

## HOMOEOPATHIC PROPHYLAXIS

Contents : 1) *Introduction*, 2) *Hypothesis*, 3) *Theory*, 4) *Principles*, 5) *Some empirical drugs*, 6) *Potency*, 7) *conclusion*, 8) *Reference*.

### 1. Introduction :

Now-a-days, social and preventive medicine occupies a prominent place because prevention is better than cure. Then we ask ourselves, "What is social and preventive medicine ?" Immediately it strikes to our mind that "Preventive medicine is a science and art, preventing diseases, prolonging life, promoting physical health and mental efficiency". Similarly, 'Social medicine' means reduction of incidence of diseases or its eradication. It also aims at promotion of physical and mental wellbeing. It is interested in man in disease, not only in disease in man.

Especially in the realm of children diseases, the attempts at prophylaxis have chiefly been directed and with some degree of apparent success. We say "apparent" because there is need for refinement in the technique of administration and in the preparation of therapeutic agents employed as there is still much to be desired in the result obtained by present method. The present method is based on principle of Isopathy. It is nothing but a mode of treatment based on identicals instead of similar; though medicine is potentised yet it is identical only made on large mass scale and not filtered in with an inert substance but through a living creature".

In homoeopathy, 'the law of similar' performs a very meritorious action in the power to cure. It also acts more forcibly and certainly in the art of disease prevention. On the other hand, according to A.H. Grimmer, "Homoeopathic prophylaxis never causes an anaphylaxis or shock, never results in secondary infection, never leaves in its wake serum or vaccine disease or any other severe reaction. It simply protects surely and gently.

If we go back to the antiquity, we find the principle of prescribing on the basis of prophylactics or preventing diseases, was known to the people of 'BHARATBARSA' from ancient time. It is mentioned in Ramayan that RAVAN GOT AMBRITAM which was produced during "AMBRIT-MANTHANAM" by gods and demons. This fact was known to his brother Bhibishana who told this secret to Ram who could kill Ravana only when his arrow destroyed the drop of Ambricit lodged in his umbilicus.

In "MAHABHARAT" too, it is mentioned that "KARNA" was gifted with a "Kabach" to his body by the Sun God Surya. This fact was known to Lord Krishna who went during Mahabharat war in the guise of a Brahmin and requested him to give his Kabach in charity to him. Krishna knew, Karan can give any thing if some one begs in a form of charity. Karan was known for his charitable nature on account of which he could not deny any thing demanded as charity. This removal of Kabach led him to be the prey of Arjuna's arrow.

Similar examples can be quoted from the scriptures of other countries. Totams Taboos, Talismans and other means were known to the medieval people which were used to ward off evil influences and diseases. In the realm of medicine, prophylaxis has been known to all branches of medical science. Similarly, Dr. Hahnemann, too, quoted that Homoeopathic medicines can act as a preventive. It was experienced that Genus epidemicus, when given to family who have not suffered from disease, are protected.

He found - Belladonna against scarlet fever,  
- Pulsatilla against measles.

- Drosera against whooping cough,
- Baryta Carb. against quinsy,
- Graphites against erysepalus.

So this word 'genus epidemicus' was coined by Hahnemann which denotes the Homoeopathic remedy; this is similar to the totality of symptoms found in majority of patients suffering from an epidemic disease.

Whole incredible evolution of atomic science is in favour of Homoeopathy through paradoxical action of its microdoses of medicine; the system is continually discovering new, apparently remarkable and mostly synthetic products, which have unquestioned action on microbes and viruses, though this action is unfortunately neither simple nor unilateral.

## 2) Hypothesis :

Perhaps by the administration of Homoeopathic medicine, it increases the antibody titre in consideration to humoral antibody i.e., Ig A, Ig E, Ig M, Ig G, Ig D etc. in some cases.

In some other cases, it is increasing the cell mediated antibody, thereby preventing diseases.

Few workers claim, by the administration of constitutional medicine, they can raise the properdin system, thereby a general immunity is increased so that we can achieve the goal that is offering prevention against the disease.

## 3) Theory :

But is this prophylaxis a real homoeopathy ?

Some people claim that this process is merely immunisation without any connection with Homoeopathy, Basically, it might be termed 'Homoeopathy reversed', as the Homoeopathic therapy acts on sick people making them immune, because they are sensitized to a given disease. The similar remedy cures them because of the similitude of the correspondence between the natural and the artificial sickness namely through what can be called Toxicomimetism.

But when you give to a healthy person variolic virus, a diphtheric, tetanic or choleric toxin, are you applying homoeopathy ? You are, but it is a form of homoeopathy that must be called prophylactic, because it (homoeopathy) is usually applied to sick subjects and not to healthy ones.

Giving homoeopathic medicine to people in good health, in course of a morbid condition, suddenly affecting a great number of individuals in the same area, is equivalent to sensitizing them and enabling them to resist the diseases more effectively but this can happen only when they are in the cure of an epidemic. It is eliciting in each one a sort of artificial disease without any danger in view of the dosage which could not possibly exert an influence unless the patients were exposed to this aura. There being a similitude between short induced artificial malady and the pathologic miasm which might attack him; this is an application of preventive homoeopathy.

Homoeopathy has the advantage of enabling a whole population to be immunized without the least risk. The present frenzy of vaccination of all kinds applied even to poor innocent children is a most harmful practice on account of the doses employed and this could never be too loudly proclaimed. However, those same vaccines when homoeopathically applied, prove perfectly efficacious even for months or years without any pernicious effects what-so-ever an advantage which can not be over rated.

5000 years ago Chinese thought that treating declared diseases is only labourers' work, but preventing a disease from breaking out is an architect's work. The most noble role of medicine is unquestionably prophylaxy. There homoeopathy assets in its superrority over existing methods. It can prevent disease without endangering the organism, without incurring the dissatisfaction of the prevailing school of medicine.

#### 4) **Principles :**

It is based on following axioms.

i) *Constitutional :-*

Best selected constitutional medicine can prevent to a wide range of disease.

ii) *Genus epidemicus :-*

Remedy which is selected during epidemic to cure a majority of patients can be given for preventing the same disease.

iii) *Nosodes :-*

Certain nosodes can be given for prevention of particular disease caused by the same organism eg. whooping cough by pertussin, Measles by Morbillinum.

iv) *Derivation from practice :-*

Some medicines are found to be effective deduced by different practioners which is discussed below.

1) Abortion :-

a) Viburnum opulus will prevent mis-carriage, if given before the membranes are injured and when the pains are spasmodic or threatening (E.M. Hale).

b) Aconite prevents abortion from fright or excitement, CAULOPHYLLUM is a powerful agent for the prevention of premature labour and mis-carriage provided the premonitions are pain of spasmodic character (M.L. Tylor).

c) Sabina is indicated in threatened abortion at 3rd month especially if characteristic pain from back to pubis is present (E.B. Nash).

2) Apoplexy :-

In apoplexia, Belladonna is an important prophylactic (Alexander Mary).

3) Anthrax :-

In Homoeopathy, prophylaxis is Anthracinum (H.M. Alvenres)

4) Artero-sclerosis :-

Some of the order physicians had remedies that they used for years and felt their use retarded the progress of the common disease (Arterio-sclerosis); one such drug is Sambul (G.W. Boericke).

- 5) Acute disease :  
The best prophylactic in acute diseases is the epidemic remedy (R. Gibson Miller).
- 6) Boil and Carbuucles :  
For boil and carbuncles, carbons sulph-2x, twice or thrice daily; it is a succesful remedy both as a preventive and curative and deserves to be better knopwn as (L. Simmon).
- 7) Caries :  
Coca prevents caries of teeth (E.M. Hale).
- 8) Catheterisation :  
A dose of Aconite given shortly before passing catheter will prevent pain if there is any difficulty (J.H. Charke).
- 9) Chicken Pox :-  
Rhus Tox is prophylactic against Chicken Pox (F. Mackenzie).
- 10) Chills :  
In the prophylaxis against diseases due to chill, prevents the breaking out of cold in head or illness due to chills is Eucus variculosus - 2x, (Alexandar Mangitta).
- 11) Cholethiasis :  
Carduus marianus has the reputation for the further formation of stones (J.H. Clarke).
- 12) Cholera :  
a) Its Homoeopathic Prophylactic are curum met and sulphue (H.M. Alvenves).  
b) Seccory 200 (Two doses morning and evening; on the first day, one dose a week, for three subsequent weeks) carries due, safely through the entire epidemic (S.M. Bhattacharya).  
c) We have then in Sulphur a true Prophylactic of that dreaded epidemic (Cholera Asiatica). It may be used by placing little flowers of 'sulphur' inside the stocking as recommended by Dr. Hering several years ago (E.H. Farrington).
- 13) Cold and Cough :  
As a prophylactic for coughs and could's 'Bacilinum' in weekly doses for a few weeks. Repeat again in winter (Benjamin Goldberry).
- 14) Collapse :  
Carbo-veg as well as Cinchona is to be remembered as a remedy to prevent colapse following the opening a cold abscess such as occurs in spinal carries (E.H. Farrington).
- 15) Coryza :  
Its Homoeopathic prophylactics are Aconite and comhor. (H.M. Alrenses).

- 16) Croup :  
Phosphorus acts as a sort of prophylactic to prevent the return of the diseases.
- 17) Dentistry :  
In surgical dentistry, Dr. De Neveza has shown that Ignatia for women, Nuxvom for men, given by way of prevention, will allow stomatologist to use this without causing pain. Infact, those two remedies diminish sensitive of dentine. (Len remand).
- 18) Diphtheria :  
It (Diphtherinum) should be more efficacious in the potencies against diphtheria, as prophylactic and cure than the serum injection. (J.H. Clarke)
- 19) Epilepsy :  
Attacks of even chronic epliepsy which only occur after mortification or similar vexation (and not for only other causes) may always be timely administration of Ignatia. (S. Halnamany).
- 20) Excoriation: Agnus castus prevents excoroation from walking. (H. C. Allen)
- 21) Frost bite :  
This preventive treatment (From frost bite) must be carried for a longer time give puls for a month, then another month Sulphus, for the third month comeback to Puls (First Zemns).
- 22) Galactorrhoea :  
In weaning. Bryonia is used to prevent engorgement. (J.H. clarke).
- 23) Gall bladder trouble :  
Chelidonium, Chionathus and Hydrastis, 5 to 10 drops, 1-d in water definitely postpone the unfortunate explotion of gall bladder with its nausea ,distention and vomitting . i consider this combination superior to various drugs. ( J. W. Boe ricke).
- 24) Gangrene :  
Sul-Acid prevents Gangrene (H.C. Allen).
- 25) Hay fever-  
Heper-Sulph given two weeks before the season starts, will prevent Hayfever, ( H. C. Allen).
- 26) Hernia :  
Coccutus is said prevent hernia when weak feeling in the abdomen indicates that hernia may take place through the symptom is probably of purely nervous character. ( A. W.Cowger the Wete).
- 27) Malaria :  
a)Terebinth is recommended as a prophylactic in the malaria. ( H. C Allen).
- 28) Marasmus :

When given in season cholera phosphorus will often prevent marasmus. ( J. B. Hill)

29) Mastoiditis :

Capsicum given in due time will often avoid mastoiditis ( L. Renard).

30) Measles :

a) Its Homoeopathic prophylactic is puls. ( H.M. Alvenson)

b) Morbillinum has been used as a prophylactic against measles. (H.C. Allen).

31) Migraine :

Kali-bichromum if prophylactic if given few days before the expected attack (Batter).

32) Mumps :

a) Patoidinum has been used as a prophylactic against infection by mumps (A.C. Attan).

b) Pilocarpine should be used once daily as prevention against mumps (J.C. Clarke).

33) Pneumonia :

I believe it (Hepar) to be one of the best prophylactics in such cases for the reason that during and after the disquamative state the skin is usually susceptible to the effects of chill in cold air and this is in accordance with the leading characteristic of this remedy. It fortifies the patient against such atmospheric influence (E.B Nash).

34) Poliomyelitis :

a) Prophylactic For the condition is Physostigma.

b) Lathyrus sativus is an effective prophylactic in infantile paralysis (D.M Foubits)

35) Post partum Haemorrhage :

a) Millefolium is preventive in post partum haemorrhage (H.C. Allen).

b) Puls tones up the uterus and prevents post partum haemorrhage (A. W. Couperthwaite)

36) Punctured wound :

Ledum is a preventive medicine when the accident happens to the end of the finger, If a patient steps on a nail or a tack sticks or splinter under a finger nail or into the foot these punctured wound, rat bites, cat bites etc., are all made safe by Ledum i.e., Ledum prevents the shooting pain that naturally come and nerves will never be involved. (J.T. Kent).

37) Pyæmic :

Arnica may be used as a preventive of pyæmic (E.H. Farrington)

38) Pyorrhoea :

Calcaria renalis for prophylaxis and treatment of pyorrhoea (G.W. Boericke).

39) Renal Calculi :

Lycopodium is an important remedy early in the case of prevention of Renalcalculi. (H. Blackwood)

40) Scarlet Fever :

By taking the smallest possible does of bell, we are protected from the (now rare) smooth scarlet fever of sydenham (S. Hahnemann).

41) Stings :

a) The strong tincture of Urtica urens applied to a bee-sting prevents the pain and swelling and in couple of house the sting is forgotten (M.L. Tyler)

b) Strong tincture of Arnica applied to a wasp sting prevents the pain and in a couple of hours the sting is forgotten (M.C. Nash)

c) Euphobia Prostata is employed as Prophylactic to snake poison (A. C. Blackwood).

42) Styes :

Staphisagria also acts as a prophylactic against styes (Pierce).

43) Suppuration :

Sul-acid prevents excessive suppuration (H.C. Allen.

44) Small Pox :

a) As a preventive or protection against small-pox variolinum is far superior to crude vaccination and absolutely safe from the sequelae especially septic and tubercular infection (H.C. Allen).

b) As a preventive of true small-pox, Malandrinum stands high as it corresponds to the true nature of real small-pox and should be given one dose of 30th or 200th, daily for one week during an epidemic those who have previously vaccinated. Variolinum corresponds to the true nature variola, therefore should be given to those who have never been vaccinated or have syphilis.

c) Vaccinum which for one day with strict diet repeated after eight days acted as a preventive in six hundred cases.

d) This decidedly favourable result caused one not only to use the same remedy (Thuja) with all the following small-pox patients but to also use the same remedy in several houses where small pox had broken out as a prophylactic and also have found the result was favourable and no case came to my knowledge where after using Thuja another member of family had been infected. (Boennighausen).

e) A never failing preventive for one year; variolinum 200, two doses morning and evening, on the 1st day, variolinum - 200 a single dose on the 5th day. A single dose of the same once a week for 3 week more (S.M. Bhattacharya).

45) Tartar :

Calcaria renalis prevents the formation of tartar upon the teeth.

46) Teething :

Calcaria - phos prevents teething troubles of children passing through this stage. (J.W. Borikea).

47) Tetanus :

Hypericum prevents lock jaw. (H.c. Allen).

48) Tonsillitis :

Baryta-carb not only prevents tonsillitis but also otitis media that so frequently results from it (A.C. Blackwood).

49) Tuberculosis :

a) The best time to begin the treatment of tuberculosis, before they get it. (E.B. Nash).

b) Tuberculinum often gives immunity if taken before the tuberculosis begins in those who have inherited it. It immunises the constitution.

c) In renal tuberculosis after the extirpation of diseased kidney Dr. Sejment Equistum errense IX three times a day as prophylactic.

50) Typhoid :

Baptisia is prophylactic against the Typhus and Typhoid (A.H. Grimmer).

51) Whooping Cough :

The prophylactic are pertussin or Carbo-veg and cuprummet (Benjamin Gold Berry) Drosora in 30th potency in a single dose (Allen).

52) Yellow fever :

It (Carbo-veg) is a preventive of Yellow fever as sulphur is of cholera (E.H. Farrington).

## 5. Potency :

Besides those, the great problems to choose the potency but for this a Homoeopath in Paris conducted experiments for many years and gave statistics that

- i) 9000th potency would give an immunity of about 8 years.
- ii) 1000th potency would give approximately only 2½ years protection.
- iii) Lower on a 30th potency would give protection for few months.

## 6) Conclusion :

From above discussion it is understood that we can prevent very effectively and without endangering in smooth functioning of our vital force with our Homoeopathic medicine.



So to prove its ingenuity and intricacy, a thorough laboratory study on immunological aspect is highly necessary alongwith its statistics about their effects on human system which is essential.

For above, the government should take full step to materialise it by giving inspiration, by allotting finance and engaging proper personal to execute it.

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