

THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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Homoeopathy As Preventive Therapy in Non Communicable Diseases

- Individualized Homoeopathy In The Management of Alopecia Areata Barbae: An Evidence Based Case Report
- Homoeopathy as a Preventive Therapy in Cases of Cancer



BJAIN

Dear Readers,

The WHO defines the term 'Prevention' as specific, population-based and individual-based interventions for primary and secondary (early detection) prevention, aiming to minimize the burden of diseases and associated risk factors. Where on one hand, global urbanization has had innumerable positive outcomes such as introduction of modern facilities and advanced technology, its impact upon the health status of people has been rather negative. That said, we must unlearn the term alternate, often used for homeopathy and look at it not as an alternate therapy but as a complementary therapy which can be used as concurrent and supportive to the conventional school of medicine for the management of long-term complications of diseases, or consequences of modern treatments.

The World Health Organization defines the term 'Prevention' as specific, population-based and individual-based interventions for primary and secondary (early detection) prevention, aiming to minimize the burden of diseases and associated risk factors.

When it comes to Homeopathy, and its role as a preventive therapy, in non communicable diseases, we must first think of the term 'Homeopathic Prophylaxis' whereby, Dr Hahnemann successfully used Belladonna for Scarlet fever, an epidemic that had taken the people of Germany. He wrote in the footnote to Aphorism 73, "Subsequently to the year 1801 a kind of pupura miliaris (roodvonk), which came from the West, was by physicians confounded with the scarlet fever, notwithstanding that they exhibited totally different symptoms, that the latter found its prophylactic and curative remedy in belladonna, the former in aconite, and that the former was generally merely sporadic, while the latter was invariable epidemic. Of late years it seems as if the two occasionally joined to form an eruptive fever of a peculiar kind, for which neither the one nor the other remedy, alone, will be found to be exactly homeopathic".

The incident recorded in the Organon of Medicine by Dr Hahnemann himself is enough evidence of the disease preventive abilities of Homeopathy.

However, since here our agenda is to uncover the significance of Homeopathy in the prevention of non communicable diseases, and having recollected the much homeopathic term- 'prophylaxis', let us understand the sphere of non communicable diseases that Homeopathy may be used to manage or prevent.

Where on one hand, global urbanization has had innumerable positive outcomes such as introduc-

tion of modern facilities and advanced technology, its impact upon the health status of people has been rather negative. The upcoming of newer technologies and improved facilities have made life convenient and comfortable which has given birth to a huge pile of diseases, popularly called 'Lifestyle Diseases'. Besides these, we also have non communicable diseases which originate as a result of long existing conditions such as retinopathy and nephropathy from Diabetes and those which originate from modern treatments of diseases such as blood pressure changes from otic use of Chloramphenicol eye drops often prescribed by the conventional school of medicine for bacterial infections of the eye, ear etc.

That said, we must unlearn the term alternate, often used for homeopathy and learn to look at homeopathy not as an alternate therapy but as a complementary therapy that runs parallel to and backs the conventional school of medicine in any case of non communicable disease where it is prescribed as an adjunct to the mainstream medicine or for long term use to evade the complications or consequences of diseases or even the conventional treatments.

The use of Abroma augusta for insomnia that might eventually become persistent to morph into depression, or the use of Brahmi for impaired memory in children, Crategus oxyacantha for heart troubles such as arrhythmia, tachycardia, bradycardia that may eventually lead to more serious heart conditions, Gymnema sylvestre for controlling and keeping in check blood sugar levels which if persistently high, show severe consequences such as retinopathy, nephropathy or ulceration- are all examples of how Homeopathy does its bit in keeping a tab on non communicable diseases and their long term complications. Besides these, homeopaths often use alfalfa, Ginseng, Jaborandi and Five Phos for maintaining the general health and wellbeing of patients complaining of weakness and lethargy.

Lifestyle issues such as Hypothyroidism, Diabetes mellitus and Hypertension, faced by every third person in the world, are particularly amenable to long term treatment or more precisely long term management with Homeopathy. The availability to a homeopath, of medicines such as Thyroidinum, Syzygium jambolanum, Cephalandra indica, Rauwolfia serpentina respectively and miraculous results obtained with their use, makes more and more people choose homeopathy as their mainstream management for all these perpetual ailments.

The popularity of Homeopathy across the globe as a management therapy has shown a steep rise in the recent past. It is the most popular form of complementary therapy in France. Its use rose from 16% of the population in 1982 to 29% in 1987 and 36% in 1992. In Mexico, homeopathy has been integrated into the national health care system. And its popularity in Europe and Asia is particularly impressive. Within India too it has found place in the most prestigious healthcare institutions, government dispensaries and private hospitals as an annex to conventional medicine.

The efficacy of homeopathy in the most complicated non communicable diseases stands testified by time. Ever since its inception, Homeopathy has never failed its practitioners. But the question still remains- Can we use Homeopathy parallel to Allopathy for preventing the consequences of non communicable disease? Well, the decision remains at the discretion of the attending homeopath.

A Quick Word on Issue Content

This issue of the Homoeopathic Heritage titled 'Ho-

moeopathy As Preventive Therapy in Non Communicable Diseases' aims to throw light on to the efficacy of Homoeopathy, not just as curative medicine but as a therapy which can be used as concurrent and supportive to the conventional school of medicine for the management of long term complications of diseases, or consequences of modern treatments. This issue has its editorial from the editor's desk taken as it is from Dr Francis Treuherz's book- My Journey in Homeopathy- Much Ado About Nothing. The chapter focuses on homeopathy's efficacy in the initial symptoms of covid-19. This is followed by the Stalwarts' Expedition by Dr Subhas Singh, Director, NIH, Kolkata elucidating our readers about Dr Samuel Lilienthal. The In Italics column has been penned down by Dr Jaykumar Chandrana, Principal, and Dr Sunit Devani, Professor, Organon of Medicine, Baroda Homeopathic Medical College and Hospital. The book review section in this issue features two book reviews- Healing Women with Homeopathy by Dr Joachim F. Gratz and Boericke Pocket Manual Of Homoeopathic Materia Medica & Repertory by Dr Anum Zaheer.

Additionally, the issue features a special section on Scabies, written by Dr S. N. Babu Kathi, HOD, Dept of Pharmacy, Hamsa Homeopathy Medical College, Hospital and Research Centre among several subjective articles and case studies by young homeopaths.

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Note: The Homoeopathic Heritage is a peer-reviewed journal since January 2013. All articles are peer-reviewed by the in-house editorial team. Articles selected from each issue are sent for peer-review by an external board of reviewers and marked with a 'peer-reviewed' stamp. For inclusion of articles in the peer-review section, kindly send your articles 3-4 months in advance of the said month at hheditor@bjain.com.

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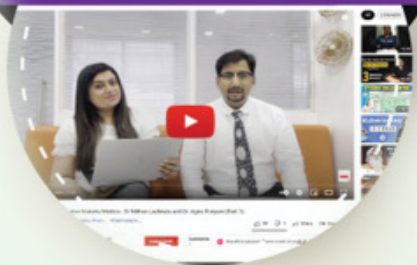
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