

Remedies
when
Homoeopathy
Viewed
Diagnostically

A scientific approach in Homoeopathy

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Remedies when Homoeopathy viewed Diagnostically (Volume I & II)

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Publisher's Note

Conventionally, Homoeopathy is not a system of treatment that can be viewed diagnostically. It should be symptomatic when it is Homoeopathy. But nowadays a disease can be recognised easily by some diagnostic tests, and looking at the disease through symptoms becomes secondary.

The aim behind publishing this book is to find out a reasoning based approach in Homoeopathy to the disease-drug relation, so that any physician may find out the remedy of a disease on his own, if the disease is diagnosed and the reasoning for selecting the remedy for it is correct, without going through the compilation of symptoms.

In this book, the author has tried to find out ways and wanted to show that how the approach of the treatment will be 'diagnostic' in nature. We hope that this book will be helpful for both the students and the practitioners of Homoeopathy during the selection of the remedy. This book is a merger of two parts of the well-known book named, 'Homoeopathy viewed Diagnostically' by the author. In this edition it is revised again, some topics have been added and everything is made available in a single attractive folder.

This project could not have been completed without the support and guidance of our editorial team at B Jain. We hope this would be a great contribution in the field of homoeopathic practice,

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VOLUME-I

Few Words for this Edition (2021)

This book was previously named as “Homoeopathy viewed Diagnostically” and was first published on December 2015. But henceforth, the same book will be titled as “Remedies when Homoeopathy viewed Diagnostically”. It has some significance that the name of the book has been changed.

At the time of five years ago, I was not quite certain about the acceptance of my idea and approach in Homoeopathic treatment. Though it is maintaining all the ethics and philosophy depicted by the founder Dr C.S. Hahnemann still, there is obviously some difference in selecting remedies from symptomatic and diagnostic stand points.

It is very much encouraging that, within this period, my idea and approach has enormously been accepted by the practitioners and readers, not only of India, but also from many countries.

There have been several enquiries both to me and publisher about the part (3) of the book, if any, published, because of acceptability of its scientific approach.

Moreover, many practitioners have asked or have queries for more remedies on other various diseases, I discussed or not, in this book (Vol.- I & II), having observed the great efficacy of the remedies found in this way.

But, as I have mentioned (written in the book) that, the idea and approach what I envisaged, are based on the pharmacokinetics of the remedies, I couldn't enter all the remedies at random, without matching the conformity of the pathways of the diagnostics of the remedies and the line of actions of the diseases in the biological process.

Now, though it could not be possible so far, to analyse all the remedies from the diagnostic viewpoints perfectly, still, after observing the much effectiveness of some remedies with partial diagnostic persuasion, some of those have been included in this edition.

With this view the title of the book is renamed with a revision to some extent also, where it is felt necessary.

Hope, you will enjoy the book with a new makeover, as before, which will take you from a perception of symptomatic domain to a very scientific diagnostic dimension.

February, 2021

Author

Preface

It is to be mentioned at the very onset of exposing my concept and subsequent related research that the works I have tried to explore are completely and exclusively within the periphery of the Homoeopathic system of treatment invented by the great soul Dr C.F.S. Hahnemann; but of course with the intention to carry on his chariot through the rough and tough pathways of our modern ages.

With my knowledge, experiments, and observations I am humbly willing to show my simple and little research work as a “reflection” of the complicated parameters of modern days, incidental to the mirror - ORGANON.

Homoeopathy should not remain an orthodox idea only. It was a dynamic revolution created by Hahnemann and we should keep it dynamic in the modern era also. It can be said without any doubt that, a remedy manifests symptoms in a body, not without reason behind. It is its pharmacodynamics which indicates a specific set of symptoms to expose. That is its property. So, a disease- drug relationship based on the diagnostics must have much more power of curability.

In a true theoretical sense, Homoeopathy is not a system of treatment that can be viewed diagnostically. It should be symptomatic when it is Homoeopathy. But still, this book is titled as ‘Remedies when Homoeopathy viewed Diagnostically’. It is

because nowadays a disease can be recognised easily by some diagnostic tests, and looking at the disease through symptoms becomes secondary. Similarly, the symptoms produced by a drug in a healthy person, depend upon some reasoning as per its natural properties, chemical compositions, pharmacokinetics, etc. of the drug. So finding out the relation between these two, the disease and the drug, surpassing a rigorous searching for totality of symptoms, is what may be called ‘Remedies when Homoeopathy viewed Diagnostically’. More accurately, it is the ‘Diagnostic Approach in Homoeopathy.’ But it is not just correlating a disease with a remedy or a set of remedies without reasoning; because this ‘reasoning’ covers up the “surpassing of rigorous searching of symptoms” in a disease-drug relation in Homoeopathy.

This book is not a Materia Medica, or Repertory or even a collection of some prescription-like-tips for the treatment of diseases. **But its objective is to find out a reasoning based approach in Homoeopathy to the disease-drug relation, so that, any physician may find out the remedy of a disease of his own, if the disease is diagnosed and the reasoning for selecting the remedy for it is correct, without going through the compilation of symptoms.**

In this book, I have tried to find out the ways and wanted to show the ways of finding it out, so that the approach of the treatment will be ‘diagnostic’ in nature. I think, the process of finding out a diagnostic solution of the treatment is a continuous process and in the future, people will be able to contribute in developing the Homoeopathic treatment in this way. Here, I am not hesitant to mention that it wasn’t possible for me to find out the relation between drug and disease exclusively in every case, at least for the time being. In that case, the organ or the part of the body

affected by a disease and having affinity of a drug's action has been considered as disease-drug relationship; or even sometimes the clinically verified symptoms are taken as the relationship between drug and disease, with a hope that, in future, scientific research will reveal the desired property of the drug to correlate it to the disease, in such cases.

It is astonishing to note that while trying to discover a drug for the treatment of a particular disease, the modern scientific researches in elite institutions of the world experimented with the sources which have already been considered in Homoeopathy exclusively. For example, research on Turmeric, Cinnamonum, Vanadium reveals that drugs can be made from these sources for the treatment of cancer and incidentally these had been considered years ago as the remedies of cancer in Homoeopathy. **So, we can non-hesitantly select the source of a drug considered for treatment according to modern research, to treat a disease diagnostically in Homoeopathy.**

Few effective remedies are mentioned under the caption "SOME MORE APPLICATIONS". The diagnostic explanations have not been given in all of these remedies there. Because of their assumed effectiveness as considered by different eminent Homoeopaths, they are mentioned with the hope that those can also be explained in the future from the diagnostic point of view.

The book does not ensure a prescription for a reason that repetition of doses, which is very important for Homoeopathic treatment, are not mentioned here. For the treatment of disease: diagnosis of the disease, selecting remedies with its sequel, and repetition of doses are all important and can be perceived only by physicians.

It is true that there remain many diseases (Endocrinal, Fever, of organs, generalities, etc.) untouched for discussion in this Vol.-I.

I hope, those will be written later in another part, if this new approach is able to win the hearts of the readers, especially the next-gen- Homoeopaths. Any interaction in this regard (email ID has been given) is most welcome.

It will be considered as a success, if it really be beneficial to the Homoeopaths of next-generation and subsequently to the society.

21-12-2015

(February, 2021)

Author

PART-A



Why Modernisation and How

If we look into the books on the practice of Homoeopathic treatment written by eminent physicians of old days (not mentioning a few names only), we observe that the selection of medicines was different for different doctors; the potencies were not as those are of today. From time to time both the remedies and their potencies were used differently but had been used very successfully. The very natural question arises that why did this difference of opinions occur? Even today this is a common feature of the Homoeopaths that different doctors would prescribe different remedies, in different potencies to tackle the same disease of the same person. And eventually perhaps all the doctors are correct to their assessment, but the result may not be the same for all of them. This may happen due to the impossibility of finding the ‘Totality of Symptoms’, which is considered to be an essential condition for the selection of a remedy.

Is it practically possible in our modern times, to make a ‘Totality of Symptoms’ for every diseased person in the circumstances we are taking their treatment? If it is not possible in practice, then should we claim to be a perfect Hahnemannian Homoeopath? But we are always claiming to be a true Homoeopath than others. Deviation must be there. It is natural. And this deviation

in approach and subsequently selecting a remedy on that basis, may develop an easier, accurate, effective, and quicker solution to the treatment. The characters of years are bound to be changed in course of time and with the development of new technologies we have to sway along with the rhythms of the modern days, but certainly, not at the cost of our basics. Technology can help to diagnose the disease but not selecting the remedy, because a different approach gives birth to individualism and the selection of remedy comes from that core of individualism and not from technology, such as a computer. And it is observed that some of our senior physicians have already taken and advised to take the help of technology in this field of treatment. But we should also take this process forward for selecting a remedy based on the diagnosis of the disease and not depending absolutely on the symptoms. To me, that is very important and demand of the day for Homoeopathic treatment.

Every day of our modern times is becoming complicated; its outcomes are in no way becoming natural or better. Should we expect that all the symptoms of a diseased person, would be the same as those found centuries ago? Apart from the modern drugs administered, the food habits, lifestyle, customs, even the philosophy and the behavioural patterns of modern days are so exponentially different from the previous days that in most cases the symptoms are not appearing to the extent which could correlate the drug-symptoms homoeopathically. I think many Homoeopaths do feel in the same way. Far away is the consideration of the Totality of Symptoms. Nowadays, most of the diseased persons come to the Homoeopaths after an extensive treatment in other systems and as such, they show the symptoms which are rarely natural, distinct, or exclusive; rather are influenced and subdued by modern drugs taken at random; complicated and jumbled up with the symptoms of many more

diseases side by side.

Moreover, without controversy, it can be mentioned that the symptoms collected in the Materia Medica as the proving of various drugs, are not flawless, rather it may bear the possibilities of gross differences from prover to prover and for different potencies of drugs considered. And as such, all the collected symptoms, though actually produced by a drug in different potencies and to different provers, jumbled up the situation of sorting out a particular potency of a drug that could cure a diseased person. Nevertheless, a Homoeopath ought to treat the patient with better effectiveness and quick relief than other systems of treatment so that more patients will turn up to the Homoeopathic treatment. And at this point, my conscience always hammers me that modernisation is urgently required in this system of treatment also, as it is being done in all the spheres of our times, in every system of treatment, trade, business, education, policymaking, judiciary, and even in livelihood etc. And honestly, don't we, the Homoeopaths think that it's the demand of our modern times, to serve more patients within a short period of time with more effectiveness, quick relief, and inculcating faith into the patients? **And don't we think, to fulfill these purposes we need an easier but correct, precise but accurate, simple but speedy way of the remedial process?**

'Totality of Symptom's is an ideal condition. But in reality, this can not be attended to. In all spheres of science, this happens. In gas equations, we learned, ideal gases do follow them but real gases don't.

Conceptually, 'Totality of Symptoms' may give rise to some misconceptions as well. A drug may produce many symptoms in different people as well as in different potencies. All these symptoms may be accumulated as drug-produced symptoms. But

if a diseased person shows only a few of the symptoms which are common to many drugs, then matching the same to ‘Totality of Symptoms’ of any one of the possible drugs is a vague idea of treatment. Let’s consider a simple example.

Let us consider the numbers, from 1 to 100 as the total possible symptoms of all the diseases and drugs. Out of these numbers, we can make subsets e.g. even, odd, multiple of 3, 4, 5, 6, 7.... and etc etc. If we take the subsets of multiple of 3, 6, 12..... separately, we will have many numbers common to these subsets; but these subsets are not the same. Similarly, in symptoms also, it will not give rise to a unique remedy because they may not be identical. The remedy for a particular subset of symptoms must be different from those of other subsets, though they may have many symptoms in common.

Let us take another example to explain the matter. Let ‘A’ be a set consisting of symptoms of a particular disease and is represented by the numbers, multiple of 3 (within 1 to 100): ‘B’ be another set consisting of symptoms of another disease and is represented by the numbers, multiple of 7 (within 1 to 100). Now, a patient may come with symptoms as below, say:

1. 9 and 63 (one is multiple of 3 only and the other is multiple of both 3 and 7); or
2. 21 and 70 (one is multiple of both 3 and 7 and another is multiple of 7 only); or
3. 42 and 84 (both multiple of 3 and 7); or
4. 14, 21, 36, 84 (one is multiple of 3 only, one is multiple of 7 only and two others are multiples of both 3 and 7).

In these four categories it is seen, some numbers (21, 42, 63, 84) are common to both the sets ‘A’ and ‘B’. So to find out the

Homoeopathic remedies to these diseases represented by (i), (ii), (iii), (iv), we require more symptoms (or numbers) to form a 'Totality of Symptoms'. And even then, it may not be found at all. **But with the 'Diagnostic Approach', even with this minimum number of symptoms, the diseases, and the corresponding remedies can easily be found.** As of here, (i) is the disease of set A; (ii) is of set B; (iii) and (iv) are combination of both A and B i.e. multiple diseases are present there. It is because, (i) contains at least one exclusive number of set A; (ii) contains at least one exclusive number of set B; (iii) contains common and not an exclusive one and (iv) contains exclusive as well as a common number from both sets.

Thus, through the 'Diagnostic Approach,' we actually reach the 'Totality of Symptoms' of 'A' and 'B' in a shorter way and without searching out other unavailable or unexposed symptoms.

Let us set another example. Let say, a patient has come with symptoms (L, M, N, O, P) common to four different diseases represented by symptoms as follows (easy to find out the symmetry)

Disease (A): A, C, E, G, I, K, (L, M, N, O, P), Q, S, U, W.

Disease (B): B, D, F, H, J, (L, M, N, O, P), R, T, V, X.

Disease (C): C, E, G, I, K, (L, M, N, O, P), Q, S, U, W, Y.

Disease (D): D, F, H, J, (L, M, N, O, P), R, T, V, X, Z.

And let there be several remedies (as generally found) which produce similar symptoms as of the patient. Any of the probable remedies may eliminate the symptoms (L, M, N, O, P) of the patient but does it really cure the patient? It may so happen that after the elimination of all the symptoms (L, M, N, O, P) some hidden symptoms of the disease are coming out, because the

What is 'Diagnostic Approach'

'Diagnostic Approach' is an approach of looking at the patient from the angle of 'Diagnosis' and simultaneously selecting the corresponding remedy for it. It is certainly, not just some diagnostic tests to diagnose only the disease, rather it emphasises on the clinical diagnosis though not ignoring diagnostic tests available in and around. But the total approach is based mainly on clinical co-relation along with the remedies thereon, besides taking into consideration the pathological tests required.

Of course, diagnostic tests, in case of need, do require. But only diagnostic tests for diagnosing a disease will not satisfy the criteria for selecting the remedy for the disease. If diagnosing a disease by diagnostic tests could have solved the problem of the diseased person then probably no patient would come to Homoeopaths after having all the tests done (required or not required) and having undergone rigorous treatment thereon, in any other system. Whatsoever, to me, a **'Diagnostic Approach' is the approach to the Homoeopathic solution of a disease from a different angle, so that not many symptoms are required to match a remedy for it.**

For example, after having many diagnostic tests done for the G.I.Tract problem, the patient may come with the disease diagnosed in many names, e.g. Dyspepsia, Gastralgia, Entralgia,

Gastritis, I.B.S., Colitis, etc. And it is impossible to find a correct remedy, Homoeopathically, knowing merely the names of the diseases. To treat these problems we may require plenty of symptoms regarding stomach and abdomen and sometimes parental influences, aberrations etc. to match a remedy for it. But with Diagnostic Approach, a disease-oriented clinical diagnosis will readily indicate the remedy (discussed later), e.g. gas formation at a particular part of abdomen will indicate a particular remedy even the symptoms like belching, distension, bloating, aberration, etc. may not be required for it. Sometimes relying on the patient's statement may be confusing, because the conception of 'gas' or 'acidity' varies from patient to patient. Not only in GI tract problems but in many other, cases selecting a remedy completely based on the patient's version may mislead a physician to find the exact remedy. But with the 'Diagnostic Approach' this will not happen. It will certainly indicate the accurate remedy.

But the 'Diagnostic Approach' is not just the 'causation' of disease as we may think of. 'Causation' may not show the symptoms we expect. The symptoms may be hidden and the drugs according to 'Miasm' may just aggravate the situation and will send wrong information to the patient. Ultimately he/she will not return to the Homoeopath, rather put some adverse comments to the Doctor, as well as, to the 'Pathy' also. This is what I think, should be reconciled by the Homoeopaths for the benefit of the system, as well as, for the patient. So 'causation' is just a factor in the 'Diagnostic Approach'. So is 'Totality of Symptoms'. That it is clear, the 'Diagnostic Approach' is an angle, seems to be the most suitable to apply Homoeopathic treatment in our modern days, but not a system out of the Homoeopathic basics and may I call it with a stigma 'Diagnostic Homoeopathy'!

Hahnemann did not ignore the existing cause for acute disease

and the fundamental cause for chronic disease, rather advised to investigate about it irrespective of the symptom (vide # 5, Organon).

The objective of 'Totality of Symptoms' was clearly explained in # 7 (Organon). It was to find out the disease behind. In absence of diagnostic machinery, the only way for finding the disease behind the ill-health was to look into the symptoms. And of course, the totality of symptoms truly reflects the picture of the disease behind it.

Moreover, in # 17 (Organon), it was stated that by removal of the whole of the perceptible signs and symptoms, the disease is removed. It indicates that the objective is to remove the perceptible symptoms exposed to different parts of the body and ultimately removing the disease afterward. **And to satisfy these purposes, in nowadays, a different approach other than 'symptomatic only' is necessarily required.** With the application of some remedies, the symptoms may go but the disease may not because the disease may flourish with both hidden and exposed symptoms. So if the diagnosed 'disease' is treated along with the exposed symptoms, the hidden symptoms will also go, but not vice versa.

Now a days, as it is easier to find out the disease by some technical investigations, it will be more accurate to find out the remedy, correlating the disease-symptoms exposed in a patient.

As such, a 'Diagnostic Approach' with a remedy homoeopathic to the disease will be a better way of Homoeopathic treatment in modern days. But as it is mentioned earlier, a 'Diagnostic Approach in Homoeopathy' must include the Homoeopathic remedy in its approach and must not be the diagnosis of the disease only.



Remedies as Per Diagnostic Approach

It may not be required to mention that almost every important remedy acts more or less on every organ and even on the mind, as per Homoeopathic treatment. But at the same time, it is true, that each remedy has some special affinity to a particular part of the body or organ; and so any remedy having some influence only on a particular part of the body may not be effective to cure a disease. It requires some more criteria, which is called, so far, 'Totality of Symptoms'. In my way of thinking a 'Diagnostic Approach' to an ailment will indicate a remedy or sometimes a set of remedies that will be most effective in curing a disease. At this point I want to mention about two more proverbs, almost myth in the Homoeopathic treatment;

1. Treat the patient, not the disease, and
2. The remedies are to be applied from lower potencies to gradually higher.

As per my view, both these mythical goings are either not correct or not absolute, at least in consideration of the modern era.

It is frequently observed and also written in *Materia Medica* that different potencies of same drug are effective for different types of diseases affecting different organs. That is, a single remedy

in different potencies acts differently and becomes effective for different types of diseases. There are so many examples in the books in this regard. So that, activities of a drug become different from the changes of potencies. That certainly contradicts the above-mentioned proposition of increasing the potency of a drug from lower to higher in the course of treatment of a disease. So just finding out a remedy for a disease is not sufficient. It requires the exact potency also, which only will act effectively to the disease. So, both the remedy and its potency are necessary for the treatment of a disease.

Most of the diseased person, nowadays, are suffered from complex diseases, as defined in Organon. 'Treat the patient and not the disease'- may cause a greater risk to the health of the patient, suppressing any hidden disease. But a 'Diagnostic Approach' will expose the diseases inside and treating the diseases as required, will ultimately restore the health of the patient. As such, remedies with their appropriate potencies as per the Diagnostic Approach to the diseases do the best to the Homoeopathic treatment.

It is better to set examples, time to time, so that the concept will be unveiled gradually:

1. In the case of 'Arrhythmia', there may be; Tachycardia' or 'Bradycardia' besides other abnormalities. And eventually, a particular remedy (Kalmia) in its different potencies (higher and lower) cures both the states of the disease. If the potencies are altered there will be aggravation of the states. Other remedies are not discussed here.
2. In the case of 'Abdominal disorder', two main complaints are there; one is 'constipation' and the other is; 'Loose stool'. Many remedies are found in the Materia Medica

(e.g. Antim Crud, Bryonia, Nux Vom, Podophyllum, Silicea, etc.) where it is found that they are applicable for both 'constipation and 'loose stool'. It is only possible when a particular remedy acts differently in two different potencies. If the potencies are altered there may be aggravation. Similarly in the problems relating to 'flatulence', 'acidity', 'hyperemesis' etc. 'Diagnostic Approach' indicates not only the causation but also the organ, the parts of the body affected, and of course the respective remedies for its cure. More specifically, for the flatulence, constipation, loose stool, etc. originating from the colon, remedies will be different from those originating from the small intestine or due to other organs affected. If the colon is the affected part, it may be Antim Crud, Lycopodium; if the stomach is the affected part it may be Carbo Veg. Nux Vomica acts better at the pyloric end while Anacardium at the duodenum, Sulphur at sigmoid flexure and rectum. The symptoms shown by the above-noted remedies indicate the organs mentioned. And of course, the potency appropriate in a part of the body is certainly different from that affecting other parts of the body.

Simply, this is a Diagnostic Approach.

And of course in that case the clinical diagnosis is of much importance and not only the symptoms are.

So using the potencies from 'lower to higher', is not correct or absolute as per my observation. Rather, there may be a rule which may clearly indicate the exact remedy or sometimes, a set of remedies, for treating a disease. I have formulated the rule regarding the activities of potencies as per my observation and will, humbly, submit the same at the later part of the writings.

3. Even in the case of 'tumours', the disease behind should

Respiratory Diseases

As we all know, the respiratory system is divided into two parts, namely, the upper respiratory tract and the lower respiratory tract. Generally, children are affected by upper respiratory tract diseases, while adults are affected by lower respiratory tract diseases. As the main function of lungs is to breathe air for supplying Oxygen (O_2) to the body through the blood and to excrete Carbon dioxide (CO_2) (Carbonic Acid Gas) as an impurity, it indicates that carbonates must have a big role as the remedy of the pulmonary diseases. Carbonates are the main source which gets dissociated in Carbon dioxide and Oxygen. So we should find out the salts or specifically, the base part of the salts which could influence the respiratory function. Pathology indicates that in pulmonary affection, the level of Potassium (K) in the blood gets changed from the normal range. Combining these two facts, it may be said that Potassium Carbonate must be the chief remedy for pulmonary diseases.

It is easy to verify that the children getting affected by the URT diseases (cold susceptibility and its consequential symptoms) are generally running short of Calcium (Ca). Deficiency of Calcium causes relaxation or slackness of muscles of the body. Such bodies become fat, flabby, leuco-phlegmatic in the physique. Calcium influences or directs the muscles to contract. Thus introduction of Calcium Carbonica in the appropriate potency and doses for sometimes, brings the healthy tone of the body

(i.e. changes the constitution) and cures the related constitutional diseases. So Calcium Carbonate must be the chief remedy for them for URT diseases.

As Ammonia has the property of pungent smell, it stimulates the trigeminal nerve in the nasal mucosa and thus affects mucous membranes and olfaction, clearing the nasal blockage of catarrh, so Ammonium Carbonate must be a useful remedy of URT diseases (Other remedies of nasal blockage will be discussed later). Magnesium influences the muscular tissues, which is important for the patients of tubercular diathesis. Baryta Carb. is also another carbonate, effective on the persons of scrofulous diathesis and suffering from problems of tonsil (URT). But Baryta has some special features to take note of, though it is not a 'must' in general.

Thus approaching diagnostically we get primarily a few important remedies for the respiratory problems which are (beside others), Calc. Carb; Kali Carb; Ammon. Carb; Mag. Carb. etc. (The required potencies are discussed later).

Besides, different remedies are also to be considered as per their special properties in case of an acute phase of the respiratory problems of which breathing distress or dyspnoea comes first, then wheezing, cough, acute rhinitis, frontal headache, etc. are considered.

BREATHING DISTRESS

Breathing distress may happen due to lung infection for cold, Pneumonia, Asthma (COPD), Renal failure, even due to injury at the chest, back and dysfunction of heart, etc. But the basic thing is: the lung is not functioning properly and that supply of oxygen is not becoming sufficient. After identifying the

disease if we look into the things mentioned above, we should choose remedies which will increase the flow of oxygen into the lung as well as control the inflammation or swelling of the bronchus. Arsenic, Sulphur are generally the remedies that act very effectively as anti-allergic. We require more remedies which can absorb the catarrh accumulated at lung. Lycopodium, Ipecac, Apis Mel are such remedies. For increasing supply of oxygen, oxide of any element is required beside remedies like Aspidosperma, Vanadium, etc. which supply or transport oxygen to lung or other parts.

So, for the supply of oxygen in the lungs, we need some compounds or materials which may produce oxygen. If it is diagnosed as allergic in nature then the obvious choice will be Arsenic Trioxide (As_2O_3), which will release sufficient oxygen to feed the lungs. If not allergic in nature the compounds and materials indicative for breathing distress are: Antimonium Tartaricum, which contains Potassium (requires for lung function as mentioned earlier) and sufficient oxygen atoms [$2\text{K}(\text{SbO})\text{C}_4\text{H}_4\text{O}_6 + \text{H}_2\text{O}$], Ipecac, Grindelia Robusta, Aspidosperma, Lycopodium, Apis Mellifica (Apium Virus), etc.

As Asthma patients feel suffocation, sufficient air (or Oxygen) is required; as such, the room/place should be kept airy. For an acute attack, Arsenic Alb. in lower potency may be given in few doses to control the histamine. Ipecac, Cuprum Acetate, and Aspidosperma have their specific actions in this condition. Aspidosperma is a very effective remedy in the acute stage of asthmatic attacks because it stimulates the respiratory nerves to increase the supply of oxygen to the blood, even removing the pulmonary stenosis temporarily.

The above-mentioned remedies will be specific when the disease behind is considered along with the symptom,

'breathing distress'. More symptoms like wheezing, sibilant / sonorous ronchi, will help to identify the remedies required. Pneumogastric nerve plays a big role in the chest. As Ipecac influences the pneumogastric nerve it is specific for wheezing or sonorous ronchi at the chest. Antim Tart is indicative to bubbling rales. If the disease has cardiac relation then Grindelia Robusta will be the choice because it acts on the cardiopulmonary portion of the pneumogastric nerve and with dry catarrh (while for mucopurulent catarrh it will be Antim Tart.).

If the breathing distress is due to Pneumonia with pleural effusion, c. the remedies obviously will be such which can absorb the effusion. The remedies having the property of fluid absorption are, as we know, Sulphur, Lycopodium, Apis Mel., Kali Iodium, Chelidonium, etc. In the case of Pneumonia, remedies to be selected with very careful observation and as per stages attended to avoid aggravation. Sulphur, generally, is indicative to all stages; Lycopodium for pleural effusion with great dyspnoea; Chelidonium with fever; Apis Mel. with oedema; Kali Iod. (containing Potassium) at hepatisation. But the remedies should be correlated with other exposed symptoms as far as possible.

Pleurisy may germinate Tuberculosis and so it should be considered under tubercular diathesis (as discussed earlier), and it is to be noted that the remedies from Halogen groups e.g. Bromine, Iodine, Chlorine, Fluorine, generally play a big role in the diseases of tubercular diathesis (either pleural effusion or on glands or for tubercular cough, etc.). Kali Iod. having both Potassium and Iodine present in it must play a distinctive role in pleural effusion at the chest. Even in the case of synovial fluid exudation at the knee joint, Kali Iod. is a distinct remedy. So the drugs which can absorb fluid are the remedies of Pleurisy e.g. Kali Carb., Kali Iod., Apis Mel., Sulphur, Lycopodium, etc.

COUGH

Another acute manifestation of respiratory tract diseases is cough. There are several remedies in Repertory for cough. The congestion due to cold is the most common reason for cough. The affected part is mainly the throat region. Infection in the respiratory tract causing wheezing, constriction in the tract ultimately causes irritation at pharynx, larynx, tonsil region, trachea, even at the chest. Remedies may be different for scrofulous or tubercular diathesis, which are, of course, indicative symptomatically. The nature of cough will show which is tubercular, which is croup, which is of gastric origin etc.

The chief medicines affecting the respiratory tract due to cold are Ipecac and Hepar Sulph (having Calcium and Sulphur in the compound). But, if the cough is very dry and both the frontal sinus and trachea are affected then *Sticta Pulmonaria* will be the remedy. In Bronchial affection when lung is concerned, a person feels suffocated in the lying down condition i.e. the disease increases in lying down posture and that, it generally shows the nightly aggravation. Also, for drying up of frontal sinus, the headache may come and *Sticta Pulmonaria* is a very good remedy for this case. Moaning at cough or breathing indicates the affection of cranial nerves which is the seat of *Belladonna*. *Bryonia*, of course, generates secretion from the dried-up mucous membranes but if there is fever, it is not wise to use *Bryonia* as it may increase the fever. In that case, protection for fever to be taken with *Ferrum Phos*. Though, for affected pharynx (*Pharyngitis*) *Hepar Sulph*. does well, yet when the infection increases and spreads to other parts of the respiratory organ then we should think of remedies containing *Mercury*, which has anti-infective power and affection on mucous membranes.

It is found that drugs extracted or made from poisonous sources

Rheumatism

It can not be defined as a specific disease. But it certainly deals with the problems of joints and connective tissues. Many diseases with some definite symptoms and pathogenic characters are as a whole considered to be Rheumatism. Generally, out of many, the diseases mentionable are Osteo Arthritis, Rheumatoid Arthritis, Psoriatic Arthritis, Ankylosing Spondylosis, Gout, Lupus (SLE), etc. The symptoms commonly noticeable are: joint pain, muscular pain, obstructed movement, swelling, redness, stiffness, fatigue, and even fever, etc. Some of these diseases may have a genetic predisposition.

When there is ‘wear and tear’ then it is osteoarthritis. The cushion guarding the joints of bones, the cartilage, etc. gets damaged in this case, resulting in some of the symptoms mentioned above. It can affect the neck, finger, lumbar, sacrum, hip, knees, ankles, and feet .

Rheumatoid Arthritis, on the other hand, is almost the same as Osteoarthritis but it affects the same parts of both sides of the body and may have symptoms of high fever, fatigue, etc. RA is an auto- immune disease; its complete recovery is difficult.

Psoriatic arthritis is having an origin of Psoriasis anywhere in the body.

In Ankylosing Spondylosis, mainly the spine is affected, from the

sacroiliac region to the neck. It is also an auto-immune disease and having a genetic predisposition. It is very painful and very difficult to recover.

Not all rheumatic diseases show a high level of uric acid in blood serum, but Gout is a disease of Uric acid diathesis. The high level of Uric acid present in the blood deposits at the joints, tendons in the form of urates and forms nodules there, which is Gout. The big toe, generally, gets swollen, inflammation in a phase of chronic inflammatory arthritis, and, uric acid crystals are deposited afterwards in other joints.

Spondylosis is osteoarthritic degeneration of vertebrae. There may be the formation of spur at the joint; erosion of bone as well; the fluid at the disc may get dehydrated; space between the discs may be diminished causing compression to the nerves. When this happens in the neck region, it is Cervical Spondylosis; in the middle of the spine it is Thoracic Spondylosis; at lumbar, it is called Lumbar Spondylosis.

Surprisingly, the tests like MRI, CT scan may diagnose the disease as spondylosis, but can not confirm that the pain and other consequences are caused due to Spondylosis, because the 'wear and tear' of bones, cartilage, tissues is a natural process of aging and may have other reasons to it, such as rise of blood pressure, not lying down in a right posture, etc. So that, only testing may not direct the right path of treatment.

Remedies for the diseases defined separately under 'Rheumatism' are more or less the same irrespective of the name of the disease, except in few cases.

As it is known that Calcium has a great influence on bones, for both erosion of bones and deposit of calcareous spur, different Calcium- salts may be required. While *Calcarea Phosphorica*

helps tissue formation, Fluoride of Lime causes destruction of it. So Fluor Spur is an important remedy for any hard growth, e.g. spur, exostoses, hard swelling, excrescences; stiffness of muscle, cartilage, tendons; even Arteriosclerosis, etc. It can well be used in slip disc also, to reduce the swelling and resetting the disc in its normal position. But, it must be avoided in case there is erosion, for which Calcarea Phosphorica is the remedy.

Muscles at the neck, lumber get commonly sprained in spondylosis. As discussed in the previous chapter, black cohosh (*Actea Racemosa*) (also *Actea Spicata*) is a good remedy for crampy muscular sprain. At all parts of the body in medium potency, it acts well. For bruised sensation *Arnica Montana* may be used; for sprain at waist especially due to cold bath, *Rhus Tox* is an important remedy. *Strontiana Carb.* acts well in the acute phase of severe muscular sprain at the waist.

Bryonia is prepared from a herb named 'Bryony', which contains a toxin alkaloid 'Bryonin'. It affects the mucous membranes and helps secretion. So, when the mucous membranes become dry, dehydrated, *Bryonia* is well to act. Thus, it is a remedy for the diseases or ailments caused due to dryness of the parts of the body. Dryness of mucous membranes or dehydrating fluid at any part of the body causes pain in movement. That, *Bryonia* is the remedy for ailments worse in motion, better at rest. In osteoarthritis, if a dehydrated condition prevails, *Bryonia* acts well to relieve the pain due to it. **But in two different potencies it may act both ways on mucous membranes: either to stop excess exudation or to help secretion. Higher potency influences secretion.**

Guaiacum is prepared from the resin of the tree *Lignum Vitae*. The strong, elastic fiber of the tree and its resin has given the remedy *Guaiacum* its inherent properties of lubrication and

elasticity. It also acts as a diaphoretic, diuretic, influencing exudation. So, in arthritic diseases when there is stiffness, lack of lubrication in the joints (knees, ankles, wrists, etc.), distress in folding, then Guaiacum must be sought for. Contraction of limbs causing immobility requires Guaiacum as the remedy.

Compression of nerves causes grueling pain and becomes a vital symptom in arthritic diseases. While removing the cause of the compression by other remedies, the pain may well be reduced by Hypericum, a great remedy for injuries to nerves, especially in localised conditions. It is the remedy for Neuritis with numbness, tingling, lancinating pain, and for any type of traumatic neuralgia.

Arthritis causing compression or injury to nerves resulting in pain, numbness, tingling to any part of the body requires Hypericum as one of its remedies.

When all the big joints, especially at the lower parts of the body are affected with Arthritis, Rheumatoid Arthritis, or even with gouty nodosities then Ledum Palustre comes into effect. Marsh Tea (Ledum) bears the properties to affect the persons of gouty diathesis. Ledum Pal is one of the best remedies in this regard.

All the bone-pains severe in nature and increase at night are of syphilitic diathesis. And if it is associated with glandular affection, secretion of fluid in any manner, effusion, then it indicates Potassium Iodide as the remedy. Potassium is meant for severe pain and Iodine influences the glandular secretion, even of hormones. So, whether it is Pleurisy or synovial effusion at the knees, Kalium Hydroiodicum comes into force when there is a pain also. For rheumatic pain increases in damp weather, or with humid affection, Rhus Toxicodendron is the remedy when the pain is muscular in nature and Kalium Iodicum becomes the remedy when it is of bones.

When chronic Rheumatism or Arthritic problems extend to paralytic affection, Causticum becomes the remedy. Hydrate of Potassium is a strong base and it causes in the long run, a progressive loss of muscular strength; contraction of tendons resulting in deformation of bones; chronic neuritis tending to paralysis of the parts of the body, etc. So, it is a slow-acting but important remedy for rheumatism and be repeated less frequently in higher potency. Causticum being a drug from Kali group, it must have tearing pain in limbs, muscles, joints. It is a long term remedy for chronic Rheumatism reached to the point of structural deformities. In severe dry cold, contraction of muscles, tendons may affect the nerves sometimes and get the parts paralysed with deformities. This is Bell's Palsy and Causticum acts well in such cases.

Caulophyllum (Blue Cohosh), as written in the previous chapter, is the remedy for rigidity or stiffness, mainly at the womb and the small joints, in Rheumatism. It relieves pain and stiffness in fingers, toes, etc. May be used with other remedies. The elevated concentration of Uric acid in blood generally leads to Gout and slowly becomes deposited in the form of crystals of Ammonium Acid Urate at different parts of the body. When these are deposited in the kidney, then it becomes renal stone and when they are deposited at different joints of the body they cause Rheumatic Gout. Generally, the big toe becomes the most affected part of Gout. So, remedies of anti-uric acid have affections for kidney or other affected parts of the body or to both.

It is important to know that animal food products are the main source of high concentration of uric acid. Though some vegetables like cauliflower, beans, peas, spinach, wheat bran do contain uric acid, yet taking vegetables mentioned here, do not have much impact in increasing the risk of Gout. Milk and its

products have the power to reduce the risk of gout, markedly.

Barberry (*Berberis Vulgaris*) contains an alkaloid named 'Berberine' which is effective for the uric-acid diathesis. It has a special affinity to the kidney, as such gouty rheumatism with pain originating from the kidney region and extending to other parts is the main symptom of its action. The spraining at feet, ankles, metatarsal and metacarpal bones, waist, arms, shoulder, neck calls for *Berberis Vul.* as the remedy. It has great power to dissolve the crystals formed out of uric acid.

Colchicum (Meadow saffron) has great power for relieving pain in gouty paroxysms. Gouty inflammation at heel, big toe, knee, wrist, limbs are its seats of action. Swelling, redness, pain, synovial effusion at parts is indicative of *Colchicum*.

Excess of Uric acid present in urine bears the pungent smell of Ammonia. But when the smell of urine becomes very offensive, repulsive; strong brown in colour; then it may be Benzoic acid (Hippuric acid) excreting through urine. All the gouty conditions become advanced at this stage: nodes at different parts, like wrist, limbs, toes, knees, all become very painful; cracking sound at joints on the motion; redness, etc.

Lycopodium is also an important remedy for Uric acid diathesis. It is a deep acting remedy and used when there is chronicity of the disease. At that stage, the obvious symptoms will be: accumulation of gouty concretions in various joints; numbness, contraction at limbs; swelling of toes; painful soles and feet, etc.

It is known that, *Rhus Tox.* is a remedy of Rheumatism in general, with some particular symptomatic manifestations. But, from diagnostic viewpoint its' biochemical pharmacology does not conform with rheumatism. As mentioned in the skin chapter *Rhus Tox.*, generally known as Poison Ivy, is not related with uric acid metabolism or with bio-mechanism of rheumatism,