

PREVENTION OF DISEASE WITH A HOMOEOPATHIC OUTLOOK

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“Prevention is better than cure” an idiom, now a days gains more importance than any other higher thoughts of medical literature in all the branches. As defined, prevention is the art and science of anticipation and forethought obstruction of the disease process to the human body, thus prolonging life, promoting physical and mental health and efficiency. So forethought obstruction of a disease is highly admirable than “cure” i.e. care of the sick, act of healing etc.

Few years back in India the general medical practitioner's in all the branches didnot give any trace upon the preventive side. As a result epidemics, pandemics etc. were more prevalent in India than other countries. And thus gradually the medical science cope of its drawbacks and for this purpose public health scheme came into existence. Now this public health scheme through its different measures trying to prevent all sorts of diseases. But this scheme is only provided by the Government to one branch of medicine that is allopathic system. Though different other systems like Homœopathy, Ayurvedic, Unani, etc, recognised by our Govt. Still, Govt. utilised these branches for curative purpose only. But homœopathy by virtue of its own principle claims, to be most efficient for preventive purpose. So let us now discuss what are the methods to prevent disease homœopathically.

Prevention of disease can be adopted in five levels. These are as follows.

1. HEALTH PROMOTION :

It means to improve the general health and well being of the individual and the community. These can be done by the following provisions.

(i) Adequate nutrition (ii) Provision of a sanitary environment (safe water supply, facilities for the safe disposal of excreta and other wastes, healthful housing, control of insects and rodents etc). (iii) Health education (iv) Physical education (v) periodic health screening.

As the extra human factors such as improper foods, bacteria, improper sanitation, impure water, continuous mental depression or abnormalities alike are also potential disease producers, viz-a continuous steady progression, under the various guises of the original pathology or weakened resistance to the similar infective agents. So if adequate measures can be taken in this level, half of the problem can be solved.

As far as practicable Government through its public health programme has attempted to fulfil this condition. As every attempt has not yet been adopted, the diseases are still spreading. Stress should be given on health education, physical education periodical health screening.

Second level—It includes two procedures.

1. Specific protection, should be given to maintaining causes, like

- i) protection against occupational hazards.
- ii) protection against carcinogens.
- iii) protection against overcrowding at the localities.
- iv) protection against bad sanitation etc.

We believe in miasms, still we cannot exclude the exogenous inimical causes. Because by continuous exposure to these maintaining causes, our susceptibility is exaggerated and as a result it has an attractive force which draws to itself the disease which is on the same plane of vibration.

2. Specific protection should be given to the individual by correcting its constitution linking with susceptibility. Elevating the patient to the higher level of health, bestows the utmost general immunity and the greatest power of recuperation. This state of health can be achieved by satisfying the susceptibility thus correcting the constitution. In analysing susceptibility, it is largely an expression of a vacuum in the individual. The vacuum pulls and attracts for the things most needed, that are on the same plane of vibration as the want in the body. In one epidemic some people suffer and others escape. One person is made ill by noxious plants while another man can handle them with impunity. The persons who suffer in the epidemic are due to altered susceptibility.

This altered susceptibility i. e. the vacuum present inside a body can be met by the application of a remedy basing upon the individual constitutional study. In case of lack of application of the similar remedy, the susceptibility is not met, therefor nature steps in with the laws of susceptibility and an influence is attracted which blooms forth as an infections or contagious disease, so as to most fully satisfy the susceptibility.

It is often seen that the whole family succumbs to certain types of disease, that leave their neighbours untouched. It is because of the susceptibility of whole family towards certain type of disease. Sometimes this tendency predominates in certain racial groups where one race being particularly susceptible to certain diseases which cannot touch another race. It is because the similar condition has remained unsupplied through generations and the laws of attraction and susceptibility are manifesting their powers.

Thus it can be easily concluded that susceptibility is closely allied to the problems of immunity. The susceptibility can be determined by individualising the case. After studying the susceptibility, the similitum, should be found out which is enough to prevent all sorts of diseases. Particularly this is more helpful in the prevention of recurrent specific diseases such as Fileria, Malaria, yaws, desentery, helmenthiasis, etc. and in ease of hereditary diseases.

It may be difficult to have a complete study of susceptibility in these days, but through careful case taking and time to time following up the cases, will

definitely help us determining the same.

Third level :

It includes early detection and prevention of onward spreading. If after specific protection or due to other causes the epidemic occurs, earlier attention should be drawn towards disease for preventing onward spread of the disease in the community. This can be done as follows,

i) BY FINDING THE GENUS EPIDEMICUS :

Genus epidemicus is a remedy determined by studying the totality of symptoms in one epidemic in several persons and selecting a remedy matching these totality of symptoms in a homœopathic manner. This is no doubt act curatively but by giving it to other healthy persons they will be prevented from that epidemic and the onward spread of the disease is checked.

ii) BY GIVING THE SPECIFIC PROPHYLACTICS OF HOMŒOPATHY :

A strict interpretation of the symptoms similarity relationship of homœopathy doesn't admit the use of homœopathic remedies as immuniser agents with anticipation of similar epidemic. For it is obvious that in order to prescribe a homœopathic medicine we must have symptoms. These symptoms doesn't make their appearance until a disease is established. It has been found however that practically certain homœopathic remedies do also exert a prophylactic action. Certain symptoms are anticipated, as it were and assume to take a certain course, then remedy which pictures this syndrome can be given with every chance of benefit e. g. prophylactic administration of Belladonna in Sydenham's smooth scarlatine—(vide footnote 74, Organon of medicine by Hahnemann)

Some of the medicine having high prophylactic value (advocated by different authors) have given bellow.

Disease	Preventive medicine
Anthrax	Anthracinum
Chickenpox	Malandrinum, Rhustox
Cholera	Cup. met, Camphora, Choleratoxin 900 (Cahis)
Recurrent coryza	Bacillium
Dentitional disorder	Calc. phos.
Diphtheria	Diphth., Diphtherotoxin, Merc. cyn.
Erysepallus	Graph, Aceticacid.
Germal measles	Puls.
Post partum haemorrhage	Millefolium.
Herpes (recurrent)	Heper.
Hydrophobia	Hydrophobinum, Stramo., Spirulm.
Industrial poison	Same poison potentised and 30 weekly
Influeeza	Influenzinum, Hispanicum, Rhustox.

Disease	Preventive medicine
Labor (to avoid complication and difficulty)	Cimicifuga, Caulophyllum Pulsatilla
Malaria	Malaria off, Nat. mur, Ars. alb., Chin. sulph.
Marasmus	Calc. phos.
Measles	Pulsatilla, Morbillinum
Mumps	Parotid., Trifolium repens.
Poliomyelitis	Lath. sat, Coll, Cur., Gels., Physostgmine.
Quinsy	Barytacarb, Hep. sulph.,
Scarlet fever	Bell, Eucal., Scarlatinum.
Puerperal sepsis	Arnica.
Small pox	Mallendrinum, Variolinum, Vaccinum, Sarracenia, Thuja, Ant. tart.,
Tetanus	Tetanotoxin, Led., Physostig., Arn.
Tarteron teeth	Calc. renalis., Bacillinum.
Typhoid	Baptisia.
Whooping cough	All. sat., Pulsatilla., Drosera, Pertussin.
Filariasis	Silicca, Hydrocotyle. Ars., Pulsatilla.

Fourth level of prevention :

It includes Disability limitation.

When the patient reports late in the pathogenesis the level of application is disability limitation. The object is to halt the disease process by instituting adequate treatment and thereby to limit the disability, if possible prevent or postpone death and prevent further complications like "if Rheumatic fever will be cured from the beginning there is no chance of the development of grave complications like Rheumatic endocarditis."

Fifth level of prevention :

It includes Rehabilitation.

It is a process by which the disabled are restored to the fullest physical, mental,

social, vocational and economical usefulness of which they are capable. Thus it includes both education and training. It involves disciplines such as physical medicine, occupational therapy, psychology, education, social work, vocational guidance and placement of service.

The above mentioned methods can be well managed by the doctors of this branch of science through a organised scheme or pilot projects, And if chances would have given, it would have immunized people against all sorts of epidemic disease and would have avoid all ill effects immediate and remote form crude processes of vaccination and inoculation as they are practised now.