

HOMOEOPATHY IN FAMILY WELFARE

One of the darkest aspect hunting the horizons of our unknown future is the exploding population. Its momentum needs to be halted. When population is lost in the hugh statistical mountains, all progress, all development is lost. We believe in a progressive society, a society that provides security to one and all. physicians of different disciplines are in strategic position to save the situation and save the globe from this gigantic problems of papulation explosion and evolve methodology for its control by varieties of skill,multitude of insight and knowledge.

The spurt in population growth specially in developing countries is accompanied by a number of problems like, unemployment, under-employment, malnutrition, illiteracy, substandard housing, inadequate educational facilities, inadequate medical facilities, and above all poverty.

The fruitful approach to this problem is one which sees to it that there is under the given constraints on our development process a desirable rate of growth of population. This calls for the need to keep the population growth within managable limits through the acceleration of family welfare programme which is so crucial to raise the quality of life of the people.

No doubt we visualise to have a mass movement in family welfare through birth control, population education and different community development programmes. Physicians are the key-agents through whom the message relating to the need and importance of small family and quality of life can be transmitted. To my mind besides physicans, other professionals have capability to play role with this emerging exigencies.

As a Homoeopathic physician, let me delineate the role of a Homoeopath in this movement. Homoeopaths have been contributing by and large to this movement un-officially from the beginning. Officially neither government have extended this programme to them, nor administrators/policy makers have asked for complete operational project from Homoeopaths as a result of which it is neglected.

However, let us discuss one by one regarding the scope and health aspect of family planning service with their solutions from Homoeopathic stand print, so that we can have a complete knowledge about it.

PROPER SPACING AND LIMITATION OF BIRTH :

To achieve this objective there are different methods such as :

A. Spacing Methods :

- i) Barrier Methods : a) Physical method, (b) Intra Uterine Devices, (c) Combined method.
- ii) Intra Uterine Devices.

- iii) Hormonal methods
- iv) Post conceptional methods
- v) Miscellaneous

B. Terminal Methods :

These are :

- i) Male sterilisation (ii) Female sterilisation.

Above methods can be practised by physician of any system of medicine. When an Allopath practises, he prescribes allopathic medicines for all sorts of complications resulted from the use of contraceptives. When the physicians of Indian Medicine practise, they must be combating the complications with their drugs. So also a Homoeopath meets such challenges by the homoeopathic medicines.

When the question of oral contraceptives arises, different systems have their own drugs.

Of course, due to lack of funds in the hands of Homoeopaths, research has not been conducted in large scale to evolve various types of oral contraceptives. However, with their sincere persuasion and good will, they have knocked at the door steps of few scientists of other branches and have obtained favourable results on animal models.

A pilot project was under-taken at the dept. of Zoology of Benaras University, Varanasi, to assess the action of Caulophyllum and Thyroidinum in the reproductive physiology of albino-rats.

The results are in favour of having contraceptive effects.

Now the result is to be transplanted into human system to which we are eagerly waiting.

If we will be successful in launching this programme of oral contraceptive, it will be an ideal oral contraceptive to which scientists are searching about for last so many decades. Because it will be without side effects, the cheapest, palatable and need not be used daily and so on.

There may be some complications during the course of use of existing contraceptives. The complications are :

1. Intrauterine contraceptive devices.
2. Oral contraceptives

COMPLICATIONS OF I.U.D. AND THEIR HOMOEOPATHIC MANAGEMENT :

A. Bleeding :

- i) It is required to be ensured that there is no pelvic pathology.
- ii) If bleeding is severe, measures to correct anaemia is to be done.
- iii) To bring quick relief, medicines on symptomatic basis. In physiological or dynamic

doses, may be prescribed. Drugs frequently indicated are : Hamamelis, Millefolium, Sabina, China off and Phosphorus etc.

- iv) If symptomatic drug fails a constitutional homoeopathic remedy is to be prescribed.

B. Pain :

- i) It is to be ensured that I.U.D is correctly placed and no disparity in size between the device and uterine cavity exists.
- ii) There should be no uterine perforation by the devices.
- iii) The common Homoeopathic medicines for removing pain are :
Balladonna, Arn. Mont., Mag. phos., Pulsatilla, Coloynth, etc.
- iv) If pain is intolerable, that I.U.D. should be removed.

C. Pelvic Infection :

The clinical manifestations of such infection are :
Vaginal discharge, pelvic pain and tenderness, abdominal bleeding, chills and fever.

- i) Treatment for such condition is to be based on rotality of symptoms. Most frequently, the drugs indicated are- Arn. mont., Pyrogen, Ars. alb., Merc. sol., etc.
- ii) If no response. the I.U.D. should be removed and medicinal tretment to be resorted.

ADVERSE EFFECTS OF ORAL CONTRACEPTIVE AND THEIR HOMOEOPATHIC MNEGEMENT :

A. Cardio-vascuair effects : Myocardial infarction and Hypertension.

Constitutional Homoeopathic druge are to be prescribed for such conditions.

The most commonly indicated drugs are- Conium mac., Lachesis, Nat. Mur., Rauwolfia ser. and etc.

B. Liver disorders :

Constitutional drugs are to be prescribed and most commonly appering drugs are- Chelidonium. Lycopodium . Phosphours, Nat sulph., etc.

C. Premature cessation of lactation :

The constitutional drugs are to be prescribed and most commonly indicated drugs are- Pulsatilla, Lac. can., Calc. carb., Agraphis nutans, etc.

1. Weight gain :

- i. Salt is to be restricted.
- ii. In homoeopathic treatment, drugs frequently needed are- Apis mel, Apocynum, China off.

D. Headache and migraine :

symptomatically drugs can be prescribed. Frequently the following drugs are indicated : Belladonna, Nat. mur., Glonoine, Sanguinaria, Spigelia, Lachesis, etc.

ADVICE ON STERILITY

Male sterility :

1. Constitutional treatment for systemic disorders or obesity with homoeopathic drugs.
2. Sex advices : Proper coital practice (on alternate day) at fertile period of wife is instructed. A few days abstinence before fertile period may improve sperm count.
3. Treatment for low sperm count / systemic disorders- There are lot of good homoeopathic medicines. The treatment is completely on constitutional basis. The most frequently indicated drugs are : Arg.nit., Lachesis. Sulphur, etc.

Female sterility :

1. Measures are to be taken to improve health and correct anaemia. obesity and to correct anaemia. obesity and any other systemic disease.
2. Sex advise : Sexual intercourse. every other days, mostly from 10th to 17th day of 28 days cycle is to be advised. Wife should take rest quietly after intercourse for ten minutes so as to allow the semen to come in contact with the cervix.
3. It is to be ensured that no surgery is necessary to remove the obstacles in reproductive system and the cases occurred to the domain of medicine.
4. Homoeopathic drugs are prescribed on constitutional basis on totality of symptoms

to improve the receptive capacity of the cervical mucus, cause ovulation and remove any pathology in the vagina, cervix and endometrium.

Other items within the scope of Family Planning services do not envelop any drug therapy, hence are common for the physicians of any discipline.

Health aspects of Family planning services include M.C.H. programme for which Homoeopathic system of treatment is very effective.

In developing countries, the primary concern is reduction of maternal and child mortality and morbidity, spacing of pregnancy, limitation of family size, prevention of communicable diseases, improvement of nutrition and promoting acceptance of health practices. Currently the health of the mother and child revolve around :

- a. Malnutrition
- b. Infection
- c. Uncontrolled production

Now the problem is, how as a homoeopath we contribute to these conditions.

Maternal infections are manifested as Abortion, Uterine haemorrhage, Puerperal sepsis, Urinary tract infections. Herpes simplex, Cyto-megalo virus infection. Toxo-plasmosis, etc.

Children infection are-Diarrhoea. Skin infections, Tuberculosis, Diphtheria, Whooping Cough, Measles, Chicken Pox, Tetanus, Polio, Parasitic infections and other G.I. tract infections., Influenza, Pneumonia and other respiratory infections.

All above conditions are well amenable to Homoeopathic treatment. In every day practice, every Homoeopath deals with such conditions with high satisfactory cure rate.

Process involved for treatment of malnutrition are mainly dietary supplementation and medicines. The latter is indicated when there is diminished absorption, assimilation and other systemic disorders, for which Homoeopathy has been traditionally honoured from its inception, the approach is to provide a constitutional medicine on the basis of totality of symptoms.

The details about uncontrolled production have already been discussed.

Besides, Homoeopathic physicians, like other professionals can play following specific roles for the benefit of ignorant masses :

1. Motivating people towards different programmes and creating interests among them for such programme.
2. Providing knowledge relating to different services available for birth control with their merits and demerits.
3. Helping them to understand the needs for small family.

4. Enabling them to acquire the skill of utilising the family planning services.
5. Helping them to develop positive attitude towards small family.
6. Helping them to study the problem without any prejudice and religious bias and accept any suitable method without any hesitation.

Through physicians of any discipline, it is expected that the programme will gather momentum by :

- linking the programme of family welfare with different developmental activities.
- understanding preconceived ideas against family planning and eradicating them.
- studying the strategies of village communication.
- concentrating on community based approaches to family planning and development.
- increasing the productivity of locality.
- innovating alternative approaches to birth control.
- providing feed back services.

For its successful operation, following operational strategies are necessary.

1. Mobilisation of resources .
2. Identification of the community for work
3. Understanding the areas and the people.
4. Identifying the local development needs.
5. Formulating action plans by properly linking the birth control programmes with their assigned jobs.
6. Organisational activities.
7. Evaluating the programmes.
8. Providing feed back data to modify the programme at state and national levels.

This movement will be successful when this can be made a people's programme
i.e , for the people , by the people and of the people.

CONCLUSION:

From the above exhaustive exposition of the role of Homoeopathy and Homoeopathic physicians in the implementation of Family welfare programmes, it is clear that the ball now lies in the court of the Government, Which should realise the essence of this subtle therapy and make it an essential component of the National Health Policy. The acceptability of this science by the people at large being on the rise, it can undoubtedly flourish to its full bloom with the patronage and better recognition of the Government. As a result, through research work, it can vindicate before the scientific world that it has no less a role; to reckon with at par with the other disciplines to meet this challenge.

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