



HOMOEOPATHY DIGEST

Theoretical Description of Homoeopathy

Dr. K.S. SASTRY

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Homoeo Digest

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Dr. K.S. Sastry
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“Dedicated to his Lotus feet”

- Dr. K.S. Sastry

MESSAGE

Dr K S Sastry, the Chairman of the W.T.T. INDIA is a renowned Homoeo Physician. He has the rightful place in the field of Homoeopathy. He is a true practitioner of Homoeopathy and is fully obedient to the cardinal principles of Homoeopathy laid down by Dr. Samuel Hahnemann. He has been partitioning Homoeopathy over 35 years on a charitable basis. By this he distinguishes himself by the contemporary Homoeopaths. In spite of more than three decades of experience, he still remains an ardent student that looks for new vistas of understanding Homoeo Science. He authored a few books on Homoeo and he is a philanthropist that looks forward to serve the society in every possible way. He trained many in Homoeo Science, holding many training programmes.

Like his mentor Master E.K. he adapts to NEW ERA HEALING and holds a healing centre where he experiments variety of healing therapies through rituals and vedic sounds. He is a successful householder and a social worker of repute. It is very indeed very heartening note that he brings out "Homoeo Digest" which I am sure would be a practical handbook for Homoeo Practitioners. May it find its own place in Homoeo Literature and serve its own way the cause of health and healing.

Visakhapatnam,
25-12-2010

K. PARVATHI KUMAR

PREFACE

Homeopathic treatment has now-a-days gained much popularity in curing even some incurable diseases and has proved to be an effective alternative to the modern methods of treatment. In spite of all that common man without knowing the efficiency of the homoeopathic method of treatment is becoming a prey to the modern methods even for simple ailments which is very costly.

Although many famous authors explained the efficiency of Homoeopathy, the message is not reaching the common man and the uneducated public. In this context, I thought it fit to pen down the principles of Homoeopathy and the process of treatment once again in clear and lucid terms on the auspicious occasion of the 50th Gurupooja Celebrations and the Homoeo Conference, The World Teacher Trust being conducted a day before.

*Smt. Akundi Sakunthala was one of the ardent participants of the Homoeo Awareness classes conducted by me ever since Master E.K. left the physical world. She carefully preserved the notes given by me in these classes and presented to me in the form of lesser writings. I made suitable additions and alterations wherever necessary and reshaped it for an orderly presentation in the name of “**HOMOEEO DIGEST**”.*

It deals with important fundamental and essential principles of Homoeopathy in an easily understandable way without sacrificing any important points to the best of my knowledge. I believe it would not have been possible for me to

bring out this edition but for the blessings of Master E.K. I bow down to his lotus feet. All the useful content of this booklet is dedicated to HIM.

The foreword so kindly given by Master KPK has added much value and importance to this little edition. My heartfelt pranams to his masterly affection.

*I express my gratefulness to all the family members of Smt. Sakunthala who has provided the glimpses of the Lectures given by me and also providing the required financial resources for bringing out this edition. My heartfelt thanks go to all those who had helped me in this venture and the brotherhood of Aquarian Printing School who made all efforts to complete this book and make it ready for release on “**World Homoeo Conference**” on 10th January 2011. May the Masters bless them all with prosperity and happiness.*

Visakhapatnam,
25-12-2010

Dr. K. S. SASTRY,

Chief Physician – Master Homoeo Vaidyalayam,
Chairman – The World Teacher Trust.

ACKNOWLEDGEMENT

I didn't know anything about Homoeopathy until I had approached Dr. K.S.Sastry garu for the treatment of my daughter's ailment. On learning that Master Garu was teaching the Homoeopathy system of medicine for beginners, I joined the preliminary course in 1987. Master's Homoeopathy classes have been interesting and exciting as he unveiled characteristics of human beings, causes of diseases, source of medicines and so on. As my curiosity grew class after class, I took notes of the points in brief and wrote at home Master's lectures of preliminary, advanced and super advanced courses. I used to attend subsequent batches of Homoeopathy classes to enrich my knowledge and to take note of new points. Later my children and husband also undertook Homoeopathy classes.

We were greatly influenced by Master Garu's relentless, selfless dedication to social service and his commitment to the cause initiated by his Guru Master E.K. and his way of maintaining discipline, decorum and order at the Vaidyalayam. My voluntary services at the Vaidyalayam, although limited due to the constraints of being a housewife, had given me immense opportunity to learn and provide services with Master's blessings.

My husband encouraged me in several ways throughout my pursuit of Homeopathy and had also

recorded some of The Master's Homoeo lectures and made a humble submission to him in the form of cassettes and CDs. I felt the need to provide my children with an easy reference and guide to Master's Homoeopathy lectures in a booklet form. My son-in-law helped me in drafting the subject material and I showed the compilation of notes to Master garu. He reshaped the notes in the present form of a booklet and felt it could be of benefit to others as well. I acknowledge with gratitude to our Master and others who have rendered their valuable services in bringing out this book.

There is nothing of my own in this book. It is all a collection of Master Dr. K. S. Sastry Garu's teachings at various Homoeopathy classes. For this gift of knowledge, I and my family are forever indebted to him.

Ever in Homoeo service,

- Akundi Sakunthala

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HOMOEEO DIGEST

What is Homoeopathy?

Homoeopathy is a human science, allied to the principles of Nature. It helps rectifying the behaviors of the person, restores clear understanding, and establishes sound relations with friends and relations. Its aim is to relieve the person from unwanted thoughts and haunting impressions of personal life which lead to serious diseases.

What is a Disease?

A distortion of the mind develops extremities of feelings-aristocracy, irritation, anger, grief, brooding, suspicion, secrecy, jealousy, malice, and etc; which lead to innumerable diseases. A violent nature sets in. The person lives a life of unrest, dissatisfaction, and dejection etc; and develops into physical diseases in course of time.

How Homoeopathy helps the mankind?

The system of Homoeopathy consists in inclusion of the person as a whole for the purpose of treatment and not any single suffering. Any deviation in the mental sphere gets rectified simultaneously with disappearance of physical sufferings, i.e. restoration of health. It is capable of curing all ailments, including accidents, injuries, animal bites, etc; except where surgery is needed. Homoeopathy is capable of curing even most complicated diseases.

Definition :

Homoeo means similar. Similar cures similars is the formulae. In German terminology it is **SIMILIA**

SIMILIBUS CURENTEUR i.e., if a medicinal substance produces a group of symptoms or abnormalities in a constitution and if these symptoms are similar to the natural disease then this medicine affects a permanent cure to the patient. It explains the origin, growth and curative process of diseases.

Explanation:

Homoeopathy consists of two parts i.e., Theory and Materia Medica. The theory gives us the principles to be adopted for treatment with homoeopathic drugs, while Materia Medica gives us the description of drugs. The book containing theory is called "ORGANON". The one that contains description of the drugs is called "MATERIA MEDICA". Dr. Hahnemann has proved many drugs and preserved in his volumes "Materia Medica Pura". Dr James Taylor Kent classified all the drugs in a personified way. The same is now available in a book titled "LECTURES ON MATERIA MEDICA". This is considered as an authority for Homoeopathic drugs.

The disease symptoms that a drug is capable of curing are well detailed in the Materia Medica for each drug. The drug administrator should only match the symptoms and then choose a drug. If the matching is accurate, the cure is certain.

When a healthy person takes a substance of quinine, it produces some abnormalities like fever, vomiting, headache chill etc. These are artificially created abnormalities. If these are similar to a natural disease, the natural disease disappears with the application of that medicinal substance. The artificial symptoms created by the medicinal substance get exhausted automatically after its action ceases. The essential feature is that the symptoms of the artificial disease should be similar and a little stronger than that of the natural disease. [The principle here is that "A stronger

disease cures a weaker or smaller disease permanently, if both are similar in nature”].

Example : As given in the Organon, a person suffering from chicken pox had a vesicle in his eye and he lost his eye sight. With passage of time, he had another attack of small pox of a greater degree with a vesicle in the same eye. By the time small pox is cured he regained his lost sight. Such examples confirm that a stronger disease cures the weaker disease permanently if both are similar.

The Problem

There are two dangers in such a situation. First is that we cannot wait indefinitely for a stronger similar disease to appear. It may appear after a pretty long time or may not appear at all. In the meantime we may have to run a risk with the original disease. Even if such a similar disease occurs after a pretty long time the cure of the original disease may not be possible as in the meantime the symptoms of the original disease may undergo many changes. That is why it is not a realistic solution to wait for a stronger disease. Sometimes a very acute disease like Cholera may not give time to follow the principle.

The Solution - Homoeopathy

To avoid such precarious situation **Dr. Hahnemann, the founder of homeopathy**, discovered that it is possible to create stronger disease artificially by introducing poisonous substances which can create similar effects of the natural disease and cure the natural disease.

What is health?

“Wise are those who can understand that “Health is Wealth”. Only those who are healthy can experience the happiness of life. Wealth, good food, taste, family happiness, children, friends and vocations are all meaningful to those who are healthy. Mental health includes exclusion of fear, anger, doubt, jealousy, malice,

faultfinding nature and creating sorrows by one's own procedure. Physical health is indicated by not experiencing distorted sensations like pain, burning, numbness, smarting and heaviness in any part of the body. Those who have physical and mental health will enjoy good memory, imaginative power and proposing ability. They can exert physically and mentally and do their work with pleasure." (MASTER E.K.)

Health is a natural gift and Nature has an inbuilt quality of restoring health. One has to analyze carefully whether a person is disease- affected or healthy. A healthy person can also be defined as someone who acts according to a situation with a balanced mind, balanced intellect and balanced speech. One, who distributes his time in producing useful work, always thinks well with positive outlook towards life.

Every biological entity has three fold in its existence i.e.,

MATTER – This implies body which appears physically

FORCE – This is the energy which makes a person work (VITAL FORCE – PRANA SHAKTI)

CONSCIOUSNESS – It is the essence of life (PRAGNA)

Consciousness directs the force and force directs the matter. Matter is uniformly galvanized by the force. If these three function in their natural way, there is health. If there is any default ill-health is exhibited. The force is otherwise called **Vital Force**. It has two main functions i.e. to maintain health and expel the disease.

When there is any distortion in vital force, it throws out some abnormalities which are called **symptoms**. They are purely messengers of an internal disorder. The sufferings are not symptoms. Symptom means that which is indicated through the expression of the mind.

For example, Headache which gives relief by pressure, here “relief by pressure” relate to the mind. Like that any suffering is to be taken as it is expressed by mind. Only such expressions are to be taken as symptoms (VEDANALU)

Homoeopathy is based on eternal laws of Nature. So the symptoms are the language of Nature. Use of auxiliaries interferes with manifestation of symptoms. Then the language of the Nature becomes mute or silent in that it cannot throw out the symptoms and therefore prescription becomes difficult.

Examining the Patient

- Case taking becomes very important in Homoeo treatment as all the aspects of the person’s behavior should be correctly recorded for an effective treatment.
- One should be a keen observer. The healer must make himself familiar and close to the patient. If the healer shows affection and sincerity, the patient feels encouraged to give all the details without hiding anything.
- Patient should be heard and never interrupted. One should not put leading questions. This is very important. Also one should note down the manner in which he has expressed his feelings.
- Mental symptoms are very important in recording case history as selection of drug mostly depends on mental symptoms. Likes and dislikes are also important.
- Important events of the patient’s life, peculiarities of the patient if any, personal habits and sleep patterns should be recorded.
- In case of women, menstrual disorders, details of other gynecological difficulties and family planning methods if any used are to be known.

- Healer should not keep a particular drug in mind while taking up the case; otherwise he may feel that the same symptoms exist in the patient.
- Rich and poor patients should be given equal attention.
- A successful healer is one who is able to understand the entire drug picture, while observing and hearing the patient.

Understanding the nature of patient is most important. While examining the patient one should be free, fair and sincere to understand the patient.

Approach to Treatment – Totality of Symptoms

Homoeopathy treats the person and not the disease. The treatment therefore is guided purely by the totality of symptoms exhibited by the person. In order to work out the totality of symptoms of a person, as a first step, all the available symptoms are to be divided under the following captions:

Symptoms	Description
General	Symptoms suffered but cannot be located at any part or parts of the body
Constitutional	Constitutional to the overall personality of a person (TATVAMU)
Mental	Expressed by the mind, the person's moods, habits, likes, dislikes, feelings and so forth
Modalities	Reaction of the person to the environment or to the atmospheric conditions. <i>Example:</i> Aggravation to cold or heat, aggravation by sleeplessness, etc.
Peculiarities	Diseases peculiar to each person
Causation	Root cause of the disease
Physical Sufferings	Sufferings that are externally visible or felt

General, constitutional, mental symptoms and peculiarities if any, relate to the person. Due preference should be given to these symptoms to the extent available and formulate the totality of symptoms. If all the first five types of symptoms are available the drug selected based on those symptoms would be the best. Even if one or more of these symptoms are available totality should be taken based on those symptoms. If **causation** is available that itself forms the totality of symptoms. That is how we have to proceed for selection of a drug. The physical symptoms can be ignored. If the episode is external that should also be taken care of. External symptoms like Scabies, exzema, etc may not be given much importance and selection of a drug should be made according to the totality of symptoms of the patient.

If external symptoms, are treated by specific drugs the same gets suppressed, penetrates into the body and gradually results in affecting a very important organ of the body. It may be primary complex, liver disorder, and so forth.

Even in cases of fever, it should be considered for treatment based on the totality of symptoms of the patient, as fever by itself is not a disease. It is a resultant factor of an internal disorder.

Example : A patient with fever may complain of restlessness, thirst and fear of death. These are the mental symptoms indicated by the person. So selection of a drug should be based on these symptoms and physical symptoms like body pains, cold, etc may be ignored. If the mental symptoms agree with the medicine administered these physical symptoms will also disappear without any special effort.

It should be remembered that selection of a drug should be based on TOTALITY OF SYMPTOMS only.

VERIFICATION OF THE ACTION OF THE DRUG

The cure should be

- **Quick**, i.e., the cure should be commensurate with the pace of the disease.
- **Gentle** – The action of the drug should be smooth with no side effects or aggravations. For example, blood-leaching for reducing blood pressure.
- **Permanent** – The cure will remain permanent so long as the patient follows the post-treatment advice of the doctor and that he should not revert back to the same state of life which caused the disease.

After a drug is administered,

1. if the patient is better and the symptoms are also better the treatment is considered as **very good**;
2. if the patient is better and symptoms are worse then also the treatment can be considered as **good** (since the patient is important);
3. if the patient is worse and the symptoms are better the treatment is considered as **bad** (a change of drug is necessary);
4. if the patient is worse and the symptoms are also worse the treatment is **very bad** (the drug is to be changed).

Herrings Laws of Cure :

- **From Above Downwards**
 - The symptoms should get cleared from above downwards of the person i.e., from **head to toe**. If there are symptoms relating to important parts of the body like heart, head, and liver and so on coupled with some other symptoms on the un-important parts of the body, the symptoms relating to the important parts should be cured first. Thereafter symptoms of the un-important parts get cleared automatically.

- If rheumatic pain and heart trouble co-exist, the heart trouble should be cured first. Rheumatic pain should not be given preference. The same drug that cures the heart trouble also brings relief to rheumatism.
- **From Centre to Circumference**
 - The cure should be from center to the circumference i.e., from internals to the externals. The internal disease like heart trouble, liver trouble, etc which envelopes the important organs should get cured first before any external particular symptoms like skin affection or pains of any particular part of the body are cured. Once the internal disorder gets cured the externals get automatically cleared.
- **Re-appearance of Old Symptoms in the reverse order of their previous occurrence**
 - The old symptoms reappear in the reverse order of their previous occurrence and re-appearance of those symptoms should not be a cause of fear or anxiety. Symptoms so reappeared will get disappeared automatically in a few days without specially administering any other drug. This should be carefully observed by keeping a perfect record of the case. No attempt should be made to ignore this principle.

Allopathy vs. Homoeopathy

- Homoeopathy treats the person not the disease, the basic principle being “Heal the Sick and not treat the Disease”. The Homoeopathic treatment is purely guided by the totality of symptoms. So the patient indicates the drug as it is dependent on the symptoms given by him whereas
- In allopathy, doctor prescribes the drug based on the pathological investigations.

Administration of Drugs

Single Dose-Single Drug is the key note principle of homoeopathy i.e., only one drug should be administered at a time and no combination of drugs is allowed.

Repetition : The drug should not be repeated or changed so long as the patient exhibits improvement. If however, same totality reappears, the drug may be repeated or in higher potency.

Second prescription: If the symptoms after the first dose appear with a different totality of symptoms, the change of drug is necessary which is termed as **second prescription**. It is required only when there is a change in the totality of symptoms.

Source of Drugs

Homoeopathic drugs are prepared from different sources as under:

Vegetable Kingdom	Plants, roots, herbs, leaves, flowers, seeds, bark etc. Drugs like Arnica, China, Belladonna, Rhus Tox etc.
Mineral Kingdom	Minerals, metals, chemicals, petroleum, zincum etc. Drugs like Argentum Nitricum, Aurum metallicum, Petroleum, Zincum met, cuprum met etc.
Animal Kingdom	Drugs prepared with snake poison, Honey bee etc. Drugs like lachasis, crotalus, Apis etc.
Nosodes	Taken from disease products. Human and animal secretion. Drugs like Psorinum, Bacillinum, Syphillinum etc
Sarcodes	Taken from healthy tissue glands of human being and animals. Drugs like Thyroidine etc
Imponderabilia	Taken from energies and immaterial substances. Drugs like radium, x-Ray etc.

Drug Potencies :

Drugs are made in different potencies like 6, 30, 200, 1M, 10 M etc. The potency of the drug should be chosen in accordance with the health condition of the person. The selected drug should be capable of producing an artificial disease similar to the natural disease but a little stronger. If the potency used is more than required, then the power of disease produced by the drug will be more than that of vital force leading to weakening the vital force. Capability to determine potency suitable to the degree of disease is achieved by experience as there are no pre-defined rules.

Points to be kept in view during treatment:

- All the symptoms of a drug may not be visible in a patient. Those available should be similar to them. Other symptoms do not affect the body.
- Follow-up by Bio-chemic medicines like K.P. 6x or MP 6x etc immediately after administration of the drug, do not lend any help to the treatment, instead they may harm the corrective action of the main drug.
- Nosode may not be used as a first dose. They can be used only when indicated drugs failed.

TYPES OF DISEASES

There are two types of diseases

- 1) Acute and
- 2) Chronic Diseases

Acute Diseases

Acute diseases are those that appear suddenly and diminish in a short period. They may be due to environmental changes, excessive strain, indiscriminate eating, sexual abuse etc or due to natural calamities or epidemics. If it is due to excessive bodily strain a little amount of rest would relieve the suffering. If it is due to excessive eating putting him on light diet for a day or two with or without medicine is enough. In other cases a drug is to be administered based on the totality of symptoms.

Acute disease is different from an acute condition in a chronic disease which would disappear within a short time even without a medicine. Medicine may be required when the condition is so serious and warrants a drug.

Chronic Diseases

Chronic diseases are not those that prolong for a long time. Diseases may get prolonged for various reasons. It may be due to wrong drugging, over drugging or may be due to lack of proper treatment. Real chronic diseases are those which change the behaviouristic pattern in the way of life of the person. They are classified into 3 types:

- 1) Psora
- 2) Sycosis
- 3) Syphillis.

These are otherwise called **Miasms** (Vipakamulu). Chronic diseases enter our body without our knowledge

and gain control over the whole system. It becomes one with the person and makes him feel and act in its own way. They do not appear either in pathological test or scanning. They lie latent in the constitution and produce imperceptible turmoil. The Miasms pass from generation to generation unless homoeopathically cured.

Psora

Psora enters into the constitution without physical contact when the person was unaware of himself due to ecstasy of joy or grief. It is the seed of all sufferings. This is an ancient, universal, misapprehended and most destructive miasm. It is the root cause of all diseases. It is invisible. An evil force enters without the knowledge of the person, comes out as "ITCH" i.e., skin disease as a result of the fight by the vital force. Actually it is not an ITCH on the skin, it is a MENTAL ITCH. When it is suppressed number of times it settles down as Psora and influences the body, mind, intellect, and other faculties. The real personality of a person is masked. The person turns out to be highly irritable and aristocratic. It causes irreparable damage to health and produces innumerable diseases. Dr. Hahnemann has described Psora as a "*Thousand headed dragon*". Aristocracy and irritability are the important keynote of PSORA.

After the attack of Psora we will find a different blend in the person. Conditions the personality of the affected person. The patient of latent Psora will have all the fields of his activity conditioned by Psora. Thinking, feeling and living habits turn to be different. Even without his knowledge he believes that his point of view is correct. He also believes that his temperament is his nature and so too, his behavior. Aristocracy, clouds his reason and perception. The mental setup is basically disturbed. This impairs his mood to work. The vital functions will be slowed down.

Psora also causes impulses, distorted reflexes, bad moods and disagreeable temper. It always appears that the environment doesn't suite him. The fact is he is out of tune with the environment. Sleep is also disturbed by many unnatural functionings and seminal emissions are not uncommon. Psychologically speaking, the psoric patient cannot take correct decisions. Sometimes he wants to be alone, sometimes he dreads to be alone and sometimes he is averse to company. The capacity to appreciate persons and things will go. In advanced stages the person sees horrible things in sleep.

Children of the psoric patients suffer frequently from different troubles. They develop a teasing mentality and sometimes homicidal or destructive temperament. Infantile convulsions, nervousness and epileptic behavior are not uncommon. Many Psoric patients are dirty, averse to get washing.

Sycosis

Sycosis is contracted through personal illicit sexual contact, prominent identification being skin eruption. It comes out as a venereal chancre. When it is suppressed by non-homoeopathic treatment then it establishes as a miasm in the constitution and manifests its symptoms as a chronic disease. **Secrecy, Suspicion and Jealousy** are the three major key note symptoms of sycosis. Plotting nature, revengeful, cunning, bluffing, criminal tendencies are some of the characteristic features of persons affected by sycosis.

The affected person suspects everyone and everything. He suspects his own friends, relatives and even his own wife and children. He also suspects the persons from whom he receives some help. He doubts the character of his faithful wife and thinks that she may poison him. With this mental aberration his memory, comprehension, intellect and common sense are clouded

with the miasm. Jealousy is another key note of sycosis. He can never be happy when others are happy. Sycotic parents inculcate the spirit of competition in their children. They expect their children should score higher rank and no other child should get it. Naturally, parents hope that their children grow better at education and score good marks. But the spirit of competition is always unhealthy. Then the children develop jealousy against their colleagues. Superiority complex also develops in them with the result that they cannot be sociable with colleagues and cannot share feelings of others. Maintains secrecy about his personal things. He does not want others to know about. Telling lies, bluffing, continuously he maintains illicit contact and repeatedly suffers from venereal diseases. He is revengeful and snake-like. Always plotting to take revenge on others. Doesn't think or shirk to commit any crime. He is instinctively cunning like a fox. Innocent people are deceived by him and he takes advantage of it and does not shirk to do anything.

The Sycotic patient suffers from warts, corns, polypus, piles, fistula, inactivity or malfunctioning of kidneys and bladder and all types of laryngeal troubles. All symptoms of sycotic diseases are aggravated during night.

Syphilis

Syphilis is also contracted through personal illicit sexual contact, impure coition. The venereal disease enters into the body. The vital force tries to drive out the disease and chancre appears after a few days, first as a pustule which changes into an impure ulcer with raised borders and stinging pains. If no attempt for cure is made it remains as such, but increases a little, throughout the life time. But so long as the chancre remains syphilis cannot breakout. In most of the cases, for fear of decency the chancre is destroyed, by means of corroding,

cauterizing and desiccating substances, wrongly conceiving it to be a local infection. Removal of chancre does not cure the venereal disease. The vital force makes another attempt when a bubo appears. When suppressed by allopathy, skin eruptions come up. Somehow or other vital force tries in order to protect the person to exterminate the disease by externalization but the intelligent human mind fights against it. The final result is that syphilis is established in the constitution. In the secondary stage ulcers in the throat appear. In the third stage nerve and bone affections come up. The existence of a chronic disease is not known to the pathological examination but only results appear outside.

In Syphilitic children, we witness problems like bed wetting, sleep walking and stunted growth etc. Girls do not grow and develop physically. Menarche (first menstruation) does not occur in time. A Syphilitic person suffers from lack of comprehension, lack of responses, dwarfishness, delay in progress, idiocy, inertia, forgetfulness and etc. Intellectual faculties are not developed to the required degree. Further intellect is clouded, stunted growth, and impotency results. All symptoms of syphilitic diseases are aggravated during night.

Tubercular Miasm

This miasm is the result of combination of any two or more miasms. The main keynote symptoms of Tubercular miasm are, changing mentality, cosmopolitan, ravenous hunger, losing weight etc. Fevers are aggravated in the evening or night and take a long time for relief.

There is no rule that only one miasm should exist in a constitution. There may be occasions when two or more miasms exist in the constitution simultaneously. In that case the selection of a drug becomes difficult. Complexity of symptoms could arise due to multiple

miasms in chronic diseases, but only the most important symptoms which are available on the surface at a given time are treated first. After the surface symptoms of a miasm are cured, symptoms of another miasm would come up. Then that group of symptoms should be treated and clear the miasm. Lastly, Psora should get cured as it was latent all-along, which is the root cause of other miasms. Then the person is supposed to be healthy. If a drug is given based on some groups of symptoms, other symptoms relating to that drug which were latent in the patient might appear. Such cases need no change or repetition of the drug. If the second set of symptoms does not disappear with passage of time, a change of the drug would be needed.

Many times the case gets complicated due to allopathic drugs or due to unscientific homoeo treatment. Symptoms get mixed-up and the totality of symptoms does not represent the real disease symptoms. In such a situation, important set of symptoms should be taken and administer a drug. The drug works in a patient to the extent of similarity of the symptoms and has no effect on the remaining symptoms. If they do not vanish within a reasonable time another drug which matches the totality should be administered

According to Dr. Hahnemann, Syphilitic symptoms should be cured first followed by sycotic symptoms. By that time, latent psora would appear and it then needs to be treated till its culmination. That is why chronic diseases take long time, at times spanning over a period of 3 to 4 years for complete cure.

Antidotes:

Although a procedure of antidoting the action of an unwanted drug is provided, antidoting is not a healthy practice. To the extent possible the drug that matches the totality of symptoms is to be selected and administered, as otherwise the drug that is meant for antidoting creates

an artificial disease of its own in addition to the artificial disease already existing in the constitution of the wrong drug already administered earlier. Both the artificial diseases, leaving alone the aspect of antidoting, create a new turmoil in the constitution, while the original disease remaining the same.

Inimical Drugs:

There are certain drugs which are inimical to each other. Usage of such drugs one after the other should be avoided. If however a necessity of administering such an inimical drug arises, a drug which does not bring any un-toward effect to the original totality of symptoms may be administered in between.

Preventive Treatment:

Preventive Treatment is normally resorted to in contagious diseases / epidemics and a profilative is suggested. But that profilative should be suggested based on the totality of symptoms obtained in a number of people affected by the epidemic in an area/locality. The drug which cured such affected persons should be selected as profilative for people of that area where the epidemic exhibited the same totality of symptoms. In other cases normal procedure of selection of a drug should be resorted to. Even if the epidemic is spread to some other locality the profilative that may be selected depends on the totality of symptoms obtaining in that locality.

Chief-Errors in Homoeopathic Treatment:

- To consider homoeopathic doses as too small
- Un-Homoeopathic choice of medicine.
- Third chief error is hastiness which does not allow each dose to act its full time
- Love of ease.

Cure is effective as long as the patient follows normal rules of life and diet restrictions.

A FEW IMPORTANT THERAPEUTIC HINTS

Fevers –

There are different types of fevers. They break out for various reasons. Treating all fevers in the same way is unscientific. Every fever should be thoroughly examined and a medicine should be decided based on the totality of symptoms. Primarily fevers can be classified into two types:

1. Remittent fevers – fevers which remain for 2–3 days continuously and then recede.
2. Intermittent fevers – fever which appears at regular intervals, once in a day, once in two days, once in seven days or once in a month and so on.

Remittent fevers are mostly due to (a) excessive physical strain, gluttony or (b) contagions like influenza or other epidemic fevers. During fevers of category (a) whether medicine is prescribed or not the fever recedes if the person takes rest for day or two and regulates his diet suitably. In case of fevers like influenza or other epidemics they are to be treated based on totality of symptoms.

In case of Intermittent fevers, medicine should be given based on totality of symptoms during the time of recession i.e., in its descending order. This prevents reappearance of the fever. Even if it reappears the intensity would be lesser than previous. A second reappearance, if any, would be of much lesser intensity and there may not be a third. If a medicine is given when the fever is on the ascending order, the artificial disease created by the medicine would get annihilated before the actual fever starts receding and hence will not be able to prevent recurrence.

Probable symptoms and treatment procedure of some of the fevers are briefed below:

1. Ordinary fevers:

- In fevers which resulted from indigestion the face becomes pale, white coating on the tongue, bad breath, constipation or stool with pungent / putrid odour are the primary symptoms which can be observed. In such cases Antim Crude 200 cures the fever by next day. Maintaining on liquid diet is advised in such fevers. In robust constitutions 200th potency may not help retaining the same totality of symptoms. Then a higher potency, Antim Crude 1M, may be required. In some cases, it may take 2 to 3 days for the medicine to show results. Hasty change of medicine would put the patient at risk. Totality of symptoms would get mixed up. It is difficult to manage such situations.
- If the patient along with indigestion is irascible with constipation (has not passed stool since a week before) then one dose of Nux Vomica 200 would bring in relief.
- Fevers resulting from physical strain either by carrying loads or bearing the strain of walking long distances or by doing physical work day and night without rest will generally have body pains, headaches etc. In such cases, Rhus Tox 200 or Bryonia 200 (as appropriate) may be required.
- In case of fevers in children there might be sudden attacks of cold, headache, redness of eyes, radiating heat from head. A dose of Belladonna 200 may be well-suited. In cases where symptoms develop slowly Bryonia 200 suits.
- In any type of fever if there is anxiety, restlessness, fear of death, mouth parched and dry, thirst for small quantities of cold water at short intervals just enough to wet the mouth etc., a dose of Arsenicum Album 200 should be given.

- Symptoms like - Sudden attacks of body pains, cold, fear of death, predicting the hour of death would call for a dose of Aconite 200.
- In ordinary fevers first dose itself cures in a short time. Repetition of the same dose would be necessary in rare cases. Change of drug would be required if the 'totality of symptoms' change.

2. Eruptive Fevers:

- **Measles** – Measles is a very acute infection mostly in children. Its symptoms are high fever, severe catarrh, cough, drowsiness and face husky with restlessness. Rash appears on the body with burning. The rash starts behind the ears, spread to face, neck and chest and to the rest of the body. With the appearance of rash the body temperature would start going down. If the rash cannot come up in its full shape a medicine capable of bringing out the eruptions i.e., suppurative drugs like **Apis, Antim Tart, Chamomilla and Antim Crude** should be given. Once the eruptions are externalized, unless there are any complications, no medicine should be prescribed. Otherwise it may lead to dangerous consequences. The best treatment is to allow it run its full course with no medicines. The ancient school of thought suggests no medication, reason being, it is a risk of improper medication. Hence, ancient Indians termed these fevers as Mother goddess (Ammavaru) and made it customary not to treat such diseases unless complicated. Lastly a dose of Thuja 30, Sulphur 30, or Pulsatilla 30 will restore health.

Eruptive fevers may also sometimes get complicated with pneumonia, bronchitis, laryngitis or affect any vital organ. Time to time totality of symptoms should be ascertained and appropriate medicine be given.

Another important point to be noted is that, sometimes it may happen that these rashes or

eruptions get inverted i.e., rash becomes black. This is an indication of impending danger. In such cases a dose of Lachesis 30 or 200 may save the patient from danger. Similarly, purulence from these rashes will also drive to danger. In such cases, Variolinum 200 may be given. In all such cases it is advisable to consult an experienced homoeopath. Many times after measles children become healthy and active.

- **Chickenpox:** It affects with or without fever. Eruption shows itself on trunk and most thickly on the chest and back; it spreads to the face and arms. It shows more on the body than on the face, and more thickly on the shoulders and upper arms than on the wrists and hands; more on the thighs than on the legs, feet and soles. The spot is soft to touch. Various stages of development are present at the same time. The treatment procedure is almost same as measles. It is wise to allow it to run its course. No medication is required unless complication develops.
- **Smallpox:** Eruptions with or without fever. It is a severe type of Chickenpox. Eruptions would be more on the face and scalp than on the body; more on the feet and legs than on the thighs. The lesions are deep-set, hard and gritty to feel and are umbilicated and divided by sepsis. The pocks are all at the same stage of development. The treatment procedure is almost same as for Chickenpox. No medication is suggested unless totality of symptoms warrant.

3. Glandular Fevers:

- a. **Mumps:** This is a remittent fever. It is characterised by swelling in the region above the neck and below the chin with pain to the severity that one cannot turn their neck. If these symptoms are on the left side Pulsatilla 200 will cure. If on the right Belladonna 200 will cure. If the symptoms start on the right and

travel to left Lycopodium 200 will cure. On contrary if symptoms start on left side and then travel to right then Lachesis 200 should be given. The symptoms recede in 3 days. The symptoms mentioned here are only prominent ones. Other symptoms, if any, should also be considered before deciding the medicine.

- b. Tonsillitis:** It is a remittent fever. Tonsils get inflamed due to exposure to cold resulting in fever throat pain etc. No surgical intervention is needed if proper Homoeo treatment is provided.

Treatment procedure:

1. If the tonsil is inflamed due to ice or ice cold things Pulsatilla 200 would cure. If the left tonsil is swollen with cold sweat Merc Bin Iod 200 and if it is right side Merc Proto Iod 200 would do.
2. If right tonsil is swollen and fever along with headache, throat pain is present Belladonna 200 gives quick relief.
3. When the swelling travels from right to left Lycopodium 200 and if it travels from left to right Lachesis 200 should be given. If the swelling travels from one side to the other alternatively Lac Caninum 200 suits.

After the acute condition subsided, it has to be treated with anti-miasmatic drugs. A dose of Tuberculinum 200 or 1M based on constitution may be prescribed once in a while during the treatment process.

4. Filarial fevers:

- A leg or hand will be swollen with no pain. But, after some period fever with severe chills and steam occur. During the fever the swelling on limb will reduce and burning sensation with severe suffering comes in. A dose of Ars alb 200 will bring in relief in no time. If

during the fever there is only swelling without burning and steam then a dose of *Phytolacca* 200 will recede the fever. In most cases, lumps are formed in the groins. Lack of appropriate treatment results in periodical recurrence which torments. When treatment is done based on constitutional symptoms fevers will get cured and if such treatment is done right after the first indication of swelling, the swellings also would be cured. In some constitutions this swelling gets increased to an extent that skin splits, attended with purulence, fever, heaviness, and worms also start appearing. These swellings are tough to bring in cure. But, with proper homoeopathic treatment purulence, putrefaction, splits will get cured and normal health can be maintained. In these cases, *Lachesis*, *Aurum Met*, *Pyrogen*, *Crotalus*, *Syphillinum*, *Tuberculinum*, *Medorrhinum* may be indicated. Based on the constitution and totality of symptoms drugs may be administered at appropriate intervals.

5. Malarial Fevers:

- These fevers are due to the bite of a female *Anopheles* mosquito. They intensify with chills and thirst. Normally, at the time of recession the patient sweats. These fevers are intermittent with a certain periodicity. In most of the patients a dose of *China* 1M would be enough. If there is indigestion lack of appetite, white coating on the tongue, *Antimonium Crude* may be given starting with 200 potency and goes up to 1M depending on the necessity. Some times after Malaria it may lead to Jaundice also.
- If the patient has a miasmatic background – *Sycosis* or *Syphilis*, related treatment should be effectively done to avoid incidence of cerebral affection.

6. Typhoid Fevers:

- These fevers are caused by various reasons–
 - Infection by bacteria from polluted surroundings
 - Prolonged fevers due to ill-treatment or wrong treatment convert into Typhoid.
- These fevers run for 7 days, 14 days or 21 days. Generally, during the first 7 days pathological tests will not reveal any traces of typhoid. If fever is high in the first week either *Baptisia* or *Pyrogenum* in 200th potency should be given. This will either shorten the span of the fever or indicate the probable drug needed at that stage. During the first week fever keeps rising. Temperature increases by evening and reduces by a degree or two by morning. Even if appropriate medicine is given fever stays on rise. There will not be any complications due to this. In the second week temperature rises to the level of 104–105°F, along with motions (with or without blood). These complications wouldn't occur under proper treatment. Sometimes, there will also be cough, chest filled with phlegm, difficult breathing (dyspnoea). At this stage the position should be examined whether pneumonia has stepped in. If so medicines like *Antim Tart*, *Lycopodium* and *Hepar Sulph* which may give definite results should be thought of. When the condition is under control temperature comes down gradually by a degree every day. In some cases there may be acute constipation which prevents cessation of fever a dose of *Nux Vomica* 200 would be alright. If the fever recedes and reappears *Tuberculinum* or *Bacillinum* may be given to overcome the miasm. If there are no symptoms and fever rises then **China 1M** may be necessary. **Aconite** should not be given in the middle of the course except as a first dose. This medicine may bring in danger by its affect on the heart].

- During the second week when the temperature is rising there is chance of delirium coming in. This is a dreadful symptom. But in homoeopathy this can be cured very easily. The patient talks randomly. In most cases, these random talks would be about the situations registered in the sub-conscious mind (impressions) during healthy periods. When under severe fever these impressions are brought out. The speech appears to be disconnected, random and as if patient is speaking to someone. In some cases, ghosts, devils, dogs etc., appear in the visions and frighten the patient. In some other, the patient speaks in diplomatic, indecent language, sings amorous songs, and strips himself. In such conditions Stramonium or Hyoscyamus or Opium would bring the patient back to normalcy. At this stage mental enfeeblement may set in. Then a dose of Acid Phos 200 checks the condition. In cases where motions or blood motions are present, instead of Podophyllum, if Acid Phos or China is given the negative consequences of these motions can be averted.
- The disease gets complicated when a medicine which is not required or any medicine when given in potency higher than required is administered. Thence a proper totality of symptoms will be difficult to ascertain even to proper homoeopathic diagnosis. The duration of disease gets longer. Based on totality of symptoms Antim Crude, Ars Alb, Antim Tart, Bryonia, Pulsatilla, Rhus Tox, Arnica, Lachesis, Lycopodium, Acid Muriatic or Sulphur may be used.
- When the disease gets prolonged to a 3-week period, the patient may get debilitated. In such situations, perilous conditions may set in not because of the fever but because of the patient's debility. Acid Mur, in such cases, will avert danger and puts the course on

curative track. In Typhoid, generally, Liver gets palpable. Physical examination of liver by pressing in the right costal margin is not advisable as it may cause harm. In such cases, Chelidonium or Lycopodium should be given.

- Typhoid patients should be given boiled or sterilized water for drinking. Easily digestible food should be given. Boiled milk, soft buttermilk can be given. Sourness impacts the liver. Popped rice, apple juice can be given. Even after taking this diet if the patient is still weak – knead cooked rice (rice fried before cooking) in buttermilk (not sour), squeeze the rice out and buttermilk thus concentrated when given provides aliment to the patient. Juice squeezed from dry dates and dry grapes may also be given after soaking in water for an hour. If soaked for more than an hour it will gain alcoholic qualities and affects the patient with drowsiness (due to possible fermentation) which may cause worry to the Doctor and the attendants of the patient.

Below are some of the important drugs which may be needed during treatment of fevers:

S.No.	NAME OF THE DRUG	IMPORTANT SYMPTOMS
1	ACONITE	Sudden cold, cough, anxiety, hurriedness with fever and fixes the hour of death. It should be given as 1 st dose only.
2	BELLADONA	Sudden, Cold, cough, fever, redness of eyes, heat in the head, steams from the face and radiating heat are prominent. This should also be given as a 1 st dose only.
3	BRYONIA	Symptoms develop slowly and fever appears after 2 or 3 days. Doesn't like to move or talk. Irritable. Drinks

S.No.	NAME OF THE DRUG	IMPORTANT SYMPTOMS
		large quantities of water at longer intervals. Pains ameliorated by pressure.
4	ARS ALB	Cold, cough, anxiety, steaming, fear of death, unquenchable thirst for small quantities of cold water at short intervals.
5	RHUS TOX	Cold, cough, body pains, unbearable headache, feels the parts of the brain cut, cannot sleep on the cot, roams around until exhausted, prominent red tip of the tongue.
6	GELSEMIUM	Complete relaxation and prostration of the whole muscular system; eyelids droop; muscles refuse to obey the will. Mental faculty dull; drowsy; with dull face; dilated pupils; double sight; sense of intoxication; slow, weak pulse of old age.
7	ANTIM CRUDE	Indigestion, white coating on tongue, bad breath, irascible, anger, sentimental moods in the moon light.
8	NUX VOMICA	Constipation, loss of appetite, irritability, anger, dubiousness, thoughts crowd and mind gets exhausted, fatigue.
9	MERC SOL	Mouth ulcers, copious flow of foetid saliva, sweats do not relieve fever, loss of appetite and taste, tongue swollen and serrate, imprints of the teeth on the tongue.
10	LACHESIS	Loquacious (speaks a lot), someone should always listen to him, all sufferings aggravate in sleep, unrecognizable and frightful dreams, Palpitate as soon as he sleeps, tongue trembles, revengeful, Thinks he is under super-human control and is

S.No.	NAME OF THE DRUG	IMPORTANT SYMPTOMS
		implementing her orders. Throat symptoms increase during fever. Voice weakens.
11	LYCOPODIUM	Great flatulence, acidity, sour eructation, sour taste, sour sweat, sour vomiting, fearful, peevish, irritable, aggravated between 4 to 8 PM. Amelioration in open air. Lower Jaa drops Fear or appearing in public. Red sand in urine. Lewd thoughts.
12	BAPTISIA	Stuporous, bleeds black from the mouth with putrid smell. Loose motions, Indescribable headaches. Great debility. Tongue red, dry and brown down the centre, appears as dried skin (with thick brown crust). Canker sores in the mouth. Can swallow only liquids. In delirium, it tries to collect the broken pieces of the parts of his body. It is useful in septic conditions also.
13	PYROGEN	Essential in Typhoid and septic fevers, Symptoms are similar to Baptisia. But the temperature is very high upto 106 F. Most prominent symptom is the temperature and Pulse is out of rhythm. Mouth is foul and the taste putrid. Room smells cadaveric. Tongue coated with a brown streak down the center.
14	ACID PHOS	Mental enfeeblement. Does not like to speak. Feels as if tired. Drowsy; Unconscious of all surroundings; Pressure as from a weight in head from above down ward; thirsty; weakness rarely indicated on the face. At this stage Acid Phos plays an active role in Typhoid. This may happen around end of 2 nd week.

S.No.	NAME OF THE DRUG	IMPORTANT SYMPTOMS
15	ACID MUR	Extreme Muscular weakness; Jaw hangs down; great thirst; paralytic weakness; Tongue dry & paralysed; becomes unconscious.
16	STRAMONIUM	Devils, ghosts, departed spirits; unknown persons appear and talk to him. Strange ideas about the formation of his body, that it is ill-shapen, elongated, deformed etc. Sometimes, fears as if a dog were attacking him. This kind of symptoms comes in children when there is fear from shock, during brain fever or meningeal fevers. Fever will be very intense.
17	HYOSCYAMUS	Patient has low fever; not very-high; Sufferings relate to the brain; sings amorous songs; Lascivious dreams; parts to be naked; cannot bare the clothing to touch him and takes it off. Exposes the genitals; perfectly shameless; thinks he is in the wrong place; sees persons who are not there; Suspicious; fear of running water; impairment of vision; dilated vision; eye-lids quiver; Tongue looks like burnt skin and taste is also similar. Tongue does not obey the will. The patient talks with great difficulty. Loses consciousness sometimes.

7. MENTAL DISORDERS :

An extreme behaviour in a person is considered as a Mental Disorder. The main cause is the miasm – Psora. These mental disorders are mainly due to :-

- a) Suppression of Skin Diseases. (Tuberculosis treated with antipathic drugs throw out mental disorders sometime in the life).
- b) An acute miasm enters into the constitution a result of shock or disappointment e.g., bereavement, failure in examination, loss of business/property, family picks and quarrels,
- c) Extreme pressure on the mind of the child, compelling him to do a certain course while he is interested in another.
- d) Bad habits like smoking, consuming alcoholic drinks, drugs, gambling corrupt morals, and in course of time he meets with failure in life and becomes a lunatic.

Acute mental diseases can be cured with anti-psoric deep acting drugs based on totality of symptoms and suitable counselling. Some of the prominent drugs useful in treating these mental disorders are Hyoscyamus, Ars.Alb, Staphisagria, Ignatia, Aurum. Met, Pulsatilla, Nat. Mur and Anacardium.

Aggravation:

Although Homoeopathy has now-a-days been considered as a suitable alternative to modern methods of treatment there is a strong apprehension in majority of people that the Homoeopathic medicine aggravates the suffering initially and that it is useful for children only. Both the statements are not correct. If the drug administered is a little stronger than that of the natural disease, the vital force has to exert a little more to fight

with the artificial disease which may aggravate the suffering. It would be so minute as not to disturb the sensorium of the patient. It depends upon the exactness of the prescription in which case the aggravation could be nil. Homoeopathy works for all ages of people with equal efficiency depending on the correctness of the prescription.

However, during the course of treatment of the chronic diseases, the aggravation/ amelioration may be understood as below after administration of the first dose:

1. Aggravation of physical symptoms without improvement in the mental condition is not a healthy sign. Non-appearance of improvement in the mental condition indicates that the medicine is only acting but the patient is not reacting. This shows that the patient has no sufficient vitality to sustain the action of the drug and that the medicine is acting too deeply. This implies that a higher potency than required is used which should have been avoided. This potency should have been used sometime before when he had the required vitality. In this case, there is no alternative except to wait and see.
2. If the aggravation is severe but lasts for a short time followed by improvement in the mental condition and continues for a long time, it is an indication of the cure in the right direction. Since the person is improving neither repetition nor change of the drug is required till the recurrence of the symptoms.
3. If there is absolutely no aggravation and the patient is improving both physically and mentally, it is a high class cure. It means that the totality of the drug selected matched with the totality of the natural disease, point to point. The cure is certain. Such cases are rare in chronic diseases.
4. If amelioration is noticed in the beginning but soon followed by continuous aggravation for a long time it

means that the drug selected is wrong. A second prescription based on the totality of symptoms, now available, is needed.

5. If the aggravation continues for a long period with no improvement in the mental condition, it means that an unwanted drug was administered. It is not easy to select another remedy immediately. We have to wait till the aggravation passes off and the patient returns to his original state. If the aggravation does not pass off and continuous complexities arise then a drug based on the totality of symptoms then existing should be prescribed.
6. There may be cases in which after the use of deep acting anti-miasmatic remedy, there is neither aggravation nor amelioration but on the contrary new symptoms are developed which were never experienced earlier. This indicates that the prescription is wrong. Any Homoeopathic remedy once administered brings out some change in the patient. In this case the constitution did not react at all
7. There are cases, where there exists a combination of all three or any two miasms in a constitution. In such cases the drug picture is not permanent. Here it would be difficult to conclude the totality of the disease in order to select a remedy to cure the case once for all. The totality changes frequently. Drug selection should be made based on the symptoms which manifest predominantly each time.
8. A second drug should not be administered unless action of first drug is complete. Otherwise both drugs would complicate the health condition.
9. The same potency does not work in the same manner in all cases. Fixing the potency of the drug in a given case depends on the vitality of the person, the depth of the disease and the acuteness of the condition. It depends upon the age of the person also.

TIPS THAT MAY HELP

- 1) Coffee, Tea, alcohol in any form, onions, garlic, menthol, asafetida, camphor, pepper, masala are strictly prohibited. Strong smelling flowers, cosmetics. Scents, incense in any form neutralize and disturb the drug.
- 2) Strong smelling tooth paste, powder, mouth washes should be avoided.
- 3) Scented hair oils, tobacco, pan chewing and narcotics should be avoided.
- 4) Sudden fear, impulsive anger and overwhelming sorrow neutralize the action of the drug.
- 5) External applications should be avoided in all cases, except in case of external injuries.
- 6) All attempts to palliate skin symptoms externally or internally should be avoided.
- 7) Non-Homoeopathic drugs/medication should be avoided.
- 8) Fruit juices are not advisable in diarrhea or during loose motions.
- 9) Drugs should be taken an hour or two before or after eating.
- 10) Continuous low fever in evening or night indicate primary complex.
- 11) Morning stool drives the TB patients out of bed. They is not to be treated with Sulphur.
- 12) Syphilitic and Psychotic complaints are commonly worse at night.
- 13) Ice water is often injurious.

- 14) Aconite should not be given frequently as it affects heart. It should not also be given as a second prescription.
- 15) Arnica should not be given for animal bites, open wounds and broken skin. Belladonna should not be given as second prescription in acute diseases.
- 16) Measles are not to be suppressed, if done Pneumonia may effect.
- 17) Pyrogen is not to be used frequently.
- 18) After using Helliborus no other medicine should be administered for 48 hours.
- 19) Rhemumatic pains should not be cured with Rhus Tox as it may affect the heart.
- 20) Drugs prepared from poisonous substances like Lachesis, Crotalus etc., should not be used in lowest potencies.
- 21) Women should not get exposed to extremes of heat and cold like cooking, taking cold baths etc. during the period of menstruation.
- 22) Preponing or postponing menses by using medicines is injurious to health
- 23) Adopting oral family planning methods destroy health
- 24) Apis, Pulsatila, Silicea and China are not to be used during pregnancy.
- 25) Gestation period is the best period for Homoeopathic treatment as many of the constitutional symptoms of the person will get exposed during pregnancy.
- 26) Drug should not be administered during the aggravation period of that particular drug.

FIRST AID :	
All bites	Ledum Pal/Echnisia/Apis
All burns	Cantharis/ Azadirachta Indica internally and Mother Tincture externally
Tetanus	Hypericum
Septic condition	Pyrogen/Baptisia
Cuts, broken skin	Hypericum internally and Calendula externally.
Bruises	Arnica
Punctured Wounds	Ledum pal
Deep cut effecting	
sentient nerves	Hypericum
Clean cuts	Staphisagria
Injured ligaments	Rhus Tox
Bone injuries	Hypericum/Symphytum
Bone Pains	Eupetorium Perf
Head injuries	Natrum Sulph/Hypericum
Toothache	Plantago/Staphisagria
Vomiting/Nausea	Ipecac/Phosphorous
Colic	Colocynth
Heart Pain	Arnica/Carbo Veg
Fear and Drowsy	Opium
Scorpion sting	When the pain ascends, Ledum Pal and Echinacea Ø externally. With burning and needle-like

	pain, Apis 6 and externally Echinacea Ø.
Poisonous Insect sting	Echinacea 6 internally and Echinacea Ø externally
Centipede bite (Jarri)	Ledum pal
Rat bite	Ledum pal internally and Echinacea Ø externally
Honey bee sting	Apis
Snake bite	<ul style="list-style-type: none"> • First Step – Echinacea Ø in water Mix 4-5 drops of Echinacea Ø in ½ glass of water. Administer one spoon at every 15 minutes. The solution should be shaken well before use every time.
	<ul style="list-style-type: none"> • If constriction of throat with foam from mouth - Lachesis internally.
	<ul style="list-style-type: none"> • Ledum pal/Drone
Dog bite	<ul style="list-style-type: none"> • Belladonna 200 as a first dose continued by Echinacea Ø in water.
	<ul style="list-style-type: none"> • Hyosyamus Stramonium/ Hydrophobinum depending on the symptoms exhibited from time to time.

DIET AND LIVING HABITS DURING HOMOEOPATHIC TREATMENT

There is a continuous dispute/disagreement among Homoeo Physicians as to diet and other regulations during homoeopathic treatment. The views of the founder of Homoeopathy as given by him in his book "Chronic Diseases" are extracted below, which may be followed with authority:

- *"As to the diet and mode of living of patients of this kind I shall only make some general remarks; leaving the special application in any particular case to the judgement of the Homoeopathic Practitioner. Of course, everything that would hinder the cure must be removed. But since we have here to treat lingering, sometimes very tedious diseases, which cannot be quickly removed, and since we often have cases of patients in middle life and also in old age, in various relations of life, which can seldom be totally changed, either in the case of rich people or in the case of persons of small means, or even with the poor, therefore, limitations and modifications of the strict mode of life as regularly, prescribed by Homoeopathy must be allowed in order to make possible the cure of such tedious diseases with individuals so very different. A strict homoeopathic diet and mode of living does not cure chronic patients, as our opponents pretend in order to diminish the merits of Homoeopathy, but the main cause is the medical treatment. This may be seen in the case of many patients who, trusting these false allegations have for years observed the most strict homoeopathic diet without being able thereby to diminish appreciably their chronic disease."*
- *"In order to make the cure possible the homoeopathic*

practitioner must yield to circumstances in his prescriptions as to diet and mode of living. In case of the daily labourer, the artisan, the former etc., this must be left to the intelligence of the rational physician.”

- *“The class of men usually occupied not with bodily labour and persons belonging to higher class but with fine work in their rooms, usually with sedentary work, should be directed during their cure to walk more in the open air.”*
- *“All classes of chronic patients must be forbidden to use of any domestic remedies or the use of any medicines on their account. With the higher classes perfumeries, scented waters, tooth powders and other medicines for the teeth must also be forbidden.”*
- *“As to diet all classes of men who wish to be cured of lingering diseases can suffer some limitation if the chronic disease does not consist of an ailment of the abdomen. With the lower classes there need be no very strict limitations especially if the patient is able to remain at work in his trade thus giving motion to the body. The poor man can recover health even with a diet of salt and bread and neither the moderate use of potatoes, flour porridge nor fresh cheese will hinder his recovery. Only let him limit the condiments of onions and pepper with his meager diet.”*
- *“Most difficult for a homoeopathic physician is the decision as to drinks. Coffee has in great part the injurious effect on the healthy body and soul; but it has become so much of a habit and necessity to the greater part of the so called enlightened nations that it will be as difficult to extirpate as prejudice and superstition unless the homoeopathic physician in the cure of chronic diseases insist on a general*

absolute interdict. Only young people up to 20th year or at most up to the 30th can be suddenly deprived of it without any particular disadvantage. But with persons over 30 and 40 years they have used coffee from their childhood. It is better to propose to discontinue it gradually and everyday to bring somewhat less. Most of them leave it off at once and they will do so without any peculiar trouble. Older persons who are unwilling to do without I might be allowed to use in a small quantity. I am convinced that even a long continued habit cannot make it harmless and as a physician can only permit what is best for his patient. It must remain as an established rule that chronic patients must altogether give up this part of their diet which is insidiously injurious."

- *"Most absolutely necessary in a cure of chronic disease is the giving up of Whisky and Brandy. Where the strength appreciably diminishes at giving it up totally a small portion of good, pure wine must be used instead of it for a little while, but later, wine mixed with several part of water according to circumstances."*
- *"Moderation in all things, even in harmless ones, is the chief duty of the chronic patients."*
- *"Smoking should always be limited and more so if the mental activity, sleep and digestion or the evacuations are defective."*
- *"More objectionable is the using of snuff."*
- *"Among events of human life untoward circumstances/events to a person who is already a chronic patient may not only augment his disease and increase the difficulty of curing, but if they break in on him violently make his disease incurable."*

- *“Uninterrupted grief and vexation very soon increase even the smallest traces of a slumbering Psora into more severe symptoms and they then develop these into outbreak of all imaginable chronic sufferings, more certainly and more frequently than all other injurious influence operating on the human organism in an average human life.”*
- *“A similar great hindrance to a cure of far advanced chronic diseases is often found in the debility and weakness into which youths fall who are spoiled by rich parents, being carried away by their abundance and wantonness, and seduced by wicked companions through destructive passions and excesses through rielings, abuse of the sexual instincts, gambling etc.”*

Diet Restrictions in certain frequently occurring diseases	
DISEASE/ PROBLEM	DIET RESTRICTION
Rheumatism	Consumption of root vegetables, pumpkin, Brinjal, Jackfruit, Bachali, Gongoora, and Junnu are prohibited
Asthma	Should not eat coconut. Light food advisable to avoid heaviness
Jaundice	Patient can eat rice and butter milk. Tender coconut water plantain, barley water is advisable. There should be no compromise in diet. Oil contents are prohibited, otherwise liver could get damaged. Diet control for minimum of 3 weeks should be followed.
Dog bite	Rigorous diet restriction for one full year. Plantain vegetable or fruit, coconut, root vegetables, bachali are prohibited. Dangerous situation may arise any time within 3 years of dog bite and hence proper care is necessary.
Fever	Only liquid diet is to be given. Boiled sago water, barley water, watery butter milk, horlicks, bournvita, puffed rice, arrow – root, oatmeal can be given.

POTENCY REGULATION

Selection of Potency to be used is dependent on one's own experience. There are differences amongst various homoeopaths when it comes to deciding on "what potency". While some say that administration of a medicine should start with 30th potency; others say 200th or 1000th (1M) as a good start point. Some boast that they don't prescribe anything less than 10M. These statements appear to have no scientific basis.

Master E.K. in his book "Organon" detailed extensively about the Potency to be used, in 246th aphorism. It is a general practice in chronic diseases to start with 30th potency and increase the potency when the power of the medicine wanes. This method helps in curing the disease. Repetition of same potency should be avoided. Otherwise not only the case gets complicated but also the symptoms will get mixed up. The reason being – after the first dose some symptoms would have been left out or a different set of symptoms would have sprung up. The physician should take the latest totality of symptoms every time and then proceed for a curative course. Prescribing the same potency without ascertaining the totality is incorrect.

Administering medicines based on fixed notions that a certain medicine would act for 10 or 15 or 30 days is also not correct. The 'duration of action' of a medicine is not constant. It depends on the strength of the vital force and progress of the disease. There are instances where a 30th potency had acted for a very long duration. So the potency to be administered depends on the merits of each case. Hence the physician, by his experience, should observe the strength of patient's vital force and prescribe the potency apt to the totality of symptoms.

In chronic diseases when mental symptoms are conspicuous, higher potencies can be prescribed. Later, when the symptoms reappear, the potency should be

increased progressively but same potency should not be repeated many a time. In acute diseases, lower potencies can be repeated. Similarly, in case of external injuries or wounds lower potencies can be repeated frequently.

Most importantly, potency should always be just enough to bring up the curative power of the vital force. For those whose vital force is weak or old age has set in, lower potencies are best. For middle-aged, since the vital force will be stronger higher potencies can be prescribed if necessary. New patients may be given lower potencies in the beginning until their vital and mental strengths are properly understood.

When the potency is lower than required, the intensity of the disease / symptoms may increase. In such situations if the totality of symptoms doesn't change then the same medicine of higher potency should be given. The intensity of the disease / symptoms may increase even if the potency is higher than required. In this case, if the medicine given is a match with the totality of symptoms, allowing the medicine already administered a little more time will get the symptoms cured. Patient's vital force should always be observed and kept in mind.

Medicines from poisonous substances like Lachesis, Crotalus, Naja should not be used in smaller potencies like mother tincture or 3x since, they are closer to their crude form. They might prove dangerous.

One should corroborate the curative process by observing the gestures and mental state of the patient.

As an aid for the user to understand more on this subject, experiences of some of the renowned homoeopaths regarding potency are presented below in their own words –

“Right remedy will act in almost any strength or potency but that the wrong remedy will be impossible whatever strength is selected.” [DR HAHNEMANN]

“Let me impress upon that ‘high potencies’ are not for lay people to play with. A knowledge of metaphysics, mental philosophy and logic, is necessary before one can hope even humbly to understand their action from a distance. I have been horrified at some people who after reading a book or two on *Materia Medica*, while they are still in a state of mental indigestion, start to throw their weight on friends and acquaintances with repeated dose of high potencies, frequently changing the remedies every few days: in their foolish ignorance and vain glory they do more harm to the cause of homoeopathy than if they kept to the ordinary run of house-hold remedies.” [Dr. **Dorothy Shepherd, M.D.**]

“The physician who knows how to use the various potencies has ten times the advantage of the one that always uses one potency, no matter what that potency is”. [Dr. **Kent, M.D.**]

“Every homoeopathic physician who is able to select the right medicine and who avoids the great fault of precipitation which is always injurious, will soon perceive that the high dynamization when given at long intervals and without repetition, are generally preferable to large doses which are repeated or changed too frequently.” [Dr. **Boenninghausen**]

“The lower potencies have been most successful in the treatment of asthma. The high potencies have not failed. But in all the literature I have been able to see the low potencies have seemed to be successful. Whether this is true or not, I do not know. I only give you facts that you may judge for yourself.” [Dr. **Farrington**]

STUDY OF MATERIA MEDICA

Study of Materia Medica is an art. There are so many Materia Medica books. But Dr. Kent's Lectures on Materia Medica is the one from which one can understand easily and select a drug suitable to each constitution. Dr Kent Has explained the Materia Medica in a personified way. So each drug is to be visualized as a person, then symptoms of the drug can be perfectly matched with the person. That means while reading the Materia Medica of any given drug, the reader would feel as if he is talking to a person. When one can perceive the drug as a person it is easy to conceive similarity for the natural disease. It is a penance. As many number of times we read the Materia Medica so many new dimensions of the drugs are revealed. There is some force passes as under current through the lines of Kent's Materia Medica. It should be studied as Bhagavat Gita by Hindus or Khuran by Muslims and so on. Then only it is possible to have a comprehensive darshan of each drug which can be otherwise called the drug picture.

All the important lines relating to the person are to be underlined with red ink so that they cannot be missed at the time of need. For Example:

- (1) ***Sepia*** – man-built features. This means, there are male symptoms in females. Likewise, in the same drug – “bad effects due to over vigorous husbands”, “affections are stilled” and so on.
- (2) ***Kali Carb***, “fights with the bread giver”. He will fight with those upon whom he depends.
- (3) ***Pulsatilla***, “weeps while reporting”. Feels sex life a sin.

If the physician is able to match the symptoms of his lifestyle with those given in the Materia Medica, it is 100% success. It is also difficult to translate the language

of the patient in terms of Materia Medica which is necessary. It differs from locality to locality.

All the symptoms obtained in a person suffering from a natural disease which form the totality of symptoms are all available in the Materia Medica viz.,

- (1) False Symptoms (Diseases that are likely to be cured by the drug.)
- (2) Constitutional Symptoms
- (3) General Symptoms
- (4) Mental Symptoms
- (5) Modalities
- (6) Peculiarities
- (7) Causation
- (8) Drug relationship.

Study of some drugs divided under the above groups are given in this booklet as an example.

For the purpose of selecting a drug the totality of symptoms of the person are to be matched with those available in the Materia Medica. If they match point to point it ensures a permanent cure. The physician has to understand carefully the nature of the person and the drug picture in the Materia Medica. If it is done based on 1 (or) 2 external symptoms it is a defeat. It is not just reading the symptoms and applying the drug.

Therefore, study of Materia Medica cannot be literal. Since Kent's Materia Medica is prepared in a personified way the selected drug should have a perfect match with the drug picture derived from the Materia Medica. This method of study proves to be holistic and restores health permanently.

LESSER WRITINGS

by Pr. J. T. KENT presented by Dr Robert Seror

What the people should know?

All who know and desire the benefits of the homoeopathic system of medicine, or art of healing, should acquaint themselves with the customs of the strict practitioners in order to avoid the deception of pretenders who are willing to imitate for diminutive fees, having no consideration for the patient nor the art of healing.

There are physicians who call themselves homoeopaths, but are so only in name, as they do not follow the methods worked out by Hahnemann.

They give two medicines in one glass or alternate in two glasses, or in some cases give medicine in three or four glasses.

They do not conform to Hahnemann's rules in taking the case and writing and preserving full records of the cases.

The people who are acquainted with these facts cannot protect themselves against such impositions.

The false and the true pervade all experiences and conditions of life, and the unenlightened and simple suffer by the deceptions of the false.

The time has come when the followers of Hahnemann should furnish information to the people in order that they may recognize the genuine if they desire the benefits of the homoeopathic art of healing.

It should be known, first of all, that true Homoeopaths write out the symptoms of each and every patient, and preserve records for the benefit of such patient and the art of healing.

A moment's thought must convince any person that human memory is too uncertain to be trusted with the long record of symptoms, even in a small practice; then how much more does the busy practitioner owe it to his patients to keep accurate records of their sicknesses ?

No physician is competent to, make a second prescription if the symptoms upon which the first prescription was made have not been recorded with fullness and accuracy.

Often in such a case the neglectful physician has forgotten the remedy given, even the one that has caused great improvement, but as there is no record of the case as to remedy or symptoms, and many of the latter have passed away, there is nothing to do but guess at a remedy, which generally spoils the case or so confuses it that the case seldom ends in a cure, and the sufferer always wonders why the doctor, who helped her so much at first, lost control of the case.

Many cases that should end in perfect cure result in failure from the above negligence.

Under such circumstances, when the physician has made a bad guess, he goes on spoiling his case by guessing and changing remedies to the disgust of the patient and injury to the art of healing.

Such failure leads to the experimentation and temporizing which lead to disgrace. The people should be able to know whether a physician is what he calls himself, or is of another sect. The temptation is very strong to be "all things to all men."

The people should not expect to obtain homoeopathic results from a physician whose methods are not in accordance with the homoeopathic art of healing.

If a person wants mongrelism, regularism, polypharmacy, etc., by knowing the methods of the homoeopathist, he will be able to discriminate and select the kind of his preference, and it is reasonable to suppose that if he does not want a homoeopathist he will be glad to know how to shun him.

Nothing is more humiliating to a Hahnemannian than to be called to the bedside and find that the people do not want him; but actually want one who gives medicine in two glasses because some old family doctor did so.

Therefore, this information is as useful to him who would avoid a homoeopathist as to him who desires one.

Homoeopathic patrons going abroad and those far removed from their own physician, often ask for the address of a good Hahnemannian. Such address cannot always be given, yet there are many reserved, quiet Hahnemannian physicians scattered over the world, but they are sometimes hard to find.

As far as possible, traveling homoeopathic patients should carry the address of Hahnemannians. In the absence of this a test may serve the purpose.

Go to the most likely man who professes to practice after the manner of Hahnemann and tell him you want to consult him; but unless he writes out all the symptoms of the case as directed by Hahnemann, and continues to keep a record for future use, you cannot trust your case with him, as you have learned to have no confidence in the memory of the man.

If he refuses to do this because of lack of time or ignorance, he should not be trusted, and it is best to bid him "good day" at once.

If he be what he professes to be, he will be delighted to find a patient that knows so much of his system of practice, and the patient and physician will become fast friends.

There is another matter that the people should know about; that the homoeopathic physician cannot prescribe on the name of a disease; also, that names are often the cover of human ignorance; also, that two sicknesses of the same name are seldom given the same remedy.

If a physician could prescribe on a name there would be no necessity to write out the many pages of symptoms that some long cases present.

The name of the disease does not reveal the symptoms in any case of sicknesses; the symptoms are the sole basis of the prescription; therefore it will appear that the name is not necessarily known, but the symptoms must be known to the physician in order that he may make a successful prescription.

It will now appear that if a physician has not time to devote to the patient in order to secure the symptoms, he is likely to be just as useless to the patient as though he were ignorant, as he will, in either case, fail to procure the symptoms which are the only basis of a homoeopathic prescription.

A little thought will enable a patient to ascertain whether this work is being done with care and intelligence or with ignorance, inexperience and laziness. It matters not from what excuse, if the physician fails to ascertain all the general and particular information in a case, he should not be trusted, as this labor, well performed, renders the rest of the work easy and a cure possible.

The people should also know that when such a record is on paper it is in such form that the patient may become the object of great study.

In no other form can a likeness of his sickness be presented to the understanding of the true physician.

Any physician who sneers at this plan shows how little he values human life and how much he falls short of a Hahnemannian.

The people should also know that the true physician may now compare such a record of facts with the symptoms of the *Materia Medica* until he has discovered that remedy most similar of all remedies to the written record.

And when the patient has become intelligent, he will say to his physician :

“Take your time, Doctor. I can wait until you find what you think is the most similar of all remedies, as I do not want to take any medicine you are in doubt about.”

This statement makes a grateful doctor, as he now knows that he is trusted and known, and has a patient intelligent and considerate.

Under such circumstances the doctor can do his best and such patients obtain the best and uniform results.

People who are not thus instructed become troublesome to the physician, and even suspicious, when they need to inspire him with full confidence, and sometimes they even change physicians and do the one wrong thing that is against the best interest of the patient.

It is possible and desirable for the people to be so instructed that they may select the safest physician and know when he is working intelligently.

People who are instructed do not intrude upon the physician's sacred moments, but, on the contrary, aid him with trust and gratitude.

Only the ignorant suggest this and that in addition to what is being done, and the more ignorant the doctor the greater is the number of things resorted to make himself and others think he is doing something.

The intelligent physician does what law and principles demand and nothing more; but the ignorant one knows no law and serves only his wavering experience, and appears to be doing so *much* for the patient, in spite of which the patient dies.

The physician must often long for a patient so well instructed as to say :

“Doctor, if you are in doubt about what to give me, don't give me anything.”

Such words could only come from one who knows that there is a law governing all our vital activities, and that law must be invoked or disorder must increase to the destruction of all order in the human economy.

If it were not true that the human race is ignorant of the highest principles of science, mongrelistic medication could not find support upon the earth.

It is true that if the people would study Hahnemann's Organon and thereby secure the safest medication for themselves and their families when sick, crude compounds and uncertain medication would not be the rule as it is at the present day.

In all trades a man must be somewhat skillful in order to gain entrance to an intelligent patronage; but in the profession of medicine, personal tact excuses such lack of training and ignorance of all science of healing.

People who know what homoeopathy really is should seek to introduce the principles among the most intelligent people by reading, and not by urging upon them a favorite physician.

(With the courtesy of Author)

ACONITE

False Symptoms :

Cold, Cough, Fever, Indigestion, Motions, Heart Complaints

General Information

- It is a vegetable drug. It is short acting and non-miasmatic.
- It is often abused in practice.

General Symptoms

- It works mostly on plethoric constitutions
- Complaints from fear (e.g: menstruation stopped due to fever)
- Restlessness, anxiety, sudden effect and sudden relief, burning sensation
- Repeated doses cause poisonous effects

Mental Symptoms

- Violent feelings
- Nervousness about the disease
- Irritation and excitement
- Fear of death
- Fear is evident on his countenance
- Predicts the hour of death
- Develops a state of indifference (udaseenatha) - loses affection towards friends and relatives
- Weeps with fear
- Suffering from burning sensation all through the body
- Sensation of ants creeping on the body (vanti meeda cheemalu pakutunnatlu undunu)

Modalities

- Aggravation cold and slight exposure
- Longs for water, feels thirsty (daham ekkuva)
- Craves for pungent (kharamaina teekshanamaina) food but it would be vomited out as soon as it reaches the stomach
- Aggravation music

- Food tastes bitter

Causation

- Exposure to cold or intensive heat
- Fear
- Bad effects of electric shock

Peculiarities

- Sensation as if thin wires are moving in the head
- Sensation of icy water flowing through the spine

Drug Relationship

- Nux vomica and Coffea brings the patient to order if large doses are given

Special Note

- It should NOT be used as a routine remedy/ second prescription.
- Aconite should not be given in Typhoid, as it affects heart and lungs.
- If fever recurs after Aconite, Sulphur may be given
- It is a heart remedy.
- It is a very useful drug for new born babies with breathlessness. (When a baby is born, he/she undergoes a sudden change in environment. So if the baby doesn't cry upon birth, a dose of aconite is very useful.)

BELLADONNA

False Symptoms :

- High fevers with delirium /Brain Fevers/ Meningitis/ Encephalitis, Milk Fevers, Convulsions in children
- Rheumatism, Tonsillitis (aggravation change of weather), Inflammation (predominantly right side)
- Blood Pressure, Hemorrhages
- Menstrual disorders
- Hydrophobia
- Bronchitis, Pneumonia, Pleurisy
- Boils, Carbuncles

General Information :

- It is a vegetable drug.
- It is almost similar to Aconite, but a little deeper. It is useful in certain chronic diseases also.
- It works in plethoric constitutions.
- Its effects are sudden and violent
- Belladonna can change a person to be become gentle.

General Symptoms :

- Head symptoms predominant (hence effects the vascular system – the heart, lungs, brain and nerves)
- People requiring Belladonna are very brainy and high class intellectuals, cunning, destructive intelligence and plotting nature.
- Sudden effect, sudden relief, great violence. It leaves suddenly like a storm.
- Heat is predominant, burning
- Red and flushed face, Throbbing carotids, broad face
- Staring and glistening eyes, dilated pupils.
- Feels blood hot. Blood seems to be rushing to the head. Intense heat - radiating heat. Feels the heat by touch.
- Mucous surfaces hot and dry, discharges hot

- Cerebral congestion

Mental Symptoms :

- Commanding and plotting nature, an unwise opportunist, destructive tendencies to spoil constructive will, No capacity to sympathize.
- Selfish, poisonous (decisions momentary), destructive mentality.
- Excitement – violence – great anxiety - irritability
- Sensorium is very much excited and work vigourously
- Over sensitive to attractions
- ***Bites, Strikes, tears and does strange things (generally in hydrophobia)***
- ***Startles in sleep, Sees ghosts, devils, insects, dogs and all forms of imaginary things***
- ***Wants to run away - wants to escape – even jumps out of the window***
- Aversion to company

Modalities :

- All pains are aggravated from touch, slight jar, motion, and light. Convulsions aggravated by cold air
- Unquenchable craving for lemon and lemon juice.
- Aversion to light, noise and company.
- Aggravation when looking at shining objects.
- Aggravation by looking at running water (Hyoscyamus, Stramonium and Hydrophobia)
- Aggravation at 3 PM and on the right side
- Head becomes over sensitive, tongue red, dry with red edges

Causation :

- Exposure to heat
- Hair cutting brings headache

Drug Relationship :

Calc Crab is the chronic of Belladonna

Special Note:**Headache:**

- Feels that neck is expensive and a great weight on the neck.
- Sensation of nails and hammering.
- Aggravation draft of cool air – touch – movement – noise - stooping or bending forward – lying – should sit perpendicular.
- Women will not have their hair combed or brushed. They allow it to hang.
- Congestion upwards – rush of blood to head.
- Cannot lie on the right side.
- Extremes of cold.

Vertigo:

Intense excitability – turning in bed and moving makes him dissy.

Eyes:

- Flashes of heat – flickering before eyes.
- Dimness of vision or blindness.
- Apoplexy of retina
- Night Blindness
- Dilated pupils
- Strabismus on account of congestion in the circulatory process.

Hemorrhoids :

- Blood Hot, bleeds bright red with clots
- Aggravation motion
- Spasmodic constriction
- Violently painful – cannot move – he must lie with limbs apart – much burning

Bladder :

- Feels spasmodic clutching at the neck of the bladder
- Retention of urine due to shock or due to fright or due to anxiety, grief or any mental troubles
- The same clutching may be in the vagina, uterus and the tubes also.

BRYONIA

False Symptoms :

- Digestive problems, liver troubles, constipation
- Fevers, Headaches
- Urinary troubles, Menstrual disorders

General Information :

- It is a vegetable drug.
- It is not too deep acting. Its symptoms develop slowly (it is not that drug acts slowly).
- It is not an anti-miasmatic drug.
- It is an acute-semi deep acting drug.
- He grows round in a cylindrical shape.

General Symptoms :

- Lazy, dull and does not like to move.
- Feels Body heavy, head heavy.
- Gets irritated when talked.
- Always feels that he is going to get into some disease.
- Vicarious menstruation i.e., instead of menstruation vomits blood through mouth or nose. (Phosphorous is also a good remedy).
- Frequent hiccough and belching.
- Women after gestation (milk fevers) breasts become swollen and painful - aggravation by movement.
- Excessive sex indulgence.

Mental Symptoms :

- Mind does not work especially in warm weather.
- Extremely irritable and lazy. Becomes irritable even for getting up from bed and to change his clothes.
- Grumbling mind. Mind becomes blank when questioned. All symptoms aggravate when his mind works.
- Always believes that he is a sick fellow.
- Dullness of mind. Feelings of stupidity in mind. Cannot work normal.
- ***Dreams of daily routine.***
- They do not like to be in another house or place.
- During fevers in his delirium says "***wants to go home***", sees images and thinks he is away from home.
- He wants only those foods that are not suitable to him. His mind does not like to take tasteful food. He always eats

sour and acid food. He wants something but does not know what he wants. When offered refuses.

- Fear of death.
- He believes he is suffering from a serious disease. He always remembers that he is a sick person.
- Those items liked by mind are not tasteful.
- Fevers on account of insults or indignation (Staphisagria)

Modalities :

- ***Acute complaints aggravate start in morning and increase by 9 AM. All symptoms aggravate at 9 PM also.***
- Mental symptoms and delirium start at 3 PM and increase up to 9 PM.
- All symptoms aggravated by movement.
- ***Acute complaints aggravated by cold.***
- After 1 PM mind starts working normal. Up to 1 PM it is dull.
- Unquenchable thirst - Longs for large quantities of water at longer intervals.
- Dryness of the lips – licks the lips.
- Cannot tolerate extremities of heat or cold.
- ***Amelioration by pressure (wants to be massaged).***
- Change of atmosphere aggravates pains.
- Headaches and all pains are aggravated by cool weather or cold applications and amelioration by pressure.
- In rheumatism – amelioration by heat and hot fomentations.
- Sweats ameliorated by sufferings. Sufferings ameliorated by sweats. When sweat is there no suffering and when suffering is there no sweat.
- Tongue mapped with white covering.
- Aggravation by smoking.
- Affections are on the left side.

Causation :

- Living in damp climates.
- Sitting on damp surfaces/stagnated waters.
- Sedentary life.

Drug Relationship :

Natrum Mur is a chronic of Bryonia.

Special Note :

- ***It works well in lazy and dull persons.***
- It is not wise to employ this remedy in people of sharp intelligence and active movements.

ANTIMONIUM CRUDUM

False Symptoms

- All the symptoms seem to centre about the stomach.
- Fevers are remittent or intermittent
- Hemorrhoids
- Prolapse of uterus – leucorrhoea
- Pelvis relaxed

General Symptoms

- Disorders of stomach makes him sick all over
- Whooping cough
- Constipation and stomach disorders. Weak stomach and easily disturbed digestion.
- Gouty and rheumatic symptoms
- Liver complaints – jaundice
- Disturbance in the menstrual periods - Irritable and painful ovaries
- Skin is ulcerated, Warts, bad nails and thickening of the skin on the soles of the feet. Very sore to walk upon. Warts on the hands
- Inflamed corns. Degeneration of nails. Pustules form upon the skin with red areola.

Mental Symptoms

- ***Loathing of life – no desire to live – thinks life is a burden***
- Sentimental mood in the moonlight – a hysterical state
- Disorderly outburst of affections
- Unbalanced in the general nervous system
- ***Child cannot bear to be touched or looked at – cross and irritable***

Modalities

- Thirstless
- Symptoms change with the changes of weather; worse in cold, damp weather, worse from cold bathing.

- Worse from taking sour wine, and worse from stimulants of any kind.
- Aggravation in the night – worse in damp weather – better from lying down quietly and from applied heat
- Worse from over-heating and radiating heat – in a warm room
- The whole tongue is covered with a milky white coating. It is found in all diseases where the remedy is indicated – milky white tongue.
- Whooping cough aggravated after looking into fire
- ***Spasmodic cough in diminishing paroxysm i.e., the first paroxysm occurs with great violence, gradually decreasing in violence in other paroxysms to nil.***
- Catarrh aggravated drinking sour wine and from cold
- Stuffing up of nose at night
- Cold bath at night causes voicelessness in the morning.
- Cannot bear the heat

Causation

Gluttony – over eating

Drug Relationship

Complementary - Sulphur

ARNICA MONTANA

False Symptoms :

- Badly treated typhoid's - Septic conditions (Blood Poisoning)
- Rheumatism, Dropsy and Urinary troubles.
- Fever after accidents / Injuries
- Heart diseases
- Skin diseases, Lucoderma, blue spots, mottled skin and hair fall, Appendicitis

General Information :

- It is a vegetable drug, deep-acting, anti-miasmatic.
- Plethoric persons.
- Useful in serious septic conditions.

General Symptoms :

- Key note of this drug is *self pity* and seeks sympathy.
- ***He is sad, morose, irritable, fearful and full of imaginations.***
- Zymosis – mainly with toxic condition.
- The Arnica patient wants to be alone and does not want to be approached. He also does not want to be touched, talked.
- Lack of enthusiasm, (nirutsaham).
- Always complains of some illness.
- Suffers from bodily soreness.
- He will have decomposing smell.
- Anticipates heart and digestive troubles.
- More sick mentally than physically. Often there may not be any reality in their sickness.
- Painful, sickly, bruised all over the body.
- Extremely sensitive. Always feels that he is suffering from serious illness especially of the heart.

Mental Symptoms :

- Stupidity, irritability and *self pity* – seeks sympathy.
- Suddenly wakes up as if with instant cardiac distress.
- Dreams of horror of instant death with cardiac distress,

when he wakes up and goes to sleep again the dream continues.

- He feels he would not get cured.
- Exaggerates his sufferings.
- Sad, fearful and easily frightened.
- He is proud of his disease.
- Dreadful dreams, dreams of muddy water and getting drowned, Fear of robbers and police are chasing him.
- Feels that the bed is hard – he wants a new place.
- They are fairly well during day time.
- Fear remains for long especially in nights in the shape of dreams.

Modalities :

- Aversion to meat, broth, milk.
- He will have cold nose, offensive flatus and stools, black watery stools with black blood vomiting.
- Body cold – head hot.
- Thirst during fever and chill, otherwise no thirst.

Causation :

- Injury/accident in the history of the case.
- Food or water poisoning.

Drug Relationship :

- Wine should not be taken

Special Note :

- ARNICA should not be used in animal bites, broken skin, torn, and lacerated wounds.
- **ZYMOTIC FEVERS** : They are greatly prostrated, stupid, and unconscious, does not find correct words to answer, coma, toxic condition, and lies as if dead. When roused up, he is irritated, **“I do not want a doctor, I am not sick”**.

He says this when he is only ill. He does not want to be bothered/talked. In injuries and shocks – sore bruised sensation. Sprained joints – black/blue. In gout/rheumatism – does not want to be touched. So he sits in a corner

- **FEVERS :**

Body cold, head hot. Fever is mostly preceded by bad dreams/distress, fearful dreams, soreness of the body, infantile convulsions, and dusky spots. Aggravation by touch.

- **WHOOPING COUGH:**

Spasmodic cough with expectoration of black blood, vomiting of blood with black mucous. Cough excited by anger and crying.

- **HEART DISEASES:**

- 1) Shooting pain in the heart region.

- 2) Fear and palpitation

- 3) He has the idea of the disease and believes he would die.

- ARNICA is an important remedy in injuries, bruises, shocks, injuries of the joints and back attended with soreness. In such cases, arnica becomes the first remedy unless there are other generally decided symptoms that call for other remedies.

ARSENICUM ALBUM

It is very deep acting drug. Its effect is long lasting. It disturbs all the functions of the person. This is frequently useful. It is important both in acute and chronic diseases.

Main Key Notes of this drug: *Anxiety, restlessness, fear (of death), prostration of mind, burning.*

False Symptoms :

Fevers – remittent and intermittent, renal calculus, gall stones, prostrate gland, urinary infections, dropsy, ascites, ulcers, vomiting, summer diarrhea, cardiac diseases, asthma etc.

General Symptoms :

- People requiring this drug is active with sharp minds, adjusts to the environments quickly.
- ***Restlessness, cannot rest anywhere as a consequence of fright, inclination to commit suicide.***
- ***Restlessness, anxiety, burning, Prostration, debility, anguish,***
- ***Fear of death***
- They look prematurely old, wrinkles on the face.
- Digestive troubles

Mental Symptoms :

- Fastidious – mania for neatness – known as “***a patient of Gold-headed cane***”.
- Too much thinking and planning, will not be able to execute anything.
- He will have fixed ideas.
- Aversion to acquaintances - Loses enthusiasm.
- Imagines that somebody formerly offended him.
- Great sadness and melancholy, mental depression and despair of recovery.
- He is over sensitive to environments particularly to sounds.
- Suicidal manias haunt him – but fear of death.
- Religious mania.
- Fear of all forms - fear of being alone – fear of approaching night.
- No good opinion of anything.

- ***Unquenchable thirst for small quantities of cold water.***

Modalities :

- All sufferings are aggravated between 12 to 2 AM and/or 12 noon to 2 PM.
- Amelioration from heat.
- In periodical affections if the disease goes deeper, interval increases it becomes intense and dangerous.
- In Mental Cases, wants to sit near the fire. After the arrack is over, wants cold air.
- If the sufferings are below the neck they are aggravated from chill and ameliorated by warmth.
- If the sufferings are above the neck, the head is aggravated by warmth and ameliorated by cold or cold weather.

Causation :

- Post operated cases.
- Poisoning.
- Living under constant fear.

Drug Relationship :

- Thuja is the chronic of Arsenicum Album.

AURUM METALICUM

The main keynote symptom of Aurum Metallicum is suicidal mania. All the symptoms that may be narrated in this drug lead to this symptom. He loathes life, looses will to live. He is weary of life, longs to die.

Dejection, despair, disappointment torture him all through the life which lead to suicidal tendency. Self condemnation, self reproach and self criticism are the three main factors which create hopelessness i.e. doing everything wrong and he cannot succeed which again leads to think of suicide or ending his life. He is disunion with himself. Dreadful insanity and profound states of melancholy and depression haunts him.

Disturbance of affections, feebleness of the intellect, ailments from grief, disappointed love, fright, anger, contradiction and mortification lead him to meditate upon death and suicide.

Aurum Metallicum is primarily drug of insanity, depression and suicide. They all belong to the person. The mind is perverted. Therefore, all the symptoms come under this drug relate to the mind. It is therefore difficult to divide the symptoms into general, mental, modalities etc.

Although there are certain physical sufferings, they are all connected with mental perversion of the subject. All complaints are aggravated in the night. Desire for open air.

Many symptoms disappear after cold washing. Rheumatic symptoms glance about the groin, the lymphatics in abdomen, mammary glands, the testis and ovaries may also be involved.

Photophobia – the field of vision is disturbed – specs and dots are seen. Yellow crescent shaped bodies float before the eyes and many other disturbances of vision.

Aurum Metallicum is a medicine that is suitable for indurations of the uterus and ulceration of the uterus as a result of respected abortion.

BAPTISIA

False Symptoms :

- Scarlet fever, diphtheria, typhoid and gangrenous complaints. Its fever is remittent.
- Fevers of septic origin.
- Exhausting diarrhea.

General Information :

- Baptisia is a vegetable drug.
- It is short-acting – complaints are not long lasting.

Important Symptoms of Baptisia :

(It is difficult to divide the symptoms into General and Mental)

- It is a rank drug in typhoid's. If the fever is very high, say beyond 103 "Pyrogen" works well.
- It is most useful for acute diseases of septic origin.
- Sleepless and restless.
- Confused as if intoxicated. He does not know what he is talking. When people are around he wants to say something, but he talks a few words and then goes into sleep.
- Appears as if drunk. Half talks and slips other words.
- ***Feels dual existence and talks about the other when roused up.***
- ***He feels that one part of the body is talking to the other.***
- ***Feels that his body is scattered around the bed and appears as if trying to collect the pieces together.***
- Excessive drowsiness – delirious stupor – lies in a semi-comatose state – face mottled – prostration.

- Discharges and exhalations foetid – bleeds black blood which is offensive.
- Breath, stool, urine, ulcers are all putrid.
- Ulceration of mucous membranes.

Modalities :

- Can swallow only liquids but cannot swallow solids
- Limbs, hands, and tongue tremulous – quivering all over the body.
- Jaw drops and lies upon the back unconscious with mouth wide open and gradually slides down towards the foot of the bed.
- Tongue red and dry in the middle.

Causation :

Septic poisoning

Special Note :

- In remittent fevers, a dose of Baptisia will break the fever and stops it to go into typhoid and leads to selection of a correct drug.

HYPERICUM

Hypericum is a very important drug in Homoeopathic treatment for injuries and to the sentient nerves and other troubles caused by such injuries. It may also be called as homoeopathic Anti-tetanus. There are no significant mental symptoms.

False Symptoms :

- Injuries and troubles arising out of injuries
- Compound Fractures, wounds, lacerated wounds, neuralgia, paralysis due to injuries, rheumatism, spinal concussion, sciatica, stiff neck

General Symptoms :

- It is a great remedy for injuries and crushed fingers
- Excessive pain is a guiding symptom
- It prevents and cures lock-jaw.
- It prevents and cures tetanus.
- Injuries in sentient nerves.
- Injuries to the spine.
- Injuries to the coccyx.
- Meningeal troubles from injuries.
- Post-operated/Post-surgical symptoms
- A wound will yawn, swell up, no tendency to heal, look dry and shiny on its edges; red; inflamed; burning, stinging, tearing pains, and no healing process. Such wounds need this drug.
- A painful cicatrix with pain shooting up toward the centre of the body following up the nerves. Hypericum is the medicine for that.

Special Note :

- After surgical operations if the patient suffers prostration, coldness, oozing of blood, almost cold breath – STRONTIUM CARB will be the best remedy.
- Kent says, "Strontium Carb" is the Carbo Veg of the surgeon.
- In the cases of injuries, sometimes chloroform is to be antidoted. PHOSPORUS is the best antidote of chloroform.

Related Drugs :

- Staphisagria, Ledam pal, Arnica, and Rhus Tox are closely related to these complaints. An intelligent discrimination has to be used of these drugs in cases of injuries is to be exercise.

NUX VOMICA

False Symptoms :

- Indigestion, constipation, headache and fever. Constipation. Bleeding piles, assates, liver disorders, jaundice, menstrual disorders, asthma, convulsions,
- Epilepsy – petidmal and grandmal
- Jealousy, restlessness, anger, hypertension

- **Anti peristalsis**

- Delayed labour pains

General Information :

- It is a vegetable drug.
- Long-acting and also deep-acting.
- It is useful in both acute and chronic diseases.
- It is widely abused.

Constitutional /General Symptoms :

- **Nux vomica is a high grade drug for irritability and impulsive anger.**
- **Stomach troubles are its main features.**
- **Over sensitiveness.** Cannot tolerate change in environment.
- Lean and thin. Dyspeptic.
- Poor digestion, constipation. Always complaints about his stomach. Patient gets sick with untimely or un-tastable foods.
- Very careful about diet. Selective in food but likes pungent foods – dislikes for rich foods, **Feels great heat in head and perspires while eating.**
- Addicted to drinks. Craves for stimulants such as coffee and chain smoking.
- All sufferings aggravated by constipation leading to headache, insomnia and anger.

- **Anti peristalsis** – reflex movement of motion (some people read books or newspapers while in toilet. In order to divert their minds from the idea that they are passing motion).

Mental Symptoms :

- **Uncontrollable irritability.**
- **Sudden outburst of impulsive anger.**
- **Aristocratic, fault-finding, critical in behavior**
- **Obstinate and non-communicative**
- Jealousy and confusion.
- Full of anxiety and fear and hypochondriac, suspicious
- Brain fag – fatigue – over worked and over strained.
- Unsocial – wants to be aloof.
- Sensitive to smell – smell continues to haunt him for a long time.
- Strong thoughts, though happy, make him tired.

Modalities :

- All symptoms aggravated by heating.
- All symptoms aggravate early morning and ameliorated by motion.
- Sensitive to cool air and sounds.
- Desires cool breeze for the head while uncomfortable to the body. So covers up to the neck – keeps the head near the window for cool breeze.
- All symptoms aggravated by physical and mental strain.
- Chills begin in the extremities (feet and hands) and all over the body.
- **Feels great heat in head and perspires while eating.**

Causation :

- Sedentary life,
- Alcoholism, abuse of stimulants,
- Over drugged, over eaten,

- Excessive indulgence in sex
- Mental and physical strain – Brain fag.

Drug Relationship :

- It neutralizes the bad effects of medicines of other systems.
- Nux Vomica and Sulphur are complementary drugs.
- Nux Vomica should not be given before or after zincum met

Special Notes :

- Habit of drinking can be stopped by Nux Vomica.
- Although it is repetition, the following high-grade symptoms are worth mentioning once again:
 - 1) **Striking over sensitiveness,**
 - 2) **Very touchy, High irritable**
 - 3) **Uncontrollable impulse, jealousy**
 - 4) **Full of anxiety and fear**
 - 5) **Abuse of sex**
 - 6) **Overwrought**
 - 7) **Selective in food**
 - 8) **Over eating, over drugged.**

PULSATILLA

False Symptoms :

- Menstrual disorders, Digestive troubles, Urinary troubles
- Kidney troubles, Varicose veins, Skin troubles, Headaches
- Eye troubles, earaches, asthma, bronchitis, mumps, swelling of breasts, puerperal fevers, mania
- ORCHITIS

General Information :

- It is a vegetable drug.
- It is useful for both acute and chronic diseases and goes deep into the constitution.
- The symptoms are mostly found in women.
- It is predominantly a mental drug.

Constitutional /General Symptoms :

- They appear to be quite healthy and they do not appear to be sick at all.
- **Do not have the credit of being sick.**
- They are nervous and easily tearful.
- **Fair complexioned. Mild, gentle and tearful.** They are easily lead and persuaded. Easily misunderstands others.
- No decisive power. **Easily weeping, easily laughing.** Very sensitive, lacking self confidence.
- Socially very active. Sharp mental disposition. Active bodily moments
- Changeable moods, irritable.
- Does not like to go to the doctor. **Weeps while reporting.**
- **Scanty menstruation.** Ovary trouble. Some bleeding from mouth or nose. Menstruation stops when feet are wet in some people. Burning while urinating.
- Headaches preceding or following menstruation and mostly in school going girls at the age of puberty.
- Headaches are mostly one sided – left side.
- Fearful, Fears to be slightened.

Mental Symptoms :

- Fixed ideas.
- Religious mania. He/she feels she has sinned away his/her day to grace. Day after day she entertains this idea. She becomes melancholic, sad and taciturn and finally becomes insane.
- Imagines certain articles of food which are found good, are not good to the human race.

- **Attributes scriptures to their detriment.**
- **She wants to be very pious. She thinks she is pious.**
- **Averse to marriage - thinks marriage is a sin.**
- **Aversion to other sex.**
- **She imagines it is an evil thing to have sexual course with husband.**
- Suspicion that others are observing her.
- She will not much time to misunderstand others.
- They reply in mono-syllabic answers.
- They do not talk at all about their symptoms. It is a sort of aristocracy.
- They believe that they are sinners. Feels that "Why should I live such a sinful life". They also believe that on account of their sin in the previous births, they are like this.
- Believes that somebody played a black magic.

Modalities :

- Rich foods do not agree.
- Milk does not agree.
- No two stools are alike.
- All symptoms aggravated by warm weather. Pains aggravated by rest and ameliorated by slow movement and low application of breeze.
- All mental symptoms aggravate during menstruation.
- Pains aggravate during night.
- Crave for ice or ice-cold things.
- Dry mouth with no thirst.
- They have one-sided symptoms, mostly left sided.
- Feels false pregnancy.
- Rheumatic pains and nervous conditions are ameliorated by cold and sneezing and vice versa.
- Symptoms aggravated by meals.
- Headache ameliorated by pressure/by slow movement.
- Involuntary urination by sudden news – grief, wonder or laugh.
- Menstruation stops with feet wet.
- Menstrual colic ameliorated by flow of menses.

Peculiarities :

Urging for urination whenever they lie flat

Drug Relationship :

- Pulsatilla is an antidote for almost all drugs.
- Pulsatilla is antidoted by Sulphur.
- Natrum Mur completes the cure after Pulsatilla

PYROGEN

Pyrogen is a high-grade medicine for septic fevers and all conditions arising out of septic origin, apart from other fevers. The temperature would be very high even upto 106. Although the symptoms of Baptisia are almost similar with Pyrogen, Baptisia cannot meet this situation in high fevers as that of Pyrogen. Pyrogen prepared out of decomposed beef. It is a short acting remedy used in acute cases.

False Symptoms :

- Septic fevers, sewer gas poisoning, fevers due to phthisis, puerperal fevers
- Abscesses of septic origin, leprosy and psoriasis
- Diarrhea in septic fevers.

General Symptoms :

- ***Pulse and temperature are out of rhythm*** which is a predominant symptom of Pyrogen.
- When abscesses are open, discharges as scanty with violent burning.
- ***Putrid and offensive odors from the body, breath, sweat and discharges.***
- Cures chronic complaints that have come up from septic origin or puerperal fevers including Bright's disease.
- Threatening heart diseases due to septic and zymotic conditions.
- Blood black in Hemorrhages.

Mental Symptoms :

- Loquacity – thinks and talks faster
- Full of frightful dreams
- Irritable and ***delirious confusion of mind as to body and limbs.***
- ***Feels one while lying on one side and a different person when turns to other side.***

- ***Sensation as though crowded with legs and arms.***
- ***Knows his head is on the pillow but does not know where her body is.***
- ***Copious sweats, any discharge is offensive.***

Modalities

- Thirst for cool drinks during chill and heat. Violent chills intermingled with heat and sweat or dry heat.
- Aching in limbs. Restlessness ameliorated by motion.
- All pains aggravated by sitting in cold damp weather
- Copious sweat on the head.
- Fan-like motion of alae nasi.
- Tongue coated brown with brown streak down the centre with imprints of teeth.
- Cheeks red and burning hot.
- In all fevers heat is intense.
- ***Coffee ground vomiting.***
- Cough aggravated by lying, ameliorated by sitting.
- Chill is quotidian. It comes in the evening generally 7 PM. Periodicity is regular.

Causation :

Septic origin and blood poisoning.

Drug Relationship :

Symptoms are similar to Baptisia but Baptisia cannot meet the situation of Pyrogen.





Dr. K.S. SASTRY

Dr. K. S. Sastry born in 1936, retired as Sr. Accounts Officer, Railways. He came into contact with Master E.K. in connection with health problems of his son. Since then he followed his path and with his blessings he became Registered Homoeo Medical Practitioner. He dedicated his life for service of humanity through Homoeopathy in addition to other social services. He conducted more than 33 Homoeo awareness programmes to bring home the efficacy of Homoeopathy to the common public; imparted spiritual education too and conducted various rituals which lead to self transformation; brought out various books in Homoeopathy. He is a worthy recipient of many honours like "UGADI PURASKAR" and from reputed organizations and titles "*Homoeo Healer*", "*Homoeopathy Rakshana Ratna*" and "*Satya Tapaswi*". He has been serving The World Teacher Trust as a Chief Homoeo Physician since beginning, held the posts of Vice President, Vice Chairman (Services) and presently holding the post of National Chairman, The World Teacher Trust and Chairman, Balabhanu Vidyalayam Trust, Visakhapatnam.