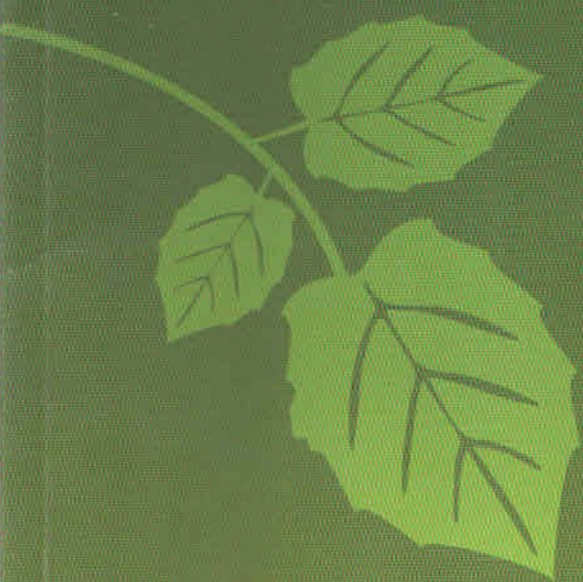


ISSN : 0974-7168

E- ISSN : 2320- 7094

Vol. 10 / Issue 3 / Jul-Sep 2016



# Indian Journal of Research in Homoeopathy


Official Publication of Central Council for Research in Homoeopathy

# IJRH



[www.ijrh.org](http://www.ijrh.org)

Medknow

 Wolters Kluwer

## Book review on “Homoeopathy for Common Diseases-Before Consulting A Doctor”

**Author** : Central Council for Research in Homoeopathy  
**Language** : English  
**Published by** : Central Council for Research in Homoeopathy, New Delhi, India  
**Price** : INR 100  
**Pages** : 68  
**ISBN** : 978-93-81458-31-0



Homoeopathy is now a preferred system of medicine and getting popular among public for acute diseases, chronic ailments, and as first aid for many conditions before consulting a doctor. The cost effectiveness, easily palatability, good compliance and safety of these medicines has generated interest among many to keep a kit of commonly used homoeopathic medicines for prescribing to their neighbours and friends. Although some booklets are available on this topics, “Homoeopathy for Common Diseases-Before Consulting a Doctor” published by the Central Council for Research in Homoeopathy is much more informative, systematic, handy and illustrative. It gives a broader idea on some common diseases and it is easy to select a medicine from the kit referring the book.

The essential queries commonly coming to the mind of a user of Homoeopathy are answered briefly in the introductory chapters.

In the chapter, “Homoeopathy: Good medicine” along with Global status of Homoeopathy, the views of noble persons such as Mahatma Gandhi, comments of high standard journals such as BMJ, regarding the efficacy of Homoeopathy are very reassuring and supportive for common man. The strengths Homoeopathy, i.e., safe and gentle, immunity booster, cost-effective, preparation of medicine from natural sources, easy acceptance by children because of sweet pills, are well presented.

The second chapter, “The direction for taking Homoeopathic medicine,” deals with the most required basic knowledge, i.e., how to select the medicine, dose, selection of potency, and repetition of dose are delineated in very brief but in an easily comprehensible manner for common people.

A layman can easily select a medicine for a common ailment and can prescribe with suitable potency by reading this one page guidance.

The next chapter includes “Frequently asked questions about Homoeopathy” which is very fascinating. Many usual but debatable queries about Homoeopathy such as Is Homoeopathy an unproved science? Is Homoeopathy slow acting? Are the same white homoeopathic pills given to all patients? Does Homoeopathy first intensify the disease and then cure? are the frequently asked questions by the users of Homoeopathy. All these queries are answered in short but following corresponding homoeopathic literature. Other doubts such as Are tea, onion, and garlic prohibited during homoeopathic treatment?, Can homoeopathic medicines be taken along with allopathic (conventional) medicine?, Can Homoeopathy treat anything and everything?, Do Homoeopathic medicines have an expiry date?, are answered in a simple and according to homoeopathic principles.

The main text of the book comprises therapeutics of some common ailments. The pattern of description in each disease followed a common format, i.e., attempt, has been made to give the definition or common outlines of a disease, its prominent signs and symptoms, its homoeopathic treatment, its management under the caption home care, and some very useful common preventive measures. Along with these, the authors try to give clear hints when to refer the patient to a physician, limiting the scope of treating such diseases at home as a first aid.

Citation of some pictures exhibiting a patient suffering from diseases, for example, the pictures of chicken pox patients given in the book is quite illustrious to recognize a disease by a nonmedical person.

The Council deserves appreciation for publishing such a book which can acquaint the health-care takers of the family to be equipped with some medical measures during odd hours, before reaching a doctor.

A little modification in the next edition will make the book more easier for neophytes as ready reckoner. As the common persons are not very much accustomed to the human systemwise occurrence of diseases, an index of alphabetical name of common diseases will be more use. Some other diseases such as warts, dry skin in winter, burning urethra, common geriatric complaints, pica, and heat strokes which are also commonly occurring disease can be added.

The regular users of Homoeopathy who are interested can be guided by this booklet to use Homoeopathy as the first aid for day-to-day ailments, helping their family members and friends, thus spreading Homoeopathy.

**Laxmikanta Nanda<sup>1,2</sup>**

<sup>1</sup>Chairman, for Committee of Excellence in Education in Homoeopathy, C.C.H, New Delhi, <sup>2</sup>Former Principal CUM Superintendent, Dr. A. C. Homoeopathic Medical College and Hospital, Bhubaneswar, Odisha, India  
E-mail: laxmikanta.nanda@gmail.com

This is an open access article distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as the author is credited and the new creations are licensed under the identical terms.

Access this article online	
Quick Response Code: 	Website: <a href="http://www.ijrh.org">www.ijrh.org</a>

**How to cite this article:** Nanda L. Book review on "Homoeopathy for Common Diseases-Before Consulting A Doctor". Indian J Res Homoeopathy 2016;10:217-8.