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Cinchona Officinalis



Angustura



Aconitum Napellus



Agaricus Muscarius



Arnica Montana



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HOMOEOPATHY AND PREVENTIVE MEDICINE

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INTRODUCTION :

There are sayings/ proverbs that

"Stitch in time saves nine"

"Prevention is better than Cure"

"One ounce of prevention is equivalent to one pound of Cure"

Therefore it is imperative to give more emphasis on prevention and preventive medicine in Medical practice and Curative practice.

But the present concept of Preventive medicine has been widened to Preventive & Social Medicine. The explosion of knowledge during the 20th century has made medicine more complex and treatment more costly and the benefit of these new discoveries in diagnostics and medicine form has not been available to people of all countries. It is variable from developing countries to developed countries, from urban to rural, between rich and poor.

The goal of modern medicine is no longer merely treatment of sickness. The important goals incorporate prevention of disease, prevention of health and improvement of the quality of life of individuals and groups or communities.

If at all Homoeopathy has to play a role as a Complete System of Medicine, it

has to widen its horizon to encompass all the areas of Preventive & Social Medicine. Now let us unfurl various facts encompassed in Preventive & Social Medicine and how Homoeopathy plays its role?

LITERATURE REVIEW

The goals of medicine are to promote health, preserve health, to restore health when it is impaired, and to minimize suffering and distress. These goals are embodied in the word 'prevention'. In modern day the concept of prevention has become broad based. It has been defined in terms of four levels.

1. Primordial prevention.
2. Primary prevention.
3. Secondary prevention.
4. Tertiary prevention.

Primordial prevention :

It is a new concept, that is, prevention of the emergence or development of risk factors in countries or population groups in which they have not yet appeared e.g. many adult health problems (obesity, hypertension etc.) have their early origin in childhood (due to smoking, eating patterns, physical exercise etc.). In primordial prevention children are discouraged to adopt harmful life styles. Primordial prevention is receiving a special attention in the prevention of chronic diseases.

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Primary prevention :

Primary prevention may be defined, as the action taken prior to the onset of disease, which removes the possibility of that, a disease will ever occur. It mainly intervenes in the Pre- pathogenesis phase of a disease or health problem (e.g. low birth weight) or other departure from health. The concept of primary prevention is now being applied to the prevention of chronic diseases such as coronary heart disease, Hypertension and cancer based on elimination or modification of 'risk factors' of disease.

Secondary prevention

Secondary prevention can be defined as 'action which halts the progress of a disease at its incipient stage and prevents complications' a specific interventions are early diagnosis (screening test, case finding programs) and adequate treatment. By early diagnosis and treatment, secondary prevention attempts to arrest the disease process, restore health by seeking out unrecognized disease and treating it before ir-reversible pathological changes have taken place. It may also protect others in the community from acquiring the infection and thus provide at once secondary prevention for the infected individuals and primary prevention for their potential contacts.

Tertiary prevention-

Tertiary prevention can be defined as 'all measures available to reduce or limit impairments and disabilities, minimize sufferings caused by existing departures from

good health and to promote the patient's adjustment to irremediable conditions' e.g. treatment, even if undertaken late in the natural history of disease may prevent sequelae and limit disability. Tertiary prevention extends the concept of prevention into fields of rehabilitation.

MODES OF PREVENTION: -**Health promotion-**

- Health education,
- Environmental modification,
- Nutritional intervention,
- Life style & behavioral changes.

Specific protection :

- Immunization,
- Use of specific nutrients,
- Chemoprophylaxis,
- Protection against occupational hazards,
- Against accidents,
- From carcinogens,
- Avoidance of allergens,
- Control of specific hazards.

Early diagnosis & treatment

Disability limitation

Rehabilitation.

Hahnemann's view on homoeoprophylaxis

The concept of prevention also exists in Homoeopathic system of therapeutics.

In fact Hahnemann has dreamt the scope of prevention long before the modern medical science has expressed in aphorism 4 " He is likewise a preserver of health if he

knows the things that derange health and cause disease, and how to remove them from persons in health"

Hahnemann published a famous book "the Friend of Health" in two volumes in 1792 and 1795 respectively, where he discussed regarding prevention and prophylaxis.

In 1799 - 3 years after the "birth" of Homoeopathy in Hahnemann's landmark article **Essay on a New Principle** - Samuel Hahnemann achieved fame throughout Europe from his exceptionally effective treatment of a Scarlatina epidemic that was sweeping Germany. He wrote:

"I resolved in this case of scarlet fever just in the act of breaking out, not to act as usual in reference to individual symptoms, but if possible (in accordance with my new synthetical principle) to obtain a remedy whose peculiar mode of action was calculated to produce in the healthy body most of the morbid symptoms which I observed combined in this disease.

"My memory and my written collection of the peculiar effects of some medicines, furnished me with no remedy so capable of producing a counterpart of the symptoms here present, as Belladonna."

Hahnemann published this pamphlet **Cure and Prevention of Scarlet Fever** in 1801. At the time he promoted Belladonna as a specific prophylactic remedy for Scarlatina - and accompanying each pamphlet sold, was a vial of Belladonna

prepared according to his technique at that time.

With increased experience observing and treating epidemic illnesses, Hahnemann recognized the unique nature of each occurrence of an epidemic. Aconite proved to be the specific for a subsequent Scarlatina epidemic sweeping Germany between 1800 and 1808.

In an 1808 paper (**Observations on the Scarlet Fever**), Hahnemann provided a careful description of the individualizing aspects of these two epidemics. This individuality of epidemic occurrences had not escaped other observers.

In one of his rare words of praise for other physicians, Hahnemann wrote:

"Only the honest Sydenham perceived this, for he insists ... that no epidemic disease should be taken for any previous one and treated in the same way, since all that break out at different times are different from each other."

Boenninghausen's work :

It was Boenninghausen who was the first to clearly point out the dangers of orthodox immunizations. The Baron, and his colleague, Dr. Wolf were very well aware of the dangers of the man-made Vaccinosis miasm and actively searched for a better alternative. The Baron's first experience was his successful use of Thuja as a genus epidemicus remedy for the prevention and treatment of smallpox. (Vide Concerning the Curative Effects of Thuja in Small-pox from

Boenninghausen's Lesser Writings.) Boenninghausen, one of Hahnemann's most able and early students, also describes his discovery of the similarity between smallpox (in people) and malanders (in horses). (2) He noticed that when smallpox would appear in an area, the horses would also show the disease of malanders — that these two diseases appeared together. So, because Thuya was considered to be the specific remedy for this problem in horses, Boenninghausen tried it in smallpox in people and found it to be very effective in treatment. He carried this one step further, giving the remedy to members of the same household of the patient ill with smallpox and found it prevented the disease with every person it was used.

In 1833 Dr. **Hering** wrote a paper in which he discussed the potential of Psorine to prevent an infection of the itch miasma

In 1884 Dr. **Burnet** wrote: "Speaking for myself, I have for the last nine years been in the habit of using vaccine matter (Vaccinum) in the 30 homeopathic centesimal potency, whenever small-pox was about, and I have thus not seen any one so far treated get variola'.

James Taylor Kent wrote in his *Lectures on Homoeopathic Materia Medica* (page 1000) that the Tuberculin nosode has the potential to prevent TB from infection in those predisposed toward the miasma.

"If Tuberculinum bovinum be given in 10m, 50m, and CM potencies, two doses of

each at long intervals, all children and young people who have inherited tuberculosis many be immuned from their inheritance and their resiliency will be restored."

William Boericke wrote in the *Pocket Manual of Homoeopathic Materia Medica* that the Baptisia has a prophylatic power over typhoid, clears carrier of the disease, and could be of service in a iatrogenic typhoid miasma produced by orthodox immunizations.

"Baptisia in low dilutions produces a form of anti-bodies to the bacteria typhosus, viz., agglutinins. Thus it raises the natural bodily resistance to the invasion of the bacillary intoxication, which produces the typhoid syndrome. Typhoid carriers. After inoculation with anti-typhoid serum."

Dr. **Wheeler** suggests that a nosode in 30th potency will provide protection from a specific infectious disease for at least a fortnight.

Dorothy Shepherd wrote "Nosodes of disease products of the actual disease are often most active preventative". She then goes on to give several examples for her long career. She did clinical trials in boarding schools where epidemics were rampant. References to these experiences can be found in her book, *Homeopathy and Epidemic Diseases*. She also confirmed the effectiveness of the nosode, Pertussin, in the prevention of whooping cough.

Diphtherinum was used by **Allen** for

25 years as a prophylactic and he never saw a case in a person who had contacted the disease. He challenged the profession to test this assertion and publish their failures.

This is a quote from **C.M Boger** on Homeo-prophylaxis from the *Homeopathic Recorder* under remedy, Psorinum.

It (psorinum) is useful in suppressed itch, in fact, all nosodes seem to be most successful in types of disease similar to the ones from which they have been derived or in helping to clear up and bring about reaction in imperfectly cured cases of the same disease; thus Tuberculin does its best work in incipient consumption, pneumonia and other respiratory affections which do not react properly. **THEY ARE ALSO USED AS PROPHYLATICS, INDUCING A MORE CERTAIN IMMUNITY THAN CAN OTHERWISE BE OBTAINED;** this is especially true of Variolinum, the small-pox nosode which I have tested to my entire satisfaction, even allowing unvaccinated persons under its influence to nurse and sleep with the small-pox victim, the children of the family doing the same; out of more than a dozen of such exposures I have not had a single infection

Approaches for homoeoprophylaxis :

There are different approaches, which may be used to select the remedy for prophylaxis of a prevailing epidemic. All have their roots in classical practice. Some of important of them are as follows-

I The primary form of homeoprophylaxis is the ***constitutional remedy***. This is selected from the characteristic mental, general and particular symptoms with a focus on that which is strange, uncommon and peculiar to the individual sufferer (aph 82-104). This strengthens the vital force in a holographic manner by removing predispositions, increasing vitality and raising general immunity to stress and disease. This remedy is universal in its applications and unequalled in its manifold preventative powers. When combined with good hygiene, nutrition and stress management programs constitutional treatment forms the first line of defense against all forms of infectious disease.

II Genus epidemicus - an individually selected remedy for this particular outbreak of an epidemic - which is to be sought as in harmony with our guiding principles. When a remedy specific to the *individual occurrence* of an epidemic - **the genus epidemicus** - is identified, this remedy will act more surely in homoeoprophylaxis and early treatment of cases, and is to be preferred.

But one thing should be very clear in mind that **genus epidemicus** may fail to act - both prophylactically and in treatment of active epidemic disease - when the reaction of the patient is dictated more by the pre-existing chronic disease of the patient than by the virulence of the acute miasmatic organism

Hahnemann describes the process of determining the genus epidemicus concisely, in his **Organon**.

aph. 101:

Usually the physician does not immediately perceive the complete picture of the epidemic in the first case that he treats, since the collective disease reveals itself in the totality of signs and symptoms only after several cases have been closely observed. Nevertheless, an observant physician can often come so close after seeing only one or two patients that he becomes aware of the characteristic picture of the epidemic and can already find its appropriate homoeopathic remedy.

aph. 102

From writing down the symptoms of several cases of this sort, the outline of the disease picture becomes more and more complete - not more extensive and wordy, but more characteristic, containing more accurately the peculiarity of the particular collective disease. The ordinary symptoms - e.g., loss of appetite, sleeplessness, etc. - become more precisely qualified, and those that are more exceptional, special, and, in the circumstances, unusual, and belong to only a few diseases, reveal themselves and constitute the characteristic picture of this epidemic.

All those who catch an epidemic at a particular time have a disease flowing from the same source and therefore the same

disease. But the entire scope of such an epidemic disease, the totality of its symptoms (which we need to know in order to grasp the whole disease picture and choose an appropriate remedy for it) cannot be perceived in any one patient, but can be fully distilled and gathered only from the sufferings of several patients with different physical constitutions.

In subsequent cases either the appropriateness of the homoeopathic remedy chosen in the first cases will be corroborated or else a more appropriate one, the most appropriate one, will be revealed to the physician.

III We can also use the nosodes for prophylaxis, as the use of the disease nosode in prophylaxis has proven to be very efficacious in many ailments. Examples the use of *Influenzinum* in flu prophylaxis or *Morbillinum* in a measles epidemic.

The nosode represents the undifferentiated or generic appearance of an acute miasm, not accounting for individual variability of persons or individual epidemic occurrences. Its routine use in active disease would be considered isopathy rather than homoeopathy; and historical experience reveals the general inadequacy of this approach. However, in prophylaxis, this may be a successful strategy in a pinch, particularly early in the epidemic of an acute miasmatic illness, before a genus epidemicus - the specific remedy for the individual

epidemic - has been identified. Following Hering's introduction of nosodes into our *Materia Medica*, Boenninghausen experimented early on, with considerable success, at using *Variolinum* (the smallpox nosode) for the prophylactic treatment of smallpox.

IV An other approach is to select a remedy deemed central to the undifferentiated or generic nature of the epidemic illness. This is done by taking an anamnesis of the disease-as-named, without specific attention to the individuality of the prevailing epidemic or the individuality of a specific case. Examples might include *Drosera* for whooping cough or *Eupatorium perfoliatum* for influenza.

Here again the individual nature of the particular epidemic is not taken into account, and this approach works best with those epidemic illnesses that can be termed *acute miasms* - ones in which there is less variability in individual expression. Hahnemann in this manner suggested *Camphora* as the homoeoprophylactic simillimum for the approaching epidemic of Asiatic Cholera. Boenninghausen had some excellent success in using *Thuja occidentalis* in this manner in the prophylactic treatment of smallpox.

This of course can only be done for those diseases that Hahnemann would class as "acute miasms" - diseases that "recur in the same manner and are therefore known by a traditional name". As an example, we could look at *Scarlatina* (scarlet fever).

Potency and dose

Potency and dosage for prophylactic treatment are guided by the same issues that guide the treatment of active disease; largely, the dynamic nature of the illness, the vitality and sensitivity of the individual patient, and, most importantly, what you happen to have on hand at the time. In general, the lower potencies suffice. I'll commonly use 12C or 30C, occasionally 200C, and on rare occasions have used 1M potencies in prophylaxis.

In aphorism 77, Hahnemann discussed about pseudo chronic diseases which can be prevented by avoiding exposure to noxious influences e.g. avoiding indulgence in injurious liquors, residing in unhealthy localities like marshy districts deprivation of exercise or of open air, overexertion of mind and body etc.

Dr. S.P.Dey described prophylaxis under two heads i.e.

Prevention of acute diseases.

Prevention of chronic diseases.

Prevention of acute diseases-

(a) Any acute disease may be prevented before its outbreak by timely administration of medicines capable of producing similar symptoms in a health human being on proving.

(b) Any acute disease after its outbreak in an epidemic form may be prevented and cured by 'genus

epidemicus' administered in suitable potency and dose.

Prevention of chronic diseases :

- (a) Children born with the latent dyscrasia for severe chronic disease like diabetes mellitus, hypertension, bronchial asthma, rheumatoid arthritis, tuberculosis, cancer may be prevented from developing by constitutional anti miasmatic treatment in early childhood
- (b) The parents must be treated for their chronic diseases before they expect to have a baby
- (c) Expected mother should be treated throughout the period the period of pregnancy by constitutional anti miasmatic medicines so that the possibility of hereditary disease being transmitted to the off springs may be overtaken or modified to a greater extent.
- (d) Constitutional treatment of pre cancerous state like leukoplakia, neurofibroma etc. may successfully prevent the development of cancer in many cases.
- (e) Potential diabetes may not turn into overt diabetes if treated in time with constitutional medicines.
- (f) Repeated spontaneous abortions, miscarriage and still birth may be prevented by anti miasmatic

treatment of mother before and during pregnancy.

- (g) Proper anti miasmatic treatment of the children with rheumatic diathesis may prevent the development of rheumatic heart diseases.
- (h) Constitutional treatment in the childhood may also prevent the development of mental diseases like schizophrenia and mania.

According to Allan D. of Sutherland. The best prophylactic treatment against all disease, both acute and chronic, is building up vital resistance, by producing a harmonious physiologic process in the body organism. And the homoeopathic remedy does just that thing, with no trace of consequential drug or serum miasm involved. Children and young adults treated homoeopathically develop immunity against all acute disorders or throw them off, leaving better health behind. And older people live longer and in great comfort to perform their accustomed uses easier and more satisfactorily.

Homoeopathy has developed a number of prophylactic remedies against infectious and contagious diseases, such as small-pox, scarlet fever, diphtheria, infantile paralysis, as well as wonderful emergency remedies against trauma, lacerations, cuts and broken bones, burns, brain and spinal concussions, all of which would be invaluable for use in the army and navy.

Nosodes act as better prophylaxis: In regard to prophylaxis

the great Dr. Kanjilal of Calcutta had two impressions. One constitutional medicine as the effective prophylaxis and the other well selected Genus-epidemicus.

A nosode can be described as a better prophylactic but not during the incubation period which otherwise will cause suppression and later complication. Prophylactics give the body a prior training of how to deal with a future similar crisis. It lingers in the body and should infection occur it has the same effect as if it were given at the exact moment of the onset of the disease.

The prescription of Cholera-toxin-90 of Pierre Schmidt, Tuberculinum-bov in chilblains by Pierre Schmidt, Diphtherinum in Diphtheria, Allens Lyssin in Hydrophobia, Boerickes Vaccinum in smallpox, Schmidts Pertussin in whooping cough, Allens Morbillinum in Measles, streptococcin in Rheumatic fever (increased ASO titre) and even in after effects of Tonsillectomy, Eel-serum in Renal hypertension are good examples of prophylactic prescription..

VARIOUS DRUGS FOR SPECIFIC PROTECTION

1. Abortion-

- (i) Viburnum opulus- when pain is spasmodic (E. M. Hale).
- (ii) Aconite nap.- When from fright or excitement. "M.L.Tyler"

- (iii) Sabina- When pain is from back to pubes. "E.B.Nash"
2. Acute diseases- The best prophylactic in acute diseases is the epidemic remedy. "R Gibson Miller"
3. Anthrax-Anthraxinum "H.M.Alverres"
4. Apoplexy- Belladonna "Allexandor Margittai"
5. Arteriosclerosis- Sambul "G.W.Boericke"
6. Boils & carbuncles
 - (i) Carbonium sulph 2X (BD x 3 days) "Leon Simon"
 - (ii) Berberis "W.A. Dewey"
7. Caries teeth Coca "E.M.Hale"
8. Catheterization - Aconite nap "J.H.Clark"
9. Chicken pox- Rhus tox. "F. Mackenzie"
10. Diseases due to chill- Vericulosus 2X "Alaxander Margittai"
11. Cholelithiasis- China off./Carduus marianus "j.H.Clark"
12. Cholera-
 - (i) Cuprum/Sulphur "H.M. Alverres"
 - (ii) Secale cor. (1 dose a week for three weeks) "S.M.Bhattacharjee."
 - (iii) Sulphur "Hering"
13. Cold & cough- Bacillinum "Benjamin Goldberg& G.W. Boericke"
14. Collapse- Carbo Veg/ Cinchona "E.A.Farrington"
15. Coryza- Aconite/Camphor "H.M.Alverres"

16. Croup- Phosphorus "E. A Farrington"
17. Dengue fever- Eupatorium perfoliatum "Homutil Hompath"
18. Pain before dental extraction
 - (i) Ignatia in women.
 - (ii) Nux vom. In men. "Leo Renard"
19. Diphtheria :
 - (i) Diphtherinum "J. H. Clark & H. C. Allen"
 - (ii) Merc cynatum "Anthony Shupis"
20. Drug reactions- Coal tar or so called wonder drug -Carbo veg. Lach "Hompath",
Penicillin - Sulphur & Agaricus "A. H. Grimmer"
21. Dysentery- Arsenic alb. Merc. Cor. "H. M. Alverres"
22. Epilepsy- Ignatia "S Hahnemann"
23. Filaria- Calcarea flour. "HomUtil Hompath"
24. Hay fever-
 - (i) Hepar sulph. "Benjamin Goldberg"
 - (ii) Arsenic alb./Allium cepa/ Psorinum "Hompath"
25. Hydrophobia-
 - (i) Lyssin "C. Hering"
 - (ii) Hyoscyamus "Benjamin Goldberg"
 - (iii) Anagalis arvensis "A. L. Blackwood"
26. Influenza-
 - (i) Gelsemium 200 "M. L. Tyler"
 - (ii) Nux vom. "W. Tounan"
27. Malaria-
 - (i) Terebinth "H. C. Allen"
 - (iii) Ars. Sulph. Flav. 1M S. M. Bhattacharjee.
 - (iv) Natrunm mur 1m "Dewey"
28. Measles-
 - (i) Pulsatilla "H. M. Alverres"
 - (ii) Morbillinum "H. C. Allen"
29. Meningitis- Belladonna-Calcarea carb- Tuberculinum "A. P. Report"
30. Migraine- Kali bi. "Balzar"
31. Motion sickness-
 - (i) Belladonna "William Boericke"
 - (ii) Cocculus "P. M. Sharp"
 - (iii) Tabacum "H. F. Wood"
32. Mumps :
 - (i) Parotidinum "H. C. Allen"
 - (ii) Pilocarpin "J. H. Clarke"
33. Plague- Pyrogen/ Phosphorus/ Arsenic "CCRH"
34. Pneumonia- Hepar sulph "E. B. Nash"
35. Poliomyelitis-
 - (i) Physostigma "Sir John Weir"
 - (j) Lathyrus sativa "D. M. Foubister"
36. Sun stroke- Gels./Glon./Natrum mur. "Hompath"
37. Syphilis- Aur mur natr. "Hompath"
38. Tetanus- Aconite, Amica, Belladonna, Cicuta, Hypericum. "Hompath"
39. Tuberculosis- Ars iod/ Bacilinum "Hompath"
40. Typhoid- Baptisia/typhoidinum/bryonia/

hyoscyamus "Homopath"

41. Whooping cough- Drosera 30 "S. Hahnemann"
42. Yellow fever- Carbo veg. "Homopath".

CONCLUSION

From the above discussion it is very clear that the concept of prevention or prophylaxis is very old in Homoeopathy too. This concept of prevention has also played a vital role in popularization or acceptance of this system of therapeutics in the very earlier days and still continues. Hahnemann used belladonna for prevention of scarlet fever successfully in earlier days and the use of Phosphorus for the prevention of Plague in 1994 epidemic, and Belladonna, Calcarea, and Tuberculinum in the prevention of encephalitis in present era has finely proved the efficacy of Homoeopathy in the field of Preventive Medicine.

It is a moral duty of every physician to work seriously in prevention of diseases and to adopt the slogan "TREAT ONE PREVENT THOUSAND"

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*Do something because you really want to do it.
If you are doing it just for the goal, and don't enjoy the path,
then I think you're cheating yourself.*

- Kalpana Chawla.