

HOMOEOPATHY AS A PROPHYLAXIS: A REVIEW ARTICLE

Dr. Jayadrath Patel¹ (M. D. HOM), Dr. Neha Patel² (M. D. HOM)

¹Assistant Professor, ²Professor

¹Dept. of Community Medicine, ²Dept. of Physiology & Biochemistry

Dr. V. H. Dave Homeopathic medical college

Anand, Gujarat, India.

Abstract:

Homoeopathy is a branch of medical science which deals with the patient and works on the principle of “Similia similibus curentur. I. e. let like be treated with like. At present, in India, Homeopathy is the third most popular method of medical treatment after allopathy and Ayurveda. There are over 200,000 registered homeopathic doctors currently, with approximately 12,000 more being added every year. It can not only treat the disease but also prevent many epidemics and endemics occurring in society. Homoeopathic prophylactic medicines recently have prevented epidemics of Dengue fever, Chikungunya fever, Japanese encephalitis & most recent COVID 19. Central council of Research in Homoeopathy also created awareness among for public use of homoeopathic medicine as prophylaxis in epidemics and endemics. Here we discuss about different views of stalwarts on homoeopathic medicines used as prophylaxis in epidemics and endemics.

Key words: Homoeopathy, Genus Epidemicus, Public Health.

INTRODUCTION

Homeopathy is the third most popular method of medical treatment after allopathy and Ayurveda. In India, Homeopathy is well represented in public health, being a close second among the AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) services. Homeopathy wellness centers comprise 31% of the total for AYUSH. Seven out of 10 diseases recognized as a national health burden are in the category of the most commonly reported diseases at the homeopathy wellness centers. Academic Homeopathic institutes comprise 35.8% of AYUSH colleges and the total student intake of which is 13,658. Of the total AYUSH practitioners, 37% are Homeopathy practitioners. Homeopathic units comprise 1/19th of the number of allopathy units, yet the annual patient footfall in the former is 1/5th of the latter. Health is thus a shared responsibility in India, and Homeopathy is, in that sense, playing an important role. Government aims at providing wider access to Homeopathy by the people of India. ^[3]

There are many similarities between the Hahnemannian concept and modern medicine concept in the causation as well as treatment of the diseases at certain levels in community. ^[4] Some of them are discussed here.

DISCUSSION

Homoeopathy is 2nd best largest system of medicine according to WHO. Homoeopathy medicine is also used as preventive medicine to prevent many epidemics and endemics occurring in society. ^[5] Homoeopathic medicine prevents the disease by improving the strength of vital force and maintaining normal susceptibility. The following are the principal methods, which are advocated by the different stalwarts of homoeopathy from beginning to present era & were most commonly applied during the epidemics of Covid -19 in the year of 2020.

Genus Epidemicus in cure & prevention of certain diseases.

Homoeopathic *genus epidemicus* (identified on the basis of common symptoms as well as uncommon or peculiar symptoms presented by a significant number of patients during an epidemic) is administered orally

to people falling under the Risk Groups. It is repeatedly seen during endemics/epidemics that *genus epidemicus* prevents disease in people living in close proximity (healthy people) of the patients down with disease and also in the population living in the affected area. For example, different Homoeopathic medicines were used as the Genus Epidemicus during recent epidemics of the diseases like Chikungunya, Dengue and Covid 19. E.g. *Bryonia alba*, *Eupatorium perf.*, *Rhus tox*, *Ledum pal*, *Arsenic Alba* etc.

During the epidemics of Scarlet fever in Germany & Europe Dr. Hahnemann wrote in his article "Essay on a New Principle": *"I resolved in this case of scarlet fever just in the act of breaking out, not to act as usual in reference to individual symptoms, but if possible (in accordance with my new synthetical principle) to obtain a remedy whose peculiar mode of action was calculated to produce in the healthy body most of the morbid symptoms which I observed combined in this disease. My memory and my written collection of the peculiar effects of some medicines, furnished me with no remedy so capable of producing a counterpart of the symptoms here present, as Belladonna."*^[6] Other aphorisms need to be mentioned here are- §33 fn, §73-fn (2), §100, §102^[2]

In current era, Genus epidemicus Arsenic Alba 30 with approval of CCRH was distributed widely for prevention of Covid 19.

There are some specific Govt. programs applied by the Govt. of India to combat with such epidemics like Swachh Bharat Mission, promotion of Yoga and Swastha Rakshan Programme started by CCRH, New Delhi aims at the prevention of Disease. These have fully supported the Hahnemannian concept of Prevention of diseases.^[3]

Use of Nosodes as Preventive Medicine:

Hahnemann already advocated for the use of some specific nosodes for prevention of the corresponding disease.^[1] E.g.

- Morbillinum – Measles,
- Variolinum – Small Pox,
- Influenzium – Influenza,
- Diphtherium – Diphtheria,
- Scarlet Fever: Belladonna, Scarlatinum,
- Measles: Morbillinum,
- Whooping Cough: pertussinum
- Mumps: Parotidinum,
- Herpes: HeparSulph,
- Sunstroke: Glonine,
- Croup: Phosphorus,
- Cholera: Choleratoxin, Camphor, Lachesis, Sulphur, Cuprum Met,
- Malaria: Eupatorium P, Natrum Mur, Malaria Off, China Pure, Terebinth
- Tetanus: Ledum Pal, Arnica,
- Tetanotoxin: Thuja,
- Erysipelas: Graphitis,
- Emotional Diarrhea: Gelsemum, Arg Nit
- Recurring sore throat: Baryta Carb, Psorinum
- Recurrent Styes: Sulphur
- Tendency to abortion: Second Month- Kali Carb,
- Third Month- Sabina,
- Seventh Month- Sepia
- Poliomyelitis; Lathyrus S, Acid Carbolic, Plumbum Met, Physostigma
- Hay Fever: Ars; Psor
- Hydrophobia: Bell; Canth; Hyos;
- Intermittent Fever: Ars; Chin. S
- Pus Infection: Arn
- Quinsy: Bar. C
- Whooping Cough: Dros;

This is the one aspect of delivering Homoeopathic treatment in mass community during the time of epidemics.

Constitutional treatments:

On the other hand, the classical way of prescribing Homoeopathic medicine is the constitutional remedy. And that is also very important in preventing certain non-communicable as well as communicable diseases in community.

Pierre Schmidt says that the constitutional remedy given in early childhood is the ideal way to protect the organism from common childhood diseases. Other Homoeopaths have suggested the use of the constitutional remedy when there is a threat of exposure to acute infectious epidemics. The remedy selected based on the characteristic mental, physical general and particular symptoms are thought to increase the vitality and offers protection against a wide range of infectious as well as non-infectious diseases.

Anti-miasmatic treatments:

Hahnemann also wrote about inherited dispositions. He writes about inheritance and predisposition in both the *Organon of Medicine* and *The Chronic Diseases*. Under the aphorism §78 and its footnote. Hahnemann was the first to suggest a complete theory of susceptibility and infection. He makes it very clear that the miasms are infectious in their primary state. He also taught about the microscopic microorganisms who were the infectious agents of the contagious miasms. He noted that the process of infection includes susceptibility, a moment of infection, incubation period, prodromal stage and primary, latent and secondary symptoms.

Hahnemann stated that miasms are transmitted by infection or inheritance. Hahnemann notes three means of transmitting miasms

1. Contact with the infected host,
2. congenitally through the mother's womb or by nursing
3. Heredity.

Inherited miasms produce predispositions in the offspring to particular disease states associated with the miasms. ^[6]

Mental health in modern concept: ^[4]

Hahnemann records the effects of stress as an activator of inherited and acquired chronic miasms. He points out that mental and emotional stress greatly increases the damaging effects of the chronic miasms. The effects of stress on the human constitution and susceptibility to disease have been discovered by modern medicine but Hahnemann recorded the entire syndrome in 1828 and integrated it into Homoeopathic philosophy and treatment.

CONCLUSION

Homeopathic medicines are thought to work by stimulating the person's immune and defense system, which raises his or her overall level of health, thereby enabling him or her to re-establish health and prevent diseases. This is the main aim of prevention of diseases in the modern medicine. Such treatment provide more ecological approach to curing infectious diseases, since it aids the body's natural homeostasis without suppressing the organism's inherent self-protecting responses. Thus, Homeopathy is playing an important role in shaping the health scenario of public health in India.

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