

## Different Methods of Prescribing Remedies

I will restrict the article strictly related to my own practice in the past and present.

60 to 70 % of cases I see I base my prescription on totality of symptoms.

Dr Hahnemann says in aphorism 7 of organon

*"Now, as in a disease, from which no manifest exciting or maintaining cause has to be removed, we can perceive nothing but the morbid symptoms, it must be the symptoms alone by which the disease demands and points to the remedy suited to relieve it, and, moreover, the totality of these symptoms, of this outwardly reflected picture of the internal essence of the disease, that is, of the affection of the vital force must be the principle, or the sole means, whereby the disease can make known what remedy it requires—the only thing that can determine the choice of the most appropriate remedy and thus in a word, the totality of the symptoms must be the principle, indeed the only thing the physician has to take note of in every case of disease and, to remove by means of his art, in order that the disease shall be cured and transformed into health".*

Totality of symptoms consists of

1. Quantitative or numerical totality of symptoms
2. Qualitative totality or totality of characteristic symptoms. (The numerical totality of symptoms is not so important as the totality of characteristic symptoms for the selection of the simillimum.)

The task of finding out the totality of characteristic symptoms and their peculiar nature was taken up by Dr Von Boenninghausen. In his lesser writings Boenninghausen gives the following seven types of symptoms which make up the totality of characteristic symptoms

- Quis—meaning makeup of the patient.
- Quid—meaning peculiar sensations of the patient.
- Ubi—meaning peculiar locations of the disease.
- Cur—meaning cause of the disease.
- Quamodo—meaning modality of time.
- Quanto—meaning modality of circumstances.
- Quibus Auxilus—meaning concomitant symptoms.

Totality of characteristic symptoms as given by Boenninghausen was accepted by Dr Hahnemann and older homoeopaths. Dr Boger enlarged the Repertory prepared by Boenninghausen by adding a number of newly proved remedies and Dr Roberts further elaborated the repertory to its present form. The Boger- Boenninghausen repertory is regarded as a masterpiece in the Homoeopathic literature.

### **Now a case from Dr. Kent illustrating the above method**

Patient suffering from Infantile Paralysis 9 years of age. Consulted me on 25<sup>th</sup> November 1910 Sickness began 12th of August with fever, followed by paralysis of the left side of the body including paralysis left deltoid ; remedy given Causticum 1M: 1 dose.

After the remedy The limbs started jerk in sleep and awakes the patient. Also chilliness all over the body but burning sensation in the feet has to put them out of bed. In general the child was restless especially the hands were constantly in motion, weakness on exertion and weeps whenever the child cannot have her own way. Based on this Causticum 10 M 1 dose was given the child was reported cured after 3 months.

### **The next two cases belongs from my practise**

A lady aged 50 years complains of tubo ovarian mass with large cyst in the ovaries right more than left and multiple medium sized fibroids in the uterus. The ovaries were enlarged compared to her age she had a strong sexual desire often producing soreness of the vulva after intercourse.

Intercourse in general ameliorates all her complaints but especially genito-ovarian symptoms.

Her main complains was pain in the ovaries right more than left than extents to the back especially the lumbar region and occasionally to the hips. She has pain in the uterus worst during menstruation. Her gynaecologist said on examination there was a polyp in the vagina.

The pain that she complaint is usual stitching and burning. The pain gets aggravated after urination with full bladder and during menses. Her menses is very painful remains for 3 days. Stains on the undergarments are difficult to wash and they have an offensive odour.

She has leucorrhoea which is thick like mucous worse during urination. In general she is a very hot patient but at the same time she is not comfortable she is not comfortable in cold weather. Hence one can say she is sensitive to heat and cold. She has an unhealthy skin and every injury suppurates she sweats on the feet that is offensive. She has hurried speech. Quiet suspicious with people around and very restless always has to do some activity.

Based on the above symptoms Merc Sol 30 (5 cup method) was prescribed twice a day and over period of next 18 months potency was increased to 1M once a day in the end of 18 months the patient felt much better and the sonography showed total resolution of the cyst and the fibroid.

An old man of 60 years walks in my clinic with excessive pain in the sternum since last few weeks he went to his allopathic doctor who made a diagnosis of gastritis and prescribed him some antacids which did not give him any relief, so after some days he came to my clinic, the pain was burning and stitching occasionally it extended to back and shoulder, the pain was worse coughing sometimes it felt as if there was a sore spot behind sternum which produced lots of discomfort to the patient, he was a known case of hypertension having beta blocker to control the same, but when the pressure shoots up he gets right sided occipital headaches.

His other symptoms were fullness of stomach eating after, chronic diarrhoea worse slightest emotional excitement, after eating dinner he gets overpowering sleep and he has to go to bed early.

He emotionally was not comfortable in crowd as he developed excess of anxiety. He was dogmatic and quite obstinate by nature.

Constitutionally I selected Kali- bich. 30c three doses in a day for 4 days, after 4 days he reported almost 75 % better so I just put him on placebo for 15 days the pain today never came back. (this case was 20 years back treated by me in Bombay and the patient was a very famous Hindi cinema film star)

Characteristics of location. and extension are very important for the selection of the similimum. Dr Boenninghausen, Boger, Nash and H.C. Allen have given great importance to these symptoms in their repertories, Materia medicas and clinical cases.

Dr EB. Nash writes in his book **"How to take the Case and to find the Similimum"**. In the majority of cases the patient will locate the trouble without our asking as: "Doctor my head is troubling me".

*It may be a headache, vertigo or an eruption. It may be in the chest, as pneumonia, pleurisy, pericarditis or organic heart trouble; or, it may be in the abdomen in the region of stomach, liver, kidneys, or pelvic organs. In all such cases the patient will locate the pain, other suffering, and we must if possible, interpret in the light of our knowledge as physicians, and at the same time bear in mind the remedies known to produce similar pain and suffering, in the same localities, or if not borne in mind, all that remains for us to do is to hunt for them in our repertories, or materia medicas. For instance:*

*Is there a pain in the upper right chest? Arsenicum acts characteristically there.*

*Right middle chest- Belladonna, Sanguinaria, Calcarea ostreorum, etc.*

*Lower right chest Chelidonium, Kali carbonicum, Mercurius.*

*Left upper chest Myrtus, Pix liquida, Theridion, Sulphur, Tuberculinum, etc.*

*Left lower chest Natrum sulphuricum, Phosphorus.*

**The next method used in my practice is to prescribe on concomitants.**

This method was advocated by Dr. Boenninghausen he called this as Quibus Auxilus denoting Concomitant symptoms.

In Boger-Boenninghausen Repertory these concomitant symptoms like symptoms of modalities are given at the end of each chapter from Mind to Fever. Whereas in Boericke's repertory concomitants are given with certain symptoms, complaints or diseases, eg., Headache; Vertigo; Epistaxis, Prosopalgia; Dentition etc.

Dr. H.A. Roberts has given in his Repertory and Materia Medica to the Rheumatic Remedies great emphasis on concomitants as well as modalities.

**General concomitants with Rheumatism** (Symptoms not referable to a part)

**Absent mindedness**—Bov ; Cann-i ; Caust ; Cham.

**Acuteness of all senses**—Acon; Val.

**Anxiety with excitement**—Acon., Aur- m ; Bell.

**Anxiety with restlessness**—Acon., ; Am- m.

**Ascites**-Apis; Apoc; Ars a.

**Atrophy muscular**—Plb.

**Chorea** —Agar; Cupr.

**Fear of death**-Acon; Ars ; Laur.etc etc.

Let me discuss some of my cases in short

A case of strangulated swollen prolapse piles in a middle aged man had a concomitant symptom of white tongue Aesculus 30c few doses gave instant relief.

Another case was of a child aged 6 years came with severe asthmatic cough, the coughing was so severe that the child was fearful of coughing bouts and would try to suppress them, I gave Antimony Tart 1M few doses which gave instant relief.

Third case was of a case of cancer of rectum with severe constipation, the stool was large, knotty and hard like stone; few doses of Alumen 6c gave relief in next 15 days with infrequent repetition.

Fourth case was of a child with severe influenza and burning with high fever, circumscribed redness of the cheek was the concomitant which came to my rescue few doses of Cina 30c brought temperature back to normal in three hours.

### **Prescribing on the Basis of Keynote characteristic symptoms**

Dr. Hahnemann points out in aphorism. 153 the importance of “Keynote characteristic symptoms in the selection of the Similimum thus.” *In this search for a homoeopathic specific remedy, that is to say, in this comparison of the collective symptoms of the natural disease with the list of symptoms of*

*known medicines in order to find among these an artificial morbid agent corresponding by similarity to the disease to be cured, the more striking, singular, uncommon and peculiar (Characteristic) signs and symptoms of the case of disease are chiefly and most solely to be kept in view; for it is more particularly these that very similar ones in the list of symptoms of the selected medicine must correspond to, in order to constitute it the most suitable for effecting the cure."*

Dr. Henry N. Guernsey was the first to realise the importance of these striking, singular, uncommon and peculiar characteristic symptoms. These symptoms were most emphatically imparted to his students in his lecture on Materia Medica which was edited and published in the shape of "Key-notes to the Materia Medica" by Joseph Guernsey Later on Dr. H.C. Allen recognised the importance of these symptoms. He says in the preface of the First Edition of "Characteristics of some of the Leading Remedies" *"To enable the student or practitioner to select the similimum correctly and rapidly he must have as a basis for comparison some knowledge of the individuality of the remedy; something that is peculiar, uncommon or sufficiently characteristic in the confirmed pathogenesis of a polycrest remedy that may be used as a pivotal point of comparison."*

It may be a so called "Keynote" a "Characteristic" and central modality or principle—as the aggravation from motion of Bryonia, amelioration from motion of Rhus- tox., the furious vicious delirium of Belladonna or apathetic indifference of Phosphoric acid some familiar landmark around which the symptoms may be arranged in the mind for comparison. Many writers of Materia Medica have given special place for the Keynote characteristic symptoms but Dr. E.B. Nash has shown in his book "The Testimony of the Clinic" how remedies selected on the basis of Keynote characteristic symptoms have given wonderful results especially in the acute cases.

### **Clinical Experiences of Dr. J T. Kent**

**Abscess on face:**—A middle-aged gentleman had an abscess on the side of the face just in front of the ear. Suppuration was advanced and the fluctuation was marked. Silica had done some good as it had controlled the pain. The cavity was aspirated by a surgeon several times but it continued to refill. After three weeks there was no abatement of the difficulty. The integument took on a new feature, becoming bluish, mottled with great burning and sharp cutting pains The hardness was extending and the opening gave out a bloody thin excoriating fluid of foul smell. He was chilly and nauseated and had symptoms of pyaemia. After one dose of Tarantula cubensis 12X an immediate change for the better took place, no more pus formed and he was well in ten days. The discoloured localization became a bright red and then faded to the natural colour. The nausea and general pyaemic symptoms were greatly relieved within twelve hours. No more medicine

Now my case

A child aged 3 years I saw in New York developed acute asthmatic cough, not better even after nebulised several times with Asthalin, the cough was rattling, worse in night, lying down, warm room and better in open air, the mother said that the wheezing is always worse sleep during this is a very characteristic symptom of Kali sulph few doses of this remedy in 200c potency every few hours totally helped the child to recover from this acute attack.

Second case is of dysentery in an old woman whom I saw in Navsari, she had a most obstinate attack of the disease not better even after one month of antibiotics and Flagyl. When I examined the lady she asked me to see her tongue which was very cracked and painful, This was the actual key symptom of the remedy, I gave her Phosphorous 200c few doses which cured her dysentery completely.