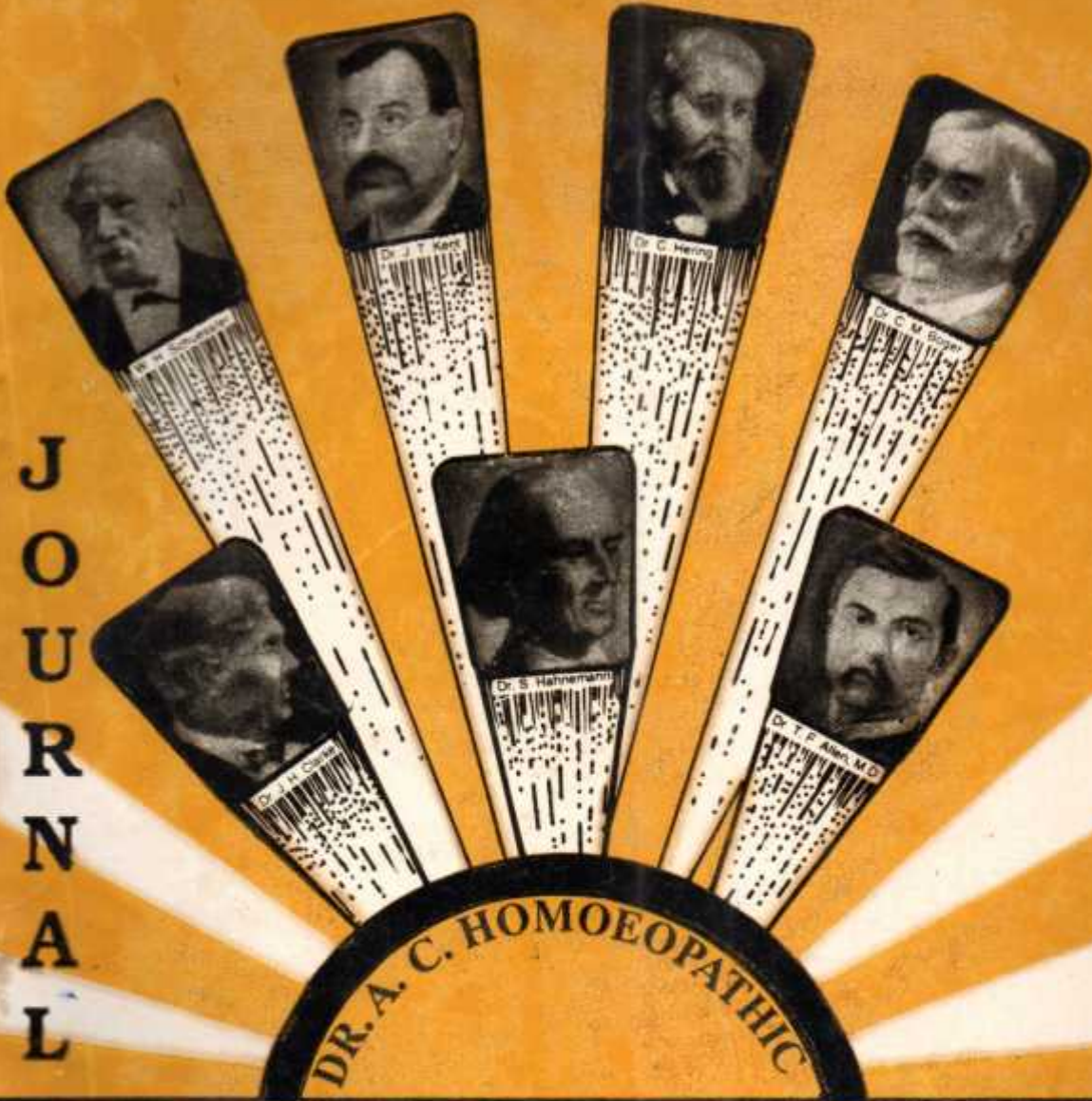


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## HOMOEOPATHY IN NATIONAL HEALTH PROGRAMMES

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### INTRODUCTION

India with a population of 872 millions (1992) is the second most populous country in the world next to China and seventh in land area with only 2.4% of world's land area. India is supporting 15.5% of world's population. No doubt the darkest aspects hunting the horizons of our unknown future are:

- The exploding population (80 million per year)
- The high magnitude of illiteracy (638 illiterate persons per 1000 population)
- Low socio-economic status of the people (42 percent of people live below poverty line)
- Dominance of the haves.
- Lack of adequate facilities to identify and to use the resources.
- Prevalence of corruption at different levels.
- Poor health services etc.

India is a country which has given recognition and official patronage to the largest number of systems of medicine. But the most deplorable fact is that the policy makers/administrators have failed to use the expertise and to involve a vast technical man power. It is hightime for Homoeopaths to apprise them the efficacy of the system over the diseases covered under National Health Programmes and to take their due share in it for serving the mankind under the govt. patronage.

No doubt the entire National Health Programmes are gigantic in nature, require variety of skills, multitude of insights and

involvement of all official recognised systems of treatment to combat in a cafeteria basis.

Some health problems are present in large scale all over the country in order to tackle them, a huge expenditure, elaborate planning and co-ordinations are required. Hence they have to be organised at the Central or National level, though their implementation is done at state level. Such programmes are called National Health Programmes.

National Health Programmes are as follows :

1. National Malaria Eradication Programme.
2. National Filariasis Control Programme.
3. National Leprosy Eradication Programme.
4. National Programme for control of Blindness.
5. Diarrhoeal disease control Programme.
6. National Tuberculosis control Programme.
7. Iodine Deficiency Disorders Programme.
8. Sexually Transmitted Disease Control Programme.
9. Universal Immunisation programme.
10. National Family Welfare Programme.
11. National Water supply and Sanitation Programme.
12. Guinea worm Eradication Programme.
13. Minimum needs Programme.
14. School Health Programme.
15. Programme for control of Acute Respiratory Infections.



16. National Nutrition Programme.
17. National AIDS control Programme.
18. National Diabetes Control Programme.
19. 20 points Programme.

The Ministry of Health and Family welfare evolved a National Health policy in view of the National Commitment to attain the goal, "Health for All By 2000 A.D.", in the context of the size of the population, the socio-economic development and the existing health status of the people. The health policy in India has a number of elements but two elements are of importance here; they are as follows :

- 1) Research into alternative methods of health care delivery and low-cost health technologies.
- 2) Greater co-ordination of different systems of medicine.

From National Health Policy, it is envisaged that Allopathy is not the only system to be involved in National Health Programmes. Rather, all systems are to be co-ordinated and best benefits of each system should be provided to the consumer at door steps.

Hence we should have to prove that Homoeopathy has ability to participate in the said programmes and schemes should be prepared to implement the policy.

### NATIONAL MALARIA ERADICATION PROGRAMME

It is estimated that about 95 million clinical cases occur each year in the world. Actual number of persons infected is about 240 million. Malaria occurs mostly in tropical areas of the world, roughly between

latitude of 60 degree North and 40 degree South.

Actually if we analyse for its failure we see that the causes of this particular disease are multifactorial, i.e., Agent, Host and Environment which are very vast to take care of. It is also impossible with the present pecuniary condition of our National or State governments to have liberal expenditure in this particular sector alone to take drastic steps with mass scale environment, agent and host control measures to completely extinguish the disease 'malaria'.

Again, the practical hurdles which are being confronted by health workers are as follows :

- a. Some patients are not accepting malarial drugs used in National control programme because they develop minor complications during administration of medicine thereby it creates a psychological barrier for them.
- b. Many are using medicines haphazardly as a result of which they are developing "Drug resistance"; consequently it increases the community reservoir of the disease.

Under above back drops, it is felt imperative to carry on a combined team work by Homoeopathy with the existing provisions and facilities of Allopathy to control malaria, under one roof in a cafeteria basis.

Now, we must explore the capability of Homoeopathy controlling/combating the diseases covered under National Health Programmes, this can be

assessed from the results achieved by physicians, research scholars, teachers of this discipline.

A brief account of cured cases reported in Journals/periodicals/books and Author's observations are projected below

### MALARIA

Sl. No.	Name of Authors	Journals/periodicals/ Books, Volume, page	Drug/Drugs used.	No. of cases
1.	Chaudhury, Dr. N.M.	'A study on Materia Medica' P-203, 370 & 507	(China)(19 Pec) (China, Ox. acid, Nat. mur.)	3
2.	Boenninghausen, Dr. C.M.F. Von	"The Lessor Writings" P-248, 422.	(Puls., Sepia) (Sulph.)	2
3.	Mathur, Dr. K.N.	"The Principles of prescribing" P-114, 322.	(Sulph.) (Sulph.)	2
4.	Miller Dr. H.V.	"The Homoeopathic Heritage" July 1987 P-391, P-392,	(Nat. mur., (Sulph.)(Caps.) (Nux-V, Ars. Carb-veg Sulph, Nat.m., Ign.)	3
5.	Dutta Dr. Sachidananda	The Orissa Homoeopathic Journal Vol.I No.II, April, 1974, P-17 & P-19	(Apismel. Nat. Mur., Kali Phos) (Camphor, China Off. Ceanothus)	2
6.	Rastogi Dr. D.P.	C.C.R.H. News-Clinical Research in Malaria, Dec-85 March-86, P-5	Chirata; Vitex-nigunda	23+4=27
7	Author	Hospital / Clinic	Ars Sulph-Im Eupt. perf Nat mur & Ignatia	5 + 4 + 2 + 1 = 12



From this study, it is envisaged; Homeopathy can surely play an effective role in combating and controlling the disease malaria.

**National Filaria control programme:-**

This programme was launched in 1955. Still the disease is posing problem in modern medicine. D.E.C. is an only effective drug for controlling microfilaria

but has no action on adult worm, on the other hand Homoeopathic system of treatment has a wider scope as its subtle philosophy advocates in favour of it and also it has been shown in practice too.

A brief account of cured cases reported in journals/ periodicals/ books and Author's observations are projected below :

Name of the Author.	Journals/Periodicals/ Books page No.-Vol.	Drug/Drugs used	No. of cases
Heyward, John.H	British Journal of Homoeopathy Vol.XXXIII, April 1975, Page-202	Sulph., Merc. sol., Merc. Cor., Dulc., Kalihydro., Kali.b., Acidnit.)	1 ScRotal elephantiasis
Ramanathan Dr. A. N.	the Homoeopathic Heritage-Vol-14 April 1989, P-180	Strichnine, Ars	3
Rastogi, Dr. D.P. & Mishra, Dr. N.	C.C.R.H. Quarterly Bulletin, Vol-3, 1991 P-1	Rhustox., Bryo., Sulph., Apis mel, Nt.m., Rhod., Puls., Sil., thuja.	998
Author	Medical world, 1985 III, V-4, P-7.	Bry alb., Apismel., Rhus-tox., Ars.alb., Sulph, Graph., Sepia and Acid nit.	17

From above observation, it is evident that Homoeopathy can effectively play a role in controlling/ combating Filariasis.

**NATIONAL LEPROSY ERADICATION PROGRAMME**

N.L.C.P. has been in operation since 1955 but in 1983 the control programme was redesigned as N.L.E.P. with the goal to eradicate the disease by the turn of the century.

The revised strategy is based on:

- Early detection
- Treatment

- Health education
- Rehabilitational activities.

Now with the practice of multi drug therapy in Allopathy, the disease is under well control, and they aspire to eradicate the disease. Hence under this situation let us see what Homoeopathic medicine/ Homoeopaths can contribute for the programme. Early detection, Health education, Rehabilitation activities are common to all but as regards treatment, there is scope of Homoeopathy which is ascertained from the reported cured cases given below.

Name of Author	Journals/ periodicals/ BOOKS vol., Page	Drug/ Drugs Used	No. of cases
Dikshit Dr. Dillip	The Hahnemannian Gleanings, sept. 1985, Page - 313 and 314	Tub., Merc. iod. fl., Calc. flour., Kali-b., Hep.s., Ars. iod., Ant. t.	5

Hence Homoeopathy/ Homoeopaths should participate in National Leprosy Eradication programme with the revised strategy described above.

### NATIONAL DIABETES CONTROL PROGRAMME

Programme was started in seventh plan and 5 districts in different states were undertaken. The main objectives of the Programme are

- i) Identification of high risk subjects at an early stage and imparting appropriate health education.
- ii) Early diagnosis and management of cases.
- iii) Prevention, arrest or slowing of acute metabolic as well as chronic cardio-

vascular, renal complications of the disease.

Under above National strategies the scope and limitation of Homoeopathy in this field is to be determined.

In early stage of the disease by constitutional drug, there is effective treatment in Homoeopathy.

In late stage where there is complete destruction of Beta cells of Islets of Langerhan, the role of Homoeopathy is limited.

But to gather a complete comprehensive knowledge on the results of Homoeopathic treatment following in formations will be enough to draw a valid conclusion.

Name of Author	Journals / periodicals/ Books vol. page.	Drug/ Drugs used.	No. of cases
Courtsey-Health through Homoeopathy.	The Homoeopathic Heritage Vol-10, Jan. 1985, No.1	Sulph., Ars. alb., Thuja. occ., Calc-carb.	1
Jack Dr. R.A.F.	The Hahnemannian gleanings April 1985, P-125.	Phytolacca, Agaricus, Zinc. met., Apismel., Puls.,	1
Rastogi Dr.D.P. et. al.	C.C.R.H. News Bulletin vol-13, 1991 P-25.	Alloxan 30X & 200X.	In diabetised rat showed regeneration of Beta cells.
Rastogi Dr.D.P.	C.C.R.H. News No.11 1987, P-3	-Cephalandra Indica Q -Abisinthium D, -Resina laris D <sub>3</sub>	Regeneration of Beta Cells.
<i>Author</i>	<i>Dr. A.C. Homoeopathic Med. College/ Hospital Record/ Author's clinic</i>	<i>Mat. mur., calc. carb., Sulph., Psorinum, Med., Tuber., Cephalandra Ind.</i>	<i>11</i>



From above study it is evident, Homoeopathy can play effective role in controlling Diabetes. Hence National Strategy may be redesigned along with this subtle therapy for the control of Diabetes.

[The author has dealt the role of Homoeopathy and Homoeopathic Physicians in all the 19 National Health Programmes but due to want of space we could-not accommodate all.

Editor]

### CONCLUSION

From the above exhaustive exposition on some important diseases

the role of Homoeopathy and Homoeopathic physicians in the participation in National Health Programmes, is clear. Now the ball lies in the court of the Central government, which should realise the essence of this subtle therapy and make it an essential component in National Health Programme. The acceptability of this science by the people at large being in the rise, it can undoubtedly flourish to its full bloom with the patronage and better recognition of the government. As a result of thorough research works, it can vindicate its efficacy before the scientific world that it has not less a role to reckon with, at par with the other disciplines to meet the challenges.

