

Editorial for the month of June 2011

Clinical Implications of Second prescription or the Follow up

Management of acute and chronic disease chiefly depends on first and second prescription, This knowledge of follow up is of utmost important for all doctors, ignorant of this will invite failure in practice. Most of your practice will involve the second prescription, not the first.

Studying cases of Kent and Hahnemann from their case records clearly shows that many chronic cases they treated on an average took 3-5 years to treat but that was 200 years go now a days it could be much longer as the pathology that I treat is much deeper at the same time lot of suppression.

When I undertook the journey to read and study how to do good follow up I took all the sources of 2nd prescription and put together trying a common denominator what was said by Kent and Hahnemann.

When you read Kent's philosophy, Kent's Lesser Writings, Hahnemanns Organon (5th and 6th edition) in the beginning I came out confused, because they said things which was quite different. It was all mashed up together!!!! When you study them repeatedly and several times spending hours and weeks you will find they actually they say the same thing, but in a disorganized way, hence I undertook the exercise to study from source and simplify the subject by making easy rules that are accepted by our common sense that everyone can understand and remember.

The following books were my reference material.

- Kent's Lectures,
- Kent's Lesser Writings,
- The Organon (162-181),
- Chronic Disease (all over the place)
- The Science of Homoeopathy by Vithoukas (very similar to Kent)

Your whole aim is to not let the patient run away, if you lose the patient you have lost the game. Patients in such situation will go back to allopathy, you

don't want to get them to the place where they have had 3-4 remedies and nothing has happened.

I am going to discuss the patterns of different follow up's as seen my 32 years of homoeopathic practice.

First Pattern:

Bulls Eye or Ram Baan Prescription

Here the patient has experienced improvement on all levels. i.e. mental as well as physical, be care full sometimes you may see that the remedy has given relief to just few local physical symptoms here it only means that the remedy is palliative and not curative. The patient should say here with confidence that yes doctors after your sweet pills my over all general feeling of well being is better. Palliation when a cure is possible is suppressive therapy, many homoeopath regardless of their experience don't know this!!!!!!

In this pattern always respect the Hering's Syndrome of Observations i.e. improvement of mental complaints followed by physical complaints.

Every homoeopath should ideally strive for this pattern, because this pattern means that the remedy was perfect that means that vital force after receiving the stimulus from the remedy gives a counter curative reaction

When you read Organon it says that there is always a initial aggravation, but in the pattern above there was no aggravation or if it was it was too minor and went unnoticed by the patient. In a footnote to Aphorism 253, Hahnemann says:

.. The signs of improvement in the emotions and mind can be expected immediately after the medicine has been taken only if the dose was small enough (i.e., as small as possible); an unnecessarily larger dose even of the most homeopathically appropriate remedy, apart from its other ill effects acts too violently and initially disturbs the mind and emotions too strongly and too long for the patient's improvement to be noticed immediately.

Clinically patient feels:

- General feeling of well being
- Excellent energy
- Good sleep
- Good appetite
- Optimism
- Healthy dreams
- Balanced life

This is a rare but not uncommon pattern in my practice, 4th edition teaches us not to repeat the remedy unless the symptoms return, but according to 6th edition one can repeat the medicine to either to speed up the cure. Honestly even Hahnemann very seldom got this type of spectacular pattern that I described above in his practice.

In acute cases this is the best pattern we should expect because here time is very important factor.

This pattern indicates that the patient is going to get cured and there is not deeper pathology in the body.

Second Pattern:

Status quo patterns absolutely no change.

I used to get this pattern very frequently in my practice but as maturity and knowledge came the pattern was less frequent. In acute cases please study all over again but in a chronic case wait for at least few weeks to label patient as status quo.

Majority of the patients who suffer from chronic disease in my practice with this reaction need a higher potency of the same remedy or extra dose or more repetition .This is what Kent always did!!!!

Warning here would be not to repeat remedy too much in high potency too frequently for fear of producing accessory symptoms of the remedy many homeopaths who are in the habit of prescribing, for instance, a 10M potency every week for one year !!!!! what happens is that by repeating a high potency , even if it is the simillimum, the original natural disease of the patient will be replaced by a new artificially created remedy disease (

consisting of the accessory symptoms of the remedy unhomeopathic to the case), or often turning the original illness into a more complex one!!!!!!

Also when pattern is status quo one should be careful whether patient was taking remedy correctly as prescribed or missed the doses or was trying to antidote the remedy or was not keeping strict control on his diet

Rarely I have seen some acute illness comes in the movement the person start the chronic constitutional treatment from us e.g. an attack of viral infection or an incidence of shock (death of parents in accident) in the all the above situation the person may feel status quo even though the remedy is correct.

Insensitive or hyposensitive patients can into this category as they always reacts sluggishly to the remedy!!! Worse still, one may be using a slow acting remedy in an individual who is slow to react (e.g., Nux vomica in an Alumina person).

Third Pattern:

Short term relief

Here there was amelioration followed by status quo.

The common interpretation of above pattern is too small a potency as said earlier you need to push up the potency, next reason could be excessive indulgence in food, wine, sex and not sleeping or exercising enough or the pathology is too advance and the remedy can only palliate.

Palliation is sometimes the only possible solution. In certain chronic cases you have to think of miasmatic block by identifying the fundamental and presenting miasm there by selecting a deep acting remedy which can be a nosode. Hering wrote that "the nosode stirs up the disease and renders the reaction to the indicated remedy more permanent and effectual,"

Fourth Pattern:

Short aggravation followed by excellent amelioration

Here the remedy given was trying to create a similar artificial medicinal disease that was too strong for the vital force, which was overwhelmed by

the initial "encounter." But after an initial aggravation it is now responding. In this case, the selected potency and/or remedy dose were a little too high, causing the initial similar aggravation of hours or a few days.

Many homoeopaths feel even today that a small aggravation is must before amelioration, this is a myth because if you follow 6th edition of Organon Hahnemann no longer calls for this similar aggravation as part of a successful prescription.

After the "short" aggravation is over, you can make anyone of the following adjustments:

- Increase the number of cups from 5th to 8th or 9th
- Decrease the quantity of remedy given i.e. 1/2 - teaspoon from 1 teaspoon.,
- Decrease the frequency of the dose (take every e.g. once a week, etc.)

Fifth Pattern:

Prolonged similar aggravation with eventual amelioration

This pattern usually comes when the remedy is correct but the potency may be too strong, the stimulus given by the remedy was over whelming to the vital force ,but the vital force was eventually able to overcome the initial strong stimulus and is now slowly recuperating in the curative direction. Many times when the homoeopaths do not take into consideration the sensitivity or susceptibility of the patient then the above state may occur.

Sometimes the disease is on the borderline of incurability and hence prolonged aggravation, here comes the significance of having knowledge of medicine so that we come to know the stage of disease, unfortunately majority of homoeopaths are very poor in their knowledge of medicine, and help must be taken from allopathic medical doctors to understand the disease.

Sixth Pattern:

Prolonged aggravation followed by gradual decline

Here there is no amelioration following this aggravation and the patient's health is declining.

This may indicate that the remedy may still be correct but the disease is incurable, The remedy was well chosen (in dose and potency), which means that the natural disease has overpowered the vital force to such an extent that it does not possess the strength to react to a stronger artificial medicinal disease, even though it is similar and suitably gentle! Hahnemann explains this in **A276**

For this reason a medicine, although homeopathic to the case, does harm when it is given in overdose. In strong doses the more homeopathic the medicine and the higher its potency the more harm it does: indeed it is far more harmful than equally large doses of unhomeopathic medicine, an allopathic one unrelated to the disease condition. Excessively large doses of an accurately selected homeopathic medicine, especially if frequently repeated, are, as a rule, very destructive. ...

Seventh Pattern:

Aggravation after every dose even with low or mild potency

Here the remedy is correct but each time the remedy is given the patient's vital force is unable to react with a secondary curative reaction. . Every time a dose is given, the patient not only goes into aggravation, but also shows many accessory symptoms of the remedy i.e. proving, another reason can be hysterical patients who need constant attention, these patients want to be assured of the continuous attention of the physician and will go to any lengths to obtain it. Give placebo to such patients.

Eight Pattern:

Improvement in few local symptoms without general relief and feeling of well being

Mostly the remedy selected is not the correct it was too distant simile, also the selection of the remedy was based on few key note symptoms at the physical level. This is called palliation if a cure was still possible. Only a poorly trained homeopath will fall into this type of prescribing solely on the physical chief complaint. Whenever you give a distant simile and repeat it unnecessarily, many accessory symptoms of the remedy will appear, the

more accessory symptoms, the more distant the simile and will combine with symptoms of the progressing natural disease. If the physician keeps repeating the remedy, especially in higher dry doses, the situation can very quickly become tragic.

Sometimes persevering harmful lifestyle, which allows the remedy to work only on a superficial physical level without procuring sustained or even starting to improve mental/emotional symptoms. Or miasmatic block may be a possibility. Or this is this worst possible situation! Again, it may signal an incurable case. Very little of the whole content of the illness has been affected by the remedy's power.

Eventually, new symptoms will appear because the natural disease evolves. Palliation ("zigzag" prescribing) is indicated and eminently suited to homeopathic remedies, since certain patients can only gain so much.

Ninth Pattern:

Instant improvement of symptoms at all levels but for a short while followed by a prolonged aggravation

The remedy given was partially similar; otherwise the patient would not have achieved improvement on all levels, better take the case all over again this situation is usually unfavorable. The remedy given was only a superficial remedy, acting palliatively and temporarily removing the symptoms. Also the life style causes may be the reason e.g.in a case of diarrhea the person initially controls his food habits but later he engages himself in eating all wrong kind of stuff, this of course, is throwing common sense out of the window.

Sometimes there can be a miasmatic block, obstructing the initial ameliorating action of the indicated remedy. In such a situation well-selected chronic intercurrent remedy or nosode will be able to activate the vital economy to the point where the previously well-selected remedy can work again, as long as the disease is curable.

Another proposition can be that the case may have been incurable from the onset and the well-selected remedies just close enough to reactivate the vital force very temporarily.

Tenth Pattern:

Long-term improvement for months together and then sudden aggravation

This pattern results from the administering the simillimum in repeated dose of the simillimum. The sudden appearance of a aggravation after long; term improvement on all planes precludes the repetition of this remedy. The vital force does not need further stimulus of this remedy to continue its secondary curative reaction. Repeating a dose at a time when the natural disease is almost cured will elicit too many accessory symptoms of the remedy and distort the picture. If you don't recognize this, many of these symptoms will be grafted onto the picture of the patient, perhaps even creating a remedy disease, confusing both the homoeopath and patient.

Here the best bet is to use LM scale potencies.