

**AN EXTREMELY THOROUGH, EXHAUSTIVE
AND ACCURATE GUIDE TO
BASIC, INTERMEDIATE AND
ADVANCED PRACTICE OF HOMOEOPATHY**

[For curing patients with one single dose or a few doses of one single remedy or a few remedies.]

—Explained in *down-to-earth* language and *matter-of-fact* way—

A teacher is he who makes difficult things easy.

— *Ralph Waldo Emerson*

The teachings in this book are *unimaginably beyond everything* on homoeopathic practice.

PREFACE

I started my career as a freelance medical journalist. Forty-two years ago, while in New Delhi, when I entered the scene of homoeopathy I noticed one striking thing—while one homoeopath cured most of his patients with one single dose (even obstinate chronic cases), another was giving more than one remedy that too repeatedly, with partial or nil relief. Thus, my journey was towards filling this gap of knowledge among homoeopaths.

I started studying and practising homoeopathy out of sheer academic interest and I found that *precision* and *versatility* is the culture of homoeopathy. After forty-two years of continuous and rigorous study and search I got the inspiration to write this book by carefully lifting the clouds of mysterious obscurities enveloping homoeopathy.

September 27, 2014

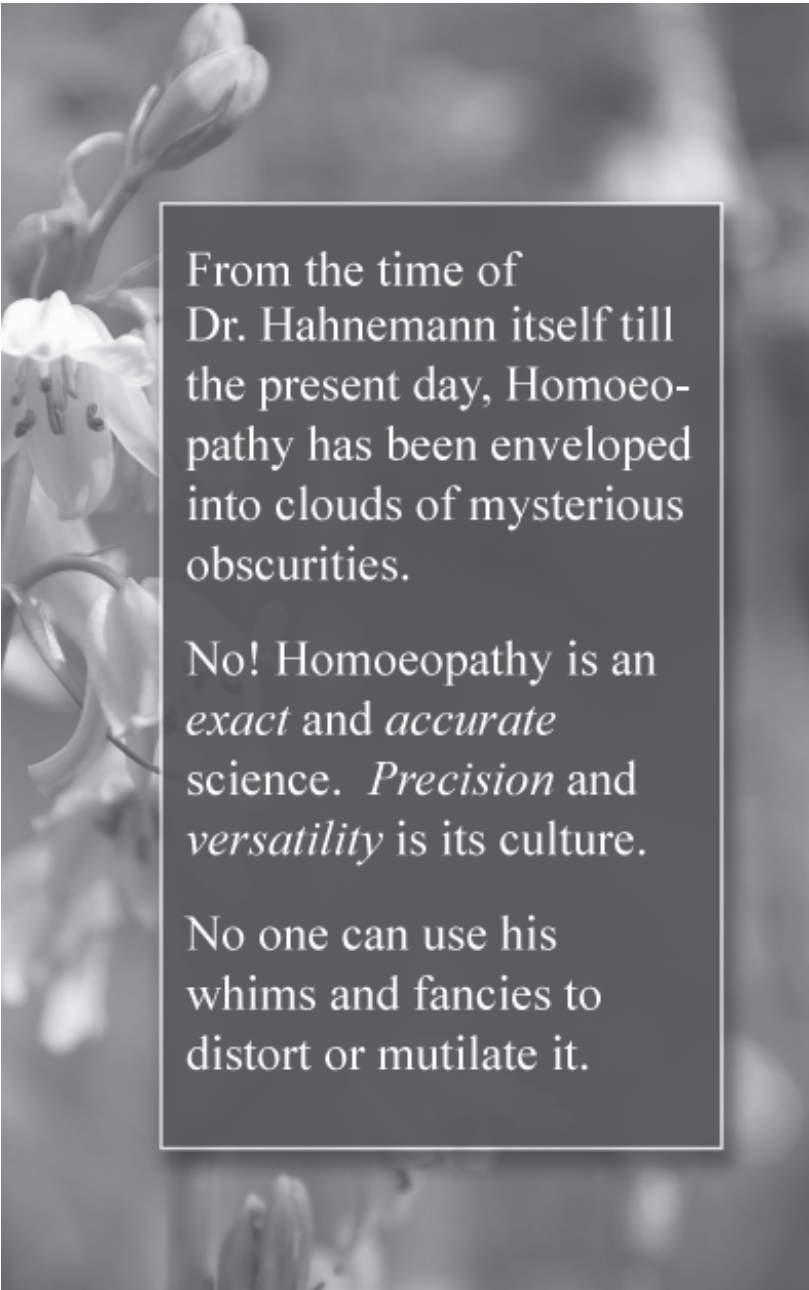
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From the time of
Dr. Hahnemann itself till
the present day, Homoeo-
pathy has been enveloped
into clouds of mysterious
obscurities.

No! Homoeopathy is an
exact and accurate
science. *Precision* and
versatility is its culture.

No one can use his
whims and fancies to
distort or mutilate it.

Practical homoeopathy

THE SYMPTOM-COVERER *VERSUS* THE HOMOEOPATHIC PHYSICIAN

When we come to the practical aspects, it is the intelligence of the practitioner that counts more than anything else. Most homoeopaths end up as symptom-coverer as the following case illustration would show:

Case: Letter from Dr. X., M.D.(Radiologist), 33 years, is given below.

“Respected sir, This is Dr. .. These are the following things all my complaints.

1. Loss of libido (lack of sexual desire). Since 1 year, my U.T.A. and stricture problem started. My sexual life very limited. Now we are trying for kids. But I am not much active sexual life. Please do the needful.
2. Three months ago suffered with severe cough. That I had pneumonia patch in right midzone (of lung). No cough subsided but on an off pain is coming right posterial chest wall where pneumonia patch was there previously.
3. Hypertension. My blood pressure sometime touching 150/100. If I take twice (BP tablet) daily dose. Then it will be controlled.
4. Overweight. I observed I am putting more weight. My food intake also seems increased. I am fond of sweets and junk food. My present weight is 118 kg. Please do the needful.”

MOST IMPORTANT NOTE TO BE BORNE IN MIND: We are going to learn something new and unique out of this case. Every case is, of course, unique. There is difference between a symptom-coverer and a true homoeopathic physician. Any average practitioner would work out on the following symptoms:

Impotency
Hypertension
Obesity

What the patient tells is just and mere cotton. No one can wear cotton as such. We have to make thread out of cotton, then weave cloth with the thread; and stitch a shirt out of that cloth. Now only it is ready for wearing. So also, out of the symptoms told by the patient we have to conceive and derive many things. In the above case, the practitioner must work out the case as under:

The age of the patient is 33.

Point No. 1: He has impotency, hypertension. These two symptoms, put together, should be viewed from a different angle. These two normally appears in old age, i.e. above sixty years of age. But we find this in a person of 33 years. Therefore, the term *pre-senility* should at once come to our mind. In other words, he should be treated as an old-age patient.

Point No. 2: He is already an allopathic doctor and the medicines he had taken fail to bring down the blood pressure. Therefore, the term 'lack of reaction' should also come to our mind.

The above two symptoms are 'general symptoms.' Wherever possible we must always work out cases on 'general symptoms.' Craving for sweets, increased intake of food are secondary.

SAMUEL LILIENTHAL'S HOMOEOPATHIC THERAPEUTICS: Constitution, Age...(page 233-234) –For old people—aged persons get very fleshy: Kali carb., Aur-met., Op., Sec., Amm-carb., Fluor-ac. [We take this because, though the patient is just 33 years old, he has pre-senility.]

These six remedies are studied in Boericke's Mat. Med. Only the first para or preamble under various remedies are useful for confirming one out of the several remedies selected through the repertory:

The remedy *Ammonium carb.* was selected because of the following words found under that in Boericke' Mat. Med.

The diseased conditions met by this remedy are such as we find often in rather stout . . . have a slow reaction generally, . . . Mucous membranes of the respiratory organs are especially affected. Fat patients with weak heart . . .

HOW TO CONFIRM A REMEDY WITH BOERICKE. If the remedy selected by you is correct—the similimum, then the symptom appears in the first sentence of that remedy in Boericke. Or, if the symptom appears in the subsequent sentences, it is either given in italics; or, it is preceded by an adjective or followed by an adverb.

Again, let us read Ammon-carb. in the FINAL MAT. MED. OF MIND SYMPTOMS and there we find the following to further confirm our selection:

...makes frequent mistakes in speaking and writing; ...gloomy, depressed...[If the reader carefully read the letter of the patient reproduced on page 5, he can notice the glaring grammatical mistakes made by the patient. For this reason alone we have reproduced his letter without correcting the spelling and other mistakes.]

Amm-carb.10M, one single dose and placebo. Patient shows much progress in his health and is under treatment.

One has to decide whether he would remain as a mere symptom-coverer in his lifetime or he would like to be a Homoeopathic Physician.

Case: [Letter from Mrs. XYZ, 27 years is given below]

“Respected Dr. Krishnamurthy

I am feeling depressed and getting angry very easily because of my problems in the joint family. Frankly I am not enjoying my (present) life. I am always worried of some or the other problem.

I completed the previous medicine you have given. As well I am now using them. The feeling of childlessness is always worrying me a lot. It has been 4 years of our married life.

And, again coming to my problems the growth of unnatural hair is a bit better, but no complete cure is seen. Hair fall, dry skin, loss of elasticity of skin, stretch marks, joint pains are also worrying me a lot. I am also having slight visual disturbances and headache sometimes. Every day I wake up in the morning that I am not active. I am having body pains, backache, due to which the start of the day is lazy and uninteresting. This is all about my problems sir. Kindly give the medicine accordingly.”

Symptoms from the above case to be taken for repertorisation.

1. Anger (a symptom of will)
2. Worried — Anxiety
3. ‘Every day I wake up in the morning that I am not active’ — sleep, unrefreshing.
4. Lazy and uninteresting — Dullness.

Kent’s Repertory: Anger (top-grade remedies) + Sleep, unrefreshing (top-grades) = Nit-ac. (we read this remedy in the MATERIA MEDICA OF MIND SYMPTOMS) and it does not match with the patient. When you get no remedy or 1-2 remedies

(after repertorisation) and they do not match with the patient, you must become alert! You have not chosen the correct rubrics.

Though ‘Sleep, unrefreshing’ is a general symptom, it has no value in the case of dull patients (the start of the day is lazy and uninteresting) there is another general symptom in this case. She has (a) hair fall, (b) visual problems, and (c) headache.

Two or more complaints above the neck: for this take the rubric Congestion in the Chapter Generalities in Kent’s Repertory.

Top-grade remedies common to the rubrics ‘Anger’ plus ‘Congestion’ are: Acon., Nux-v., Sulph.

We now read these three remedies in the MATERIA MEDICA OF MIND SYMPTOMS by the author and the following lines under the remedy Sulphur agrees with the case.

. . . Venous lethargy, inclination to consume hours in doing nothing, does not take any interest in anything . . . being too lazy to rouse himself up . . .

Sulphur-10M one single dose was given.

Patient is improving and is under treatment.

In his *Lesser Writings* Dr. James Tyler Kent points out, "Homoeopathy is slow to win its way because of defective use of books as well as because of defective books." One cannot learn swimming without first getting into the water. So also, to learn car driving, on the first day itself you are made to sit on the wheels! Thus without actual cases one cannot learn homoeopathic practice. Let us therefore side by side, study with the actual cured cases. There are no 'theories' or 'principles' in homoeopathy. Following are cured cases:

Case: A patient met with a vehicle accident and his thigh bone was broken. After treatment he was okay, but very soon had developed complications and after taking all necessary tests he was told by the doctors that his kidney (though not injured in the accident) was not functioning and he was put on dialysis. If the practitioner has thorough knowledge of the valuable reference works, he can prescribe the *similimum* in some cases without even seeing the patient (and questioning for 'sensation, modality, concomitants' etc.)

This case is very easy. In all vehicle accidents a victim invariably rolls down either inside the vehicle or on the road and the spinal cord and/or the trunk is twisted (as when we twist a cloth after washing by holding both ends to extract excess water from it.)

Now his kidney is not functioning. After road accidents if an organ fails (without any injury to that organ) the only probable cause is that the plexus (a network of veins or nerves) of that organ is affected and this is not revealed in x-ray or scan report. [See *BRITISH ENCYCLOPAEDIA OF MEDICAL PRACTICE* - 12 volumes.]

Wilkinson's Materia Medica comes to our help in this case. In this book under the remedy *Eupatorium purpureum* we find the following:

“Through the renal plexus, this remedy has a specific and special action upon the kidneys. . .”

This remedy was given in one single dose in the 10M potency. His kidney started functioning normally and dialysis was stopped. It is now more than two years and the patient is in good health.

Case: For outstation patients, I ask them to *write down their symptoms on a paper in their own handwriting* and send it to me. The letter of one such patient is given below:

“Respected doctor, I am suffering from chronic sugar for 15 years, and I am taking medicines regularly. I am having ulcer also for the past 10 years and taking medicines only for ulcer then and there and mostly avoiding pain-killer tablets and antibiotics.

Now for the past six months I am having throat pain due to reflux in the stomach irritation. Now throat infection got cured but mouth ulcer started before 2 months. For that also I took Riboflavin daily six tablets and Histac, Pan40 etc. But I am vexed of tablets, tablets, tablets. In the meantime I have seen your valuable books and am getting excited. Please kindly guide me.”

Finding the remedy—the *similimum* for this patient is simple and very easy. There are two mind symptoms:

- (A) “I am vexed of tablets, tablets, tablets.”
For ‘vexation’ *Kent’s Repertory* tells us to see “Irritability.”
- (B) She says that she got excited by seeing my books because she feels they are valuable. For this mind symptom you

should not take the rubric 'Excitement, excitable.' The correct rubric for this is 'gay, frolicsome, hilarious.' The equivalent rubric in *Kent's Repertory* (under the chapter 'MIND') is 'Mirth.'

I now compare the remedies in top-grade in both the rubrics *viz.*, 'Mirth' and 'Irritability.' Only one remedy *viz.*, *Natrum carb* is found in top-grade in both the lists. As a next step I read the remedy in the author's FINAL AND SENSIBLE MAT. MEDICA OF MIND SYMPTOMS. We find the following: "exceedingly irritable . . . dyspepsia, with sour belching, waterbrash, retching..." (see the patient's letter above. She writes, 'I am vexed of tablets, tablets, tablets.') Again in Wilkinson's Mat. Medica we find the following under Nat-carb.:

"Irritable, excitable mood . . .
Subacute, inflammatory irritation of
whole alimentary mucous membrane,
from mouth to anus."

Natrum-carb-10M single dose was given. It not only cured her completely of the gastric complaints but also diabetes.

Precision and versatility is the culture of homoeopathy.

The abovementioned books are available with the author for sale as under (including postage):

WILKINSON'S MATERIA MEDICA (pages 713) Rs.750=00

FINAL AND SENSIBLE MATERIA MEDICA AND
REPERTORY OF MIND SYMPTOMS Rs.300=00

*BRITISH ENCYCLOPAEDIA OF MEDICAL
PRACTICE* [12 Volumes and one index
volume, each volume about 650
pages]—For diagnosis and differential
diagnosis only. Rs.15,300=00

HOW TO MAKE HOMOEOPATHY MORE POPULAR AND ACCEPTABLE? Of late, there has been repeated hue and cry from homoeopaths against governments and others for not giving due recognition to homoeopathy. The remedy lies not outside but inside—among us homoeopaths. If we improve the quality of our practice, government and others (including allopaths) would automatically come forward not only to recognise but also admire us. This work is an attempt to this end.

The following are from Kent's LESSER WRITINGS:

“It is very rarely the case that among the provings of our remedies not one is to be found which corresponds to the characteristic features of a case”[†]

“Homoeopathy is slow to win its way because of defective use of books as well as because of defective books.”

The following books are the most useful reference books in day-to-day practice and they are without defects:

1. Samuel Lilienthal's *HOMOEOPATHIC THERAPEUTICS* (Hereinafter called 'Lilienthal')
2. FINAL REPERTORY OF 'MIND' SYMPTOMS AND 'GENERAL' SYMPTOMS compiled by Dr. V. Krishnaamurthy (Rs.250)
3. J. T. Kent's *Repertory*
4. *WILKINSON'S MATERIA MEDICA* [compiled from the 10-volume Hering's Guiding Symptoms of our Materia Medica] (Rs.750)
5. Boericke's *MATERIA MEDICA*
6. W. A. Yingling's *THE ACCOUCHEUR'S EMERGENCY MANUAL*
7. *REPERTORY* by Dr. Calvin B. Knerr

[†]I have to mention this because provings of new remedies are being published in journals as if we lack remedies in the existing materia medicas.

RANDOM NOTES ON PRACTICE

1. What is the remedy to be given (just one single dose) to a pregnant woman, when the foetus (baby in uterus) stops growing?
2. During epidemic encephalitis (brain fever, *e.g.*, in Ariyalur, Tamil Nadu) what remedy would you use as prophylactic (preventive)?
3. All the children born to a woman are syphilitic by birth. What remedy in one single dose would you give her to prevent syphilis in the subsequent babies?
4. What is the remedy to be taken once a month by *all* practising homoeopaths? (Just because no homoeopath has been taking this regularly, is homoeopathy not becoming popular.) Also, please note that this remedy must first be given to a doctor-patient *i.e.*, any homoeopath coming to you for treatment and also to a patient who has gone to many homoeopaths.
5. Name the two authors who had written biography of Dr. Samuel Hahnemann.
6. A patient complains of pain in spot in many places. If you draw a line connecting all these painful spots it is a straight vertical line. *E.g.*, pain in right temple, right side of chest, right side of lower abdomen. Can you name the remedy?
7. What is the chief or first remedy that you would think of for haemophilia?
8. In homoeopathy what is the meaning of ‘scrofula’ or ‘scrofulosis’ and ‘cachexia?’
9. What is the remedy for jaundice after blood transfusion?
10. In respect of the symptom ‘haemorrhage’ differentiate between the two remedies *Phosphorus* and *Hamamelis*.

11. Name the remedy for (a) violent blow on single part of the body; (b) after a person falls rolling down from a speeding train or bus; (c) falling from height (second or third floor or from a tall tree) with bleeding; (d) falling down while trying to get into a running jeep or truck from behind?
12. Under what rubric in the repertory would you search for remedies for a patient with chronic tonsillitis?
13. What is the name of the reference book (and the name of its author) you would use for complaints of women occurring directly before, during or after childbirth or abortion?
14. A lady of twenty-eight had attempted to commit suicide (by swallowing kerosene or sleeping pills) and somehow she recovered. What is the remedy for her so that she may not repeat it in future?
15. What is the remedy for 'ghost pain'?
16. A patient had fracture of tibia bone and though it healed, he was having pain with oozing etc., at the wounded place. One single dose of a remedy cured him. What is the remedy?
17. A patient was having vision problem. Went to an eye specialist and got spectacles. After a few days that glass did not suit. Had to change his specs. It happened this way 5-6 times. He was having half-a-dozen spectacles and whatever suited him that day, he would wear. One single dose cured him. Name the remedy.
18. A certain old age person of seventy-five, walking with a cane and standing on one side of the road, his body trembling, asks a passerby if the latter can help him to cross the road. We have cured three such cases with one single dose of a particular remedy. Can you name it?

[For answers *see* page 15.]

SCOPE AND LIMITATIONS OF HOMOEOPATHIC SOFTWARES?

A practitioner would be doing a great blunder if he thinks that he can find the remedy for all his patients with the repertory or software. Most of those using software are under the illusion that once the homoeo software is installed, they can be damn sure of selecting the remedy for their patients. To remove this delusion the following is being written.

The practitioner searches in the software for ‘diabetes’ and he gets some results. But, at the same time, he would be missing many remedies for diabetes. This is because in some places of materia medicas for ‘diabetes’ the terms ‘glycosuria’ or ‘sugar in urine’ is used. Also the word *saccharine* is used. (See Boericke’s Mat. Med., *Lactic Acid*.—Urine)

Before programming the materia medica the programmer must have either change the word ‘glycosuria’ to ‘diabetes’ or give ‘diabetes’ within brackets after all the words ‘glycosuria.’ Alas! The present day homoeo softwares have been designed by those with kindergarten knowledge of homoeopathy.

Because of either ignorance or arrogance the homoeo software programmers are not listening to these observations.

Again a doctor may search for ‘liver’ but in many places we find equivalent terms ‘hepatic affections’ ‘bilious’ etc. being used for liver affections and the list goes on.

Therefore, the alternative terms must also be included in the materia medicas such as the following terms:

- old age, aged persons
- glycosuria, diabetes, diabetes mellitus
- kidney, renal, nephritis, and so on and so forth.

Also, certain syndrome (group of symptoms) cannot be classified under any rubric in the repertory or software and so a homoeopath must necessarily learn by rote such symptoms! Example cases are given on pages 32 to 35 and 47 to 49.

(Answers to questions on page 12 and 13)

1. *Secale* is almost a specific when the growth of foetus is arrested. (See *Repertory* by Dr. Calvin B. Knerr: GENITALIA—FEMALE, Pregnancy, foetus: arrests development, *Secale*.) One single dose of *Secale* 10M is sufficient.
2. See *Calvin B. Knerr's Repertory*—Head—Cerebrospinal affections - meningitis - epidemic: *Zinc*.
3. See *Calvin B. Knerr's Repertory*—Stages of Life and Constitution—Constitution, syphilitic—mothers, to prevent disease in offspring: *Aurum-mur-nat*.
4. See *Kent's Repertory*—GENERALITIES—IRRITABILITY—When too much medicine has produced an over-sensitive state and remedies fail to act: Ph-ac., Teucr.

[Homoeopaths are giving medicines to patients. The homoeo pharmacists put about ten drops of the tincture to a 5 ml phial of pills. Regardless of whether the homoeopath buys the potencies in dilution or pills, the doctor inadvertently smells the medicine each time he opens the phial to give a few pills to the patient. This causes irritation, making them restless and/or haughty to the point of telling that he need not learn any more thing in homoeopathy. Also when the doctor himself is sick, no homoeo medicine seems to act on himself.]

5. *Life and Letters of Hahnemann* by Dr. Richard Haehl and another book by Bradford.

6. (a) Oxalic acid (Myelitis acuta, inflammation of the spinal cord)-myelitis paralytica; pains occupy small **longitudinal** places, < on thinking of them; limbs stiff; dyspnoea and spasmodic constriction of chest, paroxysms of short, hurried breathing, with intervals of ease; acute pain in back gradually extending down to thighs, with great torture, seeks relief in change of position; back too weak to support the body; spinal softening, weakness about loins and hips extending down legs, with numbness and loss of power.
- (b) Oxalic acid (Paralysis)-sclerosis of posterior column; pains shooting down from the cord to the extremities, especially lower ones, stiffness of limbs, dyspnoea, followed by a peculiar general numbness, approaching to palsy; back feels too weak to support the body; jerking pains, confined to small spots, lasting only a few seconds; pains in small **longitudinal** spots; paroxysms of dyspnoea.

We do not have any symptoms that appears latitudinally.

[Items (a) and (b) are from Lilienthal]. Have you still not bought a copy of Lilienthal?

7. *Crotalus horridus* is the prime remedy for haemophilia.
8. (a) See the answer to question No. 12.
- (b) Diseases, more particularly acute, that are longstanding and not cured in spite of best treatment, and where patient is affected much, disturbing his daily routine. We may call them by the term '**Cachexia**.' Acute diseases such cough, cold, diarrhoea, skin rash etc. normally do not last long. When you find a patient with these complaints standing long for years and bothering

him much, you may use the term '**Cachexia.**' This may otherwise be called as weakness of the system or of a part of body.

9. *Crotalus horridus.*
10. (a) *Hamamelis*: Passive haemorrhage. No anxiety or pain:
(b) *Phosphorus*: Active haemorrhage with anxiety.
11. (a) *Arnica* (b) *Cicuta* (c) *Millefolium* (d) *Phosphorus.*
12. For a patient with chronic tonsillitis, you would generally look into the Repertory against the following:

Tonsils, inflamed (quinsy, tonsillitis) (page 454 of *Kent's Repertory*) But remedies in this list may be useful for acute complaints of tonsillitis. For curing tonsillitis permanently, it needs 'treatment of chronic diseases.' Chronic tonsillitis is due to tuberculosis (See *MEDICAL DISEASES OF INFANCY AND CHILDHOOD* by Dawson Williams, London: Cassel & Co. p. 338-348)

When tuberculosis affects the lung it is called pulmonary tuberculosis or *phthisis*; with a family history of tuberculosis, when T. B. affects bones or glands it is called 'scrofula' or 'struma'.

All chronic affections of glands are due to tuberculosis in the family. Chronic affections of bones may be due to either tuberculosis or syphilis; (in syphilitic affections of bones we find 'nightly boring' pain.)

Therefore, to cure a chronic tonsillitis patient, we must consider the following:

Scrofulosis — glandular affections. Bar., Bell., Calc., Carb. an., Cist., Clem., Con., Dulc., Graph., Hep., Kali, Lapis,

Lyc., Merc., Nitr. ac., Phos., Rhus, Sil., Staph., Sulph. [See p. 943 of Lilienthal]

13. *The Accoucheur's Emergency Manual* by Dr. W. A. Yingling.
14. *See Dr. Calvin B. Knerr's Repertory* - MIND - Suicide, attempted: Plb.
15. Pain at the point of amputation is called 'ghost pain'. *Allium cepa* is the remedy for this.
16. *See Calvin B. Knerr's REPERTORY—GENERALITIES—Bones, injuries,after fracture of tibia: ANTHRACIN.*
17. “. . . a patient had been travelling about from oculist to oculist, who had many visual troubles and no glasses would suit. . .LAC FEL. cured her.” (See Kent's LECTURES ON HOMOEOPATHIC MATERIA MEDICA—*Spigelia*.)
18. Physostigma (Calabar) - on walking, feeling of unsteadiness from knees downward, so that he has to tread carefully, especially when eyes are shut; he must see where he is going wants a cane to support himself; stiffness in recti femoris; languor; flatulence.

Spinal irritation, loss of motility, prostration . . . Fibrillary tremors. Rigidity of muscles; paralysis. Depresses the motor and reflex activity of the cord and causes loss of sensibility to pain, muscular weakness . . . *Paralysis and tremors*, chorea. — *Boericke Materia Medica—Physostigma*.

Trembling of legs, as if one could not walk straight. A feeling as if all power was going out of legs and they would give way; as if the cause of the weakness came from that one spot in back,

between hips, and took away all power below that spot from limbs . . . Shuddering and trembling running down through all nerves of body . . . Violent tremblings all over, in the street; felt for an instant as if he should lose consciousness, and could hardly get home; riding in a car for twenty minutes did not relieve sensations . . . Loss of voluntary motion without loss of consciousness . . . Complete relaxation of whole body, as if every nerve was unstrung, even to the eyes, which felt as if all power to see was going out of them. Giddiness and faintness without uneasiness. Paralyzes motor nerves, but does not impair sensibility, intelligence and muscular irritability. — *The Guiding Symptoms of Our Materia Medica (10 volumes)* by Dr. Constantine Hering—Calabar.

Remember physostigma (Calabar) 10M one single dose, for an old man walking with a cane trembling and treading carefully, It is one of the old age remedies *par excellence*. Learn by rote the above symptoms of Calabar in mind.

The present day seminars, workshops, articles in homoeo journals and books published after the year 1946 and research papers of the Central Council are but mockery of homoeopathy.

Homoeopathy is based on eternal laws. There are no theories or principles of practice. It is ridiculous to talk of ‘principles’ and ‘theories’ of homoeopathy.

Question: Where will you look for remedies for complaints of (a) the new born within twenty-four hours of birth; and (b) within one year of age?

Answer: (a) See the last chapter *THE BABY* in Yingling.

(b) See (i) the Chapter *GENITALIA—FEMALE—INFANTS* in Dr. Calvin B. Knerr’s Repertory

and (ii) “Children Diseases of—Morbi Neonatorum et Infantum.” in *HOMOEOPATHIC THERAPEUTICS* by Dr. Samuel Lilienthal. (p. 148 to 184)

Dr. Bach Flower Remedies

Dr. Bach Flower Remedies of England go hand in hand with homoeopathy. Dr. Bach Remedies are not for treatment of your patients as such.

They are more for you to increase your efficiency in treating your patients. There are thirty-eight remedies in all. Let us now learn some of the uses in day-to-day practice of any homoeopath:

Before you take up the case of patient, take a dose or two of the Bach remedy *Agrimony*. Your taking this remedy would make the patient to tell or pour out valuable symptoms to enable you to work out the case so nicely.

After you finish the case-taking *i.e.* writing down the symptoms, you start to work out the case (with the use Repertories/Materia Medicas listed on page 10-11 of this book.) Before doing so, take a dose of Bach Remedies *Chestnutbud* and *Pine*. The key-word for this is “hundred for hundred” or centum marks. These remedies enable you to find the **simillimum** without fail and soon you become so popular to the point of getting patient from all over the globe! That is the experience of those who are using these two remedies.

Daily morning take two other Bach Remedies *Walnut* and *Chestnutbud* and this enable you to become guaranteed No.1 homoeopath in the whole world.

For details of Dr. Bach Remedies *See* our book HIGH-DEFINITION METHODS of Bach Remedies Practice.

**HI-TECH
PRACTICE OF
HOMOEOPATHY**

**WITH THE USE OF
HIGH-END
REFERENCE
BOOKS**

—The best and nothing else—

WHITHER HOMOEOPATHY?

Could Nirbhaya of Delhi have been saved with homoeopathic medicines?

What is the remedy that would have cured Nirbhaya of Delhi, in one single dose? A practitioner ought to keep these remedies in his fingertip!

Dr. Hahnemann, in his own time, had remarked, “Many of my followers, I am sorry to say, are but half converts.” That holds good even today. The seminars, articles in journals, so-called research papers, etc. are nothing but mockery of not only homoeopathy but also of homoeopaths.

The reader need not say that any remedy prescribed on ‘totality-of-symptoms’ would have cured the gang rape victim Nirbhaya who died of septicaemia. That is a vague statement.

In emergencies nature speaks plainly. The more danger to life, the clearer the symptoms speak and quicker our remedy acts.

Treatment for Nirbhaya: One single dose of the remedy *Crotalus horridus* (be it in 200th or 1000th or 10m potency) would have saved Nirbhaya. What is the case and why *Crotalus Horridus* for that?

SEPTICAEMIA CAUSED BY TRAUMA WITH HAEMORRHAGE.

Malignant diseases with blood degeneration are magically cured with one single dose of the remedy *Crotalus horridus* - 10M. What are those diseases of blood which threaten the life of the patient? They are:

- (a) septicaemia caused by trauma with bleeding
- (b) uncomplicated cases of blood cancer
- (c) haemophilia

- (d) jaundice after blood transfusion
- (e) infective hepatitis
- (f) hepatitis B virus

‘Septicaemia’ is a ‘general’ symptom. ‘Traumatic haemorrhage’ is another general symptom. A general symptom occurring as a concomitant or modality to another general symptom is like the apex court judgment. *Crotalus horridus* is the only remedy for this. On page 912 of one of the high-definition reference works, *Homoeopathic Therapeutics* by Dr. Samuel Lilienthal, we find the following:

Pyæmia, septicaemia: Acon., Arn., Ars., Calend.,
 Canth., Carbol. ac., Chin. arom., Chinin.
 mur. or sulph., Crotal., Lach., Nit. ac., Rhus,
 Veratr. vir., Zinc.

—for the haemorrhages: Crotal., Ergot., Kreos.,
 Nitr. ac., Mur. ac., Fer-mur., Tarent-c., Tereb.

—for the adynamia: Mosch., Camph., Carb. v.,
 Crotal., Lach., Phos., Sil., Veratr. alb.,
 Veratr. vir., Sulph.

Crotalus horridus alone is common to the above three rubrics. Does any homoeopath want a better justification for the necessity of Lilienthal’s work?

During the South Delhi Homoeo Association Conference conducted at New Delhi during September 14-15, 2013, I asked an audience of about one hundred and fifty homoeopaths to raise the hands if they have a copy of the homoeo reference book *The Accoucheur’s Emergency Manual* by Dr. W. A. Yingling and/or *Homoeopathic Therapeutics* by Dr. Samuel Lilienthal. To my shock, only half-a-dozen homoeopaths raised their hands. Most of the homoeopaths have never referred to these two books.

Is homoeopathy to be practised out of sheer whims and fancies or is it an exact and accurate science?



Dr. Samuel Lilienthal, M.D.

We have cured three similar cases of septicaemia; one case was that of a boy attacked with knives; the other two were victims of road accidents; all were bleeding and also developed septicaemia before being admitted to the hospital several hours later. In these three serious cases allopathic doctors gave up hope. We cured all these cases with *one single dose* of *Crotalus-hor.*, much to the astonishment of allopaths. That is why we are now able to write boldly that the gang rape ‘victim’ Nirbhaya too could have been saved with one single dose of this remedy.

The anxious practitioner may ask why the high potency? Of course, Dr. Hahnemann did not use above the 30th potency. Does it mean that higher potencies are of no use? The answer, again, is given by Dr. W. A. Yingling: “With the high potencies . . . frequent repetitions are unnecessary . . .” [See *The Accoucheur’s Emergency Manual, Preface and Introduction.*]

Lilienthal’s work is an outstanding and laborious effort. He is a pioneer in the field of homeopathic therapeutics. It is a **complete work** and an **easy reference book** listing various disorders alphabetically with remedy reference. This therapeutic manual offers a wide array of ailments and clinical conditions **with thorough and reliable remedy differentiation**. This magnificent treatise will serve as an invaluable guide to effective remedy application by comparing the characteristics of each remedy given under every pathological condition. This book will enable students and practitioners to enhance their art of prescription. No author has excelled Lilienthal, excepting, of course, Dr. Yingling.

The first and last disqualification for any homoeopath is not making use of Lilienthal in his day to day practice!

Jayerkar, sensation method, Hegal method... What are they? Throw them out! They are the measles and mumps of homoeopathic community.

One of the medical emergencies is during childbirth or abortion. Again, I asked the audience to raise their hands if anyone had ever treated or cured a difficult labor case and none lifted their hands.

Actual cases cured by the author:

Case: I once visited an old friend of mine in Delhi where I saw his pregnant daughter sitting and shedding tears. Upon inquiry her mother told me that the next day was delivery date and the doctors said that she was very weak and so wouldn't be able to develop any labor pain; therefore, caesarean alone was to be done.

In the *Accoucheur's Emergency Manual* by Dr. W. A. Yingling (page 231) we find the following:

**Weak, patient too weak to develop
normal pains: Caul., Mur-ac.**

Since *Muriatic acid* has more weakness I started putting questions to the patient along the symptoms of this remedy.

A characteristic symptom in the remedy Muriatic acid is "Mouth and anus chiefly affected." [See Boericke's *Materia Medica*.]

I asked her whether she was having soreness or any complaint in mouth and to this she replied in the affirmative. I further asked if she had similar complaint in her anus and she confirmed this too. I went to a nearby homoeo drug store, bought one dram pills of *Muriatic Acid 200* (they did not have this remedy above the 200th potency) and asked the patient to take one pill every four hours. (Had 10M potency been available then, I would have given that. For example, if you want to give a dose of 10M and if that potency is not available you may give 200th or 1M potency every 4-8 hours, three doses only. Three doses of 200 or 1M would act like a single dose of 10M.)

Within minutes of taking a dose of Muriatic Acid-200 she developed labor pains; was rushed to hospital and upon entering

she took another dose. Within half-an-hour it was a normal and safe delivery.

Precision and versatility is the culture of Homoeopathy.

Case: A pregnant lady in a village went to a town (where her sister lived) for delivery. The doctors in a nursing home after examining her, declined to admit her because instead of descending, the uterus was in the upward position. She was then taken to the Govt. hospital. Upon examining her,



Dr. W. A. Yingling, M.D.

even they said that a major surgery had to be done and since the senior surgeon was not available they would not admit her. She came home weeping. When I heard this I wanted to find out if homoeopathy could help her and so turned to Yingling. On page 229 we find the following:

Upward, uterus seems to go: Cimic.

I gave her *Cimicifuga* (*Actaea racemosa*)-10M, one single dose. Within minutes she felt the uterus coming down to its normal position; and also developed labor pains: so, was rushed to the hospital. This time, upon examining her, the attending doctor said that everything was normal and so admitted her and it was a safe and normal delivery!

Does the reader need any further or better justification for having a copy of Yingling?

Let him not practise homoeopathy who has not read several times the *Preface* and *Introduction* in the book *The Accoucheur's Emergency Manual* by Yingling. [Copy of this book can be had from the author by sending Rs.380=00 by money order only.]

‘MIND’ SYMPTOMS

The most misunderstood topics in homoeopathy are ‘*mind symptoms*’(section 213 of the *Organon*) and ‘*uncommon-rare-strange-peculiar-symptoms*’ (Section 153.) When Section 213 is read with section 153 we can conclude that we should take only those mind symptoms which we have never heard before normally/commonly/usually in any patient.

‘Mind Symptoms’ and ‘uncommon symptoms’ (for selecting the remedy) are not what you have learnt but they are, in reality, something different which you have to learn by rote.

Again, most of the valuable ‘mind’ or ‘uncommon’ symptoms cannot be classified under any head in the repertories and an honest and conscious homoeopath has to learn them by rote. (‘rote’ means mechanical or habitual repetition). Therefore, in many cases (if not all cases), homoeopathic software is of no use, however costly it may be and how much praised by the so-called leading homoeopaths.

The following actual cases cured by the author would give the reader a clear and accurate meaning of ‘mind symptoms’ and ‘uncommon symptoms’ in a matter-of-fact way. Dr. Hahnemann advises that without prescribing on mind symptoms a cure is not possible (Section 213 of the *Organon*.) ‘Anger’ ‘restlessness’ etc. are ‘common’ symptoms of mind. ‘When Section 213 is read with Section 153, we infer that we have to prescribe on ‘uncommon mind symptoms.’

Case: A renal failure patient under dialysis and waiting for kidney transplant, was under our treatment. We could not find his remedy.

There is no guarantee for kidney transplant, because after a few years, many patients die when the donor kidney stops functioning. After transplant he was heard saying, “Now I feel as if I am released from prison . . . as if I have taken a rebirth.” This he said because he is now freed from the torturing and exhausting bi-weekly dialysis, taking rest, body becoming weak etc.

This mental picture of the patient should at once bring to our mind the following words:

...desire to be released from what seems to be a perpetual burden of sorrow... (See p. 111 in the Final Mat. Medica of Mind Symptoms by the author)

We are going to give *Ignatia* to him and we are confident that his other kidney would start functioning and even if the donor kidney fails he would live long.

Case: A patient with weeping eczema etc., came to me and said, “Doctor, I am not taking the treatment to live long. But I have an aged daughter to be married off and a son who is looking out for a job. Who would come forward to marry my daughter, if I have a weeping eczema? Only because of that, I want to get cured. Before I die, I want to settle things in my family; my daughter getting married and son getting a job. Then I can die peacefully.”

Under the homoeopathic remedy *Petroleum* (Boericke’s *Materia Medica*) we find the following:

Feels that death is near, and must hurry to settle affairs.

Now, this sentence fits in approximately with the remarks made by the above eczema patient. This remedy was given in single dose and it cured him completely.

Case: A peptic ulcer patient's condition worsened day by day and allopathic antacids were giving only temporary relief. At the height of his suffering (hunger pain with burning sensation in the food pipe, temporarily relieved by eating) he was heard saying, "I think that my end is approaching; I must call the lawyer to write the will; that this hotel of mine should go to my wife; money deposited in the bank is for my son. My widowed sister who has been living with me for several years and helping me should take the house which I bought recently."

This mind picture fits with the remarks made by the patient in the last case. One single dose of Petroleum-10M cured this patient as well. We do not prescribe on names of disease or pathology but on 'uncommon' symptoms having no connection with pathology.

The above two cases would show the reader that

- (a) one and the same remedy may be called for in different persons with different diseases; also,
- (b) different persons suffering from one and the same disease may need different remedies.

Case: A seventy-year old carpenter was under my treatment for skin complaint. During one of his visits he was accompanied by his 48-year old son. The latter was coughing with chest congestion etc. The carpenter told his son; "Why don't you also take treatment from this doctor? See how much I have improved, whereas the other seven doctors to whom I consulted earlier could not do anything in my case."

To this, the son said: "The new house where I shifted has no *raasi*."† ('Raasi' in Tamil means luck). In other words the

person feels that everything was going wrong ever since he started living in a particular house. So, that house has no raasi. Or, a person feels that ever since he bought and started using a car, nothing went right. He attributes his sufferings, failures, difficulties etc. to that vehicle. I hope the reader would understand this. The son continued, “Even the new work place where I am going daily is not raasi (or has no good luck.)”

The other word to describe ‘raasi’ would be ‘sentimental’ or ‘luck’. The carpenter’s son was not ready to take treatment from me only because he felt that the house and the work place is the cause of his respiratory complaints.

I gave him one dose of a remedy telling him to take that and he need not pay me any fees. He took it. (Later I learnt that he was completely cured.).

Can any homoeopath tell me what remedy I gave the patient?

‘Mind’ Symptoms: Superiority of Lilienthal:

Read the remedy *Staphisagria* in the chapter *Melancholia* in Lilienthal. (page 701) There we find the following:

Inwardly gnawing grief and anger, he looks at everything from the darkest side . . . disinclination to work and think; dread of the future and dread of being constantly pursued . . . a

† A professor was having a two wheeler. After ten years it was no more useful, also the vehicle was outdated and could not be used because spare parts were not available and so it was to be condemned. He bought a car and also very good latest Japanese two-wheeler. But he was not ready to dispose of the ten-year old two wheeler. He said, “Everything went well and I got prosperity only after buying that vehicle. So I won’t part with it.”

sorrowfulness ending in paralysis of the intellect . . .

The enthusiastic reader would be eager to know how I selected this remedy for the above case.

- (a) Reproaches others (blaming the house and work place.)
- (b) Sentimental.

I write down the remedies common to both the above rubrics (Kent's Repertory—MIND) and read them in the chapter *Melancholia* in Lilienthal. *Staphisagria* suited the symptoms of the case.

Case: A lady of forty-two came with a large calculus in her urinary bladder. She said that allopathic doctors advised surgery as the only answer but she declined to undergo it. She continued that she had already undergone two caesarean sections and one appendicectomy; after each one of these surgeries, her general health ran down. Therefore she could not afford deterioration of health any further with another surgery and she had to safeguard her health for the remaining period of her life. Under the remedy *Nux vomica* (p. 128 in the *Final Mat. Medica of Mind Symptoms* by the author) we find the following:

Afraid he might not have
enough to live on . . .

Nux-vomica-1M, one single dose was given in the evening. Not only did her general health improve, but also the size of the stone started reducing. (Patient is still under treatment.)

Case: A chronic renal failure patient came to me with a few relatives, all of whom were allopathic doctors. They showed

me a file containing the medical papers of the patient. After this, one by one, the relatives went out.

The patient was still sitting. He said, “Doctor, my sons say that I am sick and so I should not ride bicycle, go out and do our business. They say they will do everything and ask me to sit at home taking rest. As my children, they should only tell me that I am alright and would recover soon. But instead of encouraging me for speedy recovery they have branded me as a permanent and incurable patient.”†

This patient feels that his sons, instead of encouraging, are letting him down. What one requires from his relatives is not money nor help but *moral support*. In this case the patient feels that this is completely missing.

This symptom we find in two remedies. They are

“... a feeling of moral deficiency...” – *Kali brom*.

“... despondency, sadness, moral depression and relaxation...” – *Tarentula hisp*.

[See the *Final Mat. Medica of Mind Symptoms* by the author. p. 113-114 and 146-147]

Tarentula hispania 10M - single dose was given.

Case: A lady of fifty-five, school teacher, was under my treatment for three months for sinusitis with little relief. She lives thirteen kilometers away from my clinic and she works in a school which is near my clinic. Before going to school she would come to me once a month, take medicine and go

†The reader may note here that in most cases the ‘uncommon’ symptom (on which we can make a prescription) is told by the patient at the end of the consultation, or, in some cases, *after* you have made the prescription! In yet a few cases, during the second or subsequent consultations!

to school. Seeing no relief in spite of three visits, I told her that a certain acupressure doctor would come and give just 3-minute treatment once only and for this she need not pay any fees and I also assured total relief. Since the acupressure doctor comes to my clinic on Sundays only I asked her to come on a Sunday. To this she replied, “I have to come all the way... from ... (her residence.)”

During the earlier three visits she would come to me in the morning before going to her school which is near to my clinic. Sunday is holiday for school and she feels it an ordeal to come for acupressure treatment all... the... way from her residence thirteen kilometers away.

It is hesitation. I told her that she need not pay any fees for the one-time acupressure and 100% cure was also assured. Therefore, travelling thirteen kilometres won't be a crime. But to do this she has hesitation. Before we show the reader how we selected the remedy on this symptom, let us now see two more cases.

Case: A lady allopathic doctor was learning homoeopathy from me every Sunday morning for two hours. She consulted me for her complaints and for total relief of her ailments. Once she said, “Doctor, can you give one-dose treatment for my son? Since birth he is having perennial cold; now he is five years and almost every week he has to take drugs.” I told her that she must bring her son at least once and I would cure him completely. Bringing her son once (and I am not going to charge her since she is my student) is not an ordeal or something immoral. To this she replied, “For this I have to... bring him all the way from my home” (which is just ten kilometers away.)

She hesitates for this small thing of bringing the boy once only to me and for which the boy is going to get total relief permanently.

Only if you actually listen to the patient's reply in person may you understand this. Let me explain and elaborate on this.

Suppose you are asked by your teacher to murder a certain person. What would be your reaction? Immediately you would reply as under: "Sir, I... have to..." (The sentence would be incomplete. Because you have hesitation since doing this job would prick your conscience.)

In the above said two cases, for merely travelling ten kilometres they have lot of hesitation as if I am asking them to do some crime or immoral thing. In other words, they are over conscious of a trivial thing. The apt term would be "Conscientious scruples." This symptom is in the remedy Arsenicum album. [See the *Final Mat. Medica of Mind Symptoms* by the author, p. 77.]

Let us repeat, that uncommon mind symptom may be in most cases one only, and the computer-software or 'remedy finders' are of no use. One single dose of Arsenicum Album-10M completely cured the above sinusitis patient (case No.12 above) and even acupressure treatment was not given.

Case: This is a cancer patient and after the consultation was over, I asked my fees of six thousand rupees. To this he replied, "Money... is..." (The sentence was incomplete and hesitation was as if they are asked to do some immoral act.) He should say that either he has no money or that he would try to borrow from relatives. But he does neither. Ars. Alb-10M, one single, dose cured him.

The above cases would illustrate the meaning and interpretation of mind symptoms of a patient. In some cases the repertory or software is not useful and you have to learn by rote these uncommon mind symptoms.

The above three cases are quoted here to illustrate that if the practitioner can memorise the symptoms of various remedies given in the *Final Mat. Medica of Mind Symptoms* by the author he would be able to select the remedy in more than fifty percent of cases that too at the very first attempt.

Let no one practise homoeopathy who does not have a copy of Lilienthal and does not make use of it.

Precision and versatility is required to practise homoeopathy.

What is most disappointing is that no one talks about Dr. Lilienthal's work, be it in seminar papers, monthly meetings or articles in journals.

Said Charles Gatchell in a review of *HOMOEOPATHIC THERAPEUTICS*, "... it is an extraordinarily useful book and those who add it to their library will never feel regret..."

In a review, Samuel A. Jones said about Lilienthal's as under:

"For the fresh graduate this book will be invaluable... to the older one who says he has no use of this book, we have nothing to say. He is a good one to avoid when well, and to dread when ill."

The authors who have correctly and elaborately written mind symptoms are:

- (1) Dr. Samuel Lilienthal
- (2) Calvin B. Knerr's *Repertory*.
- (3) Dr. Constantine Hering (*Guiding Symptoms of our Materia Medica* 10 volumes)[†]
- (4) Dr. William Boericke (*Mat. Medica*)

And Lilienthal tops the list. If you can understand correctly and thoroughly the lines under all remedies in the chapter *Melancholia* in Lilienthal, you get more than 70% success in your practice.

Lilienthal is ten times worth its weight in gold.

Wilkinson's too is good at mind symptoms. How to master mind symptoms with Hering?

After having selected a remedy and having seen that it has cured the patient with one single dose of that remedy, read that remedy in the Chapter 'Mind'. If you do it two or three times for a remedy, fourth time when that remedy-type patient comes in, you can straightaway prescribe that.

For example, I would never miss *Lycopodium* and *Nux vomica* for patients, most of whom throw the following symptoms:

Lycopodium:

- (Wilkinson's) – *Talks with an air of command. Manner stiff and pretentious.*

Nux vomica:

- (Boericke's *Mat. Med.*) – *...particular, careful, zealous... fiery temperament.*
- (Wilkinson's) – *Desire to talk about one's conditions with anxious reflections about it.* (The patient comes in, sits

[†]Only the useful portions from this 10-volume have been taken out by Dr. V. Krishnaamurthy and compiled in two volumes with the title *Wilkinson's Mat. Medica*.

and turning his face to one side, stares at the roof and tells his complaints in the past-present chronological order. He continues to stare up the ceiling continuously till he finishes the history of his complaints till date.)

Sometimes, you have to read the entire symptoms under Mind in all the remedies to select a remedy for a patient. (For this I use Lilienthal, Boericke's *Materia Medica* and *Wilkinson's*). But once you find the remedy, subsequent cases requiring that remedy becomes easy.

I am not reporting here cases with their follow-up but my attempt is to tell the reader how and what exactly homoeopathic practice is. As one cannot learn swimming without getting into water, or driving a car without sitting on the wheels, so also without actual cases on hand one cannot learn homoeopathy. To that extent only I am quoting actual cases as seen in my clinic.

I am a freelance medical journalist and so I took the following two cases as a challenge for homoeopathy.

Case: A patient with chronic headache, after spending much money with various doctors, specialists and homoeopaths came to me. After finishing the history of his seven years' pain in head, he ended up saying: "Doctor, if you or anyone can cure me of this terrible headache, I won't mind even giving away half of my property (worth three millions) to that doctor."

Doctors of all other systems would simply ignore this statement of the patient.

If a patient is ready to pay 1.5 million... I thought over this. I took this as a challenge to homoeopathy. I asked him to first pay me ten thousand rupees and also give me two weeks' time with a promise that if I do not cure him in one single dose (or a few doses) I would return double the amount paid

by him. Also, if he is cured he may pay me another ten thousand rupees. He agreed to this condition and paid ten thousand rupees.

I took a copy of Boericke's *Materia Medica* and went to a professor of English and requested him to render me a help; that he has to read the lines given only under the chapter 'Mind' in all the remedies in Boericke's *Mat. Med.* and underline if any relevant line is found equivalent to the statement of a person who says that he would pay half of his wealth if his headache is cured. I paid him five thousand rupees (which the professor said is more than sufficient for the work.)—It may take a few days, spending two or three hours daily to go through the lines given under the chapter 'Mind' in Boericke's 688-page *materia medica*.

To another professor of English I gave a copy of *Wilkinson's Mat. Medica* and paying him the remaining five thousand rupees, requested him to do the job of reading the lines given only under the chapter 'Mind' in all the remedies (and this too would take a few days, working for three hours daily) and to tell me if he finds anything equivalent to the above said statement of the headache patient.

The first professor (using Boericke's) could not find anything apt. But the second professor underlined and pointed out the following lines in the remedy *Stillingia* (under 'Mind' in Wilkinson's).

“Deplorably downhearted; suffering extreme torture from bone pains.”

Stillingia 1000, one single dose cured the patient and he paid me another ten thousand rupees. *Precision* and *versatility* is the culture of Homoeopathy. After this case I cured two more patients with *Stillingia* both of whom said the above

words (ready to give his entire wealth to the doctor who cures him).

Diligence and knowledge of English language, both to the core, are required to practise homoeopathy.

The above two cases would illustrate the reader how rich, exact and accurate (and also complete) our existing materia medicas are. Thus and therefore, what is needed is exact mastery of the use of five reference books *viz.*, Lilienthal, William Boericke, J.T. Kent, *Wilkinson's* and Knerr (and more importantly Yingling, for medical emergencies at the time of labor or abortion.).

Case: Here is another case of headache. This 55-year old male patient remarked: "Doctor, all these years I have been having these pains; my sufferings are such that no amount of compensation would be equal to it. Even if you make me the President of all the nations in the world that would not be a sufficient compensation." I told him the same condition which I put to the patient in the earlier case. After taking ten thousand rupees I went to the two English professors, one with Boericke and the other with *Wilkinson's Mat. Medica*. In this case the professor going through Boericke's *Mat. Medica* could help me. He pointed to the following found under the remedy *Selenium*.

"Extreme sadness. Abject despair, uncompromising melancholy."

Selenium 10M, one dose cured the patient and he paid me ten thousand rupees.

On a later occasion the above said professors asked me what I did by their help and I showed them how I practise

homoeopathy. Soon both of them started learning and practising homoeopathy.

Homoeopathic system of medicine is *exact and accurate*.
Precision and versatility is its culture.

Myth and reality of ‘mind symptoms.’

In some cases Calvin B. Knerr’s REPERTORY is excellent to work out cases with mind symptoms.

Case: The other day I was sitting by the side of a senior homoeopath in his clinic. A patient entered and asked, “Do you have medicine for diabetes?”

Doctor: Yes, tell me your symptoms.

Patient: (Stretching his hand towards the doctor).
हाथ देखो, दवाई दो । [“see my pulse; give medicine.”]

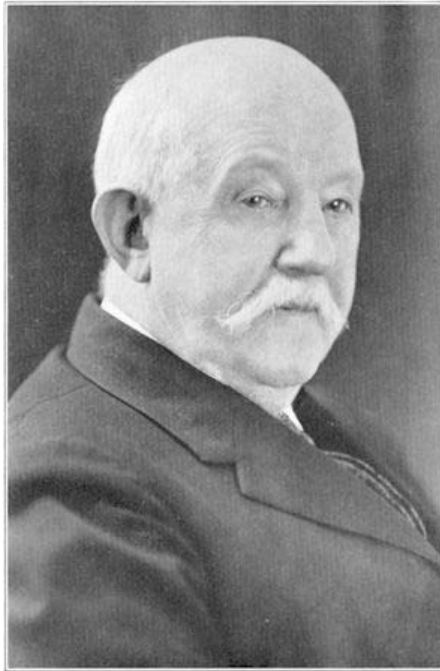
[The tone of the patient was in a commanding note similar to a king, who, when anything is required would order, “Bring the head of the thief in two hours.”]

The doctor turned towards me and said, “See doctor, these patients don’t tell symptoms. How can I prescribe?” That doctor always thinks of ‘sensation’ ‘location’ ‘modality’ ‘concomitant.’ I took *Calvin B. Knerr’s Repertory* to him and showed the following:

MIND, Answers, imperiously: Lycopodium.

Further I showed him the following from Wilkinson’s Mat. Medica under the remedy Lycopodium:

“Talks with an air of command . . .
manner stiff and pretentious.”



Dr. Calvin B. Knerr, M.D.

Lycopodium 10M, one single dose, cured diabetes.

Let us reiterate the following:

Homoeopathy is a system where the patient himself (by way of some words or actions or as a reaction to his disease or treatment or attitude towards the doctor) indicates the remedy to us.

Homoeopathy is practical and practical only and there is no place for any theory, imagination, etc.

Among pharmacologically-oriented systems of therapeutics homoeopathy will ever remain supreme to cure patients with the least number of medicines/doses. For example, we have cured lakhs of *chikungunya* patients completely and permanently with

one single dose of the homoeo medicine called *Polyporus officinale-200*.

Why is *Polyporus officinale* (*Boletus Laricis*) almost a specific for *chikungunya* disease? With crippling joint pains many *chikungunya* victims were virtually crawling to go to the toilet etc. Their face was gloomy.

Knerr's Repertory—Mind—Gloomy, ague, in: Bol-la
(*Polyporus officinale*).

Homoeopaths were then asking medicine for the pandemic *swine flu*.

Those who had died in hospitals with swine flu had lung failure; The nearest rubric (for purposes of selecting the homoeo remedy) for this is 'pneumonia.' In *Samuel Lilienthal's HOMOEOPATHIC THERAPEUTICS* (in the chapter PNEUMONIA,) under two remedies, *viz.*, *Merc-sol.* and *Ferrum met.* we find the following words: "epidemic pneumonia." The two remedies were studied in the *materia medicas* and *Merc-sol.* agreed with most of the symptoms than *Ferrum met.*

Patients who had come to me after being tested positive for swine flu were given ONLY ONE SINGLE PILL of the homoeo medicine *Merc-sol-1M*, and in just an hour all their symptoms disappeared and after a week when they tested, the result was negative. (Rate of success: 99%).

One of the best shortcuts to homoeopathic practice (to select the remedy—the *similimum*) is Dr. Samuel Lilienthal's *Homoeopathic Therapeutics*. (Drop the symptom in Lilienthal and you get the remedy!)

**“UNCOMMON-RARE-STRANGE-PECULIAR”
SYMPTOMS ARE NOT WHAT YOU HAVE LEARNT
BUT THEY ARE, IN REALITY, SOMETHING
DIFFERENT, WHICH YOU HAVE TO LEARN BY
ROTE.**

Case: A patient came in with pain in the femoral part of urethra and backache. It was worse while riding two-wheeler. He showed his medical file (given by allopathic hospital) and therefrom we noted the following points:

hydroureteronephrosis—Left kidney;
pain in femoral part of urethra;
pain in sacral region.

His complaint (pathology) is in ureter but he has pain in femoral part of urethra and sacrum. This is something rare-strange-peculiar. Both these painful places are at the same distance from the seat of affection—ureter.

Under the remedy *Belladonna* (Wilkinson’s *Materia Medica*) we find the following: “Inflammation of internal organs... The inflammation... runs in radii as it extends to adjacent parts.”

(Femoral part of urethra and sacrum are more or less at equal distance from his left ureter). *Belladonna-10M*, single dose, cured him.

Case: Two years after the above case, a lady came to me for cervical spondylitis. These patients get pain normally in the neck extending to head or one upper limb. Strangely this patient complained of unbearable pain in both shoulder tips. (Both shoulder tips are at the same distance away from the cervical vertebra.) *Belladonna-10M*, single dose cured her.

Case: Let us now examine what uncommon symptoms mean: Some of the most useful uncommon physical symptoms *cannot be classified* under any head in the repertory or homoeo software and so it is better to memorise them.

For example, under the remedy *Ignatia* we find the words *great contradictions*. (Boericke Mat. Med.) A haemorrhoid patient said at the end of the consultation: [Remember, in most cases, after the narration is over and after a pause, the patient leans forward towards you and with wide open eyes (exclaims)] “Doctor... one thing. Everyone says that pain, bleeding etc. in piles would increase while straining when constipated; but my case is different. I do not get pain or bleeding whenever I strain during constipation. But during loose bowel movement I get both burning and bleeding.”

The contradictory symptom is both ways. Hence Dr. William Boericke writes in plural: “Great contradictions.” *Ignatia-1M*, single dose cured this patient.

Case: A school boy of twelve was brought by the parents. The mother started talking: “Doctor, he has to leave the house for school at 9:30 in the morning. He gets up at 6:00 a.m. *At 7:30 a.m. he becomes so restless—jumps, cries etc. This would last for half-an-hour. Then this disappears; it is followed by 3-4 times loose bowel movement.* After that he becomes completely all right and goes to school.”

In this case the following should come to our mind:

“Symptoms disposed to appear periodically
and in groups...”

The above lines are found in the remedy *Cuprum met.* (Boericke’s *Materia Medica*.) This remedy cured the patient in one single dose in the 200th potency.

Among pharmacologically-oriented system of therapeutics homoeopathy is thorough, exhaustive and accurate.

Case: Mr. N. 57 years reported: “Doctor, daily morning I get headache; in the afternoon, after lunch I have distension of abdomen, gastric troubles. In the night I get terrible pain in the leg...”

Repertory is of no use in this case. The case is very simple. His symptom is to be classified as follows: “*Aggravation of head symptoms in the morning; abdomen in the afternoon and legs in the night.*”

Under the remedy *Ammonium mur.* (Boericke’s *Mat. Med.*) the following is specified:

Its periods of aggravations are peculiarly divided as to the bodily region affected; thus the head and chest symptoms are worse mornings, the abdominal in the afternoon, the pains in the limbs, the skin and febrile symptoms, in the evenings.

One single dose of Amm-mur-10M cured him.

Case: A patient consulted me for constipation. Laxatives and purgatives were said to be of no use. He further said that for several years he had been taking daily anticonvulsant drug for epilepsy and if he stops it, he would get convulsions.

The following symptom under the remedy *Opium* (in Wilkinson’s *Materia Medica*) agrees with this case:

“...Increased excitability and action in voluntary muscles, with diminution of it in involuntary muscles...”

When the intestine is full with faeces, urging is not felt (involuntary muscles.) In the instant case these muscles are not functioning. Movement of limbs is controlled by

voluntary muscles and he gets convulsions in them (increased irritability and action).

Opium-10M, given in one single dose, cured his constipation and he was asked to stop anticonvulsant drugs; he did so and to his surprise convulsions did not appear.

Case: A patient showed his right leg with ulcer. He got injury a few months earlier but so far it did not heal in spite of best medical treatment. After a pause, the patient continued, “Doctor, ever since the accident I feel numbness in my right upper arm and I am unable to use it freely. Has this non-healing of wound in my leg anything to do with numbness in my arm? But my arm was not hurt in the accident.”

We say that homoeopathy is a system of medicine where the patient tells or indicates the remedy to us. In Wilkinson’s *Materia Medica* the following sentence under the remedy *Pulsatilla* agrees with this case:

*... depression of vital power on one side
and increased irritability on the other;*

Pulsatilla-10M, one single dose, cured both the ulcer on the leg and numbness in the arm.

USE OF REPERTORIES

Repertorisation is not what you have hitherto learnt elsewhere.

Without actual cases, one cannot learn practical homoeopathy. Following are actual cases treated by us:

Case: A primipara (first pregnancy lady) was having morning sickness from her third month till the sixth month. After taking full meals when she gets up to wash hands she would vomit all that she had taken in the reverse order. As the patient was in a faraway place she was asked to write down in her own handwriting her symptoms as if she is telling her friend about her complaints. Her letter is given below.

“After full meals as I get up I get vomiting. So after eating, I wash my hands in the plate and lie down. Only after half-an-hour or so I get up.

I also feel foetus’ kicking pain in a particular spot. When a heavy truck goes on the road making a thunder noise, I feel that noise hitting in that place in my belly where the kick of the child causes pain.

Case repertorisation:

Boericke’s Repertory (last chapter) MODALITIES (p.970)—AGGRAVATION:

Jar — Ars., *Bell.*, Berb. v., *Bry.*, *Cic.*, *Crot.*, *Glon.*, *Ign.*, *Nux-v.*, *Spig.*, *Ther.*

Noise — *Acon.*, *Asar.*, *Bell.*, *Bar.*, *Calad.*, *Cham.*, *Cinch.*, *Cocc.*, *Coff.*, *Colch.*, *Ferr.*, *Glon.*, *Ign.*, *Lyc.*, *Mag. m.*, *Med.*, *Nux-m.*, *Nux-v.*, *Onosom.*, *Phos.*, *Solan-lyc.*, *Spig.*, *Tar-h.*, *Ther.*

The six remedies *viz.*, *Bell.*, *Glon.*, *Ign.*, *Nux-v.*, *Spig.*, and *Ther.* are common to the above two lists. All these six

remedies were studied in Boericke's Mat. Medica.

The remedy *Theridion* was selected because of the following found therein.

Sensitive to noise; it penetrates the body... Noises seem to strike on painful spots over the body.

Theridion-30, single dose completely stopped the vomiting and pain < by noise.

Case: A boy of ten years was brought by the father. The latter described:

“He is having less concentration in studies.”

Myself: What is the report of the class teacher about him?

Father: He says that my son is intelligent, but lacks concentration. He is a capable boy and only if he concentrates can he shine well. He was scoring 95 marks in earlier classes. He has become dull in the last two years.

(I then asked general questions about his food habits, appetite, sleep etc.)

Father: One point. He goes to bed at 9 p.m. and will immediately sleep. Morning we have to wake him up and even at 6 o'clock on waking, he is not fresh or active. He goes to drum classes. That teacher says he is excellent in his performance on certain days only.

I asked the boy some questions about his difficulties to which he replied, ‘Nothing.’ To some questions he nodded his head or answered in single words.

Kent's Repertory — MIND — Answers, shortly, curtly
ANSWERS, refuses to.

In the above case, there are two generals *viz.*, (1) Sleep, unrefreshing; and (2) plethora.

Earlier he was scoring 95% marks. The drums teacher tells that (on some days) he is excellent. First ranking and centum-scoring boys are plethoric individuals.

Kent's Repertory — SLEEP — UNREFRESHING..

GENERALITIES: PLETHORA—

'Sleep' is a general symptom and 'Unrefreshing sleep' is rare-strange-peculiar; good sleep should refresh any healthy person in the morning. The remedy *Phosphorus* alone is common in top-grade in both the above rubrics. This remedy is also found in Kent's Repertory under MIND — 'Answers, shortly, curtly' and 'Answers, refuses to'.

The remedy was read in *Final Materia Medica of Mind Symptoms* and the following symptoms under Phosphorus agreed with the case:

slow in replies... weakness...

Note: We do not use or recommend homoeo books by Indian authors, or for that matter any book published abroad after the year 1946; *They are not at all useful in finding the remedy.*

The research in homoeopathy and seminars should only focus on how to use the references works listed on page 11 of this book.

Case: In some cases it is possible to treat a patient through letter communication. Such a letter from a patient is given below:

Respected Doctor,

I've been suffering from cold and bad throat for quite a long time now. It occurs during the change of season. I also have sinusitis which is hereditary (paternal uncle - Chacha).

I've a tendency of sneezing a lot early in the morning and also if there's dust around. My bowels do not get cleared properly and I feel constipated. I'm probably associating constipation with the lack of a proper eating and sleeping schedule as I'm in 12th std and unable to regulate it.

Also, I have severe pain in the lower abdomen and lower back during the onset on menstrual cycle which lasts for the first 2 days. Managing it without a hot water bag is difficult. So I usually end up taking doses of DYSMIN (suggested by the physician) in accordance with the pain. The period of cycle is 5-7 days. Menstrual cycle occurs every 28-30 days.

The problem of acne started not long back and it has gotten worse over the past few months. Pimples have also developed on the upper arms, shoulder blades as well as on the upper chest.

Regards.

Case Repertorisation: The following portions from the above letter are valuable for selecting the remedy:

“Change of season agg.”

‘Dust allergy.’ [All allergies are manifestation of syphilis.]

‘Menses lasts 5-7 days’ (Beyond 3 days is haemorrhage)

There are no ‘mind’ symptoms in this case. We must note here that in his *Lectures on Materia medica* Kent has said that in many remedies mind symptoms have not been fully brought out in proving. But equally valuable are ‘general’ symptoms. There are three generals in this case *viz.*,

- (a) Syphilis (dust allergy; more than one person in the family has sinusitis).
- (b) Haemorrhage
- (c) Change of weather agg.

Haemorrhage—wherever found in any case should be considered first. Whether it is gum bleeding or uterus haemorrhage or bleeding piles, do not look for Metrorrhagia etc. Dr. Kent has said that the best cures are made by working out cases on ‘generals’. Therefore wherever may be the bleeding, go to the list of remedies against ‘Haemorrhage’ in the last chapter GENERALITIES in Kent’s Repertory.

Kent’s Repertory—GENERALITIES—HAEMORRAGE

28 remedies are in top-grade (Let us call this List ‘A’)

SYPHILIS—15 remedies in top grade (List ‘B’).

CHANGE OF WEATHER agg. (List ‘C’)

In the above three lists we do not find any remedy (remedies) in top-grade in all the three lists.

What is to be done? Let us, as an exercise, take the remedies found common to all the three lists irrespective of grades and compare and find out those remedies scoring more points. [Remedies in bold type - 3 points, italics - 2 points, ordinary type - 1 point]

Remedy name	Haemorrhage	Syphilis	Change of weather agg.	Total scores
Ars.	2	2	1	5
Lach	3	2	2	7
Merc.	3	3	1	7
Nit-ac.	3	3	1	7
Ph-ac.	2	2	2	6
Phos.	3	2	3	8
Sil.	2	3	3	8
Sul.	3	2	2	7

A beginner would rush to say that we should select either *Phosphorus* or *Silicea*. That is what the so-called authors on repertorisation are teaching.

The correct method is something different. You must arrange the valuable symptoms (be it mind or general or uncommon) *in order of their grade or importance*. See the table above. We have arranged the three symptoms from left to right in order of their importance or grade. Life threatening symptoms are of the highest value. So also, haemorrhage. Next comes broad general *Syphilis*. ‘Change of weather’ is only a modality (though a general) comes last in the order of importance.

Now, how to make use of the table? Do not merely add up the points. You write the number (of scores) one after the other. Look at the remedy *Ars*. Do not add $2 + 2 + 1 = 5$, but it should be read as

221 (Two hundred and twenty-one).
If this is done for all the remedies we get
as under.

Ars. — 221

Lach. — 322

Merc. — 331

Nit-ac.— 331

Ph-ac. — 222

Phos. — 323

Sil. — 233

Sul. — 322

If you merely add all the three digits, together, of course, Phosphorus and Silicea gets 8 each. But if you look at the above, you find that Merc., and Nit-ac. get 331, each (Three hundred and thirty-one) whereas Phos. is 323 (Three hundred and twenty-three only).

So we must consider the remedies Merc. and Nitric acid only. Under Nit-ac. in the chapter DYSPEPSIA (Lilienthal) we find the following:

Intestinal dyspepsia due to syphilitic cachexia.

Again, in Lilienthal under MENSTRUATION, in Nit-ac. we find the following:

Pain in hypogastrium and sides.

In Boericke's Mat. Medica under Nit-ac. we find the following.

Excessive physical irritability (dust allergy)... Cachexia due to syphilis.

Nit-ac. 10M, one single dose cured her.

Note: In any case if there is haemorrhage you must give top priority to it. Wherever may be the bleeding, you should not go to the chapter for the part affected, but you must take the top-grade remedies under HAEMORRHAGE in Kent's Repertory—Generalities.

We cannot explain everything by putting them in words in a book. The best and easiest way is to attend our PERSONAL COURSE. The one-week personal course in ADVANCED HOMOEOPATHIC PRACTICE would be conducted from 1st to 7th of January and June of every year at Chennai (daily 10 a.m. to 1 p.m.). This course would make you No. 1 homoeopath to the extent of getting patients from all over the world. Register your name **three months in advance** by sending bank draft for Rs.18,000 towards the full course fees.

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BRITISH ENCYCLOPAEDIA OF MEDICAL PRACTICE - 12 VOLUMES WITH ONE INDEX VOLUME is available with us for sale at Rs.15,300/- including postage to any part of India. (Each volume consists of about 750 pages)

The above reference book is absolutely essential if at all a homoeopathic practitioner would make better use of Section 153 of the *Organon* which tells that we must prescribe on

'uncommon' symptoms. For this, one must know what 'common' symptoms of a disease are.

Also, in some cases, aetiology (cause of disease), age incidence etc. may also help us to select appropriate rubrics for a given case.

Again DIAGNOSIS AND DIFFERENTIAL DIAGNOSIS would, in many cases, help us a lot and the above encyclopaedia has helped even lay people know the correct diagnosis where even specialists could not make out anything.

For example, a girl of eight years was having uncontrollable stool and urine. In the above said ENCYCLOPAEDIA in the *Index volume* we see the following:

urine, incontinence of
faeces, incontinence of

Against the above two headings, the number of a few volumes (along with the page number in which the symptom appears) were given. We found a page number of a volume common to the above headings and in that page there we found 'incontinence of urine and faeces' is a symptom of *arteriosclerotic parkinsonism*. We went to Lilienthal and on page 73 read the remedies and thus could find the correct remedy for the patient.

AETIOLOGY or CAUSE OF DISEASE; When we read AETIOLOGY in the above said encyclopaedia in the chapter Parkinson's disease (paralysis agitans), we read that it occurs in sixth or seventh decade and trauma is a possible cause. In the absence of more valuable symptoms we must take the following rubrics for any case of Parkinson's disease.

KENT'S REPERTORY—GENERALITIES:

- OLD people: Acon., Agar., Aloe., Alumn., Ambr., Am-c., Ammc., Anac., Ant-c., Ant-t., Ars., Aur., Bar-c., Bry., Calc-p., Camph., Carb-an., Carb-v., Caust., Cic., Coca., Colch., Con., Fl-ac., Iod., Kali-c., Lyc., Nat-m., Nit-ac., Op., Sabad., Sec., Sel., Seneg., Sulph., Sul-ac., Teucr;
- WOUNDS, constitutional effects of: Arn., Carb-v., Con., Hep., Ind., Lach., Led., Nat-m., Nit-ac., Phos., Puls., Rhus-t., Staph., Sul-ac., Zinc.

Three remedies *viz.*, Carbo-veg, Conium, Nat-mur, Nitric acid and Sulphuric acid are common to the above two lists.

For knowing the common symptoms of any disease or for that matter diagnosis and differential diagnosis the above said 12-volume encyclopaedia is a must for every homoeopath who wants to do sincere practice. Otherwise one would end up as a symptom-coverer as Bernard Shaw writes: "When a homoeopath looks at any Chinese he would prescribe him for jaundice."

Whatever system of medicine one may practise, if he is not good at diagnosis and differential diagnosis he would be a signal failure. With the 12-volume ENCYCLOPAEDIA one can improve his respect among patients and also get good success in practice. The reader may ignore the treatment section in the above encyclopaedia as it pertains to allopathy.

In the earlier editions of this book we had offered a prize money of Rs.10,000/- to the first ten readers giving correct answers to all the following questions. A few of them responded with wrong answers.

1. A patient developed fever, body pain etc. and was treated. The fever went away; but the body pain continued. What remedy you would prescribe?
2. Another patient had sore throat, body pain, fever etc. and was treated. Every symptom disappeared excepting fever which continued for over a month. No other symptom. One dose cured him. What is the remedy?
3. There are cases where a very rich person or a rich actress with huge wealth, suddenly goes to a so-called spiritual guru, gives away all their wealth for getting salvation. What remedy would cure this mania?

Answer to the above questions are now given below:

1. See Calvin B. Knerr's Repertory— FEVER, remittent— sequelae: Kali-mur.
2. The same Knerr's Repertory—FEVER, remittent—in convalescence: Eucalyptus.
3. Again, Knerr's Repertory—MIND—MELANCHOLY— religious—gave away everything she could lay her hands upon, in order to do penance: Plat.

CONGESTION, RUSH OF BLOOD, HYPERAEMIA

Many terms are unique to homoeopathic practice. We now give examples in this and in the following chapters.

Most homoeopaths remain symptom-coverers. Bernard Shaw wrote that if a homoeopath looks at a Chinese he would prescribe him for jaundice (because the colour of the skin of Chinese people is yellow.)

No one need get offended by this statement. We are only trying to carefully lift the clouds of mysterious obscurities enveloping homoeopathy.

Be that as it may. Let us now learn some terminologies most useful in selecting the remedy.

Congestion: When two or more symptoms are in one and the same part of the body, instead of considering each symptom separately you should take the rubric 'congestion'. For example, a patient came in complaining of headache, dandruff and hair fall; he had been having this for several years. The neophyte would take 'dandruff' 'hair fall' and 'headache' for finding the remedy. But when these three symptoms are found together in one place *viz.*, head, we should not take the three symptoms separately but as one whole unit and the term is 'congestion'. For this do not take the list of remedies under CONGESTION in the Chapter 'Head' in **Kent's Repertory** but you must go to the Chapter GENERALITIES at the end of **Kent's Repertory** and there also you find a rubric CONGESTION. You must take this for chronic diseases.

A patient was having varicose veins in legs, pain in knee, corns on sole, cramps in feet. All these complaints are on the lower limb. Here too we must use the rubric 'congestion.'

‘Congestion’ — other examples

When pain or some other symptom is felt in a part while exerting another part, *e. g.*, headache while coughing, involuntary urination or urging to urinate when excited etc.

‘Worry causes headache’. ‘Mental tension causes or aggravates skin complaints’. (For this we have the term neurotic eczema. *See* the remedy *Anacardium orientale* in Boericke's *Materia Medica*. In that remedy under the para Skin we find the following: Intense itching, eczema, with mental irritability... neurotic eczema.)

In the *materia medicas* some authors use the term ‘rush of blood’ or ‘hyperaemia’ in place of ‘congestion’. [Hyperaemia - an excess of blood in an organ or any part of the body.]

Following is from Lilienthal:

Rush of blood of plethoric individuals requires: 1. Acon., Aur., Bell., Calc., Lyc., Phos., Sep., Sulph. 2. Arn., Bry., Chin., Ferr., Nat-mur., Nux-vom., Rhus-tox, Thuj.

Rush of blood complained of by plethoric, debilitated, hypochondriac, or nervous individuals. The principal remedies are: 1, Acon., Aur., Calc., Hep., Kalm., Kreos., Lyc., Phos., Sep., Sulph.; 2, Amb., Amm., Arn., Bell., Bry., Carb. v., Caust., Croc., Chin., Fer., Iod., Natr. m., Nux v., Op., Petr., Phos. ac., Rhus, Samb., Sarsap., Senn., Sil., Stann., Thuj.

Rush of blood of nervous, very irritable individuals:†
1. Acon, Arn., Bell., Chin., Nux v.; 2. Amb., Aur., Calc., Fer., Lyc., Petr., Samb.

(Memory weak, inability to think) - if by congestion of blood to the head: chin., melilot., merc., rhus, sulph.

†For full list *see* our book *Advanced Homoeo Practice* (876 pages).
Price Rs.750 including postage

PLETHORA, PLETHORIC INDIVIDUALS, PRECOCITY

*To the newcomer desiring to learn
homoeopathy:*

In homoeopathy one and the same remedy may be indicated for typhoid in one patient and for diabetes in another patient. If this is so, we come to the question as to what is the basis for making a homoeopathic prescription which is different from allopathy or other systems of medicine.

Classification of patients for making the prescription in homoeopathy is not on the name of diseases or pathology; but it is on an altogether different classification. Such classifications are already existing in different patients from time immemorial.

We have already learnt some of the classifications:

‘Symptoms disposed to appear periodically and in groups.’ This straightaway points to the homoeo medicine *Cuprum met.* Whatever may be the name of disease that the patient may be suffering, if a patient reports this syndrome this remedy would cure the underlying pathology.

Before making use of repertories you must learn the different terms, most of which have no relevance to other systems of medicine.

‘Plethora’ means ‘excess or abundant energy in body.’ These persons are called plethoric individuals.

The dictionary defines ‘plethora’ as over-fullness or excess in any way; an excess of bodily fluid, particularly blood. Excessive fullness of blood.

Plethoric persons can do the job of ten persons single-handedly, both quantitatively as well as qualitatively. Other examples of plethoric persons are those who have done

several Ph.D.s or who do Ph. D. at their sixtieth year of age; also those who have done several postgraduate studies in many subjects; also those who start studying, learning and mastering a subject or art even at their forty-five years of age. The term 'tiredness' is not in their vocabulary. Work for them is worship. The workaholics. Old age is not a deterrent for them.

Therefore, if you find the patient is of the above type you cannot ignore the term 'plethora' which is a general symptom.

Under some remedies in some materia medicas you would find the term 'abdominal plethora.' Let us explain this. (1) Mr. Y drinks country liquor daily; does not care for food. Any amount of liquor would be withstood by his abdomen (whereas if we take that country liquor even for one day, we would vomit or get abdominal pain). Here, Mr. Y is said to be having abdominal plethora.

If a practitioner does not learn these terms, he would be a signal failure in practice and it is because of this reason, failures are more and thus homoeopathy has gone into disrepute.

Plethoric individuals - 1, Acon., Aur-met., Bell., Cal-c., Lyc., Phos., Sep., Sulph.; 2, Arn., Bry., Chin., Ferr., Nat-m., Nux v., Rhus, Thuj.

—Complaints of plethoric, debilitated, hypochondriac, or nervous individuals. The principal remedies are: Acon., Amb., Am-c., Arn., Aur-met., Bell., Bry., Cal-c., Carb-v., Caust., Chin., Croc., Fer., Hep., Iod., Kalm., Kreos., Lyc., Natr-m., Nux-v., Op., Petr., Phos., Phos-ac., Rhus., Samb., Sarsap., Senn., Sep., Sil., Stann., Sulph., Thuj.

—Nervous, very irritable individuals: Acon., Amb., Arn., Aur-met., Bell., Cal-c., Chin., Ferr., Lyc., Nux v., Petr., Samb. [See page 930 of Lilienthal.]

CHECKED DISCHARGES, SUPPRESSION OF SECRETIONS

The above symptom would be of immense help, more particularly in some chronic and grave acute cases.

Suppression of haemorrhage or habitual depletions or any discharges make the disease travel from less important organs to more important organs. This is the direction of disease. Hence most valuable. If found in a case you cannot afford to ignore them. You may straightaway take it.

IMPORTANT NOTE: Here we must make a mention of the term ‘menopause.’

If the complaint of a female patient starts around the age of 42-46 and she also continues to get her monthly periods you may think of the rubric *MENOPAUSE* in the chapter *GENITALIA—FEMALE* in Kent's Repertory. But upon inquiry if you find that her complaints started a few months after complete cessation of menses you should not take the rubric *MENOPAUSE* but consider the following on page 1006 of Lilienthal:

Suppression of haemorrhage or abandoning habitual depletions: 1, acon., bell., chin., fer., nux v., puls., sulph.; 2, arn., aur., bry., calc., carb. v., graph., hyosc., lyc., natr. m., nitr. ac., phos., ran., rhus, seneg., sep., sil., spong., stram.

If a patient tells that his complaints started some months after his bleeding fissure in anus or piles was cured, in such cases too you must take the above rubric.

Certain remedies cannot be found through repertorisation and, therefore, we learn the symptom of such remedies by rote. Let us now learn about two such remedies *viz.*, *Selenium/Stillingia*.

When a patient complains of back pain and she has early decay of teeth, you may ask if she cannot go in hot sun without covering her head (intolerance of sun heat falling on the head) and if the answer is in the affirmative, you may at once think of Selenium. The following two symptoms are keynotes for confirming the remedy Selenium.

Abject despair, uncompromising melancholy—Boericke's Mat.Med.

Total unfitness for any kind of work—Wilkinsons.

The bedridden osteoporotic patient. Look at him; all his teeth are gone long ago. Pre-senility is another term to describe Selenium. A sixty-year old person looks like a 72-year old debilitated individual. Two per cent of our patients would be Selenium types.

'Selenium is a constant constituent of bone and teeth.' This is the first sentence of Selenium in Boericke's Mat. Med.

Why did we take Stillingia along with Selenium?

See Boericke's Mat. Med. At the end of Stillingia we find the words 'Valuable for intercurrent use.' After giving Selenium-10M one dose, we follow it up with Stillingia-10M after one month. Again, two months after this we give Selenium-50M; one month after this Stillingia-50M.

Why is Stillingia a complement to Selenium?

In Selenium we find the following mind symptom (*Boericke's Mat. Med.*)

"Abject despair, uncompromising melancholy."

In Stillingia (*Wilkinsons*) we find the following:

"Deplorably downhearted."

There is only marginal difference between the above two mind symptoms.

Remember, whenever a patient tells that he would give away half of his wealth to anyone who cures his headache, he needs Stillingia. (Deplorably downhearted.)

Stages of diseases are:

- (a) irritation;
- (b) inflammation; and
- (c) degeneration.

There is another classification of diseases.

- (a) functional; and
- (b) structural.

Let us illustrate the above with a remedy *viz.*, *Aconite*. This remedy is more to be kept in the house of a patient than in the clinic of a doctor.

The best example is as follows: A person keeps a stool on a chair and standing on the stool he tries to remove the bulb from the ceiling. While doing so, the stool tilts and he falls down. Imagine his mental state at this time. 'Fear, anxiety, restlessness.' Give one dose of *Aconite* at this time (within 20-40 seconds of his falling down) and you can prevent all

the after-effects. But a few minutes after that swelling etc. takes place in the injured place. At this time if you give Aconite there won't be any effect. Aconite is useful in irritation stage only. In inflammation and degeneration it is of no use. In other words, by the time the patient reaches the clinic of a doctor or hospital, Aconite symptoms go away. That is why we write that Aconite is more to be kept in the house of a patient than in the clinic of a doctor.

A certain homoeopath was giving a long lecture to an audience of homoeopaths. Suddenly he fell down fainting. May be heart attack. One of the audience, a doctor, ran to him, put a few pills into his mouth and moments later the speaker stood up and continued his talk. That is Aconite. The sooner you give in any medical emergency the better. For the chronic effects of trauma Aconite won't be of any help.

New subject. You should learn the 'pace' of remedies. In this connection let us now learn about two remedies viz., *Aethusa cynapium* and *Helleborus*.

You must keep such remedies at your fingertip. (You cannot afford to lose sight of them by failure in repertorisation.)

Case: You are called in to attend a child of six months at 5:30 a.m. Thumbs are clenched, eyes drawn downward and the child is moaning (convulsion.) Without a dose of *Aethusa* that child is sure to die at 6 a.m. the same day. That is the pace of *Aethusa*. Death is stamped on its face from the beginning.

Another remedy that must be kept in your finger tip is *Helleborus*.

A 40-50 year old bedridden patient starts talking incoherently and at 2:30 in the afternoon he goes into coma, taken to a hospital and after a few days dies there. [See Kent's Repertory—GENERALITIES—2:30 p.m.: *Helleborus*]

The stroke of the clock at 2:30 p.m. is the death bell for the *Helleborus* patient and without that remedy he is sure to die in a few days of hospitalization.

*70 to 90 PER CENT OF CAESAREAN
SURGERIES CAN BE DONE AWAY WITH,
BY THREE DOSES OF HOMOEOPATHIC
MEDICINE.*

The foetus (baby in the uterus of the pregnant mother) 1-3 weeks prior to delivery date (so long remaining in upright position) turns upside down, and the uterus descends down in such a way that the head of the foetus remains fixed in the pelvic floor of the mother. 1-3 weeks later, at the delivery time the mouth of the uterus dilates and the child comes out. Even after the full term of ten months if the child does not turn upside down, or turns half-way and lies crosswise,

or

having turned upside down, does not descend further down, the attending lady doctor would say that head is still floating or is in incorrect position and so opens the abdomen to take out the child. This is called caesarean surgery. 70 to 90 per cent of caesarean surgeries at the present day are conducted solely for this reason.

At this time if the patient takes three doses of the homoeopathic medicine *Pulsatilla-1000*, every 4-8 hours, in the next twenty-four hours it would be a normal and safe delivery.

In the reference book *The Accoucheur's Emergency Manual* by Dr. W. A. Yingling, M.D., of U.S.A. we find the following :

"Abnormal presentations may be righted if *Pulsatilla* is given before the membranes are ruptured or the presenting parts are firmly engaged..."

In a maternity hospital, Pollachi Road, Dharapuram, Tamilnadu, by using *Pulsatilla* and other remedies there has not been even a single caesarean for the past several years and the lady doctor in-charge has put up a board “Caesarean-free” Clinic. The Dharapuram Lions Club has given her a certificate testifying this.

From : Dr. (Mrs.) K. Rajeswari, M.B.B.S., D.G.O
Obstetrician and Gynecologist - Reg. No. 34030,
Pioneer Hospital, 68, Madurai Road, Ramnathapuram

Dear Dr. Krishnamurthy,

I tried *Pulsatilla - 1000* for two patients; resulted in normal delivery.

- (a) A lady with third pregnancy, with history of two previous normal deliveries came for check up. The position of the baby was oblique in the last month; and the chances of cesarean delivery, discussed with them. When re-examined, the baby was crosswise and the due date was only ten days, I gave her three doses of *Pulsatilla - 1000* and she came with pains, after 10 days, with head in the lower pelvis, delivered normally without any complications.
 - (b) Another lady with first pregnancy, with normal position of the baby, but I was not satisfied with head descent and gave three doses of *Pulsatilla 1000*. She developed pains, head descent was little better, but not to my expectations. I gave sufficient time, and when she screamed, Bach remedy Cherry Plum was given every 10-15 minutes.
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CASE: Letter from a patient is given below:

“To Dr. Krishnamurthy,

“I sweat a lot and I have a dandruff problem and hairfall problem also. I used to have frequent headaches but not any more. My college is nearby i.e. 5 to 10 minutes walking distance but after I reach home from my college I feel tired and don't feel lazy to do any work. I don't know whether it is something abnormal or it is just that I don't push myself. I often stay confused regarding my career or anything I do.”

From the above letter let us note down the symptoms one by one.

Sweat, Profuse

Dandruff	}	Two or more symptoms in a particular part of body, put together means 'congestion'. Do not take "Head, congestion" in Kent's Repertory but take "Generalities-Congestion".
Hair fall		
Headache		
Tiredness		

Kent's Repertory—Generalities—Congestion:

Kent's Repertory—Perspiration—Profuse:

Three remedies, viz., Bell, Chin and Ferr-met are common to the above lists in top-grades.

To confirm one remedy we read these three remedies in Lilienthal under the chapters Headache, Debility, Menstruation and Ferr-met was decided because of the following found under this remedy.

Menstruation, Ferrum-met: physical and mental depression. (Tiredness of body and she is unable to decide her career)

Debility - Ferrum-met: Easily exhausted from light exertion.

Headache - Ferrum-met: headache, debilitated persons, especially with congestion to head.

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Dr. V. KRISHNAAMURTHY

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