are characteristic. The gouty diathesis is sycotic. Incoordination, which may be functional or anatomical is sycotic. Proliferative variety of inflammation or growth of any tissues. The slightest physical exertion fatigues. In sycosis, the red blood corpuscles are destroyed through imperfect oxidation of food. This can lead to anemic conditions, which may be evidenced by lack of stamina in muscles and a pallid, drawn and puffy appearance. < by rest, damp rainy, humid thunderstorms, changes of weather, from meat. >Movement, unnatural discharges like nasal discharge, leucorrhoea, slow motion, stretching,lying on stomach, or with pressure. > when warts or fibrous growths reappear. 	<ol style="list-style-type: none"> Various deformities (arthritis deformans) and atrophy or emaciation of the extremities may occur. Pain in long bones< night. Aching pain in bones of limbs. Burning , bursting, tearing pains are syphilitic. Lack of nutrition of the bones. Bone pains, delayed ossification, fragility of bones; caries and necrosis of bones and spine. Paralysis characterised by muscle wasting and degenerative changes. Extremely irregular development of symptoms. In syphilis, the ankle joint is weak and the patient stumbles and falls easily. Pains < from sunset to sunrise,perspiration, seaside, sea-voyage, thunderstorms, warmth, summer, night, warmth of bed, movement. Pains> sunrise to sunset, from change of position, from abnormal discharges like leucorrhoea, coryza; cold weather of winter, discharge of pus. 	<ol style="list-style-type: none"> Lack of strength of bones. Delayed milestones. Sense of great exhaustion, easily made tired, never seems to get rested. Rickets, marasmus and delayed walking in children. Cramps in the lower limbs, feet, toes. Unable to tolerate exertion and lack of exercise leads to flabbiness. Weak wrist and ankle joints and difficulty in holding on to objects. Tubercular rheumatic pains are recurrent, periodic, often associated with the new moon and full moon phases. < from thunderstorms, night, by milk, fruits, greasy and oily foods. > dry weather, open air, daytime, nose bleed.

It is not always fixed that every patient with rheumatism is prescribed with *Medorrhinum* as an intercurrent or anti-miasmatic remedy to remove the miasmatic block. Selection of the remedy depends on the presentation of the patient. A quick review of the presenting rheumatic complaints in the 4 major nosodes- *Psorinum*, *Medorrhinum*, *Syphilinum*, *Tuberculinum*.⁹

PSORINUM

“*Psorinum* should not be given for psora or the psoric diathesis, but like every other remedy, upon strict individualisation- the totality of the symptoms- and then we realise its wonderful work.”¹¹ Weakness of joints, as if they would not hold together.¹⁰ Whole body painful, easily sprained and injured.¹¹ Gouty pains in left toe, both knees and back. Tibia and soles feel bruised, as after a tiring walk, mornings in bed. Cramp or spasm in toes< left great toe, when stretching or taking off the boots. Itch like eruptions on wrists, with rheumatism in limbs. Swelling and tension of back of hands and of fingers.¹²

Worse from- coffee, *Psorinum* patient does not improve while using coffee; changes of weather, in hot sunshine, dread of least cold air or draft.

Better- heat, warm clothing.¹⁰

MEDORRHINUM

For persons suffering from gout, rheumatism, neuralgia, and diseases of spinal cord and its membranes- even organic lesions ending in paralysis- which can be traced to a syctic origin. Pains: arthritic, rheumatic, in a sequele to suppressed gonorrhoea.¹¹ Almost entire loss of nervous force in legs and arms; exhausted by slightest effort. Numbness of the limbs.¹² Ankles easily turn when walking.

Burning of hands and feet. Finger joints enlarged and puffy. Gouty concretions. Heels and balls of feet tender. Soreness of soles. Chronic rheumatism. Oedema of limbs. Disseminated sclerosis. Legs heavy, ache all night, cannot keep them still.¹⁰ The rheumatic inflammations are worse from motion, but where swelling is not present these patients act like *Rhus toxicodendron* patients. The pains come on with a feeling of general tension. Obstinate cases of rheumatism. The patient is extremely sensitive to pain and feels pain as sharp and stitching. Chronic rheumatic pain in limbs in cold damp weather. The limbs are lame and stiff. Rheumatic pains in shoulders < from motion. Burning palms and soles and wants them fanned. Contraction of muscles of posterior part of thigh down to knee. It cures the tenderness in the soles so common in chronic gonorrhoeal rheumatism.⁹

SYPHILINUM

Shifting rheumatic pains. Chronic eruptions and rheumatism. Rheumatism, muscles are caked in hard knots or lumps.¹⁰ Excruciating arthritis; swelling, heat and redness intense.¹² Rheumatism of shoulder joint, at insertion of deltoid.¹⁰ Rheumatic stiffness and lameness in back. Inflammation of joints. Rheumatism of deltoid, painful on raising the arms. Rheumatic pains and swelling of joints of upper limb. Pain in limb> by heat, < from sunset to sunrise.⁹ Pains increasing and decreasing gradually, shifting and require a frequent change of position.¹¹ Osteosarcoma in center of right tibia, the size of a half an ostrich egg. Pains irregular at night, growth irregular, spongy, partly laminated, very hard, contracted, painful feeling in soles, as if tendons were too short. Cannot sit in a low chair or squat down, owing to loss

of control over knee and hip- joints.¹²

TUBERCULINUM

Acute articular rheumatism. Arthritis.¹⁰ Great weakness in limbs after dinner. Sensation of fatigue and faintness in all limbs. Diminution of inflammation above elbow joint. Sensation of luxation with severe pains in right carpal joint< by effort to move it, ceasing by rest. Pain in right knee without swelling. The knee became easily movable and could be bent to right angle (tuberculous affection of right) knee. General excessive fatigue after a short walk, so that he must lean on his companion.¹² Aching, drawing pains in the limbs during rest, better by walking. Complaints worse standing, must move. Where *Rhus toxicodendron* was superficially indicated- or the deep action of the disturbance, the deep inheritance- the tired constitution, the chronic nature of the case prevents the action of *Rhus toxicodendron*, and *Tuberculinum* cures these cases.⁹

Conclusion

The miasmatic prescription will be the perfect revival for every chronic case that comes to a status quo. Using the nosodes as intercurrents, will surely remove the block and progress the case towards the better end and relieve the patient. Miasmatic prescription proves to be the best one to end a chronic case.

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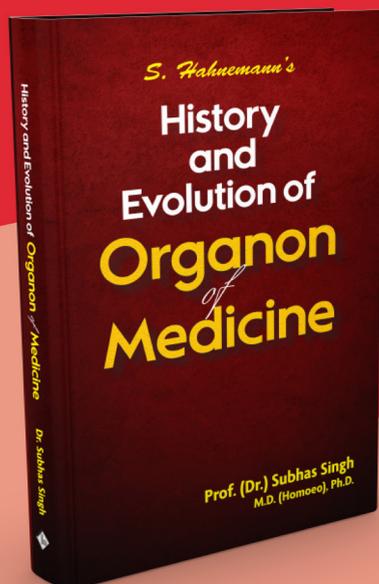
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A few less commonly used rheumatic remedies in homoeopathy

By Dr Reshmita Ghosh, Dr Tamar Afroza, Dr Biswajit Bera

Abstract: Rheumatic diseases mainly affects the joints, ligaments, tendons, bones and muscles, etc. They are often grouped under as term 'arthritis'. Homoeopathy treats such cases successfully on the basis of symptom similarity considering totality of symptoms, family history, past history and miasmatic background. This article tries to explain a few less commonly used homoeopathic remedies for treating the different rheumatic disorders.

Keywords: arthritis, homoeopathy, The British Society of Rheumatology.

Abbreviations: central nervous system (CNS).

Introduction

The term 'rheumatology' originates from the greek word 'rheuma' meaning that which flows as a river or stream. The British Society of Rheumatology defines as a 'multidisciplinary branch of medicine that deals with the investigation, diagnosis and management of patients with arthritis and other musculoskeletal conditions.....incorporating over 200 disorders affecting joints, bones, muscles and soft tissues, including inflammatory arthritis and other systemic autoimmune disorders, vasculitis, soft tissue conditions, spinal pain and metabolic bone disease'.¹

The rheumatic diseases mainly present as joint pain, swelling of joint(s), redness, chronic pain or tenderness of joint(s), joint stiffness, limitation of movement of affected joint or joints, weakness, fatigue, etc. The *rheumatological history*: for the assessment of an arthritic presentation, pay particular attention to the distribution of joint involvement (including spine) and the presence of symmetry. Also look for disruption of joint anatomy, limitation of movement (by pain or contracture), joint effusions and peri-articular involvement. Ask about, and examine for, extra-articular features: skin and nail involvements

(including scalp, hairline, umbilicus, genitalia, and psoriasis etc.); eye signs; lungs (e.g. fibrosis); kidneys; heart; gastro-intestinal (e.g. mouth ulcers, diarrhoea); genitourinary (e.g. urethritis, genital ulcers); and CNS etc.¹

Homoeopathic view: Individualisation does not mean only treating each individual separately but it also needs a parallel individualisation of drugs to treat the individual.² Homoeopathic materia medica consists of a schematic arrangement of the systems produced by each drug, together with amplifications from the observed action of remedies in practice. Totality is the sum total of the sensations and observable changes in the organism, which constitute the concrete problem in every case with which we have to deal, no matter what the name bears it.^{3,4}

The Prescriber by Clarke³

Pains - Characteristic pains occurring in any part of the body will often lead to the correct remedy.

- *Arnica montana*: Bruised pains, as from blows.
- *Arsenicum album*: Burning pains, when fear of death.
- *Aurum metallicum*: Bone pains.
- *Belladonna*: Congestive throbbing pains.

- *Bryonia alba*: Pains by slightest motion; > lying on painful side.
- *Cactus grandiflorus*: Constrictive pains.
- *Capsicum annuum*: burning pains.
- *Colocynthis*: Severe tearing pains > pressure.
- *Cuprum metallicum*: Convulsive, spasmodic pains, cramps.
- *Dioscorea villosa*: Colicky pains, cramps.
- *Eupatarium perfoliatum*: Bone pains.
- *Hypericum perforatum*: pains from injured nerves, blows to spine; pains shoot up spine.
- *Kalium bichromicum*: Pains in small spots; changing place; diagonal.
- *Ledum palustre*: Pain as from punctures, pains shoot upwards.
- *Kalium carbonicum*: Stitching, darting pains; < 3 a.m., by rest and lying on painful side.
- *Kalmia latifolia*: Neuralgic, rheumatic pains in heart.
- *Lachesis mutus*: Congestive pains aggravate after sleep, left side; beginning left side and extending to right.

- *Lycopodium clavatum*: Sudden pains, rt. sided < when covered, lying on painful side and 4-8 p.m.
- *Magnesium phosphoricum*: Neuralgic, spasmodic pains, aggravate rt. side, & > heat and pressure.
- *Pulsatilla nigricans*: Wandering pains, < by heat, & > slow motion.
- *Rhus toxicodendron*: Rheumatic pains from cold and damp, > motion.
- *Sepia officinalis*: Bearing-down pains, abdominal and uterine.
- *Spigelia anthelmia*: Shooting, tearing, stabbing pains.

Comparisons by Pierce⁵

Pains-

- come and go quickly-*Belladonna*, *Colocynthis*, *Kalium bichromicum*, *Kalmia latifolia*.
- gradual increase and decrease-*Platina*. *Stannum metallicum*.
- intolerance of-*Aconitum napellus*, *Chamomilla*, *Coffea cruda*, *Colchicum autumnale*, *Ferrum metallicum*, *Ignatia amara*, *Spigelia anthelmia*, *Zincum metallicum*.
- shifting-*Agaricus muscarius*, *Bryonia alba*, *Colchicum autumnale*, *lodum*, *Kalium bichromicum*, *Kalmia latifolia*, *Ledum palustre*, *Magnolia grandiflora*, *Manganese*, *Phytolacca decandra*, *Pulsatilla nigricans*.

Indications of homoeopathic remedies⁶⁻⁸

Abrotanum: Rheumatism following checked diarrhoea. Ill effects of suppressed conditions, especially in gouty subjects. Aggravation of haemorrhoids when rheumatism

improves. Excessive pain before the swelling commences.

Actaea racemosa: Is a rheumatic remedy, especially of the small joints; tearing, tingling pains characterise it. Wrist-rheumatism. Swelling of joints from slight fatigue. Wrist swollen, red, worse any motion. Paralytic weakness in the hands. Lame feeling in arms. Pain in knee. Rheumatism alternates with asthma.

Agaricus muscarius: Stiff all over. Pain over hips. Rheumatism better motion. Weakness in loins. Uncertain gait. Trembling. Itching of toes and feet as if frozen. Cramp in soles of feet. Pain in shin-bone. Neuralgia in locomotor ataxia.

Aloe socotrina: Lameness in all limbs. Drawing pains in joints. Soles pain when walking.

Alumen : Weakness of all muscles, especially arms and legs. Constricted feeling around limbs. Tendency to induration esp. of the inflamed parts and tendon.

Alumina : Pain in arm and fingers, as if hot iron penetrated. Arms feel paralysed. Legs feel asleep, especially when sitting with legs crossed. Staggers on walking. Heels feel numb. Pain in shoulder and upper arm. Inability to walk, except when eyes are open or in daytime. Spinal degenerations and paralysis of lower limbs.

Ammonium causticum: Excessive exhaustion and muscular debility. Rheumatism of shoulders.

Ammonium phosphoricum: A remedy for chronic gouty patients with uric acid diathesis, indicated in bronchitis, and nodosities of the joints of the fingers and backs of the hands. Pain in shoulder-joint. Tightness around chest. Heaviness of limbs, unsteady, tottering gait.

Anacardium orientale: Neuralgia in thumb. Paralytic weakness. Knees feel paralyzed or bandaged. Cramps in calves. Pressure as from a plug in the glutei.

Anagallis arvensis: Rheumatic and gouty pains. Pain in shoulder and arm. Cramp in ball of thumbs and fingers.

Antimonium tartaricum: Violent pain in sacro-lumbar region. Slightest effort to move may cause retching and cold, clammy sweat. Sensation of heavy weight at the coccyx, dragging downward all the time. Twitching of muscles; limbs tremulous. Irresistible inclination to sleep with nearly all complaints.

Aragallus lamberti: Weakness of limbs. Pain in left sciatic nerve. Cramps of muscles on front of leg while walking.

Aranea diadema: Bone-pains in extremities. Pain in os calcis. Sensation of swelling, and of parts going to sleep.

Badiaga: Stitches in nape, scapulae. Pain in small of back, hips and lower limbs. Very stiff neck. Muscles and skin sore, as if beaten.

Berberis vulgaris: Rheumatic paralytic pain in shoulders, arms, hands and fingers, legs and feet. Sensation of cold on outside of thighs. Heels pain, as if ulcerated. Stitching between metatarsal bones as from a nail when standing. Pain in balls of feet on stepping. Intense weariness and lameness of legs after walking a short distance.

Bufo rana: Pains in loins, numbness of limbs, cramps, staggering gait, feeling as if a peg were driven in joints; swelling of bones.

Cannabis sativa: Contraction of fingers after a sprain. Dislocation of patella on going upstairs. Feet feel heavy on going upstairs. Paralytic tearing pains. Affections of the ball

of the foot and under part of toes.

Capsicum annuum: Pain from hips to feet. Sciatica, worse bending backward; worse, coughing. Tensive pain in the knee.

Carboneum sulphuricum: Lightning-like pains, with cramps. Fingers swollen, insensible, rigid, stiff. Gait unsteady, tottering; worse in dark. Feet insensible. Sciatica. Flying pains, returning regularly for a long time. Pain in lower limbs, with cramps and formication. Neuritis.

Chelidonium majus: Pain in arms, shoulders, hands, tips of fingers. Icy coldness of tips of fingers; wrists sore, tearing in metacarpal bones. Whole flesh sore to touch. Rheumatic pain in hips and thighs; intolerable pains in heels, as if pinched by too narrow a shoe; worse, right. Feels paralyzed. Paresis of the lower limbs with rigidity of muscles.

Cobaltum metallicum: Aching in wrist-joints. Shooting into thighs from liver. Weak knees. Trembling in limbs. Tingling in feet. Foot-sweat, mostly between toes.

Cocculus indicus: Trembling and pain in limbs. Arms go to sleep. One-sided paralysis; worse after sleep. Hands are alternately hot and cold; numbness and cold sweat now of one, now of the other hand. Numb and unsteady. Knees crack on motion. Lower limbs very weak. Inflammatory swelling of knee. Intensely painful, paralytic drawing. Limbs straightened out, painful when flexed.

Dioscorea villosa: A remedy of pain of all kinds. Lameness in back; worse, stooping. Aching and stiffness in joints. Sciatica; pains shoot down thigh; worse, right side; better, when perfectly still. Cramps in flexors of fingers and toes.

Drosera rotundifolia: Paralytic pains in the coxo-femoral joint and

thighs. Stiffness in joints of feet. All limbs feel lame. Bed feels too hard.

Eucalyptus globulus: Rheumatic pains; worse at night, walking or carrying anything. Stiff, weary sensation. Pricking sensation, followed by painful aching. Nodular swellings over metacarpal and metatarsal joints.

Gaultheria procumbens: Inflammatory rheumatism, pleurodynia, sciatica, and other neuralgias, come within, the sphere of this remedy.

Graphites: Pain in nape of neck, shoulders and back and limbs. Spinal pains. Pain in small of back with great weakness. Excoriation between thighs. Left hand numb; arms feel asleep.

Guaco: Pain in deltoid, shoulders, elbows, arms, and fingers. Pain about hip-joint. Legs heavy. Pain in ankle-joints and soles. Paralysis of lower extremities.

Iris versicolor: Shifting pains. Sciatica, as if left hip-joint were wrenched. Pain extends to popliteal space. Gonorrhoeal rheumatism.

Kalium nitricum: Stitches between shoulder-blades. Tearing and sticking in shoulders and joints. Hands and fingers seem swollen.

Lachnanthes tinctoria: A remedy for torticollis, rheumatic symptoms about neck. Rheumatism of the neck. Stiffness of neck. Pain in nape, as if dislocated.

Muriaticum acidum: Extremities-heavy, painful, and weak. Tottering gait. Pain in tendo-achilles.

Nux vomica: Arms and hands go to sleep. Paresis of arms, with shocks. Legs numb; feel paralyzed; cramps in calves and soles. Partial paralysis, from overexertion or getting soaked. Cracking in knee joints during

motion. Drags his feet when walking. Sensation of sudden loss of power of arms and legs in the morning.

Oleander: Weakness of lower limbs. Paralysis of legs and feet. Want of animal heat in limbs. Cold feet. Painless paralysis. Constant cold feet. Swelling, burning stiffness of fingers. Veins and hands swollen. Oedema. Stiffness of joints.

Palladium metallicum: Tired feeling in small of back. Fleeting, neuralgic pains in extremities, Heavy and tired in limbs. Darting pain from toes to hips. Rheumatic pain in right shoulder; in right hip. Sciatica.

Salicylicum acidum: Knees swollen and painful. Acute articular rheumatism; worse, touch and motion, profuse sweat. Pain shifts. Sciatica, burning pain; worse at night. Copious foot-sweat and ill affects where suppressed.

Stellaria media: Rheumatoid pains in different parts of the body. Sharp pain in small of back, over kidneys, in gluteal region, extending down thigh. Pain in shoulders and arms. Synovitis. Bruised feeling. Rheumatic pains in calves of legs.

Sticta pulmonaria: Rheumatic pain in right shoulder joint, deltoid, and biceps. Swelling, heat, redness of joints. Spot of inflammation and redness over affected joint. Pain severe and drawing. Housemaid's knee. Rheumatic pains precede catarrhal symptoms.

Tellurium metallicum: Pain in sacrum. Pain from last cervical to fifth dorsal vertebra, very sensitive; worse touch. Sciatica; worse right side, coughing, straining, and at night, with sensitive vertebral column. Contraction of tendons in bends of knees.

Valeriana officinalis: Rheumatic pains in limbs. Constant jerking. Heaviness. Sciatica; pain worse

standing and resting on floor; better walking. Pain in heels when sitting.

Conclusion

Homoeopathy is a simple system of medicine; the treatment of symptom similarity mainly depends on the selection of the remedy and potency that should be selected on the susceptibility of the patients. Patients suffering from rheumatic disorders should be treated as per the presentation of the cases following homoeopathic principles.

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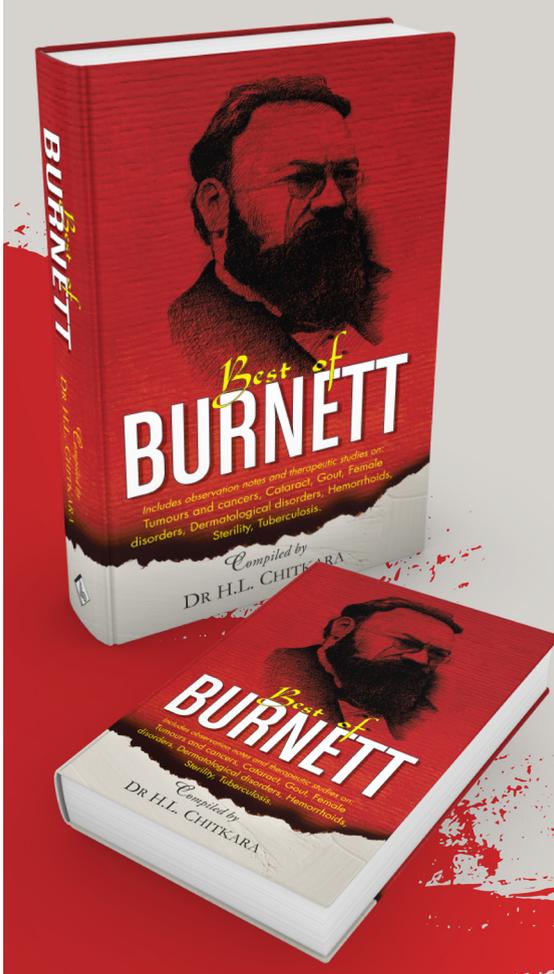
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Individualised homoeopathic treatment of ovarian cyst

By Dr Abhishek Kumar Aryan, Dr Nitesh Kumar, Dr Binay Pratap Singh, Dr Manoranjan Kumar

Abstract: Nowadays, ovarian cyst is being one of the most common diseases occurring during child-bearing period. In the modern medicine, surgery is only solution for such cases; but individualised homoeopathic medicines help to minimise the surgical interventions.

Keywords: ovarian cyst, homoeopathy, *Ignatia amara*.

Abbreviations: BD – twice a day, USG - ultrasonography

Introduction

Ovarian cyst is not a single entity, but a complex wide spectrum of neoplasms involving a variety of histological tissues ranging from epithelial tissues, connective tissues, specialized hormone-secreting cells to germinal and embryonal cells. Ovarian cyst may occur at any age. Functional and inflammatory enlargements of the ovary develop almost exclusively during the childbearing years. They may be asymptomatic or produce local discomfort, menstrual disturbances, infertility, or in rare cases cause acute symptoms due to complications like haemorrhage, rupture or torsion. In adolescents and menopausal women, the ovarian tumour is mostly malignant. Comparatively, in the child-bearing period, 70% are functional, while 20% are neoplastic¹.

Non neoplastic tumours include:

1. Follicular cysts; they are the result of failure of absorption of the fluid in an incompletely developed follicle or anovulation.
2. Follicular Haematomas: small, follicular haematomas are common. To the naked eyes, the ovary contains hemorrhagic cysts.
3. Lutein cyst of the ovary; two types of lutein cysts are recog-

nised:

- a) Granulosa lutein cysts found within corpus luteum.
- b) Theca lutein cysts associated with trophoblastic disease.²

4. Dermoid cysts: Of all cystic tumors of the ovary, 5–10% are dermoid. A dermoid cyst is usually unilocular with smooth surface. It contains sebaceous material and hair, and the wall is lined in part by squamous epithelium which contains hair follicles and sebaceous glands.¹

Case study

A 36-year-old lady presented in R.B.T.S. Govt homoeopathic college and hospital O.P.D. with complaints of Severe aching pain in the left iliac (ovarian) region since one and a half years. Pain aggravated by lying down in left lateral position. All gone sensation for 1 year with nauseating tendency. Aggravation: Empty stomach, not ameliorated after eating. Profuse flow of menses (menorrhagia) for 1 year. Occasional intermittent headache with heaviness of whole head for 6 months. Aggravation – smell of tobacco.

All complaints aroused after death of her 10 years old male child, 2 years ago. Due to that grief, her health continuously deteriorated and all symptoms aroused.

Past history

Caesarean section twice, 10 and 8 years ago respectively.
No other significant past illness

Family history

Father – Died due to brain stroke.

Personal history

Occupation – house wife
Diet – irregular
Marital history – married, 13 years ago. One son of 10 years died in accident. One blind alive daughter of 8 years who lived with her.
Sexual history – no such desire.
Addiction – No such
Relationship with family members – cordial
Daily medication – allopathic painkillers for palliative relief.

Physical generals-

Thermal reaction – hot patient, heat intolerance, especially due

CASE STUDY

to sun
 Appetite – no desire to eat.
 Desire – no such prominent desire but can eat spicy and fried food.
 Thirst – profuse, at long interval.
 Perspiration – moderate, aggravation in summer, mainly on face.
 Tongue – cracked
 Stool – irregular at an interval of

2 days, hard.
 Urine – stress incontinence.
 Sleep – sleepless due to continuous sadness. Prefers lying on sides.
 Dream – nothing significant.
 Mental generals –
 Impatient, easily angered.
 Long concentrated grief.

Desire to be alone.

Diagnosis – ovarian cyst²

Justification of diagnosis² - pathological investigation

Finding of USG of lower abdomen and pelvis

27/08/21 – Cystic left ovary, a large cyst 47 x 24 mm.

Analysis and evaluation of the symptoms with miasmatic analysis³

S. No.	Symptoms	Analysis	Evaluation	Miasmatic analysis's
1.	Grief after death of her child	mental general	+++	Syphilis
2.	Easily angry	mental general	+++	Psora
3.	Desire for alone	mental general	++	Psora
4.	Involuntary sighing	mental general	++	Psora
5.	Disturbed sleep	physical general	++	Syphilis
6.	Profuse menses	Particular	+++	Psora
7.	Aching pain in iliac region	Particular	+++	Psora
8.	Empty feeling in stomach	Particular	++	Psora
9.	Headache aggravated by smell of tobacco	Particular	++	Psora

Repertorial analysis – Repertorisation was done using Hompath software⁴.

Prescription: After case taking, repertorisation and book references,⁵ first prescription was *Ignatia amara* 1M/1 dose prescribed empty stomach on date 02/09/2021.

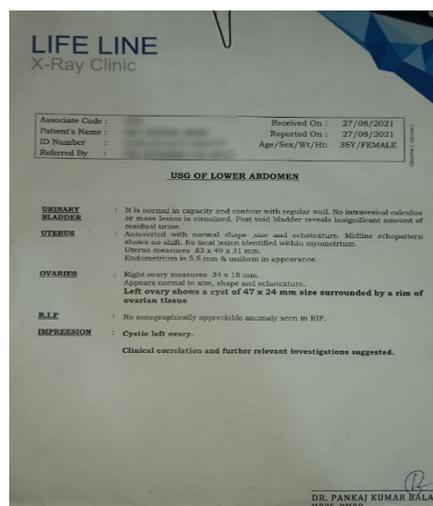
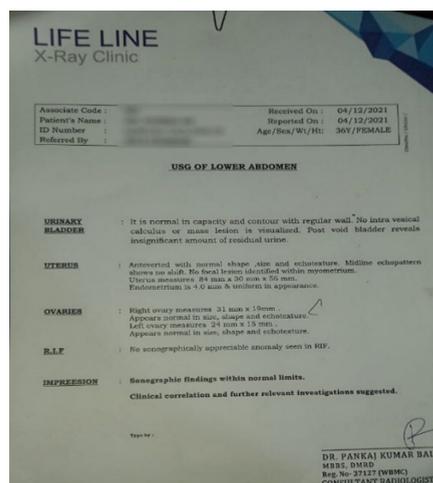
Selection of remedy with

justification:In reportorial analysis, *Ignatia amara* cover maximum rubrics and highest score, then after consulting materia medica⁵, *Ignatia amara* was found to be most appropriate for this case covering general, physical and mental picture.

Selection of potency with justification: It was based on susceptibility of the patient. Higher the susceptibility, higher the potency was selected^{5,6}.

Follow-up

Date	Symptoms	Justification ofsymptom	Prescription
18/09/2021	Empty feeling of stomach better& rest complaint as it is	Improvement	<i>Rubrum metallicum</i> /BD/ for 15 days
04/10/2021	Headache ameliorated and rest complaints were it is.	Improvement continued	<i>Rubrum metallicum</i> /BD/ for 15 days
20/10/2021	Sound sleep and aching pain in iliac region was better	Improvement continued	<i>Rubrum metallicum</i> /BD/ for 15 days
06/11/2021	Menses normal	Improvement continued	<i>Rubrum metallicum</i> /BD/ for 15 days
22/11/2021	NO headache, no pain in left iliac region.	Improvement continued	<i>Rubrum metallicum</i> /BD/ for 15 days
06/12/2021	Ultrasonography report was normal.	Improvement continued	<i>Rubrum metallicum</i> /BD/ for 15 days



Discussion

This was the case of multiple cysts in left ovary with the largest being 47* 24 mm, as per USG, which occurred in a female aged 36 years with several other morbid symptoms. Surgeon advised surgical intervention because of intolerable pain and huge size of cyst. The patient’s choice of homoeopathic treatment was guided by fear of surgery.

In this case, *Ignatia amara* was selected as a simillimum on the totality of characteristics symptoms assessed on mental and physical aspect, single dose followed by *Rubrum metallicum* for 3 months totally dissolved the cyst and sonographic findings were within normal limits along with feeling of wellbeing. All complaints and generalities were better.

Conclusion

The case shows the positive role of

homoeopathic treatment of ovarian cyst. In the above study, the lady was cured by the use of *Ignatia amara*, single dose according to totality of symptoms, based on holistic basis, rather than pathological basis. We see that proper selection of homoeopathic medicine matching the totality of symptoms can remove the ovarian cyst without any surgical intervention. Homoeopathy can also curtail cost of treatment for economically under privileged section of the people as well, particularly residing in remote areas where medical amenities and infrastructural facilities for doing surgery are by and large are unavailable.

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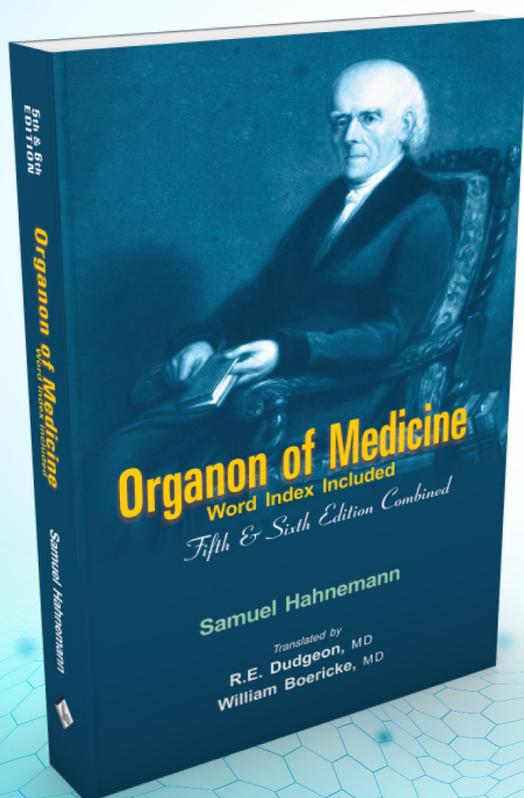


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Clinical features²

1. Fever
2. Pain
3. Weight loss
4. Fatigue
5. Inflammation
6. Symmetrical swelling of MCP and PIP joint (never DIP)
7. **Deformity like –**
 - Ulnar deviation of fingers, trigger fingers,
 - MCP hypertrophy
 - *Swan neck deformity* (hyperextension of PIP with flexion of DIP joint)
 - *Boutonniere deformity* (flexed PIP and hyperextended DIP)
 - *Z line deformity* (subluxation of the first MCP joint with hyperextension of the first IP joint)
 - *Atlantoaxial subluxation* (it is most dangerous)
 - *Piano key deformity* (distal radio ulnar joint subluxation)
 - *Windswept deformity* (genu valgum of one knee and genu valgum of the other knee)
 - *es planovalgus* (flat feet)

Extra articular manifestations of r.A³

MUSCULOSKELETAL

- Muscle wasting
- Bursitis

HAEMATOLOGICAL

- Anemia

- Raised eosinophilia
- Thrombocytosis

CARDIAC

- Pericarditis
- Endocarditis
- Myocarditis

PULMONARY

- Pleural effusion
- Bronchiolitis
- Nodules

NEUROLOGICAL

- Cervical cord compression
- Peripheral neuropathy

Investigations³

- Anti-cyclic citrullinated peptide (**Anti CCP**) (Most specific test)
- Rheumatoid factors are present in 70 to 80% but it is not useful for screening procedures but can be a prognostic significance
- X rays (to see bone deformity)
- Erythrocyte sedimentation rate(raised than normal)
- C-reactive protein (raised than normal)
- Haemoglobin (decreased than normal)

Miasmatic approach of rheumatoid arthritis⁴

The chronic miasm are the fundamental cause of all diseases as they produced the true or natural miasmatic chronic diseases. Hahnemann identified three types of chronic miasms, i.e., Psora, Syphilis and sycosis and he mentioned in his

book 'The chronic disease' that the cause of all chronic disease is hydra headed psora.

- Pain and inflammation which occur in first stage of rheumatoid arthritis belongs to miasm psora.
- Bone erosion occurring in the second stage of rheumatoid arthritis belongs to syphilis.
- Pannus formation occurring in the last stage of rheumatoid arthritis belongs to sycosis.

PSORA SYPHILIS SYCOSIS

RUBRICS RELATED TO RHEUMATOID ARTHRITIS

- KENT REPERTORY⁵
- EXTEREMITIES-PAIN-Joints-Arg, Arn , Bry , Calc-p, Led , Nux-v , Plb, Puls, Rhus-t
- EXTEREMITIES-PAIN, Joints ,morning- Nux-v
- EXTEREMITIES - PAIN , Joints,bed,in – Aur, Nux-v, Puls
- EXTEREMITIES - PAIN , Joints,night-Iod, Merc
- EXTEREMITIES - PAIN , Joints,cold after exposure,to- Calc-p, Dulc,Rhus-t
- EXTEREMITIES-PAIN, Joints, motion Bry, colch,Led
- EXTEREMITIES-PAIN, Joints, motion, amel- Aur, Rhus-t
- EXTEREMITIES - PAIN , Joints,Warmthagg- Led,Puls
- EXTEREMITIES- STIFFNESS, Joints, -Ars, Caust,Led, Lyc,Rhus-t, Sep, Sil,Sulph
- BBCR REPERTORY⁶

- UPPER EXTREMITIES – Cramps in calves of legs and feet when in bed. Rheumatic pain in Pain,simple,joints- Am-c ankle joints and legs.Pain in joints as if they lacked oil. Chronic muscular rheumatism of back and neck
- LOWER EXTREMITIES – Pain,simple,joints- Pho,Sul
- MURPHY REPERTORY⁷
- Clinical-RHEUMATISM Rheumatic pain in shoulders, arms, and hands. Growing pain. Ankle general,small joints, especially in hands- act-sp pain extending up the leg, causing lameness. Joints swollen, painful, and intolerant of pressure; can bear no heat. Stinging pain in limbs. Arthritic lancinations followed by contraction of limbs. A feeling of heat in the affected limbs.
- Joints –ARTHRITIS – ACON,BELL, BRY,KALI-C,LED,RHUS-T
- Joints-RHEUMATISM,chronic-CAUST,LYC
- JOINTS-STIFFNESS,morning-RHUS-T

SYNTHESIS REPERTORY⁸

- Extremities – ARTHRITIC – nodosities:Apis , Calc , Graph , Led , Lith-c
- Extremities-Extending to-Heart-colch
- Extremities-ARTHROSIS-am-p,med
- Extremities-Pain-Hands-Hypothenar right-rheumatic:psil
- Back-pressure-rheumatic-aco,bry,nux,rhod,ruta

Rare remedies of rheumatoid arthritis⁹

1. ASCLEPIAS TUBEROSA

Extremities - Rheumatic joints give sensation as if adhesions being broken up on bending.

2. COPAIVA OFFICINALIS

Lower limbs - Pain and swelling in the knees and malleoli.

3. GNAPHALIUM POLYCEPHALUM

4. GUAJACUM OFFICINALE

Rheumatic pain in shoulders, arms, and hands. Growing pain. Ankle pain extending up the leg, causing lameness. Joints swollen, painful, and intolerant of pressure; can bear no heat. Stinging pain in limbs. Arthritic lancinations followed by contraction of limbs. A feeling of heat in the affected limbs.

5. LACHNANTHES TINCTORIA

Rheumatism of the neck. Stiffness of neck. Pain in nape, as if dislocated. Chilliness between the shoulder-blades; pain and stiffness in back

6. LITHIUM CARBONICUM

Rheumatic pains throughout shoulder-joint, arm, and fingers and small joints generally. Pain in hollow of foot, extending to knee. Swelling and tenderness of finger and toe joints; better, hot water. Nodular swellings in joints. Ankles pain when walking

7. SALICYLICUM ACIDUM

Extremities.--Knees swollen and painful. Acute articular rheumatism; worse, touch and motion, profuse sweat. Pain shifts. Sciatica, burning pain; worse at night.

8. STELLARIA MEDIA

Extremities.--Rheumatoid pains in different parts of the body. Sharp pain in small of back, over kidneys, in gluteal region, extending down thigh. Pain in shoulders and arms. Synovitis. Bruised feeling. Rheumatic pains in calves of legs.

9. STILLINGIA SILVATICA

Aching in back and down thighs and legs, while sitting there is pain in lumbar region. Pain in right scapula

runs up neck. Soreness and aching in humerus. Sharp shooting pain in both the arms from middle third of humerus down to fingers. Very large node on olecranon. Aggravating pain in left elbow shooting towards shoulder and head.

10. WYETHIA HELENOIDES

Pain in back; extends to end of spine. Pain right arm, stiffness of wrist and hand. Aching pains all over.

Conclusion

Rheumatoid arthritis is an autoimmune disease and holistic approach with homoeopathic remedy is necessary, so that the treatment is efficacious halting catastrophic disabilities in patient.

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An overview of periodic table in homoeopathy with analysis of the calcium compounds

By Dr Navin Kumar Singh, Dr Debanjan Chowdhury, Dr Harshit Garg, Dr Sheetal Mishra

Abstract: The periodic table represents 118 elements discovered so far of which many elements and their compounds are well proved, some are partially proved, some are only clinically known and others are infrequently or not utilised as medicines. With the advancement of biochemistry the role of these elements on human biology are much better known which will help the analytical physician for better understanding of symptomatology. Calcium is one of the most widely distributed element in nature and has a vital role in living beings. A study of role of calcium in complex human body with a comparison of symptomatology will help the better application of homoeopathy. The article is aimed to bridge the time lapse between the old mineral materia medica and modern-day updates.

Keywords: Periodic table, Homoeopathy, Calcium compounds, Materia Medica.

Abbreviations: HCl – hydrochloric acid, HSS – Hale’s Special symptomatology, MMP – Materia Medica Pura, AE – Allen’s Encyclopaedia, HGS – Hering’s Guiding Symptoms, CD – Hahnemann’s The Chronic Diseases.

Introduction

The reason behind arranging elements in periodic table is to have ease in understanding the properties, comparison and analysis. Since elements shows similarity with few differences belonging to the same group or period in periodic table. This kinship (sharing of chemical properties) between elements of same group seems to be present in medicinal symptoms and actions on human body. Minerals have been used as medicines since antiquity but it was Hahnemann who put the rational use of these minerals in the treatment of chronic disease. He mentioned in his work ‘*The Chronic Diseases*’ that minerals constitute the most important anti-psoric remedies. Continuing with the same line of thought Dr Hering proved mineral remedies further. This legacy of Hahnemann and Hering was further taken by Otto Lesser (formerly physician-in-chief at Stuttgart Homoeopathic Hospital) and the result was in the form of ‘*Textbook of Homoeopathic Materia Medica Inorganic Medicinal Substances*’. Although this work needs upgradation both from the

point of biochemistry and expansion of number of calcium remedies and its symptomatology. This article excludes the modern way of understanding mineral drugs from periodic table based on hypothetical explanations and thus restricting itself to the scientific domain of biochemistry, proving, clinical symptomatology and its therapeutic application.

Discussion : The name calcium was derived from Latin word “calx” (lime). Davy was the first to prepare the metal by electrolytic method in 1808. The pure metal was obtained by Moissan in 1898 by reduction of calcium iodide with metallic sodium¹. Present in II A group in Mendeleev’s periodic table. It is silvery white metal, which is malleable and hard. It burns in air forming oxides. It has great affinity towards oxygen.

Calcium is used as a drying agent in preparation of alcohol, for absorbing air from castings. It removes lost traces of air from noble gases and to obtain higher vacuum and for removal of sulphur from petroleum. It is used in the preparation of

beryllium, chromium, thorium.

Tissue	Normal values
Serum	9 – 11 mg/ 100 ml
Muscle	70 mg / 100 gms
Nerves	15 mg /100 gms
CSF	5 mg / 100 gms

Tab. 1.1 showing normal values of calcium in different human tissues.

Pathophysiology of calcium

Free calcium ions are very important in regulation of neuromuscular irritability and hormonal control. It regulates acetylcholine. Calcium action is parasympathetic more than sympathetic. It stimulates parietal cells of stomach which secrete HCl. Calcium activates number of enzymes including pancreatic lipase, adenosine triphosphatase and myosine kinase.

Action on Blood – Calcium stimulates activation of clotting factors in the blood. It stimulates lymph gland and thymus gland.

Heart – Calcium increases contractility of cardiac muscle during systolic phase.

Uterus – Calcium increases the activity of gravid uterus whereas it decreases the activity of non-gravid uterus.

Bones – Calcium ion get mobilized from Calcium depots during

acidic conditions, which leads to osteoporosis.

Thus, the sphere of actions of calcium is on muscles, tendons

ligaments, ducts tubes, bones, blood and blood vessels, nerve cells and its axons, pleura, peritoneum and synovial membrane, connective tissue, endocrine glands, etc³.

Calcium compounds used as remedies

Sl. No.	Calcium remedies	Formula	Proved by	Source Materia Medica
	<i>Calcarea acetica</i>	Ca(C ₂ H ₃ O ₂) ₂	Samuel Hahnemann	MMP ¹⁴ , AE ¹⁵
	<i>Calcarea arsenicosa</i>	Ca ₃ (AsO ₄) ₂	Constantine Hering	HGS ¹⁶
	<i>Calcarea bromata</i>	CaBr ₂	Not proved	HSS ¹⁷
	<i>Calcarea carbonica</i>	Ca CO ₃	S. Hahnemann	CD ⁹ , AE ¹⁵ , HGS ¹⁶
	<i>Calcarea caustica</i>	CaH ₂ O ₂	A.W. Koch	AE ¹⁵
	<i>Calcarea chlorinata</i>	CaOCl ₂	Not proved	
	<i>Calcarea citrica</i>	Ca3(C ₆ H ₅ O ₇) ₂	Not proved	
	<i>Calcarea fluorica</i>	Ca F ₂	J.B. Bell	HGS ¹⁶
	<i>Calcarea formica</i>	Ca(HCO ₂) ₂	Not proved	
	<i>Calcarea glycerophosphate</i>	C ₃ H ₇ CaO ₆ P	Not proved	
	<i>Calcarea glutamica</i>	C ₁₀ H ₁₆ CaN ₂ O ₈	Not proved	
	<i>Calcarea gluconica</i>	C ₁₂ H ₂₂ CaO ₁₄	Not proved	
	<i>Calcarea hypophosphorosa</i>	Ca2PH ₂ O ₂	A. R. Barrett	
	<i>Calcarea hydroxidum</i>	Ca(OH) ₂	Not proved	
	<i>Calcarea hydrosulfide</i>	CaH ₂ S ₂	Not proved	
	<i>Calcarea iodata</i>	CaI ₂	W. James Blakely	AE ¹⁵
	<i>Calcarea lactica</i>	Ca ₆ H ₁₀ O ₆ 5H ₂ O	Not proved	
	<i>Calcarea lactica natronata</i>		Not proved	
	<i>Calcarea lactica phosphorica</i>		Not proved	
	<i>Calcarea muriatica</i>	CaCl ₂	Not proved	
	<i>Calcarea nitrica</i>	Ca(NO ₃) ₂	Not proved	
	<i>Calcarea ova tosta</i>		Not proved	
	<i>Calcarea oxalica</i>	CaC ₂ O ₄	Not proved	
	<i>Calcarea oxydata</i>	CaO	Not proved	
	<i>Calcarea phosphorica</i>	Ca ₃ 2PO ₄	C. Hering	AE ¹⁵ , HGS ¹⁶
	<i>Calcarea picrica</i>	2(C ₆ H ₂ (NO ₂) ₃)OCa	Not proved	
	<i>Calcarea renalis</i>		Not proved	
	<i>Calcarea silicata</i>	CaSi ₂ O ₅		
	<i>Calcarea sulph stibata</i>		Not proved	
	<i>Calcarea sulphurica</i>	CaSO ₄	C. Conant	AE ¹⁵ , HGS ¹⁶
	<i>Hepar sulphuris calcareum</i>	CaS	S. Hahnemann	MMP ¹⁴ , AE ¹⁵ , HGS ¹⁶
	<i>Lapis alba</i>	CaF ₆ Si	Not proved	
<p>CD – Hahnemann’s Chronic Disease; MMP- Materia Medica Pura; AE – Allen’ Encyclopaedia; HGS – Hering guiding symptoms; HSS – Hale special symptomatology.</p>				

Tab. 1.2 Showing calcium compound remedies, formulae, prover and source materia medica

Calcarea carbonica, *Hepar sulphuricum* and *Calcarea phosphorica* are well proved and hence are not described below.

Calcarea acetica^{6,17}

Calcarea cachexia, inflammation of mucous membrane; Membranous exudation. Large flakes of exudation. Dyspnoea > bending shoulder backward. Excruciating pain in open cancer. One sided pain in right eye with headache and lachrymation of right eye. Vertigo < walking in open air. An obstinate case, in which many remedies failed, has been cured by this remedy. Adipositas. Migraine with great coldness in the head and much gastric acidity (Clotar Mueller). Recommended symptomatic by Bahr in chronic catarrh of stomach or intestines in children.

Calcarea arsenicosa^{6,9,15}

Complaints of fat women around climacteric; when slightest emotion causes palpitation. Complaints of drunkards after abstaining. In children with enlarged liver and spleen. Physical anxiety. All complaints left sided. Chilly patient. Mucous membrane joining skin (parts) are hot. Desire for soup, cold water. Ailments after abuse of quinine. Aggravation – slight exertion, error in diet, cold air tabes mesenterica and chronic pneumonic phthisis with haemoptysis (H. Nankiwell.) Want of appetite in phthisis pulmon.

Calcarea bromata^{6,9}

Removes inflammatory products from uterus. Fair and fatty children. Fretfulness and sleeplessness.

Fearful. Children of lax fibre, nervous and irritable, with gastric and cerebral irritation. Tendency to brain disease. Insomnia and cerebral congestion

Calcarea caustica⁹

Fuzzy feeling. Tooth feels elongated. Toothache < 2 am. Remedies for all kinds of inflammation. Pain – sticking, tearing, throbbing. Thinking is very difficult. Right sided symptoms. Foreign body in right eye. Tearing pain in articulation of right jaw. Left sided symptoms. Tearing in left tendoachilis. Tearing in left heel

Agg – Washing, Hanging down limbs

Amel – Motion

Calcarea chlorinata^{12,17,18}

Boils and carbuncles. Diphtheria. [Niedhard]. Said to remove the odor of onions and garlic from the breath. [Pulford – Graphic drug pictures]

Calcarea fluorica^{6,9,10}

This tissue salt relaxes the elastic fibres, especially of veins and glands. Glands enlarge and become stony hard. Veins dilated and become varicose, inflamed. It disperses bony growths, osteo-sarcoma, exostosis, after injury. Deficient enamel of teeth. Removes the tendency to adhesions after operations. Induration of stony hardness, tonsils, tumors neck, after injury, margins of ulcers etc. Fistula. Sluggish temperament. Nails hypertrophied. Nodes in breast.

Aggravation – Beginning of motion, Cold weather, sprains

Amelioration – Continued motion, warm application, heat, rubbing

Calcarea hypophosphorosa^{9,10,17}

In action like *Calcarea phosphorica* better in many cases where *Calcarea carbonicum* and *Calcarea phosphorica* are indicated, than these.

Diarrhoea of Tabes mesenterica. Habitually cold extremities. Veins prominent like whip cord. Pale, weak person. Loss of vital fluid. Perspiration profuse. Debility, emaciation. Headache < depression. Recurrent abscess, abscess around knee joint and tibia. Asthma or dyspnoea > open air. Much used Recommended in early stage of phthisis pulmon. Neurasthenia, with profuse night-sweat, pale and emaciated countenance, loss of appetite and virile power. It is preferred as being particularly adapted to the treatment of suppurative inflammation of the middle ear in phthisical subjects.

Amelioration – full of stomach, cup of milk

Calcarea iodatum^{6,9}

Scrofulous affections, especially enlarged glands, tonsils. Breast tumour. Enlarged tonsils filled with crypts. Pneumonia – greenish expectoration. Indolent ulcers accompanying varicose veins. Sensation as if head wasn't, yet was. Constant evacuation of large quantity of wind downward. Bitter taste > tobacco. Skin – eruption disappearing and reappearing in other parts > much scratching.

Calcarea lactica^{6,9}

Coaguability diminished. Anaemia. Hemophilia. Urticaria. Nervous headache. Headache with oedema of eyelids, lips, hands. A remedy for sprue. Zig zag lines before headache. Vasomotor rhinitis.

Calcarea lactica natronata^{6,9}

Hay fever, asthma, urticaria. Chilblains. Metabolic alkalosis. Haemorrhage from lungs.

Calcarea lactica phosphorica⁶

Cyclic vomiting and migraine

Calcarea muriatica^{6,9}

Rademacher's liquor.

Boils, porrigo capitis, eczema of infants. Angioneurotic oedema

Calcarea ova tosta^{6,9}

Leucorrhoea – albuminous like white of egg. Backache – as if broken into two. Warts. Pains of cancer.

Calcarea oxalica^{9,19}

Cancer of left breast with intense agonizing pain. (Guernsey)

Calcarea picrata^{6,9}

Eruption on skin least covered with muscle or nearly of bones, cartilages near to skin, e.g. shin bone, coccyx, auditory canal, etc. Dry, scurfy eruption. Acne in young adolescent. Prostration and fatigue. Prefollicular eruption. Styes. Chronic and recurrent abscess. Removes the extreme prostration of picric acid.

Calcarea renalis^{6,9}

Arthritic nodosities. Rigg's disease. Accumulation of tartar of teeth. Renal calculi. Stony hardness on extensor tendon of right middle finger.

Calcarea silicata^{6,9,10}

Hydrogenoid constitution. Chilly patient – lack of vital heat. Periodicity. Sensitiveness. Dreams of death, of murderer. Talks with dead people. Desire – Sour things, milk. Aversion – meat, milk. Greenish

expectoration. Lack of confidence. Thinks disease is incurable. Nails breaks easily.

Aggravation – Wet weather, evening, cold food, cold drink

Amelioration – Lying on back

Calcarea sulphurica^{6,9}

Affects glands, mucous membrane, bones and skin. Torpid glandular swelling. Cystic tumors. Fibroids. Tendency to suppuration, after pus has found its vent, comes within the range of this remedy. Pus is thick, yellow, lumpy, bloody. Mucus discharges; are yellow, thick and lumpy. Recurrent on running abscess. Ulcers, malignant, corneal, deep. Fistula. Infants with bloody coryza, diarrhoea or eczema. Burns and scalds after suppuration starts in. Malignant growth after ulceration has set in.

Aggravation – Drafts, touch, cold, wet, heat of room

Amelioration – Open air

Calcarea sulph stibata⁶

Acts as a haemostatic and absorptive in uterine myoma

Lapis Alba^{6,10}

It is silico-fluoride of calcium, a remedy for new growth and glandular affections. Pains are burning, stinging, shooting. Uterine carcinoma, fibroids, tumours, with intense burning pains and profuse haemorrhages. Enlargement of glands especially cervical which are elastic and pliable rather than stony and hard. Sarcoma, Lipoma.

Conclusion

In conventional medicine, role of

calcium is primarily as a supplement. But to a homeopath it is one of the indispensable remedies indicated in day-to-day practise. In fact, *Calcarea carbonica* – the leading medicine amongst calcium compounds, is one of the Hahnemann trios of anti-psoric remedies. With the advancement in technology, biochemistry and pharmacology has undergone several breakthrough which throws light on calcium and its bio mechanics further. Master has already warned of empty speculations and empirical use of drugs several times in his literature and stressed on drug proving with limited scope of clinical additions in materia medica. This article fortifies above doctrine of Hahnemann.

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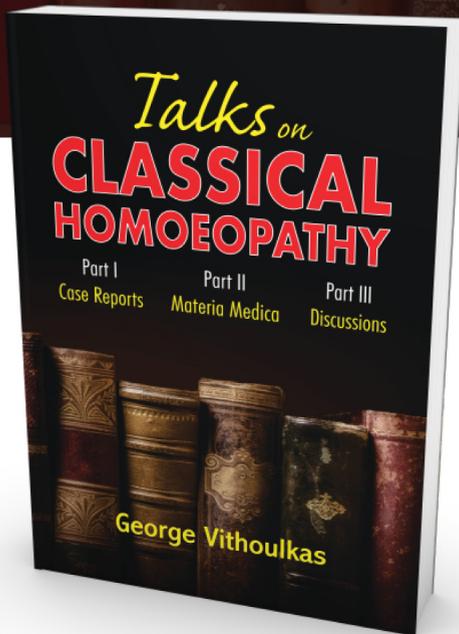
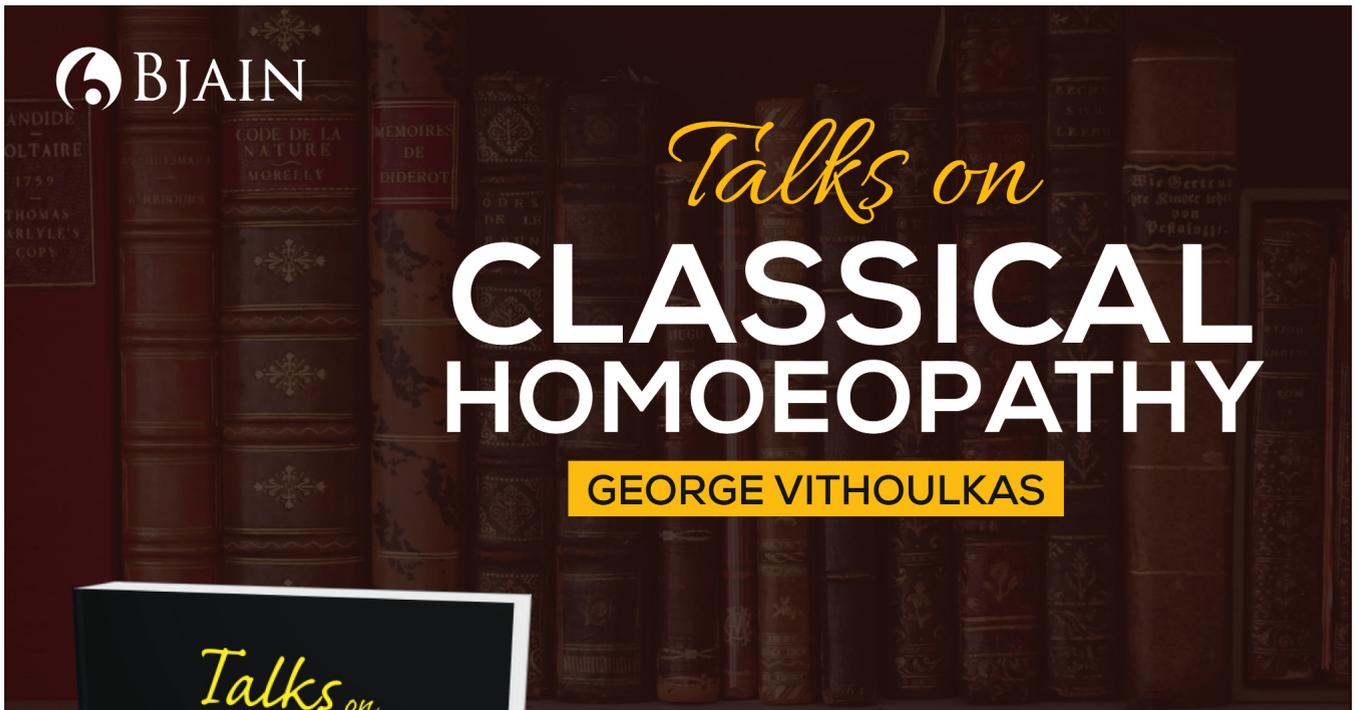
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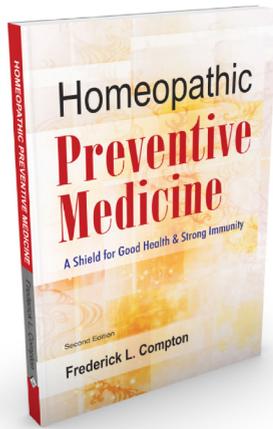


This book presents 33 carefully selected clinical cases, essence of Materia Medica and in the following section various topics on homeopathy have been covered its clear presentation and insightful subject matter is a landmark in the world of homeopathy.

ISBN : 9788131903476 | ₹499 | 780 pp

Homeopathic preventive medicine: a shield of good health and strong immunity

By Frederick L Compton



Reviewed by:

Dr Shilpi Rastogi

Dr Yashasvini JP Hegde

As the saying goes “a stitch in time saves nine”. This book is treasure for preventive medicines which covers wide range of 200 diseases which is caused by infection, surgical conditions, and acute conditions and covers their prophylactic homeopathic prescription. Author has shared his experience of role of homeopathic system of medicine in prevention and health management.

DESIGN OF THE BOOK

Macrostructure:

- Contents consisting - alphabetical arrangement of disease condition is given from abortion to yellow fever
- Therapeutic hints for students of homoeopathy by D M Foubister
- Suggested remedy supply for a family –group

- Dr Edward Bach’s remedies
- Recommended homoeopathic books
- Sources of remedies (and some books)

Microstructure

Alphabetical arrangement of 212 disease condition is given from abortion to yellow fever.

Individual conditions have elaborated with remedies and there indications with potency and also journal references for better understanding of the condition.

The nomenclature used for defining the content of the book includes not only

- The diseases (encephalitis, hepatitis, malaria)Physiological processes (age, pregnancy, menstruation)
- Parts of the body (eye, hair, glands)
- Poisoning (lead poisoning, blood poisoning)
- General terms (suffocation, sweat, aggravation, craving, food)
- Terms related to general well-being of health (diet, memory)

Key elements of this section are: age delay, birth (premature), death, decalcification, dosage, euthanasia, hair analysis, harelip, heredity, hypodermic injection, inheritance, mosquito bite, mustard, potency.

Therapeutic hints for students of homoeopathy

This is section is unique with a

rare tabulation of remedies for managing pre- and post-operative homoeopathic care for common surgical condition. The table includes specific name of remedies with potency to be administered at appropriate time with repetition.

Suggested remedy supply for a family –group

This section highlights few of the indispensable homoeopathic jewels which is proven to be an asset for health care management of a family.

Dr Edward Bach’s remedies

Inspite of author being less familiar with the role of bach flower remedies in preventing disease he mentioned the importance of the same for mental health.

Recommended homoeopathic books

Mention the list of books which are helpful in creating awareness and belief for beginners in homoeopathy.

SCOPE AND LIMITATIONS

- Carefully defined and designed as well as differentiated the details for preventive and prophylactic measures.
- Structure of the book in contents lacking criteria for classification showing the multiple approach of the author in field of prevention.
- Remedies are enumerated with each possible preventable medical condition which requires desired knowledge of homoeopathy for proper selection of remedy.
- With remedies, references are mentioned of certain text for studying the differentiating

features and symptoms of disease condition. This aspect misses the highlight by the author without which the

approach looks incomplete.

- Book is missing with appropriate prospective of homoeopathic

science but at the same time propagates the indispensable role of homoeopathy in prevention of certain common diseases.

Details of the book

Author	Frederick L. Compton
Contributor	D M Foubister
Edition	2
Publication	B Jain Publishers
Pages	256 pages
Available at	www.bjainpharma.com www.hpathy.com www.schwabeindia.com www.sblglobal.com www.homoeopathycenter.org www.homeoint.com
Pricing	Rs. 149

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READ IT AND REAP IT

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An off the shelf book's review - 'Different ways of Finding the Remedy'

by Dr M.L.Tyler

Abstract: 'Different ways of Finding the Remedy' book is a pretty small looking handy book which contains few sheets of pages that gives an amazing content speaking about what are the different and effective ways for accomplishing the most important part of a successful prescriptions, i.e. case taking. This article is written for the purpose of making remembrance of the forgotten book and a try to put some interest in the corner of the reader's mind to study it.

Keywords: homoeopathy, remedy, chronic miasm.

Abbreviations: Doctor (Dr.), that is (i.e), Margaret Lucy Tyler(ML Tyler)

Reviewed by:

Dr Rajat Kumar Pal

Dr Tamara Afroza

Introduction

The book was published in 1928 by Dr M.L. Tyler. It tells us about importance of diagnosis before starting a treatment, discussion about direct content of some writings of Dr J.T. Kent given to Dr Tyler. It also contains some interesting cases along with advises for treating chronic diseases considering the chronic miasm. Various quotations are there for the purpose of inspiring the readers in a different way

About Dr Margaret Lucy Tyler:

- DR M.L TYLER (M.D brux ; L.R.C.P., L.R.C.S Edin; L.R.F.P.S.,Glas).
- Born in England in 1857.
- Graduate of both Edinburgh and Brussels universities.
- Director of London Homoeopathic Hospital.
- Worked at the Royal London Homoeopathic Hospital for forty years .

- Speciality was treating mentally challenged children.
- Close associate of Dr J.H CLARKE .
- Died on the 21st June , 1943 at the age of 86 years .
- Other works
- The Correspondence Course On Homoeopathy.
- Introductory Lectures On Homoeopathy.
- Acute Conditions,Injuries, Etc .
- Drosera.
- Pointers To The Common Remedies.
- Repertorization – With John Weir.
- A Study Of Kent's Repertory.
- Hahnemann's Conception Of Chronic Diseases.

Content: First paragraph of the book starts with the statement of a realistic fact about homeopathic prescription, i.e. in homoeopathy, remedy selection usually doesn't give trouble as much as questions about potencies and administration do while prescribing. Here author

clearly mentioned that it's the matter of 'personal experience'. She also has stated about another difficult and important matter that is case taking because "if the case is well taken, it is impossible to find the remedy". Considering the value of 'diagnosis' in a case before treatment, a well demonstration of different ways of how to take the symptoms and history of the patient is described here. Importance of family history, presence of tubercular history in family, mental symptoms along with directions of case taking are also mentioned.

Next part directs the way of finding the remedy where the importance of mind and temperament as well as other general symptoms with reason is given. The most characteristic symptoms of some drugs like Pulsatilla nigricans, Drosera rotundifolia, Tuberculinum are given briefly. She has described beautifully about how the remedies like Pulsatilla nigricans, Ignatia amara, Mancinella hippomane acted well in patients of melancholy. Some inspiring quotations with study tips to read a remedy from materia medica are given for readers.

She has given special emphasis on psoric miasm, while the other chronic miasm's invasion into body is given briefly like "all chronic miasmatic diseases are so invertebrates after

they have become developed in the system, they continue to increase intensity till death". Importance of prescribing nosodes with some examples are also mentioned. Before closing, the importance and indications for homoeoprophylaxis are given suggesting the remedies in the last part of the book which adds an immense value to the book.

MERITS

- Short, brief and most important points are only mentioned.
- The book has covered various points regarding case taking and remedy selection, irrespective of it's a very small volume book.
- Inspiring quotations, different stalwarts' statements and

experience caption motivate the readers.

DEMERITS

- It feels too short and unfinished about some important points at some places because of very brief description.

Remarks

This book is useful to the readers to know about different processes of taking a case in a complete manner so that remedy selection can be done by giving emphasis on the strong, unique, peculiar symptoms, as well as consideration of chronic miasma throughout the book.

References

1. Tyler ML. Different ways of finding the remedy:3rd Ed.London :J. Bale,Sons and Danielsson,1928.
2. Hompath Zomeo - Homeopathy software [Internet]. Hompath.com.

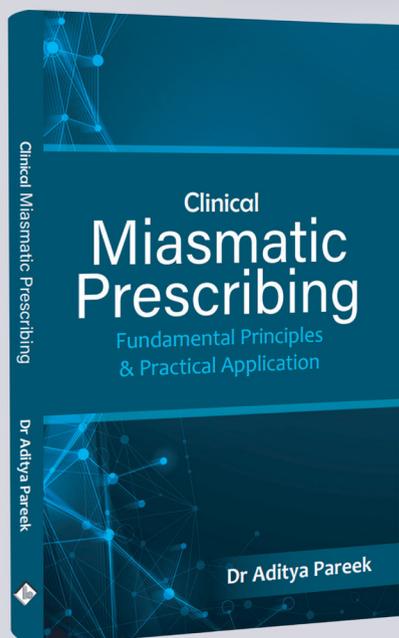
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Clinical Miasmatic Prescribing

Dr Aditya Pareek



- The author has shared his practical experience on miasms and how to clinically apply the different miasms in practise.
- The book is divided into 3 sections. The first section aims to put across the fundamentals of theory, its utility and brief history. It also deals with the applied aspects, i.e. anti-miasmatic prescribing.
- In the 2nd considering the importance of clear clinical differentiation, comparative tabulations have been provided. Remedy discussion has been made for most of the symptoms mentioned.
- The 3rd aims to show the applicability and practical utility of miasms through various case discussions.

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