

THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

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PEER REVIEWED



The HOMOEOPATHIC HERITAGE Turns

50 years

Sarcodes & Homeopathic Practice

- Unveiling the Potential of Homoeopathic Remedies in Chronic Suppurative Otitis Media: Ongoing Research at The Calcutta Homoeopathic Medical College & Hospital
- Sarcodes - A Bestowal For Ailing Mankind

Obituary

Dr. Klaus Henning Gypser-One of the Best & the last German Homoeopathic Masters

Dr. Rajiv Rui Viegas Peres M.D(Hom)

Associate Professor, Dept of Organon of Medicine

Aarihant Homoeopathic Medical College & Research Institute, Gandhinagar, Gujarat, Swarnim University.



Dr. Gypser, a celebrated keynote speaker at Liga Medicorum Homoeopathica Internationalis (LIGA), was a practising homoeopathic physician from Germany. He was the director of "Glees Academy of Homoeopathic Physicians", dedicated to the post graduate training of M.D's, and to scientific research in homoeopathy. He was Homoeopathic lecturer, Faculty of Medicine, at the university of Bonn and ex-Lecturer on homoeopathy at Faculty of Medicine, Giessen.

A passionate teacher, he gave seminars in different countries- Australia, Canada, France, Germany, Netherlands, Switzerland, where he was ready to provide explanations and advice, enriching the learners with his vast knowledge of homeopathy. He was also a visiting faculty at Shri Kamaxidevi Homoeopathic Medical College & Hospital, Shiroda, Goa, India since 2004. In 2016 he was the resource person for a one day symposium organised by Dr. M.P.K Homoeopathic Medical College, Jaipur. He shared clinical cases and his insights on development of repertories.

During the pandemic he clearly ridiculed the idea of a Covid Nosode as no drug proving had been conducted. He emphasized following the rule of minimum dose and was a strong proponent of the use of L.M potencies. He always preferred Boenninghausen's understanding and practical application of homoeopathy to Kent's, because he believed that since Kent had incorporated even the minor cured symptoms into his repertory, the result could easily be the wrong remedy, despite correct methodology during repertorisation. He also believed that Kent had not built his repertory from primary sources and his grading system was full of mistakes.

Literary Contributions

He was ex-Editor-in-chief of the journal "Zeitschrift fuer klassische Homoeopathie"(1987-92), 'Classica Homoeopathy Quarterly'(1988-92), and has the following publications: 18 books on homoeopathy in up to five editions, among them: Kent's Minor writings on homoeopathy(1987), Hering's Medical writings in three volumes(1988), Boenninghausens's Therapeutic pocket book revision(2000), He contributed more than 200 scientific articles to the following homoeopathic journals: Allgemeine Homoeopathic Zeitung, British homoeopathic journal, Journal of the American Institute of homoeopathy, Rebeue Belge d' Homoeopathie.

Lately he was the editor of the "Materia Medica Revisa Homoeopathiae"(MMRH) a project of compilation of monographs of homoeopathic remedies from the most authentic sources available. This was his most earnest attempt to supply the homoeopathic practitioner, all accessible and unchanged primary sources, namely provings, some of which are available only in rare periodicals since the days of Hahnemann. He studied each remedy extensively in order to build the homoeopathic materia medica on solid foundation of drug proving.

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Dear Readers,

A group of homeopathic preparations sourced from the secretions and tissues of healthy animals, plants and even humans are termed sarcodes. Research says that the concept of utilizing healthy secretions and tissues or organs for the treatment of different diseases was introduced in the field of homeopathic medicine in the early 1830s.

This issue of The Homoeopathic Heritage titled 'Sarcodes and Homoeopathic Practice' has been released with a purpose to bring to light the efficacy of sarcodes- a group of remedies that find their sources in healthy secretions or tissues of animals and humans in treating different diseases.



A group of homeopathic preparations sourced from the secretions and tissues of healthy animals, plants and even humans are termed sarcodes. Research says that the concept of utilizing healthy secretions and tissues or organs for the treatment of different diseases was introduced in the field of homeopathic medicine in the early 1830s.

It was so published- "A French physician Dr. Nobel used secretions of insulin hormone produced by the pancreas for the treatment of diabetes. He later used other substances for the treatment of a variety of conditions with great success. Immediately after this introduction, Organ homoeopathy became widely used due to its simplistic approach and phenomenal results". This therapy came to be known as isotherapy, biotherapy, organotherapy, and immunotherapy.

While there is not much literature on sarcodes and their utilization in different clinical conditions, a few notable works are indeed available to us homeopaths. The paucity of literature stems perhaps from the fact that secretions or tissues of animals, plants and humans are difficult to procure and thus difficult to prove. Largely, the literature that is available to us, though scattered, is from clinical experiences.

When it comes to the sourcing and manufacturing of the drugs with biological origin, the WHO states- 'In general, homeopathic medicinal products of biological origin should warrant sufficient quality and safety within the same principles of the other medicinal products. A risk assessment with respect to viral safety must be carried out for homeopathic medicinal products containing materials of biological origin.

The manufacturer of the stock or homeopathic medicinal product should ensure that animal materials come from documented and recorded sources and should perform regular audits of the suppliers. The supplier of animals should be subject to routine legal supervision by a competent veterinary authority. Any exception to these should be justified. Healthy animals should be used for the production of homeopathic medicinal products unless properly justified. Whenever possible, donor animals should be held in closed breeding and production herds. Wild animal should be avoided as far as possible. The animals should be kept in groups and isolated from contact with other animals at all times during transfer or use. When animal species of higher order are sourced, a regular health monitoring system should be in place ensuring that the animals are subject to continuous and systematic veterinary and laboratory monitoring to ensure freedom from infectious agents."

When using starting materials of human origin for production of homeopathic medicinal products for human use the problem of transmission of adventitious agents (viral and non-viral) should be addressed starting at the level of donor selection and in relation to the tissue involved. Proper criteria for donor eligibility have to be clearly defined. The requirements on tissue donors must follow the Directive 2004/23/EC of the European Parliament and the Council of 31 March 2004 and Commission directives implementing Directive 2004/23/EC.

When using starting materials of human origin for production of homeopathic medicinal products for human use the problem of transmission of

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Sarcodes find their clinical applicability in the following roles-

As constitutional medicines

1. As intercurrent medicines
2. As case openers in situations where there is a paucity of symptoms
3. As antidotes
4. As complementary to non sarcode medicines to close a cured case and prevent recurrence
5. As organ remedies specific to certain organopathies
6. As specific prophylactics

Quick Word on Issue Content

This issue of The Homoeopathic Heritage titled ‘Sarcodes and Homoeopathic Practice’ has been released with a purpose to bring to light the efficacy of sarcodes- a group of remedies that find their sources in healthy secretions or tissues of

animals and humans in treating different diseases.

Besides the inclusion of various subjective articles and opinion pieces by young budding homeopaths and seasoned professionals, this issue features a masterpiece by the master of sarcodes Dr Chaturbhujaya Nayak, Former Director General, CCRH, India. The section called Stalwarts’ Expedition authored by Dr Subhas Singh, Director, NIH, Kolkata, delineates the life sketch of Dr Douglas Morrison Borland. We shall see a guest editorial by Dr Amit Sahani and the column titled ‘In Italics’ penned by Dr Rajat Chattopadhyay. Dr Shweta Singh, President, Delhi Homeopathic Medical Association reviews a book titled ‘Miasmatic Prescribing: Its philosophy, diagnostic classifications, clinical tips, miasmatic repertory, miasmatic weightage of medicines and case illustration’ authored by Dr Subrata Kumar Banerjea. The journal concludes with our new section ‘Earnest Colloquy’, and this issue acquaints us with Dr Surjit Singh Makker, author of ‘A Practical Handbook of Veterinary Homeopathy’.

Happy Reading!

Dr Rashi Prakash

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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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Utilities Of Sarcodes In Homoeopathic Practice: An Overview

Prof. Dr. Chaturbhujaya Nayak

DHMS(Hons.), Dip. NIH(Hons.), MD(Hom.)



Formerly: Director General, Central Council for Research in Homoeopathy, Ministry of Ayush, Govt. of India; President of Homoeopathy University, Jaipur, Rajasthan & Principal-cum-Superintendent of Dr. Abhin Chandra Homoeopathic Medical College & Hospital, Bhubaneswar, Odisha."

Keywords

Sarcodes, Homoeopathy, Utilities, Clinical practice

Abstract

Sarcodes are the homoeopathic medicines prepared from the healthy tissues or the secretions of human beings or lower animals. There is increasing need of the sarcodes with the increasing complexities of the disease conditions. The incorporation of sarcodes in homoeopathic literature and their use can address this problem to some extent. But unfortunately, most of the sarcodes are not proved as per homoeopathic principles and whatever information about sarcodes are available in the literature are based mostly on the clinical experience of the practitioners and the physiological actions of their source material. Hence, there is an urgent need for conducting proving of sarcodes (Homoeopathic Pathogenetic Trials), strictly following the Hahnemannian guidelines, which will be authentic literature to follow.

Introduction

As per Homoeopathic Pharmacopoeia of India,

"Sarcodes are healthy tissue products or secretions of living organism, i.e. plants and animals".¹

The term 'Sarcodé' has Greek origin which means "fleshy". The literary meaning of sarcodes is animal protoplasm. They are prepared from healthy endocrine or ductless gland secretions of living human organs and lower animals. The secretions are mostly hormones. In fact, sarcodes belong to animal kingdom.²

The *sarcodes* are a special group of homoeopathic drugs which have not been adequately utilized by the homoeopathic profession. The literary meanings, definitions, interpretations and presentations of sarcodes have been made quite differently in various literatures, some of which are mentioned below.

The dictionary meanings of *sarcodé* are:

Sarcodé: A term of historical interest (1835), applied to the protoplasm of protozoa before the term protoplasm was coined.³

Sarcodé – (sarkod), n. protoplasm, esp. the semifluid content of a protozoan.⁴

Dr. J.H. Clarke⁵ in his book, "A Clinical Repertory to the Dictionary of Materia Medica" has given following two lists relating to sarcodes:

Sarcodes which include medicines prepared from healthy animal tissues and secretions.

A. For example: *Adrenalinum, Araneorum tela, Castor equi, Colostrum, Fel tauri, Lac caninum, Lac felinum, Lac vaccinum, Oleum jecoris asselli, Oophorinum, Orchitinum, Thyroidinum, etc.*

B. Sarcodé derivatives: Preparations derived from healthy animal tissues and secretions are mentioned under this heading:

For example: *Cholesterinum, Lac vaccinum coagulatum, Lac vaccinum defloratum, Lacticum acidum, Lactis vaccini flos, Pancreatinum, Pepsinum, Thyroidinum, etc.*

The glands from which secretions are collected must be healthy. It must be tested in the laboratory to determine whether the secretion is healthy or

not.⁶

Briefly speaking, sarcodes are defined as the medicines prepared from healthy tissues, secretions of the endocrine glands and normal secretions of the living human beings and lower animals.

Sources Of Sarcodes

The animal tissues, glands and excretions from which sarcodes are prepared, should be collected from healthy human beings or animals.⁷

Preparation Of Sarcodes

While preparing the sarcodes, the following precautions are to be taken:

- The subjects of the sources must be healthy.
- The animals must be kept under strict observation, and on restricted food, before the drug materials are collected from them.
- The parts or products of the source materials should be tested first.⁸

In Homoeopathic Pharmacopoeia of United States (HPUS), preparation of sarcodes is given in a separate section, stating that the sarcodes are to be prepared under CLASS L. Attenuation procedure is discussed under Method I (specifications of CLASS F & CLASS H to be followed) and Method II (Decimal & Centesimal scale).⁹

In Homoeopathic Pharmacopoeia of India (HPI), preparation of sarcodes in general are not given separately but method of preparation of each sarcode is discussed under the specific sarcode.

A. The hormones secreted by the major endocrine glands and the sarcodes prepared from them are listed in TABLE-1.¹⁰

TABLE-1

Sl. No.	Hormo-ne	Endocrine gland	Sarcode	Source
1.	Adrenalin, Epinephrine	Adrenal gland	<i>Adrenalinum</i>	Extract of Adrenal gland
2.	Cortisol	Adrenal cortex	<i>Cortisone</i>	Synthetic form of cortisone
3.	Estrogen	Ovary	<i>Folliculinum</i>	Oestrone, a synthetic form of estrogen
4.	Insulin	Pancreas- Islets of Langerhans	<i>Insulinum</i>	An aqueous solution of the active principle from pancreas
5.	Estrogen, Progesterone	Ovary	<i>Oophorium</i>	Ovarian extract of sheep or cow
6.	Testosterone	Testis	<i>Orchitinum</i>	Extract from the testis of bull/sheep
7.	Parathormone	Parathyroid gland	<i>Parathyroidinum</i>	Extract of Parathyroid gland
8.	GH, TSH, ACTH, FSH, LH, Prolactin	Anterior Pituitary	<i>Pituitarium anteriorium</i>	Purified extract of Anterior Pituitary
9.	Vasopressin, Oxytocin	Posterior Pituitary	<i>Pituitarium posteriorum</i>	Purified extract of Posterior Pituitary
10.	GH, TSH, ACTH, FSH, LH, Prolactin, Vasopressin, Oxytocin	Pituitary gland	<i>Pituitaria glandula</i>	Purified extract of whole Pituitary gland
11.	Thyroid stimulating hormone (TSH)	Anterior Pituitary	<i>Thyreotropinum</i>	Thyrotrope cells of anterior lobe of Pituitary gland
12.	Thyroxine, Triiodothyro-nine, calcitonin	Thyroid gland	<i>Thyroidinum</i>	Fresh thyroid gland of sheep

B. Sarcodes obtained from the healthy secretions of living human beings and lower animals are given in TABLE-2.¹⁰

TABLE-2

S . No.	Sarcode	Source
1	<i>Amnii liquor</i>	Amniotic fluid
2	<i>Cholesterinum</i>	Spinal cord of cattle
3	<i>Colostrum</i>	First milk after childbirth
4	<i>Fel tauri</i>	Ox bile
5	<i>Galeocerdo cuvier hepar</i>	Tiger shark's liver
6.	<i>Lac asinum</i>	Female donkey milk
7.	<i>Lac cameli dromedary</i>	Female camel milk
8.	<i>Lac caninum</i>	Female dog(bitch) milk
9.	<i>Lac caprinum</i>	Female goat(doe) milk
10.	<i>Lac delphinium</i>	Female dolphin milk
11	<i>Lac equinum</i>	Female horse(mare) milk
12	<i>Lac felinum</i>	Female cat(moly) milk
13	<i>Lac humanum</i>	Human breast milk
14	<i>Lac loxodonta Africana</i>	African female elephant milk
15	<i>Lac leoninum</i>	Lioness milk
16	<i>Lac lupinum</i>	Female wolf milk
17	<i>Lac oryctolagus cuniculus</i>	Female rabbit milk
18	<i>Lac ovis</i>	Female sheep milk
19	<i>Lac suilinum</i>	Female pig milk
20	<i>Lac vaccinum</i>	Cow milk
21	<i>Lac vaccinum coagulatum</i>	Milk curd
22	<i>Lac vac defloratum(Lac defloratum)</i>	Defatted cow milk
23	<i>Lac vaccinum flos</i>	Cream of milk
24	<i>Oleum jecoris aselli</i>	Cod liver oil of <i>Gadus morrhua</i> fish
25	<i>Pancreatinum</i>	Extract of pancreas of domestic pig or cow
26	<i>Pepsinum</i>	Gastric juice of swine or beef
27	<i>Saccharum lactis</i>	Lactose from milk

Clinical Use Of Sarcodes¹⁰

1. As *constitutional medicines*: when the totality of symptoms of a patient matches with the picture of a particular sarcode.
2. As *intercurrent medicines*: in certain cases when the well- indicated remedies fail to cure completely, the indicated sarcode can be prescribed.
3. *Paucity of symptoms*: when the patient presents with a few symptoms only, it is difficult to choose the similimum; a sarcode prescribed in such case may open up the case to bring the latent symptoms to the surface.
4. As *antidotes*: sarcodes can be prescribed to mitigate the adverse drug reactions, caused due to prolong use of non-homoeopathic medicines, e.g. *Folliculinum* is used for complaints following prolonged use of birth control pills.
5. As *complementary medicines*: to complete the action of a particular non-sarcode homoeopathic medicine, in certain clinical conditions, e.g. *Thyroidinum* is used after *Calc. phos.* in retarded development of child with history of gastrointestinal manifestations, with history of toxæmia or allergic manifestations during pregnancy in mother and *Folliculinum* is used after *Lachesis* in various clinical conditions.
6. As *organ remedies*: Sarcodes prepared from the endocrine glands or their secretions can be

prescribed for the ailments due to hyperactivity or hypoactivity of the concerned endocrine gland, e.g. *Thyroidinum* for myxoedema, cretinism or exophthalmic goitre; *Cortisone* for Cushing's syndrome, *Adrenalinum* for hypertension etc.

7. As *prophylactic* medicines: Some sarcodes are recommended as prophylactic medicines in certain clinical conditions, e.g. *Lac caninum* as prophylactic against Diphtheria.¹²

What To Do?¹⁰

Most of the sarcodes are not thoroughly proved. Hence, thorough *proving* and re-proving of sarcodes should be taken up, to obtain their true pictures.

The exact *source* of each sarcode should be identified.

All the standard homoeopathic pharmacopoeias should mention uniform method of *preparation* of each sarcode.

Clinical verification and *Clinical research* programs on sarcodes should be taken up to verify the proving data/pathogenesis of the sarcodes, and to determine the most useful potencies, dose and repetition schedule of each sarcode.

The *safety* and *efficacy* of different sarcodes, particularly in lower dilutions, need to be assessed.

Briefly speaking, *standardization of sarcodes* needs to be done on priority basis, in respect of their sources, raw drug material, method of preparation, preservation, proving; selection of potencies, dosage, and repetition etc., besides ascertaining their safety and efficacy.

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Exploring The Enigmatic Nature Of Sarcodes Remedies In Homoeopathy: History And Application

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Keywords

Sarcodes, Homoeopathy, Fleshy protoplasm of animals, Homoeopathic medicine.

Abstract

Homoeopathy medicines are prepared from different sources like the plant kingdom, animal kingdom, mineral kingdom, etc. Among them, sarcodes imply the protoplasm of animals obtained from healthy endocrine secretions or normal secretions of living human organs and lower animals. This article delves into the origin, principles, and therapeutic efficiencies surrounding sarcodes, shedding light on their role in holistic medicine and their potential implications for health and wellness.

Introduction

In the vast tapestry of natural remedies, few subjects evoke as much curiosity and debate as sarcodes. These peculiar substances, derived from healthy tissues of animals, plants, and minerals, stand at the intersection of tradition and modern pharmacology. Sarcodes are derived from the Greek words "Sarkos" which means 'flesh' and "Eidos" which means 'resemblance'. It can be denoted as the protoplasm of animals. Dr. Berkeley Squire of Scotland published a Repertory in 1997 named "A Repertory of Homoeopathic Nosodes and Sarcodes," containing 105 nosodes, sarcodes, and Imponderabilia ^[1].

Various organs of animals have been used for medical purposes. Although it is not yet widely known that they were used during ancient times, the use of orchitic substances for the treatment of obesity was noted down by Sushruta, who lived sometime between 400 and 500 B.C. This is probably the first mention of organotherapy, and from that time, frequent references have been made in literature ^[2].

Sarcodes and nosodes are groups of drugs that were added to homoeopathic medicine in the 1830s.

The following is the list of some remedies of the Sarcodes group and their respective sources:

Name Of Medicine	Source
Thyroidinum	Thyroid tissue of sheep or calf
Adrenalinum	Internal secretion of the Adrenal medulla
Cholestrinum	The spinal cord of cattle
Feltauri	Fresh ox-Gall
Insulinum	Hormones from Beta- cells of islets of Langerhans of human
Vulpis-Fel	Fresh fox-Gall
Lac-Caninum	Dog milk
Lac-Vaccinum	Cow milk
Oophorium	Ovarian extract from sheep and cow

Theoretical Perspectives On Sarcodes Remedies

In the universe, everything that exists outside of

man has its analog within man. Each emotion features a related organ or organ. Emotions are capable of causing physiological and anatomical alterations in organs. So, looking back, every condition is often traced back to its emotional origin. Every organ has its own secret meaning. Each sarcode remedy carries within it the symbolic language of the human system and the organs, and this might be utilized for developing the theme for the selection of the acceptable sarcode remedy [3].

Sarcodes are considered to be in less proven groups of remedies, due to which materia medica literature is inauspicious to describe their details as of other well-proved medicines. Sarcodes belong to an organotherapy branch of homoeopathy developed in France [4]. They have been in use for generations; even Dr. C. Hering also recommended their use as early as 1834.

Hormones are specific substances produced by the endocrine glands of humans and animals that are secreted into the blood and are carried to the rest of the body parts, where they regulate the metabolic function of the organism. They are quick-acting, and only a small amount may have a very keen effect on the metabolism of the body.

Sarcodes are organopathic remedies that act on particular organs. This is justified as the sarcodes themselves are the medicines prepared from the healthy secretion of endocrine or ductless glands of higher animals. Thus, the actions of these remedies often remain limited to the functions of that organ. According to Michel M. Bouko Levy, "Healthy organ extract or organ secretions prepared according to the general rule of homoeopathic remedies, which will help to slow down the natural and pathological deterioration of the organ" [5].

However, most of the sarcodes have not been well proved but only clinically experimented with and prescribed Homeopathically.

When To Prescribe Sarcodes Remedies^[6]

1. Sarcodes respond to both deficient functioning as well as hyperfunctioning of the particular organ.
2. Sarcodes are often indicated in cases of

overgrowth and malignancy.

3. Usually sarcodes should be prescribed in low potency.

Contradiction For Prescription Of Sarcodes^[7]

1. Sarcodes are less proven remedies, and they are mostly organo-specific remedies. Therefore, their range of actions is limited. Hence, their uses are also constrained.
2. Sarcodes should not be prescribed in cardiac patients and pregnant mothers.

Unlocking Practical Utility Of The Sarcodes Remedies

Sarcodes are deep-acting remedies. They act on particular organs, which are both due to deficient functioning as well as hyperfunctioning of that particular organ.

Sarcodes such as Lac Can, Lac Def, and Lac Vac act well on causes of suffering due to the bad effects of milk intake, as their source of preparation is milk.

1. Sarcodes are well-indicated for the case of malignant suffering.
2. Sarcodes are generally prepared by triturations and dilutions.
3. Sarcodes cover all three miasms- Psora, syphilis, and sycosis.

Clinical Applications In Specific Health Conditions

1. Headache
2. Amenorrhea
3. Nervousness
4. Obesity
5. Diabetes
6. cancer
7. Neurosis

Some of the Sarcodes doctrines of the signature can be justified, such as pepsinum (extracted from the stomach of a pig), which is useful in gastric disorders, and Pancreatinum (extracted from the pancreas of Beef) i.e. useful in pancreatic disorders. Similarly, Oophorinum (action on ovaries), Orchitinum (action on testes), and Cholestrinum are the sarcodes that stimulate,

& activate these organs effectively, from which Parallel animal organs have been extracted.

Practical Applications Of [Specific Medicines] Enhancing Clinical Outcomes^{8]}:

1. **Adrenalinum**- The active principle of the medulla of the suprarenal gland is employed as a chemical messenger in the regulation of essential activities of the sympathetic nerve. The action of adrenalinum on heart lesions, suprarenal bodies, and vasomotor systems is prominently marked. The chief therapeutic action of Adrenalinum depends on its vasoconstriction action; hence, it is a powerful hemostatic drug.

Therapeutically, Adrenalinum has also been suggested in acute congestion of the lungs, asthma, Graves & abdomen diseases, arteriosclerosis, angina pectoris, and urticaria for homoeopathic approach into 6x attenuation of this remedy should be used.

2. **Thyroidinum**- Thyroidinum acts better with pale emaciated patients despite ravenous hunger. This remedy has enumerable action in hypothyroidism, myxoedema & various types of oedema, Rheumatic arthritis with a tendency to obesity, psoriasis associated with adiposity, eczema, ichthyosis, etc.

Thyroidinum must not be given in physiological doses where feeble, headache, and with high blood pressure, and not in tubercular patients.

3. **Cholesterinum**- Cholesterinum can be prescribed mainly in cases of liver cancer, hepatic engorgement, and gallstones. This medicine acts best when prescribed in 3rd trituration.

4. **Lac caninum**- This medicine extracted from dog's milk has tremendous therapeutic action, especially in sore throat, diphtheria, and rheumatism. In females, having swollen, painful breasts before menses and mastitis also helps to dry up milk. Tonsilitis & diphtheria symptoms with the shining glazed appearance of deposits with the stiffness of the neck. In the level of extremities, Lac caninum has symptoms like Rheumatic pains in the extremities and back from one side to

the other. Lac caninum acts best usually in the thirtieth and has the highest potency.

5. **Oophorinum**- This remedy has therapeutic action mainly on climacteric disturbances, ovarian cysts, and also in some cutaneous disorders and acne rosacea. This remedy may act effectively in low trituration.

6. **Pancreatinum**- It's a remedy that is a combination of several enzymes, best indicated in Intestinal Indigestion, and lienteric diarrhoea. This remedy acts suitably in low potency, and it's better not to give during the active period of active digestion.

7. **Pituitrinum**- This remedy is a vasoconstrictor and parturient, chiefly its action on the uterus either to aid in childbirth or to stop bleeding after delivery. This drug is contraindicated in conditions like myocarditis, nephritis, and arteriosclerosis.

CONCLUSION

Sarcodes remedies in homoeopathy embody a unique intersection of historical and modern therapeutic applications. Rooted in the concept of supporting organ and glandular functions through potentized substances derived from healthy tissues, sarcodes remedies offer a nuanced approach to addressing functional imbalances. While their historical origins trace back to vitalistic theories, their use in contemporary homoeopathic practice reflects ongoing exploration and adaptation to clinical contexts. As research and understanding evolve, sarcodes remedies continue to be valued for their potential in personalized, holistic healthcare approaches.

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Dr. Douglas Morrison Borland A Charismatic Inspiration

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Dr. Douglas Borland was someone who influenced Homoeopathy in Britain a great deal. He was one of the followers of Dr. J.T. Kent who brought Kentian Homoeopathy back to Britain. He was of Scottish origin and was born in the year 1885 in Glasgow. His

father was a well-known lawyer. Dr. Borland was primarily educated at Glasgow in the Academy and University of Glasgow.

Transition and Establishment into Homoeopathy

A young Douglas Borland was undecided whether to go to Church or study medicine.

Dr. Borland qualified MB, ChB from Glasgow University, Scotland, in 1909. The MB, ChB is a clinical degree in medicine awarded by medical schools in the United Kingdom and is equivalent to the regular medicine degrees awarded elsewhere. Glasgow University remains one of the most prestigious universities in the world. After his graduation, Dr. Borland was posted to various hospitals as a practising physician.

By the year 1908, Dr. Borland decided to go to Chicago, USA, to study under Dr. Kent. He went there with three other interested students- Drs. John Weir, Fergie Woods and Percy Purdom, under a scholarship from Dr. Margaret Tyler's family that sent students to study Homoeopathy under Dr. Kent. Here, Dr. Borland spent a year and returned to England with the teachings of Dr. Kent. Dr. Percy Purdom published various articles in different journals including the *Homoeopathic World* and

wrote *Diseases of Children* published in the *British Homoeopathic Journal*, in 1913. The rest of the students, including Dr. Borland, became famous homoeopaths beyond Great Britain. Dr. Borland had gone to Chicago as a cynic but being open to constructive criticism, he returned as an astonishingly ardent and confident Homoeopath.

After having returned from Chicago as a convinced Homoeopath, he took up service at the *London Homoeopathic Hospital* as a consultant physician in 1913. He then immediately joined the *Royal Army Medical Corps* in 1914 when World War I broke out, as a homoeopathic physician. After the war ended, he resumed his engagement by actively serving at the *London Homoeopathic Hospital* as a consultant physician and staff chairman. During World War II, he joined the *Royal London Homoeopathic Hospital*, which was founded by Dr. Quin. He remained the consultant paediatrician at the *Royal London Homoeopathic Hospital*, London, where he was involved in imparting comprehensive training to budding homoeopaths on the principles of homoeopathy and their practical application in the treatment of patients. Dr. Borland was "always interested in the whole man, body, mind and spirit".

He served as President of the *Homoeopathic Society* for about 2 years, but with minimum intervention, he was able to control it and enhance its functionality well.

The Personality

Dr. Borland gave a first impression of an indifferent fellow with his calmness and unhurried walk. He wore spotless suits and had a specific but amusing American accent. This drawl had been called 'the

veiled touch of mild and kindly sarcasm' in his talk. He was the picture of a suave and composed man. He was known to have a poised, generous and charming personality. He had an absorbing, intuitive stare. Each patient left his clinic satisfied that he/she was the one Dr. Borland was really interested in and understood everything about his/her complaint. Those patients who would not open up to the residents and were taken to Dr. Borland in despair, readily narrated their symptoms on being questioned by him. His handling of the patients and sympathetically asking them their history was thus a learning in itself. As one of his students mentioned about him, "Dr. Borland covered his nature of being inherently shy with aloofness. Students, if they were too anxious to learn, could often never overcome the barrier much to their loss".

An Inspiration

Dr. Borland was a source of inspiration for many homoeopaths in England, especially those trained at the *Royal London Homoeopathic Hospital*. He convinced many physicians, like Dr. F. H. Bodman, about homoeopathic medicines and their marvelous work on the sick. He was a teacher to Drs. Margery Grace Blackie and Kathleen Gordon Priestman. Dr. Margery Grace Blackie was the niece of Dr. James Compton Burnett. Dr. Borland lectured alongside Dr. Charles Edwin Wheeler and was a famous teacher amongst his students.

As per his student Dr. Margery Blackie, "He was a born-doctor", as he always seemed to be calm instead of being in a hurry with plenty of time to listen to the complaints of his patients with a sympathetic concentration. Dr. Borland was also a dependable colleague, senior and teacher to many who consulted him for advice and help. The "weight of clinical experience behind his lectures" was always appreciated by his colleagues and students alike. He put due emphasis on the essentials of prescribing a remedy. He had an enriched knowledge about *Materia medica* and knew his drugs "as few others have ever known them".

He never shied away from teaching and spending time with a resident who was eager to learn. He was always ready and took endless pains to teach. He had an amazing knowledge about drugs in homoeopathic pharmacopoeia. His knowledge was gained not only directly from literature but also from his experiences in clinics. Students were taught

practical signs such as "China colour" or "the typical *Podophyllum* look" during rounds in the children's ward.

Dr. Borland was an awe-inspiring author. His works included books and a collection of essays.

Literary Works

Being a dedicated writer, Dr. Borland has many acclaimed works to his name. Some of his class lectures were also compiled and published by his students. A few of them are the following:

Children's Types (1939)

Homoeopathic Treatment of Influenzas (1939)

Pneumonias (1939)

Digestive Drugs

Homoeopathy for Mother and Infant (1950)

Homoeopathy in Practice (1981) - edited by Dr. Kathleen Priestman.

Homoeopathy in Theory and Practice

Homoeopathic Paediatrics and Acute Prescribing

Post-graduate Correspondence Course in Homoeopathy written with Drs. Margaret Lucy Tyler and John Weir.

His articles like *Some Emergencies of General Practice* (1947), *The Treatment of Certain Heart Conditions by Homoeopathy* (1948), *Value of Symptoms in Children's Disease* (1923), *Some Points in Prescribing in Acute Disease*, (1925) and *A Comparison of Calcarea carb, Lycopodium and Silica* (1921) are also worth a read for homoeopathic clinicians. *Some Emergencies of General Practice* was a lecture given by Dr. Borland in the year 1946 and was published in print 1 year later, where he discussed how to deal with attacks of anginas, earaches, neuralgia, general cardiac failure, acute colic etc.

Demise

His laborious devotion to his work took an inevitable toll on his health. He was going through his old lectures as many young homoeopaths had requested him to get them printed when Dr. Borland suddenly became ill on 15th November 1960 before he passed away in 1960 on 29th November. Unfortunately, those old lectures could not be printed at the time. He lived till the age of 75 years completing a life dedicated fully to homoeopathy.

Clinical Evaluation of Homoeopathic Mother Tinctures

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Abstract: In present era, medical science fights very hard with complex pathology to offer a better health. Every day, there is emergence of new complex pathology or treatment resistance which blocks the path of holistic healing. In this situation, there is a need to give palliative relief with the uses of various mother tinctures, but selection should be solely over the symptom similarity. It can act in the stage of low vitality and in cases where major pathological changes take place. Homoeopathic science understands their limitation in case management that all cases are not meant to be cure. So, more studies and research should be done on the doses and use of mother tincture, so that its utility in incurable disease conditions with logical application of principles can precisely being placed.

Keywords: Homoeopathy, Mother tincture, palliative treatment.

Introduction:

Homeopathy is the system of medicine which emphasizes various diluted and potentized medicines for the treatment of different disease conditions. The use of mother tinctures (MT) has long been known for its existence in the regular homeopathic practice. The mother tincture is a liquid extract, which is prepared by the process in which the soluble and active constituents of a drug are extracted with the help of an appropriate solvent (alcohol and distilled water).^[1]

The mother tincture is mainly prepared from vegetable sources. Hahnemann experimented extensively with the use of various types of homeopathic potencies ranging from mother tinctures to C and LM potencies. From a historical perspective, the predominant modes of prescribing have covered the full spectrum from the use of low potencies (including mother

tinctures) to the exclusive use of very high potencies. Homoeopathy is a system of therapeutics which has a holistic approach towards diseased individual. Prescription in homoeopathy is based on individualization which can be achieved in various ways. Homoeopathy can also be used as a supportive or palliative treatment. As a palliative and supportive approach, homeopathy is used to develop general health and to relieve the pain and suffering resulting from other orthodox treatment such as in incurable cases^[2] or cases with advanced pathology or cases undergoing chemotherapy – radiotherapy. In inoperable cases like carcinoma of the liver, advanced carcinoma of the head of the pancreas, lungs, esophagus etc. palliative medicinal treatment should be the method of choice. When the vital force is too weak to receive deep acting constitutional remedies in high potency, mother tincture acts promptly over such places and afford instant relieve of the patient. There is a need for an overview of the studies regarding the use of mother tinctures in a more effective and authentic way based on the principle of “Similimum”.

Some Mother tinctures and their clinical indications: ^[3, 4, 5, 6]

1. ACONITUM FEROX

A. ferox. (The most poisonous species known, containing greatest proportion of Aconitine; from the Himalaya Mountains.) N. O. Ranunculaceae. Tincture of root.

Clinical -Burning pains. Cheyne-Stokes breathing. Chill. Dyspnea. Gastralgia. Neuralgia. Numbness.

Characteristics -A. ferox was proved by Dworzack, who also proved Aconitine. The Ferox developed burning pains in greater intensity than the alkaloid; more intense mental activity followed by greater depression. The Aconite note of unendurability of suffering was marked. Anxiety and fear of suffocation from paralysis of respiratory muscles; obliged to breathe half

sitting up with head resting on palms of hands. Cold drinks >; sitting up >; warm food.

2. ARALIA RACEMOSA

Common Name: Spikenard

Clinical: Asthma, Cough, Hay fever.

Indications: Remedy for asthmatic conditions, with cough aggravated on lying down. Dry cough coming on after first sleep. Asthma; on lying down at night with spasmodic cough; worse after sleep, with tickling in throat.

3. ALLIUM SATIVUM:

Common Name: Garlic

Parts used: Mature bulb

Clinical: Arteriosclerosis, Hypertension, Diabetes, Dyslipidemia.

Indications: Hypertensive dues to Arteriosclerosis and hypercholesterolemia. Lowers blood pressure produces normal sleep.

4. BLUMEA ODORATA:

Common Name: kukurmota

Clinical: Hemorrhage from uterus, piles, abortion, dysentery.

Indications: A great remedy to control

hemorrhages from uterus, piles and dysentery. An excellent remedy for bleeding pile. Menorrhagia, leucorrhoea mixed with blood and miscarriage all are benefited by this great Indian drug.

Excellent remedy for tertian fever.

5. CASCARA SAGRADA

Common name: Chitten bark.

Clinical: Constipation, Cirrhosis.

Introduced as a palliative for constipation (non-homeopathic), fifteen drops of fluid extract here it restores normal function by its tonic effects, but it has a wider sphere of action, as careful proving will show. Chronic indigestion, cirrhosis and jaundice. Hemorrhoids and constipation. Gastric headache. Broad, flabby tongue; foul breath.

Urine- Must wait for minute before flow start.

Extremities- Rheumatism of muscles and joints, with obstinate constipation.

6. CHAPARRO AMARGOSO

Common name: Goat bush.

Clinical: Diarrhea, Dysentery.

Indications: In chronic diarrhea when all indicated remedies fail.

7. COCA:

Botanical name: Erythroxyllum coca

Clinical: Mountaineer's complaints, Aphonia.

Indications: Useful in a variety of complaints incidental to mountain climbing, such as palpitation, dyspnea, anxiety and insomnia. Loss of voice. Weak vocal cords. In loss of voice give 5-6 drops, every half hour, two hours before expected demand on voice.

8. CHELIDONIUM MAJUS

Common Name: Celandine

Clinical: Cancer. Constipation. Gall stones. Hemorrhoids Jaundice. Liver affection of Pleurodynia. Stiffness.

Indications: A prominent liver remedy. Liver enlarged. Jaundice due to hepatic or gall bladder obstructions. Gall stone colic Pain in back under

inferior angle of right Scapula is a characteristic symptom. It can be effective one during Stage of Hepatization of Pneumonia.^[7]

9. DIGITALIS PURPURA

Common name: Foxglove

Clinical: Angina pectoris. Bright's disease. Cyanosis. Delirium tremens. Heart, affections of

Indications: In all diseases where the heart is primarily involved, where the pulse is weak, irregular, intermittent, abnormally slow, and dropsy of external and internal parts. Weakness and dilatation of the myocardium. Its greatest indication is in failure of compensation and especially when auricular fibrillation has set-in. The third to thirtieth

attenuation will bring about reaction when the drug is homeopathically indicated; but for palliative purposes the physiological dosage is required. For this purpose, the tincture made from the fresh plant, in doses of five to twenty drops, when the cardiac stimulation is desired, or the infusion of 1 1/2 per cent. Dose, one-half to one ounce if the diuretic action is wanted. The tincture may be given on sugar or bread, and nothing liquid be taken for twenty minutes before or after its administration. Of the powdered leaves, 1/2 to 2 grains in capsules. Digitoxin 1-250 grain. No matter what form of digitalis given the dose should be reduced as soon as the pulse rate has been lowered to 80 beats a minute and the normal rhythm has been partially or completely restored.

10. DIOSCOREA VILLOSA:

Common name: China Root.

Clinical: Gastric disorders, Gall bladder colic.

Indications: It affords prompt relief in colic, painful affections of abdominal and pelvic viscera. Aggravation by lying down and doubling up, better by standing erect or bending backward. Pain suddenly shifts to different parts. Pain from gall-bladder to chest, back and arms. In acute pain 5 drops Q, every 10 to 15 minutes.

11. FRAXINUS AMERICANA

Common name: White Ash.

Clinical: Fibroid uterus, prolapse of uterus

Indications: Fibrous growth, subinvolution and prolapse, with bearing down sensations. Dysmenorrhea. Dose Ten to fifteen drops of tincture, three times a day.

12. GENTIANA LUTEA

Common Name: Better wort (Yellow Gentian)

Clinical: Anorexia. Bilioussness. Colic. Debility. Dyspepsia. Stomach; disorders of. Indications: Acts as a tonic increasing appetite. Sour acid risings, nausea, flatulence. Colic umbilical region sensitive to touch.

13. HYDRANGEA ARBORESCENCE

Common Name: Seven barks

Clinical: Bladder; Stone in. Diabetes. Gravel. Prostatic; affections of Urine; incontinence of.

Indication: A great remedy for gravel, profuse deposit of white amorphous salt in urine. Calculus. Renal colic, bloody urine. Acts on ureter. Urine hard to start, burning in urethra with frequent desire. Sharp pain in lumbar region on left side.

14. IRIS VERSICOLOR

Common name: Blue Flag

Clinical: Constipation, Dyspepsia, Pancreatic affection, Psoriasis

Indications: Great burning distress in epigastrium; mouth and stomach feel on fire. Cancer of pylorus with sour vomiting and great prostration (Cooper). Pain in the region of the liver; < from motion. Awful burning distress, deep in region of pancreas, not > by cold water. Colic > by bending forward; > by discharge of flatulence

15. MYRISTICA

Common Name: Brazilian Ucuba.

Clinical: Suppuration. Ulceration. Whitlow.

Indications: It is a great antiseptic drug; it hastens suppuration and shortens its duration. Inflammation of skin and cellular tissue and periosteum. Traumatic infection. Fistulas. Carbuncles fistula in anus. Pain in finger nails with swelling and inflammation.

16. OCIMUM CANUM

Common name: (Brazilian Alfavaca)

Clinical: Is to be remembered in diseases of the kidneys, bladder and urethra (nephritis, cystitis and urethritis). Uric acid diathesis. Red sand in the urine is its chief characteristic and frequently verified.

Indications: Renal colic especially rightsided, urine turbid, thick brick dust red or yellow.

17. PASSIFLORA INCARNATA

Common name: Passion-flower

An efficient anti-spasmodic. Whooping-cough. Morphine habit. Delirium tremens. Convulsions in children; neuralgia. Has a quieting effect on the nervous system. Insomnia, produces normal sleep, no disturbance of cerebral functions, neuroses of children, worm fever, teething, spasms. Tetanus. Hysteria; puerperal convulsions. Painful diarrhea. Acute mania. Atonic condition generally present. Asthma, 10-30 gtt every ten minutes for a few doses. Locally, in erysipelas.

18. PIX LIQUIDA

Common name: Pine-tar

Its skin symptoms most important. A great cough medicines. Bronchial irritation after influenza (Kreosote; Kali bi). Scaly eruptions. Much itching. Constant vomiting of blackish fluid, with pain in stomach. Alopecia (Fluor ac).

Chest- Pain at a spot about the third left costal cartilage where it joins the rib. Rales through the lungs, and muco-purulent sputum; offensive odor and taste. Chronic bronchitis.

19. POTHOS FOETIDUS

Common Name: Skunk cabbage

Clinical: Asthma.

Indications: A great anti-allergic drug, having marked effect on respiratory tract in allergic asthmatic complaints, worse from inhaling any dust. Millar's asthma. Spasmodic croup. Troublesome breathing with sudden feeling of anguish and sweat. Sneezing, with pain in chest, difficult breathing. Asthma, relieved by passing stool.

20. STELLARIA MEDIA

Common Name: Chickweed.

Clinical: Rheumatism

Indications: Morning aggravation. Sharp, shifting, rheumatic pains in all parts very pronounced. Rheumatism; darting pains in almost every part; stiffness of joints; parts sore to touch; worse, motion. Chronic rheumatism. Shifting pains (Puls; Kali sulph). Psoriasis. Enlarged and inflamed gouty finger joints

21. STROPHANTHUS HISPIDUS

Common name: Kombe-seed

Clinical: Dropsy, Heart affections of

Indication: It increases the contractile power of all striped muscles. Acts on the heart; increasing the systole and diminishes the rapidity. May be used with advantage to tone the heart, and run off dropsical accumulations. In small doses for weak heart; it feels

enlarged. In mitral regurgitation, where edema and dropsy have supervened (Digit). Strophanthus is a greater diuretic, and is safer for the aged, as it does not affect the Vaso motors. In pneumonia and in severe prostration from hemorrhage after operations and acute diseases. Irritable heart of tobacco-smokers. Arterio-sclerosis; rigid arteries of aged. Restored to a brittle tissue, especially of the heart muscle and valves. Especially useful in failing compensation dependent upon fatty heart. Corpulent persons.

22. SYMPHYTUM OFFICINALE

Common name: Comfrey

Clinical: Gastric and duodenal ulcers.

Indications: The root contains a crystalline solid, that stimulates the growth of epithelium on ulcerated surfaces. It may be administered internally in the treatment of gastric and duodenal injuries, ulcers. Very good for Pruritus ani.

23. USTILAGO

Common Name: Maize smut.

Clinical: Menorrhagia. Post-partum hemorrhage.

Indications: Menorrhagia at climacteric, oozing of dark blood, clotted, forming long black strings.

Cervix bleeds easily. cervical erosion. Post-partum hemorrhage.

24. UVA URSI

Common Name: Bearberry

Clinical: Cystitis. Pyelitis. Uterine hemorrhages. Urticaria.

Indications: Hematuria with cystitis. Burning after discharge of slimy urine. Calculus. Frequent urging. Urine contains pus, blood and mucus.

Dose: Five to ten drops doses.

25. YOHIMBINUM:

Common name: Corynthe yohimbe

Clinical: Sexual stimulants.

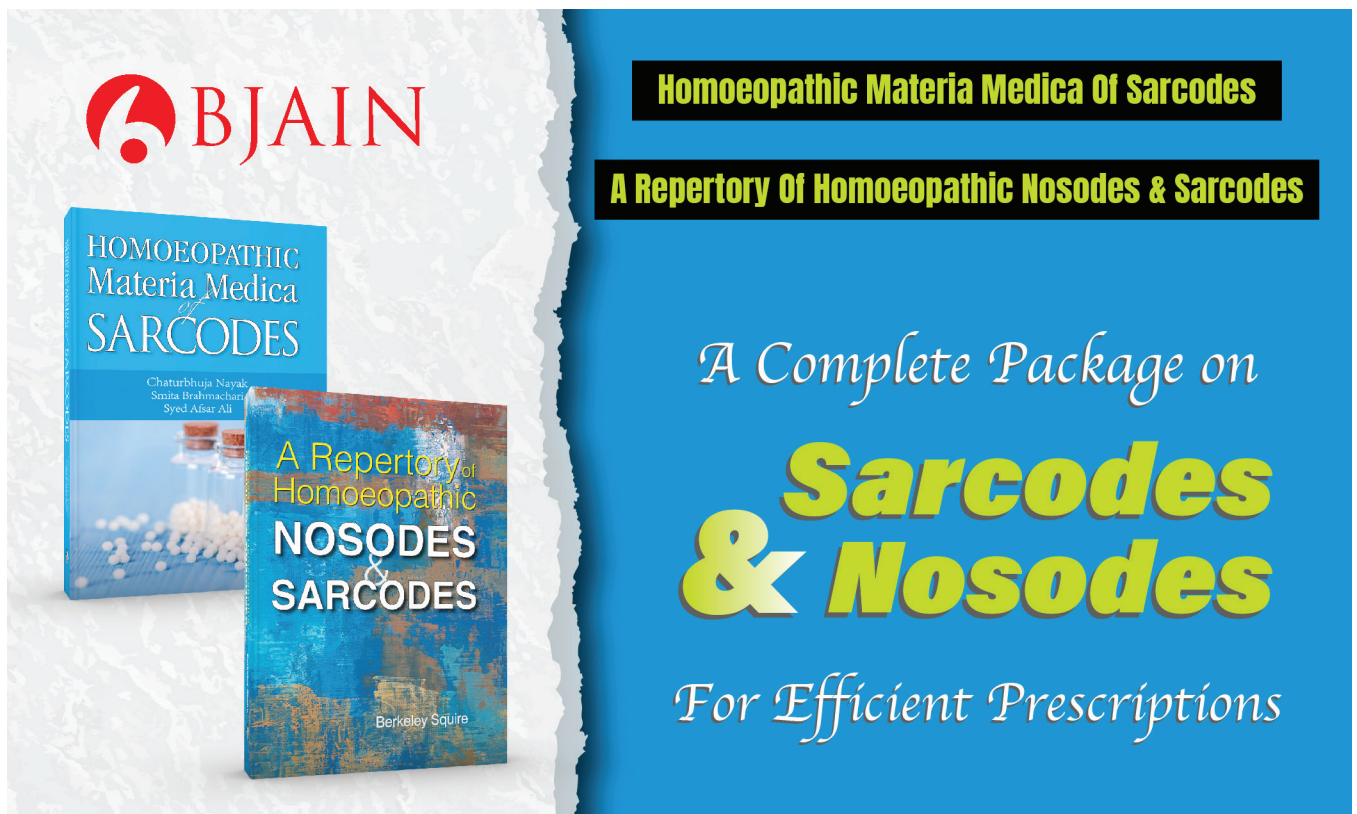
Indications: Excites sexual organs and acts on the central nervous system and respiratory center. An aphrodisiac, used in physiological doses, but contraindicated in all acute and chronic inflammations of abdominal organs. Homeopathically, should be of service in congestive conditions of the sexual organs. Neurasthenic impotence.

CONCLUSION

A mother tincture, being the lowest possible potency of any particular homoeopathic preparation, it should always be prescribed Homeopathically to get its optimum result. With much clinical research, mother tincture can be a great tool of Emergency room and many more cases where palliation is the first priority.

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BJAIN

Homoeopathic Materia Medica Of Sarcodes

A Repertory Of Homoeopathic Nosodes & Sarcodes

A Complete Package on

Sarcodes & Nosodes

For Efficient Prescriptions

A Tale of Camouflage, from Battlefield to Chesterfield: A Review Article

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Keywords

Chronic fatigue syndrome, Civil war, Da-Costa syndrome, Homeopathy, Neuro-circulatory asthenia.

Abstract

During the Civil War era (1961-1965), chronic fatigue syndrome was identified in infantrymen on the battlefield. Since then, it has not been diagnosed by physicians. Following the recent outbreak of the COVID 19 pandemic, there was a surge in incidence, with less awareness of the disease, resulting in the symptom profile being masked, leading to misdiagnosis with other conditions and significantly worsening the health of patients.

Introduction

According to the International Statistical Classification of Diseases and Related Health Problems ICD 10, the diagnosis has been renamed 'SYSTEMIC EXTERNAL INTOLERANCE DISORDERS'¹ and falls under the current classification of medically unexplained symptoms. The term 'Medically unexplained symptoms' doesn't mean that it's "ALL IN MIND" or that they have been invented, it just means that we cannot find a physical explanation for them. For it is harmful to think that disorders of organic origin and functional causes are separate, since mind and body are interconnected.⁹ Chronic fatigue syndrome is characterised by persistent and unexplained fatigue that leads to impairment of daily activities. About 60 to 80% of the healthy population suffer from symptoms that may not have an organic origin⁶. The article 'Da costa's syndrome.

A little known entity', published in October 2016, states that it is an entity with unknown worldwide prevalence and multifactorial aetiology that leads to impairment in patients' ability to perform daily activities.² Another 2021 article titled "Long COVID and Chronic Fatigue Syndrome (CFS)—A Systematic Review and Comparison of Clinical Presentation and Symptomatology" attempted to provide a qualitative analysis of the similarities between the symptoms of long COVID and CFS.³ This article contributed to the understanding of CFS by relating it to the pandemic and working from home.



Figure 1 (keshorecancercenter.org/chronic-fatigue-syndrome-cfs/)

[Chesterfield type of Canadian sofa (representing working from home during Covid). The title "Battlefield" and "Chesterfield" explains the connection between the history of the disease, which dates back to wartime, and the current quarantine due to the pandemic.]

History

Da-Costa syndrome was identified as a debilitating disease and was an important clinical syndrome for neurologists and psychiatrists in the 19th

century. During the Civil War, soldiers suffered from enormous weakness and stress without any organic causes. It was difficult for doctors to anatomize the cause of this disease, which also led to substandard diagnosis and treatment. Physician Jacob Mendes Da-Costa (1933-1900) deciphered the symptoms in soldiers, which helped him write his first article titled 'On Irritable Heart Disease, A Clinical Study Of A, From Of Functional Cardiac Disorder' And Its Consequences', which was published in 1871. This article helped him bring chronic fatigue to light through an article - Da Costa's Syndrome or Neurocirculatory Asthenia, published in 1987, which focused mainly on the pathology of stress caused in soldiers in the US military campaigns¹⁸. The origin of the modern chronic fatigue syndrome lies in a condition known to the Victorians as Neuroasthenia.¹³

Aetiology

The aetiology of this syndrome is not clearly understood. Fewer patients with chronic fatigue show abnormal blood pressure or heart rate responses. Sudden hypotension or severe bradycardia or tachycardia may occur, accompanied by symptoms of impaired consciousness. A syncopal episode may occur in these patients due to decreased sympathetic outflow in the absence of ventricular hypovolemia or hypercontractility.⁷

Epidemiology

The incidence and prevalence ranges from 0.2 to 2.8% in the general adult population worldwide⁷. The disease has been observed mainly in the age group of 18 to 40 years.

Clinical features

The CDC diagnostic criteria:

Fatigue for at least 6 months, Impaired concentration (this is often referred as "brain fog" by the patient), muscle pains, Headaches, Sleep disturbances, Post-exertional malaise. (>24hrs).¹⁴ Symptoms triggered by physical, emotional, or cognitive exertion. Fatigue is the most obvious symptom of severe physical and mental exhaustion.

Course and prognosis

Spontaneous recovery is rare in the patients, but improvements do occur.¹⁶

METHOD OF INQUIRY

Fatigue and tiredness- There have been 4 differentiating pointers mentioned between organic fatigue and functional fatigue.

1. **Frequency** –intermittent fatigue present in the psychological malady.
2. **Duration-** If there is tiredness present of recent origin, could suggest any organic cause. There will be psychological or constitutional fatigue that can be having a longer duration of course. In cases of chronic fatigue syndrome there is a minimum 6 months of fatigue.
3. **Time of day-** under psychogenic origin, the fatigue is usually marked during the early part of the day, which can be often present on waking up.
4. **Severity-** In chronic fatigue syndrome, the fatigue is marked to be severe, disabling, which in turns affect the mental and physical function of the individuals.¹⁷

Diagnosis

"**FIFE**" approach is essential to understand the condition-

F = feeling related to the illness,

I = idea on what's happening to him,

F = functioning in term of the impact of the daily activities,

E = expectation of the illness to your doctor.¹⁰

No test can diagnose chronic fatigue syndrome. Bipolar disorders, schizophrenia, substance abuse, bulimia nervosa, excludes a diagnosis of chronic fatigue syndrome, unless these diseases have been resolved > 5 years before the onset of the symptoms.

Management & treatment

The increasing prevalence of CFS in the absence of treatment by conventional medicine prompts consideration in this article. The disease has not been sufficiently publicized, leading to it being confused with other psychiatric disorders, which in turn has led to a change in treatment regimen. Apart from this, CBT and graded exercise therapy (GET) have been shown to be the only superficially useful interventions for chronic fatigue syndrome.¹¹

Homeopathic aspect of chronic fatigue syndrome

It is clear that homeopathy can play an important role in the treatment of chronic and long-lasting

health problems. It has already been mentioned that medically unexplained symptoms require a holistic approach to treatment. Homeopathy can be extremely effective in the treatment of chronic fatigue syndrome, but if not administered by a qualified professional with experience, it may cause more problems than it cures.¹⁵

The article 'Homeopathic treatment of chronic fatigue syndrome: three case studies using Jan Scholten's methodology' published in 2002, examines the treatment of chronic fatigue syndrome following viral infection in young people using 3 case studies where *Cobaltum Phosphoricum*, *Calcium Phosphoricum* and *Cadmium Phosphoricum* were prescribed after individuation on the basis of homeopathic simillimum and a cure was achieved. But the medical treatment options for chronic fatigue syndrome are very limited. It is a difficult and thankless area for general practitioners, hospital doctors and also for homeopathic doctors.¹⁹

In 2004, a study was conducted with 94 patients who completed the treatment trials (47 patients were assigned to the homeopathic medicine group and the remaining 45 to the placebo group). It is entitled 'A randomized, controlled, triple blind trial of the efficacy of homeopathic treatment for chronic fatigue syndrome'. The results showed that the patients who received homeopathic medicines showed a significant improvement on the fatigue scale. However, researchers were advised to conduct a further study to determine whether the treatment means the same thing in the larger groups or whether there is a difference.²⁰

CONCLUSION

In this review article, the author has tried to present that chronic fatigue syndrome has always been hidden under various other fatigue syndromes and psychosomatic illnesses. The main overlapping diagnosis of fibromyalgia has always overshadowed chronic fatigue syndrome. Especially after the Covid pandemic with persistent unexplained symptoms, chronic fatigue syndrome has come into the spotlight. As there is a lack of research, the aim of this article is to highlight the diagnostic tools to analyse and evaluate the disease course and treatment. Since there are minimal treatment options in allopathy that lead to remission of the disease, we homeopaths can offer a holistic cure by thoroughly individualizing each case and properly understanding the underlying causes

and diagnosis.

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An Overview of Sarcodes In Homoeopathy

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Keywords

Sarcodes, Organotherapy, Homoeopathic remedy, Organ extract.

Abstract

The healing art process begins from inside. It is the physician's obligation to begin from the source, not the patient. This review explores the characteristics of sarcodes and their potential homoeopathic effects on humans. Sarcodes are used to help rebuild organs and tissues that are damaged or malfunctioning (e.g. lymph and spleen).

Introduction

The word "sarcodes" means "fleshy" is derived from Greek, sarkos = flesh and eidos = form or resemblance. It is known as protoplasm of animals. Sarcodes are a member of the organopathy branch of homoeopathy, which originated in France. They have been in use for many years; in fact, as early as 1834, the renowned C. Hering promoted their use^[1]. The literary meaning, definition, of sarcodes have been made quite differently in various literature, a few of which are listed below.

The dictionary meaning of sarcodes are: -

Sarcodes: before the word "protoplasm" was developed, this interesting historical phrase (1853) was used to describe the protoplasm of protozoa.^[5]

Sarcod – (sarkod), n. protoplasm, particularly a protozoan's semifluid contents.^[6]

In accordance with the Indian homoeopathic pharmacopoeia, sarcodes are healthy tissue products or secretions of living organism, i.e. plant and animals."^[7]

Sarcodes are made from the secretions of healthy organism, such as thyroid gland secretions, cholestramin, and insulin (beta cells of the pancreatic islets of Langerhans). They are extremely valuable in homoeopathic medicine, primarily for long- term conditions. They are effective treatments that can restore the damaged metabolism.^[8]

According to Dr. J.H. Clarke^[9], "I have found the term 'sarcodes' useful for designating the remedies prepared from healthy animal tissues and organs" in his book "A Clinical Repertory to the Dictionary of Materia Medica". Regarding sarcodes, Dr. Clarke has provided the two list that follow: -

A) Sarcodes are medicines prepared from the tissues and secretion of healthy animals. This heading does not cover the preparation of venomous animals (such as Homarus, Sanguisuga, Erythrinum etc.). for example: - Adrenalinum, Araneorum tela, Calcarea carbonica etc.

B) Sarcod derivatives: - this heading includes preparations made from animal tissues and secretions that are in good health. For example: Cholesterinum, Lac vaccinum coagulatum, Lac vaccinum defloratum, Lacticum acidum, Pancreatinum, Pepsinum, Pyrogenium, Urea, (Note: Pyrogenium should not have been included in the list of derivatives of Sarcod.)

6. The group of sarcodes includes proven medications from healthy glands and typical secretions of living animals. The gland used to extract the secretion need to be in good health. First, the gland's ability to secrete must be examined, and whether or not a given secretion is healthy must also be investigated in a physiology

lab.^[10]

8. Sarcodes are made from naturally occurring substance found in the tissues or bodily secretions of humans or animals. It is a well- established fact that sarcodes are derived not only from the healthy tissue and organs of animals in good condition, but also from animal glands and the secretion/ products they produce, as well as from the endocrine glands themselves and their healthy secretions.^[11]

History

Animal organs have been utilized in medicine in a variety of ways. Sushruta, who lived between 400 and 500 B.C., recorded the used of orchitic drugs for the treatment of obesity, albeit it is not yet well recognized that they were utilized in antiquity. Organotherapy was most likely first mentioned in writing at this point, and since then, it has been frequently mentioned. In the 1830s, two classes of medications were added to homoeopathic medicine: sarcodes and nosodes. The majority of the ingredients in these regimens have a lengthy history of usage in medicine. Dr. canon, an English physician, developed this kind of homoeopathy in the 1930s to treat both acute and chronic digestive system illnesses. Later on, it was expanded to include more diseases. Subsequently, Dr. Nobel, a French physician, treated diabetes by using the pancreatic hormone insulin secretions. Following its introduction, organ homoeopathy gained popularity quickly because of its extraordinary outcomes and straightforward methodology.^[13]

Methodology

Sarcodes: - Sarcodes are homoeopathic preparations made from animal tissues and secretions that are in good health and include biological components that have particular physiological roles in people.

Preparation of sarcodes

Step 1: Nature of material

Sarcodes are prepare from the following sources: -^[1]

The entire group of healthy endocrine glands.

Endocrine gland discharges in a healthy state.

Animal secretions that are normal.

Extract or product of animal glands and tissues.

Step 2: Safety

The operation is carried out in a biosafety-compliant setting with minimal handling, using sealed containers and disposable auto-tip pipettes.

Step 3: Removal/ separation of other components

Filtration (Seitz filter) is used to remove cells debris, unidentified microorganisms, and larger protein particles. If the source material is obtained by scraping animal or human tissues, the keratin component of skin is removed by boiling the scraping in a water medium containing potassium hydroxide (KOH).

Step 4: Preparation of mother tincture

Soluble chemicals are infused directly in alcohol or in an alcohol/ water solution. Insoluble compounds must be crushed down with lactose using a pestle and mortar in a certain manner. This is known as ‘trituration’. Trituration continues until the substance is fine enough to be soluble in alcohol or an alcohol- water combination. In both cases, the resultant mixture is known as the mother tincture.

Step 5: Dynamization of potency

One part of the mother tincture is diluted in 99 parts of alcohol or a water- alcohol mixture. This liquid is then succussed ten times in its bottle by firmly hitting the bottle’s base against a solid but resistive surface, such as a leather- covered book or the palm of a hand. The resulting liquid is known as 1C potency, with “1” referring to the first stage of dilution and the roman numeral “C” alluding to the 1: 100 dilution ratio. To create a 2C cure, one part of this 1C potency is diluted and succussed in 99 parts of alcohol or a water- alcohol mixture. This serial process of dilution and succession, known as potentization, is done multiple times to produce progressively potent remedies.

Step 6: Safety check for human use

Sterility tests for aerobic and anaerobic organisms should be performed prior to the issuance of any Sarcodes, therapeutic use, or higher attenuation manufacture.

Step 7: Lyophilisation

Lyophilisation of the original stock is done so that Sarcodes can be created in the future, without having to repeat the initial stages.

Marketed preparation of sarcodes

Name	Source	Use
Pancreatinum ^[2]	from pancreas of beef containing digestive enzymes.	Intestinal indigestion and lienteric diarrhoea.
Thyroidinum ^[3]	from healthy thyroid tissue of sheep or calf.	Anemia, muscular weakness, psoriasis, tachycardia and goiter.
Pepsinum ^[2]	from enzyme produced in stomach of hog or pig.	indigestion with pain in gastric region and diarrhoea due to indigestion.
Adrenalinum ^[4]	from the secretion of the adrenal glands of cattle's.	Slow pulse rate, strengthening of heart beat and muscle spasm.

Therapeutic use of sarcodes

As constitutional medications: when a patient's profile matches the portrait of a specific Sarcodes.

As supplementary medications in circumstances where the recommended treatments fail to provide complete relief. This could be owing to the patient's lack of reactivity, an underlying Miasm, or an advanced pathological state.

When there are few symptoms in a case and it is difficult to determine a similimum, a Sarcodes may be used to bring latent symptoms to the surface.

As antidotes to artificial disease situations caused by the heavy use of non-homoeopathic medications (iatrogenic diseases) or to minimize adverse drug reactions in cases when well-indicated therapies fail to produce the desired results, e.g. folliculium is used to treat symptoms caused by prolonged usage of the birth control pill.

As a supplement to a medicine to complete its action in certain clinical conditions, e.g., Thyroidinum is used after calcarea phosphorica in arrested development of child with history of gastrointestinal manifestations, with history of toxemias or allergic manifestations during pregnancy in mother, and folliculium is used after Lachesis Mutus for various clinical manifestation.

As organ remedies: sarcodes derived from endocrine glands or their secretions can be used to treat diseases caused by hypoactivity or hyperactivity of the relevant endocrine gland. For example, Thyroidinum for myxedema, cretinism, or exophthalmic goiter, cortisone for Cushing's

disease, adrenalinum for hypertension, and so on. Thus sarcodes can be used as organ remedies. It is also true that there is a strong relationship between two or more endocrine glands, and the action of one are regulated by the other.

Lac caninum has been indicated as a preventive drug in some clinical diseases, such as diphtheria.^[12]

Sarcodes and human symbolic language

Everything in the universe has an analogous counterpart within us. A person can see the celestial effulgence that bathes all of creation. Each emotion has a corresponding organ or organs. Emotion can cause physiological and anatomical changes in organs. Emotions are often the root cause of any predicament, as seen in retrospect. Each organ has a secret meaning, Sarcodes remedies contain symbolic language related to the human body and organs, which can be used to build themes and select appropriate remedies. Examples: - breast, colon, pituitary.

Breast: - In human symbolic language, breast represent motherhood, nurturing, and nutrition, illnesses (such as cysts, lumps, pain and mastitis) signify a failure to nourish oneself and a desire to prioritize others. Indications of the lac group of medicine (made from the milk of various animals) include a lack of affection, poor nurturing, feeling of abandonment and inferiority.^[13]

CONCLUSION

A physician's ultimate goal is to assist patients in regaining homeostasis and leading a healthy

lifestyle. Sarcodes are concoction that include the sar of the physical body. This gives them an edge over modern medicine because they promote self-healing. They are quickly absorbed by the body and do not require a particular method, unlike herbal or allopathic drugs. Individualized and combination therapies are commonly used to treat a wide range of populations. These cures have numerous applications and can be used in conjunction with contemporary medications.

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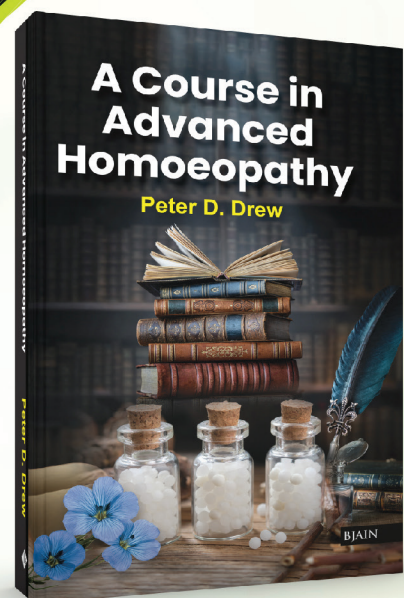
A Course In Advanced Homoeopathy

The initial chapters introduce key topics such as the nature of homoeopathy, the concepts of sickness & health, homoeopathic medicines, and potency

Advice on types of prescriptions and the role of miasms in treatment, followed by detailed discussions on case taking and case analysis.

Principles of prescribing and the analysis of follow up consultations to make informed prescriptions

Various additional topics, including organopathy, tautopathy, homeoprophylaxis, vaccination and Bach flower medicines have been added in the end.



Homoeopathic Approach to COVID-19: Addressing Pathological Stages and Radiological Findings in Patients of Emergency with Few Subjective Symptoms

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Keywords

ARDS, *Aspidosperma*, Covid- 19, Cytokine storm, Hyper inflammation, Myocarditis.

Abstract

This article aims to highlight an approach that takes into account the staging and pathology of COVID-19, considering the physiology of the lungs, specific pathology of COVID-19, and even the pharmacological choices made by the allopathic system of medicine. By identifying similar pharmacological actions in homoeopathic medicines, this approach addresses the challenges of prescribing in acute diseases where patients may not be able to express their symptomatology fully.

Introduction

Since the occurrence of COVID-19, numerous seminars and approaches have been developed by different homeopathic physicians and researchers for the homoeopathic management of the pandemic. This article aims to highlight an approach that takes into account the staging and pathology of COVID-19, considering the physiology of the lungs, the specific pathology of

COVID-19, and even the pharmacological choices made by the allopathic system of medicine. By identifying similar pharmacological actions in homeopathic medicines, this approach addresses the challenges of prescribing in acute diseases where patients may not be able to express their symptomatology fully. Instead of focusing solely on superficial symptoms like throat pain, fever, body ache, dryness, and loss of smell, we strive to delve into the deeper pathology. The most important guideline for the homoeopathic management of COVID-19 is to consider the timeline of the disease's progression, which indicates the severity of the pathology and helps in planning the treatment accordingly.

There were 3 stages of COVID-19. In Stage 1, there were mild symptoms of anosmia, dry cough, fever, sore throat for which medicines selected on totality depending on subjective symptoms can be prescribed. But from Stage 2 pulmonary pathology starts further deteriorating to ARDS. This is manifested by day 6-10, though in patients with comorbidity - HTN, DM can have deterioration even earlier.⁵

From this stage onward consideration of pathological changes are to be considered for prescribing.

HAPPY HYPOXIA - Many patients present with

pronounced arterial hypoxemia yet without proportional signs of respiratory distress, they do not even verbalise a sense of dyspnea (INDIVIDUALIZATION).

Cytokine storm was taking place from the 7th day, resulting in hyper activation of the immune system - therefore after the 7th day constitutional remedy and too frequent repetition of remedies should be avoided as - to avoid homoeopathic aggravation during this time. Around 8-10-day viral load decline leaving patients with Stage 3 of hyper inflammation. At this time patients can end up in ARDS and Sepsis. After hyper inflammation, anti-inflammatory TGF-beta increases, which is most fibrosis causing cytokine resulting in sclerosis of lungs. There can be cardiogenic shock due to COVID 19 Myocarditis.⁴

COAGULATION DISORDER - Begins by stage 2 and stage 3, this is the time we need to give Anticoagulants (Therefore after 5th day).

GROUND GLASS OPACITY IN CT- was pneumonia with blood clotting in the lung.⁶ Therefore we have to take into consideration the drugs that have pathological actions on blood clotting- like *Arnica, Lachesis, Aspidosperma*, etc.

While studying Basic pathogenesis of disease.

The virus is causing Inhibition of Factor 4 (controls the activity of complimentary system)



Leading to uncontrolled complement mediated activation.



Causing blood vessels damage.



Resulting in complement mediated vasculitis in lungs.

Further release of: Tissue Factor" adds fuel to fire.



Combination of these two will cause micro thrombi formation in lungs.

Pneumonia along with microthrombi in the lung is partially identical to disseminated intravascular coagulation in a sense that there is an increase in D-dimer assay.

RT-PCR informs about viral load which is inversely proportional to cycle threshold value.

Repeated RT-PCR values are important for finding efficacy of proper simillimum in decreasing viral load.¹

Most important prognostic investigation is Neutrophil: lymphocyte ratio, more the value of NLR, worse is the prognosis. Indicating the need for change in plan of treatment.

Importance of Collaboration of Homoeopathic and Allopathic Approaches

Due to the absence of a specific drug of choice for COVID-19, well-proven homoeopathic drugs played an important role in management of COVID-19. In times of global crisis, homoeopathic practitioners and researchers have studied the pathology of COVID-19 through allopathic research papers. They have utilised this information to find homoeopathic medicines from the Materia Medica that exhibit similar pathology, following the principle of "like cures like".

RUBRICS ON BASIS OF PATHOLOGICAL STAGING-

ARDS PATHOLOGY

Alveoli damage causing hypoxia leads to endothelial damage resulting in leakage of pulmonary capillary into alveoli (EXUDATION).

RUBRICS CHEST-EXUDATION-Lungs; in/ pneumonia; after

Ferr-met.

RUBRICS- ENDOTHELITIS

GENERALS-BLOOD VESSELS-degeneration of Bar-carb, Bar-mur, Vana-met.

GENERALS-INFLAMMATION-Blood Vessels-Arteries

Ars, Calc, Carb v, Eberth, Echi, Hist, Kali-i, Lach, Sec, Sulfa.

Subjective

COAGULATION-THROMBOSIS (pathology similar to DIC, PULMONARY EMBOLISM)

Acetal, Am-c, Am-caust, Apis, Arm, Ars, Bit-ar, Both, Calc-ar, Carb-v, Card-m, Cench, Cortico, Croc, Crot-h, fl-ac, Ham, Kali-chl, Kali-m, kres, lach, Nat-s, quinhydr, sec, VIP

GENERALS-Thrombosis

Am-C, Apis, Arn, Ars, Calc-Ar, Carb-V, Crot-H, Lach, Nat-S, VIP, Sec, Quinhydr.

GENERAL-THROMBOSIS -Pneumonia,in

Am-c.

HYPER INFLAMMATION

GENERAL-INFLAMMATION-Internally

Acon, Ars, Bell, Bry, Canth, Echi, Ferr-p, Gels, Iod, Lach, Merc, Merc-c, Nux-v, Phos, Plb, Puls, Sec, Ter, Teucr.

GENERAL-INFLAMMATION-parenchymatous tissue

Apis

GENERA-INFLAMMATION destructive-

Mercury

GENERAL-INFLAMMATION-gangrenous-

apis, am-c, anthracite, Ars, Canth, carb-ac, Carb-an, Carb-v, Chin, Crot-h, Echi, Lach, merc, Phos, Plb, psor, Sec, Sil, Sul-ac

Cytokine Storm (Hyperactive Immune Response)

MIND-DESIRES-full of desires-more than she needs

Ars, are-s-f, bar-s, bry, zinc-p

Alveolar Hypoxia Pathophysiology

RUBRIC-MIND-BARGAINING -

Bryonia, Pulsatilla, Silica, Sulph.

(When alveoli get compromised due to filling of exudative fluid in it, pulmonary capillaries constrict themselves leading to shift of blood to

effective alveoli, indicating bargaining done by body for survival.)²

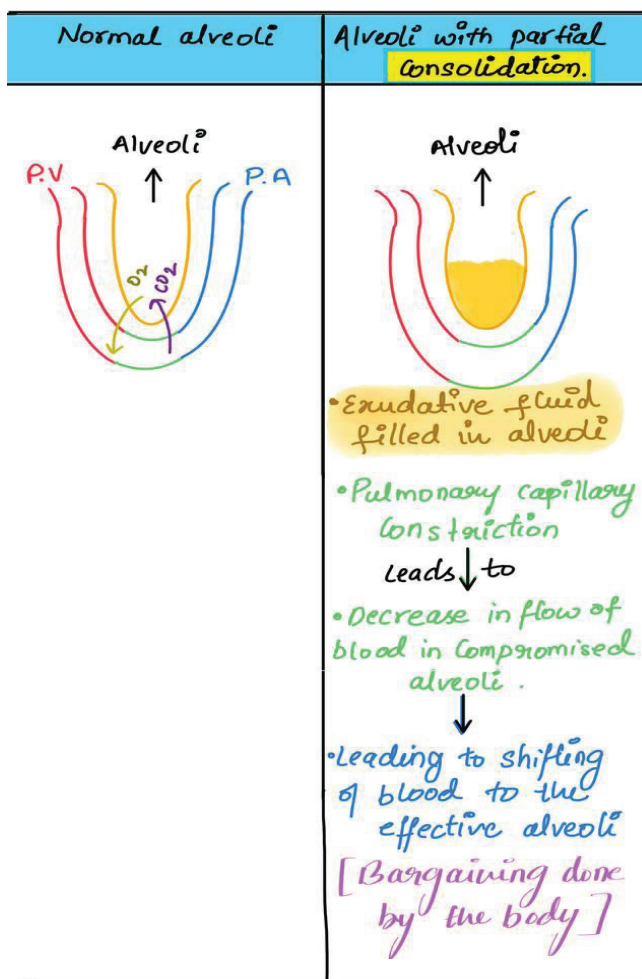


Figure 1

RUBRIC-DEATH-desires-convalescence, during-absin,Aur,lac-c,sep

(By shifting of blood supply from less ventilated to more ventilated alveoli, leading to ironical death of less efficacious alveoli.)

Materia Medica in Relation to Pathology Of Covid-19

ANTIMONIUM TART-

Asphyxia neonatorum

Histology at which *Antimonium tartaricum* works in neonates, same histology develops after alveolar injury

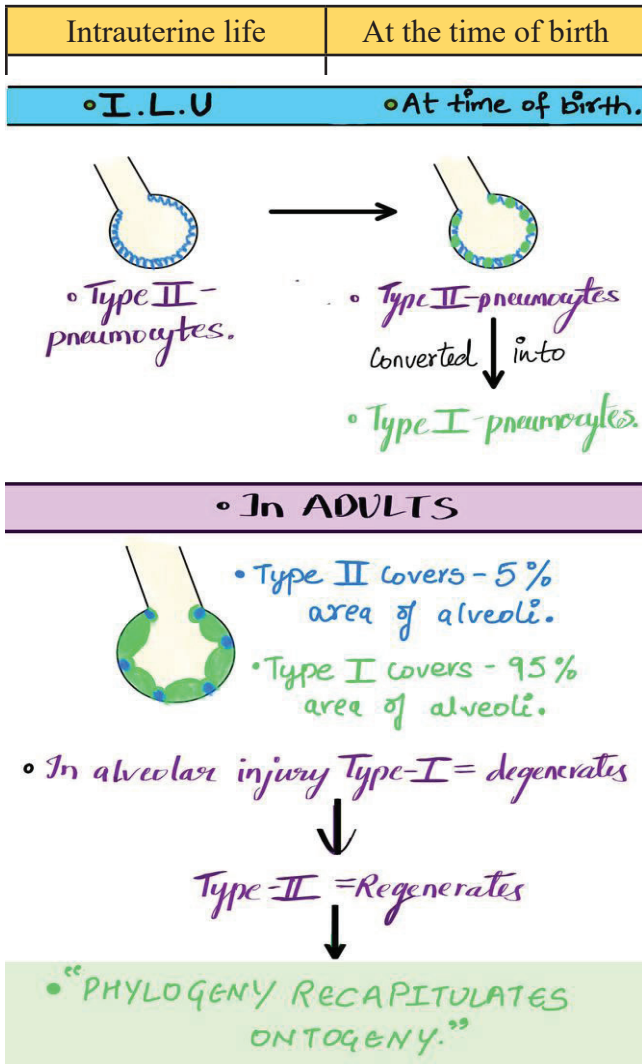


Figure 2.³

Aspidosperma-

A remedy known for its efficacy in treating cardiac asthma. However, it is important to note that the primary pathology in COVID-19 is not heart failure. It specifically addresses thrombosis of the pulmonary artery, making it relevant for COVID-19 cases. Consequently, the results of using *Aspidosperma* are typically observed after the fifth day when coagulation begins, rather than before.

Similarly, in allopathic medicine, low molecular weight heparin, an anticoagulant, is typically administered only after the fifth day. As alternative medicines for coagulation, *Arnica*, *Lachesis*, and *Crotalus horridus* can be considered.⁷

MYOCARDITIS IN COVID-19 and *Antimonium Arsenicosum* usage.

This is a remedy for pneumonia associated with influenza. It is useful in myocarditis and cardiac weakness. Can be used in cases of COVID associated pericarditis with pleurisy specially on the left side.⁷

Sarcocollum Acidum-

Is apparently formed in muscle tissue during the stage of muscle exhaustion.

When arsenic had failed, it was extremely helpful during the most severe epidemic influenza, particularly during the most violent, retching, and prostration episodes.

Spinal neurasthenia, muscular weakness, dyspnea, and myocardial weakness.⁷

THROMBOSIS IN COVID -19 and *Arnica montana* usage.

Septic conditions; prophylactic of pus infection. Traumatism of grief, remorse or sudden realisation of financial loss.⁷ Emotional and socioeconomic turmoil faced in COVID. This is a drug for thrombosis.⁷

HYPERINFLAMMATION and *Apis Mellifica* usage

It produces serous inflammation in membranes of heart, brain, lungs with effusion.⁷

Iodium -

All glandular structures, respiratory organs, circulatory systems are especially affected; they atrophy. Iodine arouses the defensive apparatus of the system by assembling the mononuclear leukocytes whose phagocytic action is marked, at a given point. Acute affections of the respiratory organs. Pneumonia, rapid extension. Sudden violent influenza. Loss of smell.⁷

Relation Between Black Fungus and Syphilis Pathology

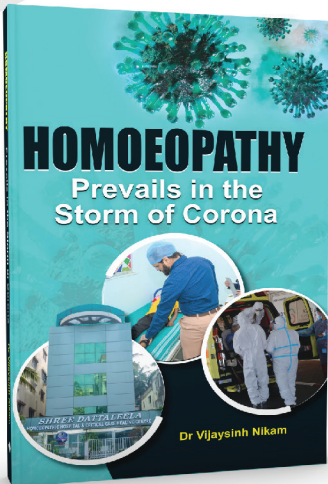
Phosphorus causes bone destruction, especially lower jaw bones and fatty degeneration of blood vessels. Phosphorus is a well proven remedy for tertiary syphilis and inflammation of respiratory tract.⁷ Whereas in tertiary syphilis there is necrosis and endarteritis.⁸ Similarly in mucormycosis there is periorbital tissue necrosis with arterial necrosis.⁹ Hence, this proves the pathological similarity of tertiary syphilis and mucormycosis with phosphorus.

CONCLUSION

Homoeopathy can assume a prominent role in the management of acute cases when a disease is novel and allopathic medicine lacks specific drugs for its treatment. It becomes particularly valuable in situations where individualization of patients is challenging. In such instances, the approach involves identifying the similarity between the pathology of the disease and the pathology covered by homoeopathic remedies, aligning with the principles outlined in the third aphorism of the Organon.¹⁰ This allows for the application of medicinal knowledge to effectively address the disease at hand.

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Homeopathy

Prevails In the Storm of Corona

Exploring The Mechanisms Of Action Of Sarcodes In Homeopathic Practice

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Keywords

sarcodes, organotherapy, homeopathic remedy, organ extract

Abstract

Sarcodes are a category of homeopathic remedies prepared from healthy animal tissues and secretions. Unlike nosodes, which are derived from pathological specimens, sarcodes are made from tissues and organs such as the liver, heart, brain, glands, and various secretions like hormones and enzymes. The theory behind sarcodes is based on the concept of organotherapy, which aims to stimulate the corresponding organ or system in the human body to promote healing and restore balance. Sarcodes are believed to convey specific biological information to the body's vital force, aiding in the regulation and improvement of organ function. Prepared through a process of serial dilution and succussion, sarcodes are considered safe and non-toxic. They are used in homeopathy to address conditions related to specific organs, enhance overall vitality, and support the body's natural healing processes.

Introduction ⁽¹⁾

In Greek the term 'Sarcodé' means fleshy. Sarcodes are a unique category of homeopathic remedies prepared from healthy animal tissues,

organs, or secretions. These remedies aim to stimulate the body's self-healing processes and support the function of specific organs or systems. The foundational principle of homeopathy, "like cures like," underpins the use of sarcodes. This principle suggests that substances causing symptoms in a healthy individual can, when highly diluted, treat similar symptoms in an ill person. Sarcodes are utilized to promote balance and regulation within the body, aiding in the recovery and maintenance of health ⁽¹⁾.

Sources of sarcodes in homoeopathy ⁽²⁾

In homeopathy, sarcodes are derived from various sources within the animal body. The specific tissues, glands, and secretions used as sources for sarcodes include:

Thyroidinum: Derived from the thyroid gland. Used to support thyroid function and manage symptoms of hypothyroidism.

Adrenalinum: Derived from the adrenal gland. Used for adrenal support and to help manage stress and fatigue.

Pituitaria: Derived from the pituitary gland. Used to balance hormonal functions and address issues related to growth and development.

Hepar: Derived from the liver. Used to support

liver detoxification and function.

Cortisone: Derived from the adrenal cortex. Used to manage inflammation and immune response.

Pancreatinum: Derived from the pancreas. Used to support digestive enzyme function and blood sugar regulation.

Lac Humanum: Derived from human milk. Used to support overall nourishment and immunity, particularly in infants.

Semen: Derived from seminal fluid. Used to address reproductive health issues and improve vitality.

Prostate: Derived from prostatic fluid. Used for supporting the male reproductive system and managing prostate health.

Cartilago: Derived from cartilage. Used for joint and connective tissue support, especially in cases of arthritis or joint degeneration.

Bone Marrow: Derived from bone marrow tissue. Used to support blood cell production and enhance immune function.

Medulla Ossium: Derived from the marrow of long bones. Used for hematopoietic (blood-forming) support and to strengthen the immune system.

These sarcodes are prepared through a process of serial dilution and succussion, which is believed to enhance their therapeutic properties while minimizing toxicity.

How Sarcodes Work in Homeopathy ⁽³⁾

The preparation of sarcodes involves serial dilution and succussion (vigorous shaking). Homeopaths believe this process imprints the energetic or information Sarcodes work in homeopathy based on the principle of “like cures like,” where a substance that can produce symptoms in a healthy person, when administered in highly diluted form, is used to treat similar symptoms in a sick person.

1. Principle of Similars

- Sarcodes are prepared from healthy animal tissues, organs, or secretions that correspond to specific human organs or systems. They are used

based on the principle that a substance capable of producing symptoms similar to those of a disease in a healthy person can stimulate the body’s self-healing mechanisms to overcome similar symptoms in a sick person.

2. Dilution and Succussion

- The preparation of sarcodes involves a process of serial dilution and succussion (vigorous shaking). This process is believed to transfer the energetic properties of the original substance into the solvent (usually water and alcohol), while minimizing any potential toxicity from the original material

3. Stimulation of Vital Force

- Sarcodes are thought to act on the body’s vital force or life energy, stimulating it to recognize and correct imbalances in organ function or systemic health. This stimulation is aimed at restoring harmony and promoting natural healing processes.

4. Individualized Treatment

- Sarcodes are prescribed based on individual symptoms and constitution. They are often used alongside constitutional remedies tailored to the patient’s overall health and temperament, enhancing the specificity and effectiveness of treatment.

5. Holistic Approach

- By addressing specific organ dysfunctions and supporting overall health, sarcodes contribute to a holistic approach to healing in homeopathy. They are considered safe due to their highly diluted nature and minimal risk of adverse effects. The essence of the original healthy tissue into the final remedy. This energetic imprint is thought to be recognized by the body’s vital force, promoting healing and regulation of the corresponding organ.

Despite these theoretical explanations, it’s important to note that the efficacy and mechanisms of sarcodes, like other homeopathic remedies.

Preparation:- The steps have been described here with for sarcode preparation method ⁽⁴⁾.

Steps of sarcode preparation

Step 1: nature of material	Sources: 1. from whole endocrine glands 2. from healthy secretions 3. from extract 4. other sarcodes
Step 2: safety	Operation is carried out in stringent biosafety compliant environment with minimum handling using sealed containers and disposable auto-tip pipettes
Step 3: Removal and separation of other components	<ul style="list-style-type: none"> • Filtration (Seitz filter) is done to get rid of cell debris, unidentified bacteria and large protein particles. • If the source material is obtained as scraping of animal or human tissues, the keratin component of skin is removed by boiling the scrapings with potassium hydroxide (KOH) in water medium.
Step 4: preparation of mother tincture	<ul style="list-style-type: none"> • Soluble substances are infused directly in alcohol or in an alcohol/water mixture. This process is called „trituration“. • Trituration proceeds until the ingredient has become fine enough to be soluble in alcohol or in both cases is known as the mother tincture.
Step 5: Dynamization of potencies	<ul style="list-style-type: none"> • 1 part of the mother tincture is diluted in 99 parts of alcohol or in a mixture of water and alcohol. • This liquid is then succussed 10 times in its bottle by firmly hitting the bottle's base against a firm but resistive surface such as the palm of a hand or leather covered over book. The resulting liquid is called 1C potency (1 refers to 1st stage of dilution and C refers to its 1:1000 dilution ratio). • 1 part of this 1C potency is again diluted and succussed in 99 parts of alcohol or water and alcohol mixture to produce a 2C remedy. • This serial of process of dilution and succession, called potentisation, is further repeated to produce increasingly higher potencies of the remedy.
Step 6: Safety check for human use	Test for sterility for aerobic and anaerobic organism should be done before issue of any sarcode, for therapeutic use or for manufacturing of higher attenuation.
Step 7: Lyophilization	Lyophilization of the original stock is done so that sarcodes can be prepared in future, without any need to repeat initial steps. A centralized depository system preserves standardized raw material for future use

Utility Of Sarcodes In Homoeopathy ⁽²⁾

Sarcodes have several utilities in homeopathy, which are rooted in the principles of stimulating the body's natural healing processes. Here are the primary uses:

1. Regulation and Balance: Sarcodes are believed to help regulate and balance the functions of specific organs or systems in the body. For example, a sarcode made from thyroid tissue might be used to support thyroid function.

2. Stimulation of Self-Healing: By introducing highly diluted preparations of healthy tissue, sarcodes aim to stimulate the body's own healing mechanisms. This is based on the principle of "like cures like," where substances that produce

symptoms in a healthy person can, in minute doses, treat similar symptoms in a sick person.

3. Support for Organ Function: Sarcodes can be used to support the function of specific organs. For instance, liver sarcodes might be used to support liver health and detoxification processes.

4. Adjunct to Constitutional Treatment: Sarcodes are often used alongside constitutional remedies, which are tailored to the individual's overall physical and psychological constitution. This combined approach can address both general and specific health issues.

5. Chronic Conditions: Sarcodes can be particularly useful in chronic conditions where there is a need to support and restore the

function of specific organs or systems that are not performing optimally.

6. Hormonal Balance: Some sarcodes are used to help balance hormones by providing minute doses of the hormones themselves or the glands that produce them, such as adrenal or pituitary sarcodes.

7. Detoxification and Support: In cases of toxicity or after exposure to harmful substances, sarcodes may help the body detoxify and support the affected organs in regaining their normal function.

8. Recovery from Surgery or Injury: Sarcodes can be used to aid in recovery from surgery or injury by supporting tissue repair and reducing inflammation.

9. Mental and Emotional Health: Some practitioners use sarcodes to support mental and emotional health, believing that they can help restore balance to the neuroendocrine system.

The use of sarcodes in homeopathy is highly individualized and depends on the specific needs and constitution of the patient. It's essential for a qualified homeopathic practitioner to determine the appropriate sarcodes and its dosage for each patient.

CONCLUSION

Sarcodes play a crucial role in homeopathic medicine by offering a unique approach to health and healing. Derived from healthy animal tissues and organs, sarcodes aim to support and regulate corresponding human body systems. By leveraging the principles of homeopathy, these remedies provide targeted therapeutic benefits with minimal risk due to their highly diluted nature. Sarcodes represent a vital component of homeopathy, reflecting the discipline's commitment to individualized, safe, and holistic care. Their integration into practice underscores the potential for natural substances to contribute significantly to human health and well-being.

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Lacs: A Sarcodes, Boon to Humanity

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Keywords

Homoeopathy, *Lacs*, Sarcodes

Abstract

With the increase in pace of modernisation, women have gradually shifted themselves from their traditional role in home to careers outside, resulting in one of the causes of deficient breast feeding, leading to defective child development. Extensive researches have demonstrated various benefits of milk, but using it in medicinal form is perhaps the first attempt done only in the homoeopathic system of medicine. This article tries in directing perspective to the overlooked area, *Lacs* – a wonderful sarcodes derivative to heal non-lactated children.

Introduction

Our ancestors knew the importance of breast milk where milk remained undoubtedly an important substance for the nourishment, growth and development of newborns and infants. Traditionally, the Indian women have been great home makers where their role confined to the domestic tasks and looking after the kids and elderly but with improving education system, social awareness and increasing living cost, in the last few decades, women are pursuing careers outside home. In spite of the universal truth that a child requires its mother's milk, due to the busy schedule, the working mothers often tends to forget the basic needs of their children resulting in hindered child's development. There are other genuine circumstances too, preventing breast feeding result-

ing in lonely child, losing their confidence and develop a mistrust for their mother.^{1,2,3,4}

Millennials are rediscovering the importance of milk, where breast-milk banking and cross-nursing emerging as promising recent developments. Homoeopathy too have joined the sales-wagon by bringing 25 *Lac*-remedies to deal with the emotional and lack of connections produced by non-lactated children showing manifestation of disruptions of social bonding. To prepare thousands of homeopathic doses a very small quantity of milk is needed. *Lacs* are potentised homoeopathic milk-remedies forming a small neglected animal group, are one of the unbelievable, wonderful sarcodes derivative working with the Homoeopathic principle of 'like cures likes'.^{1,2,3,4} When we examine *Lac* remedies, we focus on pathology caused by inadequate nursing, especially in the first 7 years period.⁸

Sarcodes are homoeopathic medicines belonging to the animal kingdom obtained from healthy endocrine or ductless glands as a whole or their secretions of higher and lower animals maintaining normal homeostasis. The journey of sarcodes is from physiology to pathology just like Hahnemann's evolution of disease from functional to structural, from physiology to pathology. Sarcodes are organopathic drugs acting on particular pathological organ, as because sarcodes are prepared from healthy tissue/secretion of those particular organs. So, their actions generally remain limited up to the functions of that organ.⁵

Homoeopathic growth has always been

characterized by intermittent bursts of progress. The use of 'Lac' as Homoeopathic remedies too demanded difficult labours and faced strong opposition as many stalwarts of homoeopathy rejected it when Dr. Samuel Swan introduced *Lac* remedies for the first time. The main argument of rejection was – milk being a food, does not have any influence in developing any pathology in our human body. Dr. T. F. Allen in his Handbook of Materia Medica rejected many drugs because of 'in-utility or un-reliability'. In Hahnemannian monthly journals, Dr. Allen says, "I am unable to consider them valuable or reliable.... I do not believe that proving made with the exceedingly high potencies develop the peculiar action of the drug or are reliable as guides to its administration" – which is the main reason of absence of many useful drugs. Dr. Swan was not the only one but the proving of Mure and Houatt had also faced rejections.^{6,7}

Themes of *Lacs*:^{4,9,10,11,12,13}

Feeling of antagonism with self.

They tend to be emotionally labile, have an innate feeling of dejection.

The need to learn to get impulses under control. Two strong impulses have to do with aggression i.e. sexuality and rage.

There are two aspects one is dependent and other is independent; similarly nurturing and lack of nurturing.

A feeling of having suffered wrong and the suppression of natural instincts in order to be able to harmonize with the group to which one needs to belong.

Have both craving and aversion, while many have milk intolerance.

Desires for salt.

Lac remedies tend to be very chilly.

Headache and migraine are common.

Hormonal disbalances with premenstrual syndrome, menstrual irregularities or problems that begins in puberty, symptoms <before menses.

Chronic weakness.

Emotional immaturity, often regress into a childlike state under stress.

They are often self-conscious and shy.

History of poor bonding with a parent especially mother feeling of not being part of the family or a desire to leave home early, a general forsaken feeling and isolation.

Children are often impulsive and unable to control or are playful in their behaviour, fighting often like animals with scratching and kicking.

When the mother did not respond to new born, after several failures of trying to reaching her, the baby stops reaching out and withdraws which is a kind of giving up and is seen in every *Lacs*. These individuals lack prior experience of reliable close connection, rather having an early imprint of failing to connect with mother leading to interrupted healthy reaching. Contact is there but bonding is incomplete resulting in a dilemma between "yes or no".

When a baby is born, they first move unconsciously towards mother's breast, towards safety and a continuation of connectedness, laying a foundation for healthy connections later in life. When this is interrupted due to several reasons the child grows up not knowing how to connect with the world. A newborn has just emerged from the paradise of womb. When it is not possible the child retreat back to the womb curling up and withdrawing its senses. Thus, we see a withdrawal away from life, back into the paradise of the womb or even the spiritual world for a desire of higher state of consciousness, making them realise their spiritual identification. The spiritual realm is more often chosen as a haven from the cold isolation felt in this world thus becoming spiritual people and are identified with philosophies which emphasize spiritual reality. They feel alone for the rest of their life until the experience of profound healing.

Precocity – *Lac* as children try to please their mother and as adults they still continue. Like *Natrum muriaticum*, they are helpful and as very often they are the eldest child helping mother in taking up the responsibility towards other siblings. They start behaving like adults and continue to take responsibilities and feel guilty when they don't take up responsibility. They are

co-dependent means they cannot separate their own responsibilities from those of others resulting in taking up too many responsibilities.

Resentment – Single parent families are extraordinarily common in *Lac* households. When the *Lac* child grows up without the strong presence of a father, she tends to identify with her mother. This involves taking on her mother’s resentment towards men. She herself may also develop a sense of repulsiveness towards men in future.

Activists –In *Lacs*, the wound of abandonment leads the *Lac* individuals to seek connection with the community as a whole. Unable to nurture herself with one-to-one contact she develops an interest in community affairs and will often find a job working for community organisations. Community involvement offers the *Lac* individuals two means of overcoming his sense of isolation. Firstly, by helping the community he feels more worthy and also more needed and secondly by living in close interaction with the local community he no longer feels so alone.

A new born has no sense of boundaries. It progressively learns separating itself from the outside world and people through its attachment with mother. When this bonding with mother is weak, these lessons are not distinctly learnt resulting in indistinct personal boundaries.

Mostly sympathetic, feel the feeling of other people. Many of them become healers and therapists keeping their struggle to keep their feelings separate from their clients.

Individuals might have negative feelings of being ugly, unattractive or disgusting.

A sense of “empty” both physically and mentally.

Unsupported feeling – common complaints from *Lac* are they have no support from parents, friends, colleagues etc, because by pulling away from people they cut off their own support system.

They offer the support they themselves wish to receive.

They have a strong sense of injustice thus making them good advocates particularly for women and children.

List of *Lac* remedies¹⁴

Differentiating *Lacs* with other remedies¹⁴

Carsinocinum – A lot of similarities are seen

<i>Lac-ovis</i>	Sheep	<i>Lac-o</i>
<i>Lac-owleum</i>	Owl	<i>Lac-owl</i>
<i>Lac-suis</i>	Pig	<i>Lac-sui</i>
<i>Lac-toxodontaAfricana</i>	Elephant	<i>Lac-toxa-a</i>
<i>Lac-primatum</i>	Chimpanzee	<i>Lac-pr</i>
<i>Lac-cameli-Dromedari</i>	Camel	<i>Lac-drom</i>
<i>Lac-ursinum</i>	Beer	<i>Lac-urs</i>
<i>Lac-gama</i>	Lama	<i>Lac-g</i>
<i>Lac-esis</i>	Snake	<i>Laces</i>
<i>Lac-etra</i>	Lizard	<i>Lacer</i>
<i>Lac-hnantes</i>	Tinctora	<i>Lac-chn</i>
<i>Lac-tuca</i>	Lettuce	<i>Lac-t</i>
<i>Note: The last four remedies are not the proper Lac remedies.</i>		

Lac Remedy	Animal	Abbreviation
<i>Lac-asinum</i>	Donkey	<i>Lac-as</i>
<i>Lac-caninum</i>	Dog	<i>Lac-c</i>
<i>Lac-caprinum</i>	Goat	<i>Lac-cpr</i>
<i>Lac-vaccinum</i>	Cow	<i>Lac-v</i>
<i>Lac-defloratum</i>	Cow’s skimmed milk	<i>Lac-d</i>
<i>Lac-vaccinumButyricum</i>	Swan	<i>Lac-v-b</i>
<i>Lac-delphinium</i>	Dolphin	<i>Lac-del</i>
<i>Lac-equinum</i>	Horse	<i>Lac-eq</i>
<i>Lac-felinum</i>	Cat	<i>Lac-f</i>
<i>Lac-humanum</i>	Woman	<i>Lac-h</i>
<i>Lac-leoninum</i>	Lion	<i>Lac-leo</i>
<i>Lac-lupinum</i>	Wolf	<i>Lac-lup</i>
<i>Lac-maternum</i>	Human mother	<i>Lac-m</i>

between *Lac* remedies and *Carsinocinum*. Psychogenic causes like rejection, deprivation, love disappointment, prolonged and unresolved grief, harsh upbringing, reproaches, sexual abuse, etc and also the oral-stage-fixations are same in both. But *Carsinocinum* is refined, perfectionist, controlling and strongly responsible. *Carsinocinum* is in search for self while *Lacs* are in search for bonding with people.

Natrum group – Both create a wall around themselves to remain alienated, both have oral-stage-fixations. *Natrum*s are more egoistic and go for cut off, he is always in search of his ego. For *Natrum*s “I am defeated” and for *Lacs* “I am worthless” .

Magnesium group – *Magnesium* has a feeling of being orphan, forsaken by mother, deserted feeling <milk. *Lacs* have themes of mother, inferiority, falling, forsaken, unwanted. Suicidal disposition is less in *Magnesium* and they are more self-reliant.

Calcarea carbonicum – Dependency, <milk, painful breast before menses which is common in both *Lacs*

and *Calcarea carbonicum*. There is a deep psychopathology with *Lacs*, whereas *Calcarea*s become happy if their need of dependency coupled with insecurity is fulfilled.

Phosphorus – Both *Phosphorus* and *Lacs* feels the emotion of others through a kind of psychic osmosis. *Lacs* present more darker side of *Phosphorus*, rather than state of apathy and numbness of *Phosphoric acid*.

Saccharum officinale – Sweet milk is especially true for human mother's milk where the lactose proportion is highest amongst mammals' milk. Bonding problems, getting sweets instead of love. Craving/refusing contact, love and affection. Can be restless and aggressive.

DISCUSSION AND CONCLUSION

Lacs, though a small group in comparison to 4000 mammals in nature, is an interesting homeopathic sarcode derivative forming a natural, easily available source as each mammals feeds its young from growth and nourishment, are of undoubted value, containing many valuable symptoms but lacks in proving, literatures related to these remedies in *Materia Medica* and their place in repertories. Somehow even till date, our usage of animal kingdom remained restricted by homeopaths to a very small group, neglecting the *Lac* series. This article thus, tried to accumulate all relevant data in a concise way to ease scholars and researchers for knowledge and further

advancements in this aspect.^{6,13}

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Glonoinum: “Beyond the Fog: Clearing the Path to Relief from Headaches”

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Keywords

Homoeopathy, Headache, Glonoinum, Homoeopathic Treatment, Holistic Health

Abstract

Headaches represent a ubiquitous challenge in clinical practice, categorized as Primary or Secondary. Distinguishing between these types is essential for effective management. Homeopathy offers a holistic approach to addressing Headaches, emphasizing individualized treatment strategies based on the totality of symptoms. This abstract underscores the importance of Glonoinum within the framework of Homeopathic care for Headaches.

Introduction

Headache is one of the most common presenting complaints of neurological disease for which patient seeks medical attention on global basis. Globally, active headache of any type is present in around 52.0% of population with more prevalence in the age group of 10-19 years. Females are generally more affected for all type of headaches. The cause of headache ranges from a mild head injury to brain tumor and also by various factors, including stress, tension, sinus issues, hormonal changes, or underlying medical conditions. A careful clinical approach with proper understanding of anatomy, physiology of nervous system is important for diagnosing the exact type of headache and its management. Homeopathic treatments for headaches focus on individualized care, considering the unique symptoms and overall constitution of the patient

Homoeopathic Aspect

In Homeopathy, we adopt a holistic approach to address every health concern, recognizing that the Body and Mind are intricately connected. Rather than focusing solely on physical symptoms, we consider the complete well-being of an individual, taking into account both their physical and mental state. Our treatment decisions are guided by this holistic understanding, ensuring that we address the root cause of the ailment. Glonoinum, a renowned Homeopathic remedy cherished for its remarkable efficacy in alleviating headaches, serves as a prime example of our approach. In this discussion, we will delve into the indications of Glonoinum in Headaches.

Glonoinum

The Accidental Discovery of Nitroglycerin by Italian chemist Ascanio Sobrero in 1847 eventually led to the invention of dynamite by Alfred Nobel in 1867. Nobel's creation of dynamite not only revolutionized industries but also indirectly led to the establishment of the Nobel Prizes, as Nobel sought to leave a more positive legacy than being associated solely with the destructive potential of his invention. Thus, the accidental discovery of nitroglycerin played a pivotal role in shaping both industrial advancements and international recognition for contributions to humanity.

Glonoinum, also known as **Glonine**, is a prominent homeopathic remedy used specifically for headaches characterized by intense, pounding, or throbbing pain. This remedy is derived from nitroglycerin and is especially effective in cases where the headache symptoms align with those experienced from exposure to this substance.

GLONOINE: GL = Glycerin, O = Oxygen, N = Nitrogen

Common Name: Nitroglycerine

Clinical Uses: Headaches, Heart disorders, Palpitations, Sun-Stroke.

Nitroglycerine is an explosive substance therefore its action is quick and violent, a tempestuous Remedy. The signature of this potent explosive maybe said to be **“Bursting”** and **“Expansion.”**

The keynote action is the tendency to sudden congestion and violent irregularities of the circulation.

Sudden vascular congestion, blood rushes upwards to head and heart.

Collapse, feeble heart, syncope, dirotic pulse.

Congestive headache, hyperemia of the brain.

Indications: Key Characteristics of Headaches Treated with Glonoinum

Intensity and Nature of Pain:

Severe, pulsating, throbbing headaches, often described as a hammering sensation.

The pain can be intense enough to feel like the head will burst.

Location and Radiation

Pain often starts at the forehead and radiates to the back of the head or is concentrated in the temples.

Triggers and Aggravating Factors

Exposure to heat, sun, or bright light.

High blood pressure or circulatory issues.

Sudden jar or movement can exacerbate the pain.

Accompanying Symptoms

Sensation of fullness or congestion in the head.

Flushed face, with visible throbbing of blood vessels.

Possible nausea or visual disturbances.

Vertigo or dizziness, often aggravated by the heat.

Sparks before eyes, spells of blindness

Black floating spots on attempting to stoop.

Relief Factors

Cold applications or being in a cool environment.
Resting in a quiet, dark room.

Elevating the head while lying down.

General Modalities

Better: Brandy, Open air, Cold applications, Elevating head.

Worse: In sun, exposure to sun-rays, gas, open fire, jar, stooping, having hair-cut, stimulants, lying down, from 6 am to noon, left side.

CONCLUSION

In summary, Glonoinum, derived from Nitroglycerin, is a vital remedy in Homeopathy, offering relief for Headaches. Its ability to dilate blood vessels and alleviate discomfort highlights its importance in natural medicine. Glonoinum exemplifies the holistic approach of Homeopathy, addressing underlying imbalances while treating symptoms. As a beacon of hope, it guides individuals towards balance and vitality, emphasizing personalized care and holistic-healing.

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Importance of Sphere of Action of Medicine

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Keywords

Homoeopathy, Sphere of action, Medicinal action.

Abstract

Homoeopathy is based on individualisation. It not only recognizes the individuality of each person or case but also recognizes the individuality of each drug. The 'proving' expresses the individual characteristic features of a drug, which forms the curative power of that particular drug. Knowledge about sphere of action of any medicine along with the totality of symptoms, helps to hit the particular case promptly.

Introduction

Homoeopathy is a system of treatment depending upon the symptom totality of patients which includes various causes like fundamental, exciting and maintaining cause. Master Hahnemann has emphasized that the cure must be based on the principle of therapeutic similitude with very careful observation of its effects on the healthy human body¹. To find out the specific remedy for a specific case, the homoeopath must have the knowledge of medicine. The object of the art of medicine is the cure of diseases. Drugs are substances which have the capability of altering the status of the human body. Every drug possesses mainly 3 types of action- Mechanical, Chemical, Dynamic. The drug has two facts, the first fact is their special seat of action, and the second is their special kind of action². The curative property of a drug is similar to their disease producing property. Through drug proving, Accidental proving, or from the incident of poisoning we know the vari-

ous properties of that particular drug. The pathological symptoms we obtained from drug proving by using medicines in potentised form are the sole guide of selection of it in treatment of patients. The whole science of therapeutics is based on its general principle and its special applications, upon the science and the facts of pathology³. The cell wall is the ultimate seat of disease, the curative treatment must direct towards it. It is well-known that almost every drug possesses a certain dynamic power besides its chemical affinities of modifying the normal functions of organs of the body, which can only be recognized by its action. These are the specific properties of that particular drug which we can get only through drug proving³. Pathology is the most important instrument in the practical application of the law of therapeutics. Homoeopathic prescription though depends on symptom totality, the knowledge of the sphere of action of each medicine helps to restore the sick to health. The knowledge of the sphere of action of specific medicine is collected during proving of that drug. Aphorism 59 and 65 of the Organon of Medicine⁴ consist of the different pharmacological action of homoeopathic medicines. Aphorism 63 of the Organon of Medicine explains the biphasic action of homoeopathic medicine. Hahnemann says "most medicines have more than one action; the first a direct action, which gradually changes into the second and which is generally a state exactly the opposite of the former. Every medicinal substance produces a series of determinate symptoms, which is not produced precisely in the same way by any other medicine in the world⁵. During proving the drug can increase, decrease or alter the function of vital force and can produce a

pathological state. The changes in the vital force are only recognized by the symptoms it produces. Subjective and objective, both symptoms are produced in drug proving. If any particular drug produces the same picture of some specific disease condition during proving, that drug must be the indicating one for that disease⁶. Here more than one drug can produce the same disease condition but they must be containing some particular indication for prescribing them. Baptisia produces a perfect picture of typhoid fever, and if the patient is having symptoms “thinks he is double, or all broken to pieces” Baptisia will hit the case. Homeopathic remedies contain prana or qi, this latent prana is aroused by a mathemetic-mechanical process thus it exalts its healing energy⁷.

Discussion

Pathological prescribing is one of the homeopathic prescribing techniques where pathological remedies are given for their similarity to the disease. A pathological state should usually be treated first in many cases where it gives much suffering and pain.

Dr. Hahnemann in his “Essay on a new principle for ascertaining the healing power of drugs”⁸ described certain medicines with their sphere of actions, like Tobacco decreases the sensitivity of the external senses and diminution of intellectual abilities; deprives voluntary muscles from irritability and temporarily removes the influence of the power of the brain.

The Materia Medica consists of results of drug-experiments on healthy persons but it will be incomplete if they are not supplemented by the data gathered from toxicology, pharmacology or physiology. There are different Materia Medicas which give a clear idea about the sphere of action of each medicine.

According to Dr. Boger⁹ “prescribing is the art of carefully fitting pathogenetic to clinical symptoms”. Boger has mentioned the ‘Region’ of every medicine before describing the medicine.

Dr. W. H. Burt in his book¹⁰ combines the pharmacological properties with pathological sphere and therapeutic use of each drug in a

very arranged order. This book gives a complete knowledge about the use, effect, and mode of preparations of our remedies. The aim behind this book design is to give knowledge about what a drug is, where it is obtained, how it is prepared for medicinal use, how it acts upon the human organism, how much of the drug it takes to produce certain results, and that are its characteristic therapeutics. To be successful in the treatment of disease one must know about the drug pathology, it is as important as disease pathology. The very first thing to learn about a drug is its physiological and pathological action upon the healthy human organism. The knowledge of what tissues are affected and how by some medicine, leads directly to its curative action. The individual characteristic symptom will differentiate one case with another. It is absolutely necessary for treating poisonous cases. Dr. Burt mentioned the ‘Special sphere of action’ of each medicine. Dr. Burt has classified the action of drugs depending upon their centre of action, either it is animal (cerebro-spinal) or organic (ganglionic) nervous system.

In Dr. Blackwood’s *Materia Medica*¹¹ each medicine is described under 3 headings- Description, physiological action, and therapeutics. Under physiological action a different sphere of action of that particular medicine is written. In therapeutics different disease conditions are mentioned with their characteristic symptoms.

If we look into Dr. Cowperthwaite’s *Materia*¹², there also a brief introduction of the sphere of action for each medicine is mentioned under the heading ‘general analysis’. Similarly, in Allen’s *Materia*¹³, for each medicine a “general action” of every drug is mentioned.

Dr. Dunham has pointed out the ‘sphere of action’ of drugs in his book¹⁴. Dr. Phathak also pointed out the sphere of action of each medicine under the heading ‘generalities’ in the very beginning of medicine¹⁵.

For an example from the medicine *Bryonia alba* we could get its different sphere of actions from the different *Materia Medica*, it will give a very clear idea about its sphere of action and therapeutic hints for using it.

Boger ⁹	Burt ¹⁰	Blackwood ¹¹	Cowperthwaite ¹²
Blood Circulation Liver Serous Membranes Motor Apparatus Lymphatics Cellular Tissues	Serous Membranes Mucous Membranes Muscular System Circulation	Serous Membranes Mucous Membranes Muscles	Bryonia acts especially and powerfully upon the serous membranes and the viscera they contain, more particularly the pleurae and lungs; next the brain, and finally the liver. Then comes the action upon the synovial membranes & muscular fibre, & last upon the mucous membranes of the respiratory and alimentary tracts.
PHATAK ¹⁴	BOERICKE ¹⁶	MURPHY ⁷	DUNHAM ¹³
Bryonia develops a marked Action On all *SEROUS MEMBRANES and the viscera they contain, causing inflammation and exudation. It disorders circulation, producing congestion; alters the blood, giving rise, to typhoid, bilious, rheumatic and remittent types of fevers. aversion to least motion, even to distant parts, is due to its action on nerves and muscles. Mucous membranes become dry, hence discharges are scanty and adherent.	Acts on all Serous Membranes & The viscera they contain	Circulation Serous Membrane Mucus Membranes	The action of Bryonia, as appears from the proving, is exerted chiefly upon the nervous system of animal life, presiding over ratiocination and voluntary motion, upon the gastro-intestinal region, producing various perversions of digestion, a deficient intestinal secretion and a form of constipation, and moreover, the symptoms of a well-marked hepatitis. Upon the respiratory mucous membrane, the action of Bryonia, though evident, is subordinate. The serous membranes of the large cavities, and of the joints and the ligaments, are eminently affected. Finally, the female sexual organs are in such wise affected that menorrhagia is produced, the discharge being florid.

From the above chart we have no confusion that to understand the curative power or the relation of medicinal symptom with pathological changes, we must have knowledge about the sphere of action of that particular medicine.

We have to learn drug-diseases. "In the series of narratives given under each drug we have as many varieties of its specific sick-making power, from which we can learn its general action, its kind and character, and which we can fit- as likes to likes- to the cases of disease which come before us".

Dr Nash¹⁷ has grouped the remedies on the basis of their sphere of action

Liver remedies

- Chelidonium Majus
- Aurum Muriaticum
- Leptandra Virginica.

Renal Remedies

- Berberis Vulgaris
- Terebinthina
- Cannabis Sativa

Doctrine of signature also helps in therapeutic application. External characteristics of a substance served to indicate possible therapeutic effects. Like the calcarea is prepared from the middle layers of inner part of the oyster shell. Thus, one of the features of calcarea is protection and withdrawal. They, withdraw and make a protective layer

around them. Digitalis must be of use in blood diseases, because its flowers are adorned with blood coloured dots¹⁸.

Dr. Hughes² has classified the dynamic action of drugs into genico-dynamic and idio-dynamic which affects its performance of function and disorder its nutritive processes respectively.

Another aspect of the importance of the sphere of action is if we grouped the remedies according to their source, we can see each group acts differently on different spheres. So, it is also very helpful for beginners to find out what is most similar if they have the knowledge of that.

Kali group acts on mucous membranes,

- causes congestion, ulceration and inflammation
- Increases and alters mucous secretions.

Arrests abnormal secretions

- Kali Carb- Oedema lower limbs
- Kali Sulph- Pulmonary oedema, Hydrothorax
- Kali Carb/ Kali Iod- Hydrarthrosis especially of knee joint< movement

Central Nervous System

- Convulsions, chorea, epilepsy [Kali Carb]

Renal System

- Kidneys affected leading to oedema of lower limbs

Ophidia group

- Blood- Circulation, heart
- Nerves; Ovary; Throat; Mind
- Side- Left sided [except *Crot horridus*, *Crot cascavella*]
- Haemorrhages- from all orifices. Dark red or blackish coagulated.

Heavy Metals

Sphere of action- Reproductive organs, Heart, Connective tissue

Pathology- Either inflammation leading to degeneration (common metals) or inflammation leading to induration (noble group of metals)

Ferrum group

- Blood Pressure- Fluctuating. Increasing and decreasing [same theme seen in metals- forcibly holding on and then letting go suddenly]

Aurum group

Blood, Bones, Mind

Heart- Enlargement, hypertrophy, increased activity and fatty degeneration.

Pains < at night

Craving for and > in open air

Organopathic concept connects the assumption of action of certain medicines specific for particular organs and sometimes it is necessary to restore health by treating specific organs or system¹⁹.

During potency selection we consider the 'seat of the disease'²⁰ is an influencing phenomenon. So, while selecting the similimum 'seat of the disease' must be taken under consideration. The pathological symptoms are when existing alone, are significant and indicative towards similimum.

CONCLUSION

Homoeopathy consists of the application of the principle of similimum. As a physician to fulfil the novel mission we must look after all the possible ways to find out the most similimum. Successful prescription depends entirely on proper understanding, knowledge and application of each therapeutic agent. Every drug affects some organ or system of organs or region and there they primarily expand their power. This is not

a local action merely, but a localization of the drug's specific nature. This specific localization, or specificity of seat of a drug, is known as its elective affinity, by which it preferably chooses certain cells, tissues or organs to manifest its action. The existence of this elective affinity of drugs persists before homoeopathic proving, on the basis of which Dr. Rademacher made a system of practice. The knowledge of the sphere of action of drugs helps in 2 ways. First, during proving it gives knowledge of the physiological effect produced by physiological dose in the healthy human being which we can use in non-curable cases to reduce the suffering. Second, it gives the clue of therapeutic application. Each drug possesses a preferred locality, based on its elective affinity, still it should not be forgotten that the whole individual is affected by this elective affinity. So, the totality of symptom is ultimately, the key towards finding the similimum.

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Mother's Healing Gift: The Role of Matridonal Sarcodes in Autism Spectrum Disorder

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Key words

Matridonal remedies – Sarcodes – Pregnancy – Womb - Autism spectrum disorder

Abstract

The global increase in autism prevalence has led to a heightened interest in innovative treatments. Matridonal remedies, which are sarcodes prepared from human tissue linked to pregnancy, potentially offers benefit for conditions associated with pregnancy, childbirth, and breastfeeding. This article will help to examine the potential of these remedies in addressing autism spectrum disorder, focusing on their origin and therapeutic application.

Introduction

In Greek the term 'Sarcodes' means fleshy. Sarcodes imply protoplasm of animals as distinguished from vegetable protoplasm. They are obtained from healthy endocrine or ductless glands or normal secretions of living human organs and lower animals. ⁽¹⁾ This idea aligns with principle of "like cures like", suggesting that substances derived from healthy tissues can help to heal similar tissues in a disease state. Thus, sarcodes are helpful to strengthen the physiological function of a particular organ, gland or tissue.

Matridonal remedies are the sarcodes prepared from human tissues related to pregnancy and motherhood. Melissa Assilem introduced this group of remedies to homeopathy.; according to her these remedies were a gift, an offering of mother. These remedies are indicated in number of conditions and difficulties happening during pregnancy, childbirth, mother-child bond issue, long lasting grief, issues related to lack of identity and exclusion, problems related to breast feeding

etc. They all are members of the Humanum family and reflect a loss or lack of humanity. Humanity makes humans different from other mammals.

Human qualities are as below:

- Humanity – Sympathy opposite cruelty
- Morality, norms, rules (to be part of the society)
- Social relations
- Intelligent, inquisitive
- Culture, rituals
- Attached with family, groups, society, parenting
- Required maternal love, care, support
- Self-awareness with distinct identity
- Communication, Expression of Feelings and Emotions

Matridonal remedies hold potential in supporting individuals with Autism Spectrum Disorder (ASD). The characteristics of ASD often manifest as challenges in areas such as social interaction, communication, and behavior—all of which are integral to the human qualities nurtured by Matridonal remedies. By addressing these fundamental aspects of humanity, these remedies can play a crucial role in managing the multifaceted symptoms of (ASD).

ASD is a neurological and developmental disorder that affects how people interact with others, communicate, learn, and behave. Although autism can be diagnosed at any age, it is described as a "developmental disorder" because symptoms generally appear in the first 2 years of life. According to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), a guide created by the American Psychiatric Association that health care providers use to diagnose mental

disorders, people with ASD often have:

Difficulty with communication and interaction with other people

Restricted interests and repetitive behaviors

Symptoms that affect their ability to function in school, work, and other areas of life⁽²⁾

According to CDC and Prevention (2023) - 1 in 36 children in the U.S. have autism, up from the previous rate of 1 in 44. 1 in 45 adults in the U.S. have autism and about 4 in 100 boys and 1 in 100 girls have autism.⁽³⁾ The study revealed that about 1 in 100 children in India under age 10 has autism, and nearly 1 in 8 has at least one neurodevelopmental condition.⁽⁴⁾

During prenatal development, around six weeks after conception, the embryo's brain and nervous system start forming. By the 3rd to 4th week of gestation, the foetus' cerebrum begins dividing into left and right hemispheres. The right brain typically develops first by age 3-4, followed by the left brain by age 7. The left hemisphere supports analytical, verbal, and factual skills, while the right hemisphere contributes to emotions, artistic expression, and imagination. Individuals with autism often exhibit challenges in left hemisphere functions such as social-communication, language, and motor skills, while their right hemisphere functions, such as visuospatial abilities, may remain relatively intact. Therefore, the period from conception to the left hemisphere's development by age 7 is crucial for a child's growth, requiring parental care, love, warmth, nourishment, and especially maternal support.⁽⁵⁾ That's why Right brain is mother's brain. The time spent in our mother's womb sets up deep patterns for rest of our lives. These remedies are all about the original journey into our earthly lives, and can heal deep wounds that were set during foetal formation as well as after birth. Matridonal remedies provides support and treatment designed to assist individuals with autism spectrum disorder. Its aim is to improve quality of life and promote development.

Examples of Matridonal Remedies

Related to Womb Life: Amnii liquor hominis, Chorda umbilicalis humana, Colostrum,

Lac humanum, Lac maternum, Meconium, Placenta Humana, Vernix Caseosa.

Related to hormones: Choriongonadotropinum humanum, Corpus luteum, Folliculinum,

Estrogen, Oxytocinum, Progesteronum.

Theme of Matridonal Remedies

- From the union of sperm and egg, a zygote forms and embeds itself in the uterine wall, evolving into an embryo. This early stage is marked by a profound connection to the mother and nourishment from the placenta, made from both our tissue and hers. (Placenta humanum – give and take, nutrition, lot of care, suitable for mother having autistic child)
- Floating in amniotic fluid within the amniotic sac, we exist in a state of unity with creation, devoid of a distinct sense of self, body, or mind. (Amnii liquor hominis – deep feeling of grief due to water element, self-recognition, containment, time distortion)
- As we grow in the womb, we receive faint ancestral whispers through the placenta, hinting at our limitless potential. The development of vernix, a protective layer, marks the beginning of our individual identity. (Vernix caseosa – lack of boundaries, vulnerability, hypersensitivity, loss of sense of identity, unprotected).
- Just before birth, a surge of estrogen acts as a veil, separating us from the primal unity with creation and jolting us into a new realm.
- The cutting of the umbilical cord signifies another crucial separation, marking the end of our physical connection to the mother and the emergence of our independent existence. Some believe the placenta should be buried under a tree to stay grounded and connected to our roots and ancestors. (Chorda umbilicalis humana – issue of identity, self-worth, belonging and not belonging, disconnected, lost)
- Our mother's milk serves as an elixir, grounding us in this earthly realm. Birth heralds the beginning of our journey as unique individuals, each with our own distinct experiences and perceptions. As we navigate life, we may feel distanced from our true selves and the unity with all that exists. The journey of life becomes a process of remembering our interconnectedness and finding our way back to that sense of oneness. (Lac humanum – lack of humanity, ungrounded, forsaken, difficult digestion of life and food, clumsy, physically awkward).

Correlation: Features of Matrimonial Remedies with ASD - Table-1

Symptoms of ASD ⁽⁹⁾	Rubrics ⁽⁶⁾
Social communication and interaction	
<p>Fails to respond to his or her name or appears not to hear you at times.</p> <p>Resist cuddling and holding, and seems to prefer playing alone, retreating into his or her own world.</p> <p>Has poor eye contact and lacks facial expression.</p> <p>Doesn't speak or has delayed speech, or loses previous ability to say words and sentences.</p> <p>Can't start a conversation or keep one going, or only starts one to make requests to label items.</p> <p>Speaks with an abnormal tone or rhythm and may use a singsong voice or robot-like speech.</p> <p>Repeats words or phrases verbatim, but doesn't understand how to use them.</p> <p>Doesn't appear to understand simple question or directions.</p> <p>Doesn't express emotions or feelings and appears unaware of other's feelings.</p> <p>Inappropriately approaches a social interaction by being passive, aggressive or disruptive.</p> <p>Has difficulty recognizing nonverbal cues, such as interpreting other people's facial expressions or body postures or tone or voice.</p>	<p>Conflict between higher consciousness and worldly existence: lac-h</p> <p>Delusion; identity, errors of personal: lac-m</p> <p>Confusion of mind; identity, as to his: foll, lac-m, plac</p> <p>Delusion; separated; world, from one is: plac</p> <p>Absent mindedness: lac-h, lac-m</p> <p>Absorbed, buried in thoughts: lac-h, plac</p> <p>Isolation desire for: amn-l</p> <p>Confusion of mind; intoxicated feeling: <i>lac-h</i>, lac-m, plac</p> <p>Confusion of mind: foll, <i>lac-h</i>, lac-m, plac</p> <p>Confusion of mind; surroundings, of: lac-m</p> <p>Concentration; difficult: LAC-H, lac-m, plac</p> <p>Disoriented with everything: lac-m</p> <p>Distance; inaccurate, judge of: <i>lac-h</i>, lac-m, plac</p> <p>Express oneself; difficult: lac-h</p> <p>Forgetfulness: <i>lac-h</i>, <i>lac-m</i>, plac</p> <p>Ideas; deficiency of: foll, lac-h</p> <p>Mood; changeable, variable: foll, <i>lac-h</i>, lac-m</p> <p>Thoughts; disconnected: <i>lac-h</i>, lac-m</p> <p>Answering; answer, vaguely: plac</p> <p>Touched; aversion to being: plac</p> <p>Emotions; controlled by the intellect, need to be: plac</p> <p>Laughing; serious matters, over: <i>lac-h</i></p> <p>Mistakes, making; localities, in: plac</p> <p>Mistakes, making; talking, in; words, wrong: plac</p> <p>Attached, very; mother, to: lac-h, <i>plac</i></p> <p>Confidence; want of self: foll, <i>lac-h</i>, <i>plac</i></p>
Patterns of behavior	
<p>Performs repetitive movements, such as rocking, spinning or hand flapping.</p> <p>Perform activities that could cause self-harm, such as biting or head-banging.</p> <p>Develops specific routines or rituals and becomes disturbed at the slightest change.</p> <p>Has problems with coordination or has odd movement patterns, such as clumsiness or walking on toes, and has odd, stiff or exaggerated body language.</p> <p>Is fascinated by details of an object, such as the spinning wheels of a toy car, but doesn't understand the overall purpose or function of the object.</p> <p>Is unusually sensitive to light, sound or touch, yet may be indifferent to pain or temperature.</p> <p>Doesn't engage in initiative or make-believe play.</p> <p>Fixates on an object or activity with abnormal intensity or focus.</p> <p>Has specific food preferences, such as eating only a few foods, or refusing foods with a certain texture.</p>	<p>Sensitive; oversensitive; impressions, to all external: <i>lac-m</i>, plac</p> <p>Activity; hyperactive: <i>lac-h</i>, <i>lac-m</i></p> <p>Industrious, mania, work for: amn-l, lac-h, plac</p> <p>Impulses, Morbid: lac-h, plac</p> <p>Self- control; loss of: <i>lac-h</i></p> <p>Childish behavior: lac-h, lac-m</p> <p>Love; animals, for; baby animals: lac-m</p> <p>Excitement, excitable: foll, lac-h, lac-m, plac</p> <p>Strangle impulse to: lac-h</p> <p>Order desire for: plac</p> <p>Lost in time: amn-l</p> <p>Walk; clumsy: chord-u</p> <p>Compulsive disorders: foll</p> <p>Moral affections; want of moral: lac-h</p>

*lac-h: Lac humanum, lac-m: Lac maternum, Amn-l: Amnii liquor hominis, foll: Folliculinum,

plac: Placenta humana, chord-u: Chorda umbilicalis humana

Dietary approach in cases of Autism

A study found that the most common nutrient insufficiencies in autistic children were folic acid, fiber, calcium, iron, zinc, as well as vitamins A, C, D, E, B6, B12 and K (vernix caseosa is rich in Vitamin K).

For Proteins: Eggs, Nuts, Beans.

For Fat: coconut Milk, Avocado.

For Fiber: Citrus fruits, Green leafy Vegetables, Seeds, Gluten – Free whole grains.

(Sugar, dairy products should be avoided) ⁽⁷⁾

Role of Physical Activity in cases of Autism

ASD often coexists with systemic conditions like gastrointestinal disorders, obesity, and cardiovascular disease. Studies indicate that swimming enhances psychomotor skills and adaptive behavior in children with ASD. Therapy involving animals, such as horses, plays a significant role in fostering social interaction in autistic children. Therapeutic riding improves posture, balance, and mobility during development. Additionally, exercise helps maintain the “gut-brain axis” by correcting dysbiosis of gut flora.

This network of bidirectional signals, involving the enteroendocrine system, metabolites, cytokines, and neuroactive molecules, is crucial for proper gut-brain communication and regulates central nervous system development and function through various mechanisms.

CONCLUSION

Matrional Remedies – gift from mother can address a range of ailments in children from foetal life to various developmental phases including ASD. However, more thorough proving, research, and validation are necessary to substantiate their efficacy.

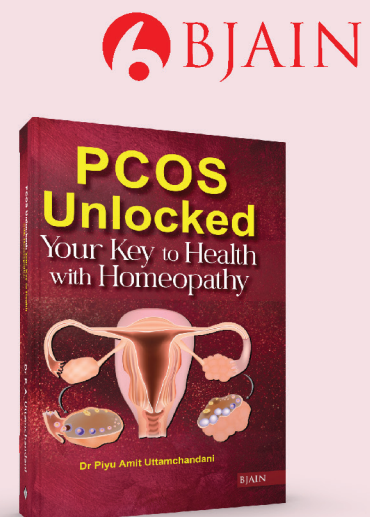
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Pancreas: Its Malfunction(Diabetes Mellitus) and the Sarcodes Extracted From It (Insulinum)

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Keywords

Diabetes mellitus, Genetic predisposition, Environmental predisposition, Sarcodes,Insulinum.

Abstract

Diabetes mellitus is a clinical syndrome characterised by an increase in plasma blood glucose,of which,most common types are type 1 or type 2 diabetes.¹

Metabolic abnormalities in, during and after an episode of acute pancreatitis are frequent. Diabetes mellitus due to pancreatic diseases is common.

Type 1 diabetes is generally considered to result from autoimmune destruction of insulin-producing cells (β cells) in the pancreas, leading to marked insulin deficiency, whereas type 2 diabetes is characterised by reduced sensitivity to the action of insulin and an inability to produce sufficient insulin to overcome this 'insulin resistance'. In both the types, environmental factors interact with genetic susceptibility to determine various parameters of its onset. ²

In homoeopathy, we have a source of drugs, made from preparations of healthy animal tissues and sections, called Sarcodes .In this context, we

have Insulinum, made from B-cells of Islets of Langerhan's of pancreas.

Introduction

What is Diabetes Mellitus?

- Diabetes mellitus is taken from the Greek word diabetes, meaning: siphon- to pass through and the Latin word mellitus meaning :sweet. Ancient Greek, Indian, and Egyptian civilizations discovered the sweet nature of urine in this condition, and hence the propagation of the word Diabetes Mellitus came into being.³
- Incidence: Globally, it is estimated that 415 million people had diabetes in 2015 (10% of the world adult population), and this figure is expected to reach 642 million by 2040. This global pandemic principally involves type 2 diabetes; prevalence varies considerably around the world being associated with differences in genetic as well as environmental factors.

Genetic and environmental predisposition of the two most common types:

Type 1 diabetes

Genetic predisposition: Although not showing

a simple pattern of inheritance, type 1 diabetes is strongly influenced by genetic factors. The relationship is complex and, as indicated, multifactorial. Monozygotic twins have a disease concordance rate of 30–50%, while dizygotic twins have a concordance of 6–10%.

Environmental predisposition : The wide geographical and seasonal variations in incidence, and the rapid acquisition of local disease incidence rates in migrants from low- to high-incidence countries suggest that environmental factors have an important role in precipitating disease.

Type 2 diabetes:

Genetic predisposition : It is important in type 2 diabetes, as shown by marked differences in susceptibility in different ethnic groups and by studies in monozygotic twins where concordance rates for type 2 diabetes approach 100%. However, many genes are involved and the chance of developing diabetes is also influenced very powerfully by environmental factors. Genome-wide association studies have identified over 70 genes or gene regions that are associated with type 2 diabetes, each exerting a small effect. Most of the genes known to contribute to risk of type 2 diabetes are involved in β -cell function or in regulation of cell cycling and turnover, suggesting that altered regulation of β -cell mass is a key factor.

Environmental and other risk factors: Epidemiological studies show that type 2 diabetes is associated with overeating and under-activity.

Type 2 diabetes is more common in middle-aged and older individuals.

Presenting problems in diabetes mellitus :Hyperglycaemia.

The diagnosis of diabetes is simple: it is based on confirmation of hyperglycaemia using either fasting or random glucose, an OGTT or HbA1c.⁴

What is Sarcodes?

Sarcodes means 'Fleshy' (Greek sarkos= flesh & eidos = form). It can be said as "protoplasm"

of animals. In fact, Sarcodes belong to animal kingdom. Some of the sarcodes are well-proved and some are not. The remedies are made from preparations of healthy animal tissues and sections.

Examples

A. Sarcodes from healthy endocrine glands

1. Thyroidinum: From healthy thyroid tissue of sheep or calf.
2. Pituitarum posterium: From posterior portion of pituitary gland of sheep.

B. Sarcodes from healthy secretions i.e. hormones and enzymes

1. Adrenalin or Epinephrine: Hormonal secretion of medulla of supra-renal gland.
2. Adrenocorticotrophin: Obtained from anterior pituitary gland of pigs.
3. Cortisone : A crystalline steroid hormone from adrenal cortex of man.
4. **Insulinum/Insulin:** From B-cells of Islets of Langerhan's of pancreas.
5. Pepsin: An enzyme produced from stomach of sheep or calf.

C. Sarcodes from extract

1. Orchitinum: Testicular extract.
2. Oophorinum: Ovarian extract.
3. Pancreatinum: Extract from pancreas of beef.

D. Other Sarcodes

1. Cholesterinum: Prepared from the spinal cord of cattle.
2. Fel tauri: From fresh ox-gall
3. Vulpis fel: From fresh fox-gall.⁵

Insulinum/insulin

1. An aqueous solution of an active principle from the pancreas which affects the sugar metabolism.

2. It was proved by Dr. William F. Baker, and Dr. S. K. Ghosh of Calcutta. ⁶
3. This pancreatic hormone plays an important part in the process of sugar metabolism in the body. Its capacity to burn sugar into carbon dioxide and water and thereby helping the body for fat combustion, has made it very useful, in the hands of the Allopathic school where the patient is saved from the jaws of death in cases of diabetic acidosis.
4. From the dynamic standpoint, it will be observed that Insulin in potency has been of greater utility where glycogenic balance in the liver is disturbed. In cases of hepatitis and hepatic enlargement where the liver is embarrassed by a long continued toxic process, it has a very great scope. Thus in cases where the liver is enlarged towards the end of acute infectious diseases, such as Typhoid, pneumonia, etc., a few doses of Insulin 30 will restore normal balance and enhance the process of regeneration rapidly.

The therapeutic hints of Insulin on the dynamic plane

1. Chronic intestinal disorder, especially with looseness of bowels with enlarged liver. The more chronic the diarrhoea, the more indicated is Insulin.
2. Ulcers, boils, bedsores, hypopyon as after-effects of acute infectious diseases with disordered liver
3. Chronic otorrhea and mastoiditis in emaciated children where the pus is thin especially when combined with enlarged liver and chronic diarrhoea or as after-effects of acute infectious diseases.
4. In some cases of intractable eczema in patients with chronic liver troubles.
5. Suppuration of the scrofulous glands in the neck or any other types of suppuration on this part of the body to which it has got a particular affinity.

Potency used very often : 30 potency and higher. Potency lower than 30 may preferably be tried in case of bad types of suppuration when general indications are wanting as also in cases of intestinal tuberculosis with diarrhoea attended with profound weakness and loss of balance in the glycogenic reserve."

Cases of Insulin, by Dr S.K.Ghosh

1. Tubercular Gland with Sinuses.

"An old lady was admitted in my ward in Calcutta Homoeopathic College and Hospitals on account of oedema of the extremities with dyspnoea and pain in the precordium. It was diagnosed as a case of epidemic dropsy. After a dose of Digitalis 2c, with some restriction of diet (rice and mustard oil being suspended), the case began to improve rapidly. Within a month, when she was practically free from all her complaints, she developed enlargement of glands in the neck on the anterior border of the sternocleidomastoid muscles, markedly more on the left than on the right side, with rise of temperature to 101°F towards evening. Those glands showed signs of suppuration and began to burst one after another; as a result of this, her whole neck within a fortnight looked like a bag of pus draining continually. This state of things persisted for two months and a half, during which various remedies were tried without any effect. From the beginning my prescriptions contained Belladonna, Hepar sulph., Oleum jecoris aselli, Calcarea hypophos., Tuberculinum, and Silicea. At last the patient became so weak that she could hardly move, speak or even swallow anything due to extreme asthenia. Lastly, I prescribed Insulin 30, three powders, one to be taken every morning. Next day the patient said that she was feeling lighter in the neck and when the dressings were removed on the following day, her neck was found practically dry with a little slough here and there. Since then her condition improved satisfactorily and it was after ten days that I had to repeat 3 doses more for the right side. She was discharged from the

hospital quite cured after a fortnight.”

2. Otorrhea and Otitis Media.

A boy aged about 4 years, after an attack of Typhoid fever treated homoeopathically, was suffering frequently from diarrhoea and indigestion and voracious appetite. After about a month and a half he began discharging pus from the right ear with severe inflammation of the mastoid bone (indicating an acute mastoid abscess) with rise of temperature. Insulin 30 in 4 doses twice a day controlled the inflammation and stopped the discharge with improvement of his intestinal condition also.

3. Looseness and Liver Troubles.

“A male child aged about a year had been suffering from various troubles since birth, the main trouble being looseness of bowels in spite of restricted diet. On enquiry it revealed that he was susceptible to cold and had excessive hankering for sweets. The elder brother of the child died at the same age of infantile liver and this boy also had his liver enlarged more marked on the left lobe. Medicines indicated by symptoms could improve temporarily the diarrhoea only but the enlarged liver remained quite unaffected still. Lastly, I gave him Insulin 30 one every alternate day. From the 4 day the diarrhoea stopped and from that time onward the patient began to pass well-formed stool, yellow in colour. After a week when I examined the child again, the liver was found to be almost normal. He made amazing recovery afterwards.”

4. 4.Skin Disease.

“It was the case of a middle aged homoeopathic physician who had long been a chronic sufferer from diarrhoea and liver troubles. Seldom he used to pass a formed stool. He came in for a sudden and acute dermatitis of both his palms and fingers which were enormously swollen and red with exudation of yellowish sticky liquid. Considering his previous history, I tried Insulin 30 three doses as usual, with remarkable improvement and cure from all

his ailments, within a very short time.”

CONCLUSION

S.K.GHOSH-“I first made Use of this important drug in case of a girl who was having big pyemic abscesses on the body, some of them discharging pus with a sluggish tendency to heal. She had her liver enlarged. Insulin 30 one dose every morning for three days brought about a healthy reaction, healing the draining abscesses and preventing further recrudescence. In severe suppurative conditions of confluent types of smallpox, Insulin in potency is wonderfully useful when concomitant liver condition and prostration are present. It dries up the sores, with extensive cellulites and toxæmia, within a comparatively short time. Lastly, I find it very useful in sinuses formed after suppuration of the tubercular glands of the neck. In the first stage of inflammation of the tubercular glands Calc iod., Tuberculinum, etc., high potency are very effective in curing the enlargement without allowing it to go into the stage of suppuration. But when we get cases where the glands have already given way and draining pus for a long time, or they go on to suppuration, Insulin in potencies from 30th to 200 is very efficacious.”⁷

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Pepsinum: A Critical Review of the Homeopathic Digestive Aid

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Keywords

Sarcodes, Pepsinum, Homoeopathy, Organotherapy, Stomach, Pancreas

Abstract

Pepsinum belongs to the less proved group of remedies due to which the literature of materia medica fails to dictate their details as of the other well proved remedies. This review article briefly describes the various properties of pepsinum and their effects on humans homeopathically.

Introduction

Homoeopathy is based on the principle of “Similia Similibus Curentur,” using highly diluted substances to stimulate the body’s self-healing process.

The word ‘sarcodes’ is a Greek term that means ‘fleshy’. Sarcodes belong to the animal kingdom. Sarcodes are healthy tissue products or secretions of living organisms. They are mainly stated to be the organopathic drug, which act on the particular organ. Sarcodes have a great value in homoeopathic prescriptions and mostly in chronic diseases. They are deep acting remedies and have power to set right the disturbed metabolism.

The study of ‘sarcodes’ is one of the greyest areas of homoeopathic Materia Medica, which has not yet been thoroughly explored. Most of the sarcodes are not proved as per standard guidelines of Dr. Hahnemann nor majority of them have been clinically verified.

Pepsin is the major proteolytic enzyme found in gastric juice. It is secreted as pepsinogen, which is inactive. Pepsinogen is formed in zymogen gran-

ules in the cytoplasm of chief cells in gastric glands. It is then converted into pepsin by HCL which is secreted by parietal cellsSource

A homoeopathic preparation derived from pepsin (from an enzyme, secreted from chief cells of stomach of sheep, pig or calf)

Sphere of Action

1. Gastrointestinal system
2. Pancreas

Pathogenesis: It acts upon the secretory tissues of stomach like, chief cells, parietal cells, mucous neck cells, G cells & D cells and produces catarrhal condition of stomach & imperfect digestion with pain in gastric region.

Preparation

Pepsin in crystalline form, 100 g, is triturated with 900 g of saccharum lactis to make 1 kg of pepsinum 1x of drug strength 1/10. 2x and higher potencies are prepared by trituration. Trituration proceeds until the ingredient has become fine enough to be soluble in alcohol or in both cases is known as the mother tincture.

1 part of the mother tincture is diluted in 99 parts of alcohol or in a mixture of water and alcohol. This liquid is then succussed 10 times in its bottle by firmly hitting the bottle’s base against a firm but resistive surface such as the palm of a hand or leather covered over book. The resulting liquid is called 1C.

1part of this 1C potency is again diluted and succussed in 99 parts of alcohol or water and alcohol mixture to produce a 2C remedy. This sequential process of dilution and succession, called potenti-

sation, is further repeated to produce increasingly higher potencies of the remedy.

Symptomatology

1. Marasmus in children who are fed on artificial food.
2. Indigestion with burning, nausea, vomiting, anorexia, sour eructation.
3. Diarrhea due to indigestion.
4. Pain in gastric region.

Therapeutic application of pepsinum

1. Sarcodes are used as an organ stimulator when the affected organ is functionally or structurally affected, thus pepsinum is used as a stomach organ stimulator.
2. Clinical conditions characterized by atrophy & hyper functioning of organ.
3. In cases where stomach & pancreas are damaged due to autoimmune issues, such as autoimmune chronic gastritis, pancreatitis & diabetes mellitus, organotherapy substitutes for the organ and accepts the autoimmune antibodies, leaving the organ to stimulate its own restoration.
4. As a complementary to a medicine to complete its action, both as an acute and chronic.
5. Emotions are capable of causing physiological & anatomical alterations in organs. Each emotion features a related organ or organs. Constant worry & nervousness can weaken our ability to digest. Thus, pepsinum can be used in these types of psychosomatic conditions.
6. One sided disease or paucity of symptoms in case causes difficulty to find out constitutional remedy.
7. As an antidote in iatrogenic diseases (artificial chronic disease), e.g. peptic ulcer may result from adrenocorticoid and phenylbutazone therapy.
8. A case of advanced pathology such as perforation & bleeding peptic ulcer, gastroparesis, stomach cancer, cystic fibrosis of pancreas & tumors of pancreas where the vitality is at low level, and it is inappropriate to prescribe a constitutional remedy as it may result in a killer aggravation.
9. Status quo condition in a pathological case

after administration of several remedies.

10. Exorbitant investigatory reports in functional or structural cases, e.g. high HCL secretion.
11. Dynamic effects over the constitution due to family history and previous illness of certain clinical conditions.
12. As intercurrent medicines in certain cases when the well indicated remedies fail to cure completely.
13. For the sake of detoxification.
14. As a prophylactic medicine in certain clinical conditions.

Clinical condition

- Dyspepsia
- GERD
- Gastritis
- Peptic ulcer
- Marasmus
- Diabetes mellitus
- Pancreatic disorders
- Gout
- Menetrier's disease
- Nonspecific malabsorption
- Dose and Potency
- Generally prescribed in lower potencies. 3-4 grains of the remedy.

CONCLUSION

Pepsin, which has such a profound impact on human functioning. Their clinical use has to be of real interest to the homoeopathic profession and given the available knowledge of the function of pepsin, it can give some essential information of their possible use. Further proving could also be useful to clarify the possible symptom pictures.

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Sarcodes And Its Role In Homoeopathy

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Keywords

Sarcodes, homoeopathy, organopathy

Abstract

In homeopathy, medicines are prepared from various sources, including the plant, animal, and mineral kingdoms etc. Among these, sarcodes represent healing processes that come from nature, not the physician. It is the physician's responsibility to address the source rather than starting with the patient. As Paracelsus said, "The physician must start from nature, with an open mind." This review briefly describes the various properties of sarcodes and their homeopathic effects on humans

Introduction

Sarcodes means fleshy. The term comes from the Greek words 'sarkos' (fleshy) and 'eidos' (form or appearance). In 1835, a scientist named Dujardin discovered protoplasm and gave old named 'sarcodes'. Therefore, sarcodes refer as the protoplasm of animals. Sarcodes are homeopathic medicines prepared from the secretions and tissues of healthy animals or humans.

Sarcodes belong to the animal kingdom. They

are derived from healthy endocrine glands or their secretions or extract. Endocrine glands, also known as ductless glands, produce hormones in the body. These hormones are specific substances are secreted directly into the blood and carried to all parts of the body, where they regulate many metabolic functions. Hormones act quickly, and even a minute amount can have a significant effect on metabolism. They can be proteins, like insulin, steroids, such as cortisone, or relatively simple organic compounds, like adrenaline.

Michel M. Bouko Levy stated: "Healthy organ extracts or organ secretions prepared according to the general rules of homoeopathic remedies, which will help to slow down the natural and pathological deterioration of the organ." Homeopathically, a Sarcodes restores targeted glands or organs by producing the healthy template of the tissue, enabling the body to rebuild, restore, and restimulat.

Sarcodes developed in France as a branch of homeopathy called 'organopathy.' In the modern era, where complex and mixed miasmatic diseases are prevalent, Sarcodes serve as a crucial aid. The famous physician Dr. C. Hering also advocated their use.

Dr. Berkeley Squire, from Scotland, published 'A Repertory of Homoeopathic Nosodes and Sarcodes' in India in 1997. This comprehensive work includes 105 entries covering 93 nosodes and sarcodes, 10 bowel nosodes, and 2 imponderabilia, making it the sole repertory dedicated to these substances. While these repertorians did not assign grades to the medicines, their practical utility in daily practice is widely acknowledged.

Collection Of Sarcodes

1. Healthy animal

Ensure animals are perfectly healthy.

2. Observation and Preparation

Keep animals under observation and restrict their food intake before collecting drug substances from them.

3. Treatment of Parts

Prioritize treatment of products or parts collected from standard serological laboratories specializing in organism culture manufacture.

4. Endocrine Products and Enzymes

Collect 'endocrine' products and select enzymes from cattle, sheep, etc., sourced from slaughterhouses.

Preparation Of Sarcodes

1. COLLECTION

Collect Sarcodes from the source with minimal handling and safety using sealed containers and disposable pipettes.

2. FILTERATION

Remove unimportant compounds like skin and hair using KOH in a water medium.

Use sietz filters for filtration.

3. MOTHER TINCTURE PREPRATION

Mix Sarcodes in alcohol or a combination of alcohol and water through trituration to create the mother tincture.

4. POTENTISATION

Dilute 1 part mother tincture in 99 parts alcohol or alcohol-water mixture.

Succuss 10 times to create 1C potency.

Dilute 1 part of 1C in 99 parts alcohol or water-alcohol mix, then succuss to produce 2C potency.

5. Repeat the process to achieve higher potency.

6. SAFETY CHECK

Perform safety checks for different organisms before dispensing sarcodes.

The Doctrine Of Signatures

The Doctrine of Signatures is evident in sarcodes such as Pepsinum, extracted from the stomach of pigs, which is used for digestive disorders. Pancreatinum, derived from the pancreas of beef, is utilized for pancreatic disorders. This principle applies similarly to other sarcodes like Oophorinum (ovaries), Orchitinum (testis), Urea, and Cholesterinum.

Upon careful examination, it becomes clear that sarcodes stimulate and activate the corresponding human organs from which their animal counterparts are derived. While sarcodes have broader therapeutic effects, their specific actions on human organs can be emphasized.

Organopathy also share this similarity. For instance, Insulinum and Pancreatinum are beneficial in diabetes management, prostate disorders can be addressed with extracts from the prostate gland, and sexual hormones can be replenished using extracts from testes. Numerous other examples can be found that illustrate this principle.

Sources Of Sarcodes

A.	HEALTHY ENDOCRINE GLANDS AS A WHOLE	
1.	Thyroidinum or Glandular thyroid	Derived From the healthy thyroid tissues of sheep or cattle
2.	Parathyroidinum	Derived from the parathyroid gland of an ox.
3.	Hypothalamus	Derived From the hypothalamus of ox
4.	Thymus	Derived From the thymus gland of animal
B.	HEALTHY SECRETION OF ENDOCRINE GLANDS	
1.	Adrenalium or Epinepharinum	An internal (hormonal) secretion of adrenal medulla.
2.	Adenocorticotropinum (A.C.T.H)	Obtained from anterior pituitary gland of pig
3.	Insulin	Derived From the Beta cell of islets of Langerhans of pancreas
4.	Oophorium	Derived From the ovarian extract (expressed juice) of sheep and cow.
C.	NORMAL SECRETIONS OF ANIMALS OR HUMANS	
1.	Colostrum	Derived From the mother’s milk after recent birth of a baby
2.	Lac caninum	Derived From the dog’s milk
3.	Lac vaccinum	Derived From the cow’s milk
4.	Lac humanum	Derived From the human breast milk
D.	PRODUCT OF ANIMAL GLANDS & TISSUES	
1.	Adeps suis	Derived From the pig’s fat
2.	Cholesterinum	Derived From the epithelial lining of gall bladder and bile duct
3.	Fel tauri	Derived from the fresh bile of an ox
4.	Fel vulpis	Derived From the fresh gall of fox
E.	HEALTHY ORGANS OF ANIMALS	
1.	Cerebellum	Derived from the cerebellar part of brain
2.	Colon mucosa	Derived from the healthy colonic mucus membrane
3.	Embryo suis	Derived from the embryo of pigs
4.	Myocardium	Derived from the middle (myocardial) layer of heart.
F	OTHERS	
1.	Aorta	Derived from the aorta, originating from the heart.
2.	Diaphragma	Derived from the diaphragm.
3.	D.N.A	Derived from thymus and laitage of fishes.
4.	R.N.A	From yeast source.

Rules For Prescribing Sarcodes

Sarcodes are primarily recognized as organopathic drugs that target specific organs. This is because Sarcodes are remedies prepared from the healthy secretions of these organs, limiting their action to the functions of those organs.

A. General Indications-

1. All sarcodes are deep acting remedies.

2. They address issues stemming from both deficient and hyperactive functioning of the targeted organ.
3. The mode of preparation involves trituration.
4. They are generally prescribed in lower potencies.
5. They act as complementary to constitutional remedies

B. Indication For Prescribing In Disease Conditions-

1. Sarcodes such as Lac. Can and Lac. Vacc, prepared from milk, effectively treat conditions resulting from adverse milk intake effects. i.e.,
 - Rheumatism exacerbates with milk (in Lac. vacc.)
 - Menstrual suppression occurs after drinking milk (in Lac. Def.)
 - Headaches, worsening upon waking in the morning, are common symptoms.
2. These headaches involve intense throbbing, nausea, and vomiting.
3. Persistent constipation is a prominent feature.
4. Nervousness is a notable symptom.
5. Sarcodes are also indicated for obesity.
6. Profuse urination with increased thirst, a critical symptom in diabetes, is observed.
7. A tendency for overgrowth is marked.
8. Sarcodes are suitable for malignant conditions.

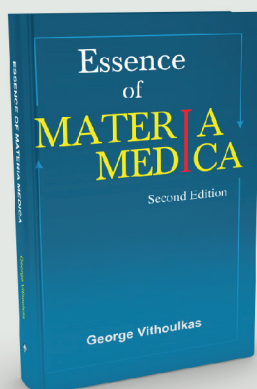
CONCLUSION

The ultimate goal of any physician is to help their patients regain homeostatic balance and lead healthy lives. Sarcodes represent a significant and indispensable component of homeopathic

medicine. Their unique ability to mirror the functions and structures of healthy tissues and organs allows them to exert profound and lasting effects on the human body. As we navigate an era characterized by complex, mixed miasmatic diseases, the role of sarcodes becomes increasingly critical. When traditional remedies fall short, sarcodes offer a targeted approach to re-establishing harmony and promoting healing within the body. By deepening our understanding of these powerful substances, homeopathic practitioners can enhance their therapeutic strategies, ultimately leading to more effective and enduring treatments for their patients. Sarcodes, quintessential preparations infused with the essence of the physical body, offer a significant advantage over modern medicine. They are easily accepted by the body system without requiring special processing, unlike drugs of herbal or allopathic origin. These remedies can be administered individually or in combinations across a broad demographic.

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Essence Of Materia Medica



- Lucid yet systematic description of 51 homeopathic remedies
- Authentic content sourced from Kent's Materia Medica and Repertory
- Remedy portraits have been written in a narrative style enabling easy comprehension
- Minute comparisons and contrasts between two very similar remedies have been brought out in a very simple language.

Sarcodes – A Bestowal For Ailing Mankind

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Keywords

Sarcodes, homoeopathy, organotherapy, isopathy, homoeopathic preparation

Abstract

Sarcodes along with Nosodes have been found to have numerous curing properties. This review describes the evolution of Sarcodes along with their homoeopathic application.

Introduction

As homoeopathy was already discovered in 1796, the study of new drugs was going on. Dr. Hahnemann was experimenting with medicines from the plant, the animal and the mineral kingdom. With the heartfelt success in the proving of 3 different kingdoms of medicine on healthy human beings, around 1830, the proving with Nosodes and Sarcodes came to light.

Nosodes – These are the excretion of animals from the unhealthy tissue. Also from the microbial excretions from bacteria, viruses and fungi. The pathological excretion is then attenuated and made into medicine that are capable of a wonderful cure. Some of the most used Nosodes are the bowel Nosodes, syphilinum, tuberculinum, anthracinum, medorrhinum and many more.

Here we are to study the Sarcodes extensively.

Sarcodes – These are the excretions procured from the healthy organs of the animals. The healthy discharges from the gland containing biological molecules that have specific physiological functions in the human organism. Sarcodes transfer genetic information from the cell nucleus to ribosomes in the cytoplasm, where it serves as a template for protein synthesis. The word 'Sarcodes' is a Greek term which means "fleshy".

Sarcodes mean protoplasm of animals and hence should be carefully distinguished from vegetable

protoplasm. They are prepared from healthy endocrine or ductless gland secretions of living human organisms and lower animals. The secretions are mostly hormones. This excretion containing the information when attenuated and administered according to the proving on healthy human beings, accelerates the cure. Sarcodes mostly belong to the animal kingdom.

The treatment with the sarcodes in modern science is known as organotherapy. It is a technique that make use of extracts procured from animal or human tissues to treat medical conditions. Traditionally Organotherapy referred to using only specific homoeopathic remedies that have an affinity to particular organs, glands and systems. The sarcodes are a special group of homoeopathic drugs which have not been adequately utilised by the homoeopathic profession.

Introduction Of Sarcodes In Homoeopathy

Although Dr. Hahnemann did not mention Sarcodes and Nosodes in the Organon of Medicine directly, he was stubborn with the idea of prophylaxis. In the footnote of aphorism no. 33 and 73 he illuminated about the prophylactic and curative abilities of Belladonna in Purpura miliaris. Dr. Hahnemann also explained the use of Rhustox and Bryonia as prophylactic and curative genus epidemicus for acute typhus.

Later Hering performed the proving of Nosodes on himself and introduced Nosodes and Sarcodes in Homoeopathy.

The use of sarcodes was limited earlier as the physicians were not sure about its use. Now with the advancement in homoeopathy, it is being used immensely. Before knowing anything further about the sarcodes we must differentiate it from the Isopathy.

Isopathy is the way of treatment in which the diseased discharge from the animal body is used to treat the disease itself. It was used to treat the dis-

ease from which it is formed. Also, isopathy was not encouraged by Dr. Hahnemann because in rare cases it was used to cure the morbid state, otherwise, its reactions were harmful and fatal, so it succumbed during the Hahnemanian period.

Sources

1. The different sources of Sarcodes are –
2. Sarcodes from whole endocrine glands, e.g. Thyroidinum
3. Sarcodes from healthy secretions, i.e., enzymes, e.g. Pepsinum, colostrum
4. Sarcodes from duct extract, e.g. Pancreatinum
5. Other sarcodes, e.g. Cholesterinum

Functions : Homoeopathy is not studied in a generalized manner as it has an individualistic approach. But to make the study easily comprehensible the major general functions of sarcodes in the body have been stated. Some of them are -

1. It balances the activity of organs, tissues and glands.
2. It also slows down accelerated organs, glands or tissue activity
3. Stimulates sluggish organs, glands or tissue activity
4. Will up-regulate and restore hypothyroid balance OR can down-regulate the overall activity of the hyperthyroid gland (using thyroid hormone extract or Thyroidinum)
5. In cases where organs are damaged due to autoimmune issues, it substitutes for the organ and accepts the autoimmune antibodies, leaving the organ to stimulate its restoration.

There are numerous sarcodes proved in homoeopathy. Some of the major sarcodes which are used frequently in the homoeopathic practice are –

Medicine	Source	Usage
Thyroidinum	Healthy thyroid tissue of sheep or calf	H/O allergy in the past or family; bronchial asthma, urticaria, eczema, angio-neurotic oedema. H/O metabolic disturbances in the past or family, e.g. Gout, Diabetes mellitus. Past Anaemia, muscular soreness, tachycardia, hypothyroidism, hyperthyroidism.
Adrenocortico-tropin (ACTH)	The anterior pituitary gland of a pig	Controlling activity of the adrenal glands in the production of cortisone
Folliculinum	Oestrone, an oestrogenic hormone, secreted by Graffian follicles of ovaries	Amenorrhoea, dysmenorrhoea, low sperm count, menopause, scanty menses, sterility
Insulinum	β -cells of Islets of Langerhans of the pancreas	Diabetes, gouty transitory glycosuria, persistent cases of skin irritation, boils, varicose ulceration with polyurea, Acne, carbuncle erythema with itching eczema
Oophorinum	Ovarian extract (expressed juice) of sheep and cow	Climacteric disturbances especially nervous sufferings, leucorrhoea, menstrual irregularities, Cutaneous disorders, acne resource prurigo etc.,
Pancreatinum	Pancreatic extract of beef, ox and sheep	Intestinal indigestion and Lienteric diarrhoea, diabetes, pancreatitis. Indigestion with pain an hour or more after eating.
Cholesterinum [20]	From epithelial lining of gall-bladder and bile duct	Hepatic complaints, both benign and malignant, inveterate cases of gallstones with colic. Vitreous opacities of eyes. Pain in affected parts, < motion
Fel tauri	From fresh bile of ox	Asthma, Constipation, Diarrhoea, Gallstones, Headache, Indigestion, Rheumatism
Pepsinum	From an enzyme, secreted from peptic cells of stomach of sheep or calf	Indigestion with pain in gastric region and diarrhoea due to indigestion, APD, Gastritis
Colostrum	Mother's milk after recent birth of a baby	Diarrhoea of infants, colic. suitable to nursing infants; during dentition. Emaciated children.
Lac caninum	Dog's milk	Diphtheria, Dysmenorrhoea, Epulis, Gonorrhoea, obstinate constipation, Headache, Ichthyosis, Syphilis, sore Throat, fissures Ulcers, Vaccinosis, Varicose veins, Warts, etc
Pituitaria glandula (Pituitrin)	Entire pituitary gland	Have a superior control over growth and development of sexual organs Stimulate the muscular activity and overcome uterine inertia, cerebral tumours, Vertigo, difficult mental concentration, confusion & fullness, etc.

Indications For Using Sarcodes –

1. It can be used as a complementary to the constitutional remedy – Thyroidinum acts as an acute of Natrum mur in case of urticaria, it can be followed by Calcarea phosphorica in cases of arrested development of the body. Thyroidinum also acts as a deep-acting constitutional remedy in an acute case of angina treated with Adrenalinum.
2. As an organ stimulator when the affected organ is functionally or structurally affected - Use of medicine pituitary in cases of pituitary microadenoma.
3. Clinical conditions characterized by hyperfunctioning of organs e.g. adrenal hyperfunction (like Cushing syndrome, cortex adenoma or cortex carcinoma etc.) where one can use a sarcodes like Adrenalinum.
4. In cases of myocardial ischaemia where it has progressed to CCF and no other medicines are working, we can think of the sarcodes myocardium. Similarly, if a patient has suffered multiple skin conditions (from simple dermatitis to psoriasis) throughout the lifetime and which has baffled many good prescriptions, a sarcodes like Derma will often help.
5. As a prophylactic medicine in certain clinical conditions, e.g. Lac caninum has been recommended as prophylactic against Diphtheria.
6. Where there is a scarcity of symptoms during a case it becomes almost impossible to find a constitutional medicine as in cases of one-sided disease. If there is involvement of any part of which a sarcodes is available, we can administer it in lower attenuation.
7. Cases of multi-system disorder where multiple vital organs are affected in the body. One can use many sarcodes during the treatment span, in a sequential order.
8. The disease shows its affection in some organs that are related to each other in the system e.g. a mixture of Diabetes mellitus, hypothyroidism and PCOD during a case where the endocrinological system is affected.
9. When there are no changes in the patient's condition even after administration of most similar medicines. sarcodes can be thought of when the patient is not progressing towards relief.
10. As antidotes to artificial disease conditions due to extensive use of non-homoeopathic medicines (Iatrogenic diseases) or to neutralise adverse drug reactions e.g. Folliculinum is used for complaints following prolonged use of birth control pills.

CONCLUSION

The physician's only aim is to supply or help their patients regain the homeostatic balance for conducting a healthy life. Sarcodes are the unrivalled preparations charged with the extract of the physical body. This provides the essential advantage over modern medicine as these preparations are made from the body itself and hence promote the principle of self-healing. The body system easily accepts them and no special process is needed as for any drug of herbal or allopathic origin. These remedies are often administered individualistically and in sort of combinations. These remedies provide innumerable indications to be used alongside modern medicines.

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Sarcodes & Homoeopathic Practice

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Keywords

Sarcodes, organotherapy, homeopathic remedy, organ extract

Abstract

The 19th century coined the antiquated term “sarcode” to describe the protoplasm, or living material, found inside cells. Prior to a complete understanding of the composition and operation of cells, it was a fundamental idea in early cell biology. More precise current words like cytoplasm, organelles, and intracellular components have essentially supplanted the phrase. Sarcode underscored the early recognition of the significance of cellular material in the biology of life by representing the idea of a basic, alive, and active substance that comprised the bodies of all living species.

Introduction

Sarcodes are homeopathic drugs prepared from the fluids and tissues of healthy animals. They include biological components that are essential to human physiology. The codes provide information on an organ’s biological composition as well as the substance that powers it. They are used to get rid of toxins and improve organ function. After being extracted from human or animal tissues, sarcoidospas are used to treat a wide range of ailments. They also go by the moniker “cellular homoeopathy”. Sarcodes help genetic material migrate from the nucleus to the cytoplasm of a cell. It serves as a model for how proteins are made.

History

Animal organs have been utilized in medicine in a variety of ways. Sushruta, who lived between 400 and 500 B.C., recorded the use of orchitic drugs for the treatment of obesity, albeit it is not yet well recognized that they were utilized in antiquity. Organotherapy was most likely first mentioned in writing at this point, and since then, it has been frequently mentioned. In the 1830s, two classes of medications were added to homeopathic medicine: sarcodes and nosodes. The majority of the ingredients in these regimens have a lengthy history of usage in medicine. Dr. Conan, an English physician, developed this kind of homeopathy in the 1930s to treat both acute and chronic digestive system illnesses.

Definition and its function in the body

Organotherapy is the practice of treating illnesses with sarcodes obtained from animal organs. Typically, a mix of medicinal drugs and procedures are used to carry out this operation. The word “animal protoplasm” refers to the protoplasm secreted by animal glands or organs. A selection of the features are outlined below:

- Balances organs, glands or tissue activity mainly.
- Slows down accelerated organs, gland or tissue activity.
- Stimulates sluggish organs, glands or tissue activity .
- Slows down accelerated the organs, glands or tissue activity
- Will up regulate and restore hypothyroid balance OR can down regulate the overall

activity of the hyperthyroid gland in our body (using thyroid hormone extract or Thyroidinum)

- In cases where organs are damaged due to autoimmune issues, organotherapy substitutes for the organ and accepts the autoimmune antibodies, leaving the organ to stimulate its own restoration in the healthy body.

Fundamental principle

An developing field of homeopathy called “organotherapy” applies the idea of “like cures like” to treat patients by using organ remedies, which are composed of the healthy tissues of animals. The idea that organs respond to tissues that, independent of the species from which they originate, have an affinity for corresponding tissues within the physical body is supported by this knowledge.

Organotherapy is based on two fundamental laws

(1) Identical organs: An identical healthy organ extract with corrected information in the form of mRNA is given to fix the organ when a diseased organ is present.

(2) Activity by potency: Organ medicine is used to repair damaged tissues, glands, and organs. To stimulate an underactive organ, gland, or tissue, a low potency is applied.

How It Works?

General Mechanism

Sarcodes possess a very noteworthy quirk. They are always present in the organism as molecules, taking part in a variety of molecular interactions as components of distinct metabolic pathways. Only when they are taken in potentized forms above 12c, rather than in “molecular forms,” can they become homeopathic medications. If their molecular forms are smaller than the Avogadro limit, they will be classified as physiological products rather than homeopathic medications.

It should aid in preventing the formation of antibodies directed against certain specific organs and stimulate organ functions. After receiving stimulation from organotherapy, the

organs are able to identify the appropriate cells and begin to replicate them. When an organ malfunctions or becomes ill, its response to the Organotherapy (sarcodes) cure is for the organ or tissue’s function to be assisted in healing, control, and balance. Organotherapy. Sarcodes can also mimic the replacement of an organ that has been surgically removed whole or partially, such as the ovaries in women undergoing hysterectomy surgery. Additionally, it is frequently used to aid with organ drainage, which helps restore function to organs that are deteriorating due to an illness. This can be particularly crucial for the kidneys and liver.

Hormonal Mechanism

Hormonal-derived sarcodes interact chemically in two different ways:

A few “off-target interactions” in addition to some “on-target interactions” Natural ligands and their true targets engage in significant activities that depend on “on target interactions.”

There are two kinds of them: 1. Identification and binding of molecules, and

2. Real chemical interactions. “Off target interactions” refer to interactions that take place between inhibitory pathways, or the improper targets, and ligands. Sarcodes interfere in off-target interactions because they bear molecular imprints.

Characteristics

1. Sarcodes belong to the less proved group of remedies.
2. Sarcodes are mainly stated to be the organopathic drugs.
3. All sarcodes are deep acting remedies.
4. Deficient functioning or hyper functioning of organs.
5. Symptoms are related to sources of preparation.
6. Headache worse on waking up in the morning, throbbing with nausea and vomiting.
7. Obstinate constipation. 8. Complaints are aggravation due to intake of milk lac can, lac

Subjective

- dul,
- 8. Nervousness
- 9. Profuse urination with increased thirst. So they can be cured in diabetes
- 10. Obesity,

List of Medicines

- 1. adrenaline
- 2. adrenocorticotropin
- 3. cholesterinum
- 4. corpus luteum
- 5. *fel tauri*
- 6. *insulin*
- 7. *lacithine*

- 8. *lac caninum*
- 9. *lac felinum*
- 10. *lac vaccinum*
- 11. *lac vaccinum coagulatum*
- 12. *lac vaccinum defloratum*
- 13. *lac vaccinum flos*
- 14. *lac vaccinum fermentatum*
- 15. *lac vaccinum butyricum*
- 16. *oophrinum*
- 17. *pancreatinum*
- 18. *pepsin*
- 19. *thyreoidinum*
- 20. *valpis fel*

Medicines

Sarcodes from endocrine glands	whole glands	Sarcodes from Healthy Secretion
Thyreoidinum of sheep or calf	—	<p>Hormones</p> <p>Adrenaline (Epinephrine) Hormone produced by the adrenal glands and may also be synthesised. Its synthetic salt “Adrenalin hydrochloricum”.</p> <p><i>Adrenocorticotropinum</i> (Syn-Acth, Corticotrophin) A polypeptide hormone secreted by the pituitary gland which controls the adrenal glands.</p> <p><i>Insulinum</i> – A pancreatic hormone that controls “Sugar Metabolism” in the body</p> <p><i>Pepsinum</i> – A digestive ‘enzyme’ produced in the stomach, which converts proteins into peptones produced from the stomach of hog or pig (secretin)</p> <p>Sarcodes from Extract</p> <p>Orchitinum (Testicular)</p> <p>Oophorinum (Ovarian of cow, sheep, pig)</p> <p>Pancreatinum (from pancreases of beef, containing digestive enzymes)</p> <p>Corpus luteum (from ovaries of pregnant animals)</p> <p>Other sarcodes</p> <p>Cholesterninum : A principle Steroid in higher animals, main constituent of gall bladder & bile</p> <p>Fel tauri : Fresh Ox-gall</p> <p>Valpis fel : Fresh fox-gall etc.</p> <p>Mammary glands : From the glands of the cow & sheep</p> <p>Parotidinum : Extract of the parotid gland of the OX</p> <p>Placenta</p> <p>Spleen</p> <p>Ingluvin – Gizzard of a fowl</p> <p>Lecithin – Yolk of egg and animal brain</p>
Pituitarium posterium	the posterior portion of the pituitary gland of sheep	

Some Sarcodes use in Daily to Daily Practice

Orchitidinum

extract from the testicles. According to Brown and Sequard, it can be utilized in cases of senile degeneration and neurological collapse. Additionally, it can be applied to climacteric pains. Testicular extract has a high nucleoprotein content and, similar to other nucleins, has extract from the testicles. According to Brown and Sequard, it can be utilized in cases of senile degeneration and neurological collapse. Additionally, it can be applied to climacteric pains. Testicular extract has a high nucleoprotein content and, similar to other nucleins, has a blood pressure-lowering effect.

Oophorium

Extract from the ovary of cow / sheep or pig. Can be given to these sufferings following the excision of ovaries (lower triturations)

Climacteric disturbances especially nervous sufferings. Cutaneous disorders, acne resource prurigo etc., Ovarian cyst. Complaints > during menses

Pancreatinum

Pancreatic and salivary gland extract from sheep or ox. It works well in situations where the pancreas is acting improperly. Dr. Burnett claims that it works wonders for gout. It works well for digestion in the intestines. an hour or longer following a meal. intestinal diarrhea.

Parotid gland

An extract from the OX's parotid glands has been utilized. It works well for headaches that are caused by ovarian disruptions and ovarian hyperemia. Menorrhoea and dysmenorrhoea.

Thyroidinum

The recipe calls for the use of dried sheep thyroid gland. It causes a variety of symptoms, including anemia, emaciation, paralysis, sweating, headaches, tingling sensations, and nervous trembling in the face and limbs.

It works wonders for cretinism and myxoedema. It works well for rickets, infantile wasting, rheumatoid arthritis, and delayed union of fractures. For boys with undescended testicles,

it works incredibly well. Weak thyroid function results in a strong desire for copious amounts of sweets. It helps with pityriasis rubra and psoriasis.

CONCLUSION

Any doctor's or healer's ultimate goal is to provide or assist their patients in regaining the homeostatic balance necessary for living a healthy life. Sarcodes are the basic preparations associated with the physical body's sar. This gives them a crucial advantage over contemporary medicine since they are a part of the body and so support the idea of self-healing. They don't require a particular procedure, unlike drugs that are allopathic or herbal in nature, and are readily absorbed by the body system. These treatments are frequently given to a wide range of patients in a personalized manner and in various combinations. Numerous indications exist for these therapies to be employed in conjunction with contemporary medications.

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Sarcodes and its Utility in Homoeopathic Practice

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Keywords

Homoeopathy, Sarcodes, Organopathic drugs.

Abstract

Sarcodes are healthy organ extracts or organ secretions belonging to Organopathic drugs, prepared according to the rules of Homoeopathic principles. A sarcode Homoeopathically restores or restimulates the targeted glands or organs from deranged to normal functioning and thereby helps in maintaining the normal physiological function of the individual as a whole.

Introduction

Sarcodes means fleshy (Greek, Sarkos = flesh and cidos = form or resemblance). It can be termed as the Protoplasm of Animals.

Dr. Constantine Hering advocated the use of the Sarcodes in 1834.

Sarcodes belong to Organotherapy developed in France and are prepared from healthy secretions of glands or Organs.

History of sarcodes

The use of animal organs for medicinal purposes dates back to ancient times. For example, Sushruta, an ancient Indian physician, referenced the use of orchitic substances for treating obesity around 400-500 B.C. However, the formal incorporation of sarcodes into homoeopathy began in the 1830s,

alongside nosodes, which are remedies derived from diseased tissues. In the 1930s, English physician Dr. Conan made significant strides in the use of sarcodes by applying them to treat acute and chronic digestive diseases. This method was later extended to other conditions, demonstrating the versatility and effectiveness of sarcodes in various therapeutic contexts. French physician Dr. Nobel further advanced this field by using insulin and other secretions to treat diabetes and other ailments. The early 20th century witnessed a rise in the use of potentized sarcodes, as homeopaths began to appreciate their straightforward yet effective approach to treating numerous conditions. This era marked the widespread adoption of organotherapy, where practitioners potentized organs, glands, and tissues according to homoeopathic principles. Today, sarcodes are a crucial element of homoeopathic practice, providing a unique method to support and restore organ function by harnessing the body's natural processes. Their evolution reflects the continuous integration of traditional knowledge with modern scientific insights, highlighting the holistic and dynamic nature of homoeopathy.

Doctrine of Signature

Sarcodes stimulate and activate those organs effectively from which they have been extracted or prepared from the Animal's Parallel organs.

e.g. Pepsin which is extracted from the stomach of a hog or pig is useful in digestive disorders.

Sources of Sarcodes

Ductless glands as a whole.

Healthy secretions from ductless glands.

Healthy product of gland, tissue.

Important Sarcodes and their sources

Name of the Drugs	Source
Thyroidinum	From healthy thyroid tissue of sheep or calf.
Parathyroidinum	From the Parathyroid gland of Ox.
Adrenalinum	From internal secretion of the adrenal medulla.
Corpus luteum	From the ovaries of pregnant animals.
Cortisone	From adrenal cortex of Man.
Insulin	From Beta cells of Islets of Langerhans of Pancreas.
Oophorium	From the ovarian extract of sheep and Cow.
Orchitinum	From the testicular extract of sheep.
Colostrum	From mother's milk after the recent birth of a baby.
Lac Caninum	From dog's milk.
Lac Defloratum	Skimmed Cow's milk.
Moschus	Dried secretion of Preputial follicles of male musk deer.
Cholestrinum	From the Epithelial lining of the Gall-bladder and bile duct.
Fel tauri	From fresh bile of Ox.

General indications of use of Sarcodes

Clinical conditions showing Hypo functioning or hyperfunctioning of organs resulting in gross damage and thereby manifesting in the form of various systemic signs and symptoms.

On the past history or family history, we get a history of certain clinical conditions that might have a dynamic effect on the condition here sarcode can be indicative as per the totality of the case.

Status quo condition in a pathological case where we do not get the indication of the path to recovery after the administration of several remedies.

In cases where we have a Paucity of symptoms resulting in difficulty to get the totality of cases for homoeopathic medicine.

Sarcodes can be used as intercurrent remedies where we have a history of some clinical condition which hinders the recovery of a case.

In a case of advanced pathological changes where susceptibility is low and constitutional remedy

cannot be administered, in such cases, sarcodes can be used as per Homoeopathic principles.

Clinical confirmation can be a source of use of sarcode e.g. Pituitarin in conditions of delayed puberty and undeveloped breasts.

As a complementary to the constitutional both acute or chronic.

e.g Thyroidinum as an acute of Natrum muriaticum in an acute case of urticaria.

Contra-indications for use of Sarcodes

In the period of incubation phase of the Disease.

In the infectious stage of the Disease.

During the active phase of recurrent attack.

Clinical Indications of Some important Sarcodes

Sarcode	Indications
Adrenalinum	It stimulates the sympathetic nerve causing constriction of the Peripheral blood vessels resulting in a rise in blood pressure and decreased heart rate. An increase in Systolic blood pressure and a decrease in Diastolic blood pressure are Characteristics. It is a powerful Astringent and Haemostatic and Check Capillary haemorrhage from all Parts. Therapeutically, it is indicated in cases of:- Acute congestion of the lungs, asthma. Grave's disease and Addison's disease. Arteriosclerosis, chronic aortitis, Angina pectoris etc. Dr. P. Jousset reports success in treating, homoeopathically, cases of angina and aortitis, sub-acute and chronic when Adrenalinum has been prescribed.
Thyroidinum	It is prepared from the dried thyroid gland of the sheep. Therapeutically, it is indicated in cases of: - Myxoedema and cretinism. Undescended testicles in boys. Goitre, mammary tumour, uterine fibroids. Psoriasis associated with adiposity.
Cholesterinum	Cholesterine the proximate principle Cholesterine is the physiological opponent of Lecithin. Both seem to play some unknown part in the growth of Tumors. Therapeutically, it is indicated in cases of:- Cancer of the Liver. Obstinate hepatic engorgement. Jaundice, Gallstones.
Insulinum	An active principle from the Pancreas which affects sugar metabolism. Therapeutically, it is indicated in cases of:- Diabetes mellitus. Dr. Wm F. Baker shows its applicability in Acne, Carbuncles, and erythema with itching eczema. In the gouty, transitory glycosuria when skin manifestations are persistent.
Lac Caninum	The characteristic indications for the use of this sarcode medicine homoeopathically are as follows:- Erratic Pains, alternating sides. Great weakness and Prostration. Very Forgetful. Tonsillitis and diphtheria symptoms change repeatedly from side to side. Mastitis, Galactorrhea. Sciatica, right side.
Lac Defloratum	The clinical indication for its use are in cases of : Migraine, sick headache. Car sickness Constipation
Lac felinum	The characteristic indications for its use are as follows:- Acute Pain from vertex down to the left eye and temple. Excruciating headaches so that she runs from room to room. Ciliary neuralgia aggravated by lying on the left side. Pain in the eyes back into the head. Intense photophobia to natural and artificial light.
Fel Tauri	It increases the duodenal secretion, emulsifies fats and increases the peristaltic action of the intestine. The Characteristic indications are:- Acts as a purgative and cholagogue. Obstruction of Gall duct. Biliary calculi, Jaundice.
Moschus	A remedy for hysteria, nervous paroxysms, and fainting fits with Convulsions. The Characteristic indication is as follows:- Uncontrollable laughter. Sexual hyMoschuspochondriasis. Impotence, associated with diabetes. Nausea and vomiting after coition. Sounds in the ears as if from retort of a canon. Spasmodic, nervous hiccough. Globus Hystericus. Asthma with intense anxiety, fear and smothering sensation.
Oophorium	The characteristics of this remedy are as follows:- Suffering following Ovariectomy. Climacteric disturbances. Cutaneous disorders and acne rosacea.

Miasmatic Approach to Sarcodes

In homoeopathy, miasms are fundamental concepts introduced by Dr Samuel Hahnemann, representing chronic disease tendencies or predispositions that can be inherited or acquired. Hahnemann identified three primary miasms: Psora, Sycosis, and Syphilis. Psora is considered the root of most chronic diseases, linked to conditions like skin issues and allergies. Sycosis is associated

with overgrowths such as warts and tumours, often connected to suppressed gonorrhoeal infections. Syphilis relates to destructive processes in the body, including ulcerations and degenerative diseases. Understanding these miasms allows homoeopaths to tailor treatments to address deep-seated predispositions, aiming for holistic and long-term healing:- Psora, Syphilis and sycosis. Sarcodes cover all three Miasm.

Psora	Sycosis	Syphilis
Nervousness	Disturb Metabolism	Cancer
Better by natural Discharges i.e Menses	Cretinism	Disturbs metabolism
Constipation	Myxoedema	Defective bone formation
Burning Pain	Hyperthyroidism, forgetfulness, Hypertrophy, cysts.	Destruction.

CONCLUSION

The sole indication for the use of Homoeopathic medicine is Totality Of Symptoms and so in the cases requiring Sarcodes. Sarcodes are the Homoeopathic preparation which when indicated restores the deficient functioning as well as hyperfunctioning of that particular organ. They help regulate the organs of the body to function in a normal and healthy way thereby restoring the health of the patient as a whole.

In today’s era, lifestyle disorders like Diabetes, hypo and hyperthyroidism, and PCOD, are so common in the community leading to severe suffering to the Patient. Here the use of Sarcodes based on Homoeopathic principles has given great results.

In Homoeopathy, sarcodes are essential for their ability to harness biological information from healthy animal tissues and secretions. They support and enhance organ function. This makes sarcodes a powerful tool in holistic

healing, allowing practitioners to address various conditions more effectively and promote overall well-being. The use of sarcodes highlights the holistic nature of homoeopathy, aiming to restore health by working in harmony with the body’s natural processes.

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Sarcodes in Homoeopathic Practice

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Keywords

Sarcodes, Organotherapy, Preparation, Miasm

Abstract

Healing is an art that originates in nature. As a result, a physician must approach nature first and with an open mind. The preparations created from the organ extract are called sarcodes. They are potentized preparations made from human and animal secretions, healthy tissues, and/or organs. Sarcodes, on the other hand, are employed to aid in the reconstruction of sick or dysfunctional organs and tissues (lymph, spleen). The concept behind sarcodes in homeopathy is based on the principle of “like cures like,” where a substance that causes symptoms in a healthy person can treat similar symptoms in a sick person when prepared in highly diluted forms. Sarcodes are believed to stimulate the body’s self-regulatory mechanisms and promote healing.

Introduction

Sarcodes are homeopathic medications made

from the tissues and fluids of animals that are in good condition. They contain biological substances that are involved in human physiology. The biological makeup of an organ and the material that gives it energy are described in the codes. They are employed to enhance organ function and eliminate poisons. Sarcodes are used to treat a variety of illnesses after being removed from tissues of either humans or animals. They go by the name “cellular homoeopathy” as well. Sarcodes are used to aid in the movement of genetic information from a cell’s nucleus to its cytoplasm. It acts as a model for the production of proteins.^{1,2} Sarcodes are mostly described as organopathic medications, which affect the specific organ. This is accurate as sarcodes are really treatments made from the healthy discharges of those individual organs. As a result, their activity is typically restricted to what that organ can do.³

Sources

Whole ductless glands, healthy secretions from ductless glands; normal animal secretions; products derived from animal tissues and glands and healthy animal organs.^{2,4}

S.No.	Hormone	Endocrine gland	Sarcode	Source
1.	Adrenalin	Adrenal gland	Adrenalinum	Extract of adrenal gland
2.	Insulin	Islets of Langerhans cells of pancreas	Insulinum	Aqueous solution of the active principal from pancreas
3.	Testosterone	Testis	Orchitinum	Testicular extract of bull/sheep
4	Estrogen, Progesterone	Ovary	Oophrinum	Ovarian extract of cow/sheep
5	Thyroid stimulating hormone(TSH)	Anterior pituitary	Thyreotropinum	Thyrotrope cells of anterior lobe of pituitary gland
6.	-	-	Fel tauri	Fresh ox-gall
7.	-	-	Vulpis fel	Fresh fox-gall

Doctrine of Signature

The theory of signature is present in sarcodes like Pepsinum, which is taken out of hog or pig stomachs and used to treat digestive issues. Pancreatinum, an extract from cattle pancreas, is beneficial for pancreatic illnesses. This also applies to the unique actions of the testis, ovaries, urea, orchitinum, cholesterinum, etc. If we look closely and thoroughly, we will see that the sarcodes affectively stimulate and activate the organs from which similar animal parts have been removed or prepared. This is not to say that sarcodes have no other therapeutic effects; in fact, their unique impact on the human body should be highlighted in addition to other effects.⁴

Sarcodes Group Characteristics

1. All sarcodes are treatments with profound action.
2. They react to pain brought on by that specific organ's both excessive and inadequate functioning.
3. Sarcodes of a milk origin, such as Lac. Can, Lac. def., and Lac. Vacc, have been seen to function well in situations when there has been an adverse reaction to consuming milk.
4. One of their frequent symptoms is headache, which gets worse first thing in the morning.
5. There is severe vomiting and throbbing accompanying nausea.
6. One observable symptom is obstinate constipation.
7. Consuming milk exacerbates symptoms, such as when rheumatism worsens after consuming milk (in Lac. vaccine).
ii. Drinking a glass of milk to suppress the menstrual cycle (in Lac. Def.)
8. Anxiety
9. Being overweight
10. The most significant symptom for diabetes indications is increased thirst and frequent urination.
11. Another noticeable trait is a propensity for expansion.

12. Sarcodes are a good option in situations of malignant pain.
13. The method of preparation using dilutions and triturations.
14. Doses: Lower potencies are typically administered.⁵

Patho-physiological variations

The blood is contaminated. The blood is broken down by the toxin. It irritates peripheral nerves and has a paralyzing effect on them. The following symptoms are significant: Intense agony and a burning feeling, Severe backache, lumbar region, and extremity discomfort and High arterial pressure Findings on the skin and mucosa: vesicular papules and roseola, or rose spots. Body rashes that are pustules and are quite itchy. Abdominal pain that is sudden and accompanied by muscle tightness are signs of the digestive system. Moderate hematuria and albuminuria were found in the urine. CNS observations include: frequent psychomotor excitation, sporadic delirium, and infrequently meningeal signs such as facial muscle paralysis, pupils enlarging, and extremity contraction. Blood findings: elevated neutrophil count and moderate leucocytosis with elevated ESR.⁶

Preparation of sarcodes

Step 1: Nature of material

Sources:

1. from whole endocrine glands
2. from healthy secretions
3. from extract
4. other sarcodes

Step 2: Security Using sealed containers and disposable auto-tip pipettes, the operation is performed in a minimally handled setting that complies with biosafety regulations.

Step 3: Elimination and division of additional elements

- Filtration (Seitz filter) is used to remove big protein particles, unknown microorganisms, and cell debris.

- If the source material is animal or human tissue scrapings, boiling the scrapings in a solution containing potassium hydroxide (KOH) removes the keratin component of the skin.

Step 4: Make the mother tincture prepared

- Soluble materials are infused either straight into alcohol or into a combination of alcohol and water. Trituration is the term for this procedure.
- The process of trituration continues until the component is fine enough to dissolve in alcohol, or in both scenarios, it is referred to as the mother tincture.

Step 5: The potencies' dynamisation

- One portion of the mother tincture is diluted with either water or alcohol (99 parts to one).
- After that, this liquid is succused ten times in its container by firmly striking the base of the bottle against a hard, yet resistant surface, such the cover of a book or the palm of a hand. The final product is referred to as 1C potency (1 denotes the first step of dilution and C denotes its 1:1000 dilution ratio).
- To create a 2C cure, 1 part of this 1C potency is once again diluted and succused in 99 parts alcohol or a water and alcohol combination.
- To create ever-higher potencies, this serial dilution and succession process—known as potentization—is repeated.

Step 6: Human usage safety check
Before issuing any sarcodes for medicinal use or to manufacture greater attenuation, a sterility test for aerobic and anaerobic organisms should be performed.

Step 7: The process of lyophilization
The original stock is lyophilized so that subsequent preparation of sarcodes won't require redoing the preliminary stages. Standardized raw materials are stored for later use in a centralized depository system.^{7,8}

How it functions

Sarcodes possess a highly noteworthy feature. They are constantly present in the body in

molecular form and take part in a variety of molecular interactions as components of distinct metabolic processes. Only when they are taken in potentized forms over 12c, rather than in "molecular forms," can they become homeopathic medications. When their molecular forms fall below the Avogadro limit, they are only physiological products and not suitable for use as homeopathic medications.⁹

Indications

1. Used as a constitutional treatment, either as an acute or chronic diseases.
2. Used as an intercurrent remedy - when a well chosen remedy fails to act due to advanced pathology and miasm in the background.
3. Sarcodes may help to open the case and the patient present with less number of symptoms.
4. They are complementary to medicine – to finalize the course of certain clinical circumstance. For example: folliculinum is used after Lachesis mutus for various clinical conditions.
5. When an organ's structure or function is compromised.
6. Clinical circumstances when an organ exhibits hyperfunction, such as Cortisone for Cushing syndrome, cortex adenoma, cortex cancer, etc., in which case an adrenal sarcodes may be used.
7. It antidotes the iatrogenic diseases (non - homeopathic medicines)
8. In case of advanced pathology where vitality is too low.
9. Used as prophylactic medicine in some conditions, for e.g. Lac caninum act as prophylactic against diphtheria.¹⁰

Sarcodes contraindications

- a. Never using the medication during an acute disease's active phase, or incubation period
- b. Never during a miasm's explosive phase.
- c. Never when a recurring outbreak is in its active phase.

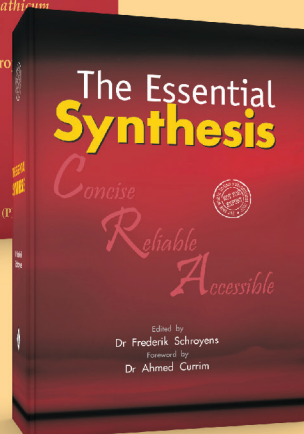
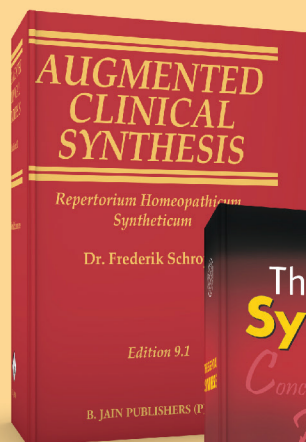
d. Avoid using during an infectious phase.^{11,12}

Sarcodes and miasms

A significant advancement in the field of rational therapies is the Hahnemannian categorization of diseases, which is based on the concept of chronic miasms. Not just for the homoeopathic community but for the whole medical community, the introduction of the miasmatic categorization of disorders is considered the most significant turning point. A comparable analysis of the therapies would enable us to determine similarity more precisely and thoroughly. This necessitates having a solid basis in knowledge, the ability to connect ideas with facts, and the capability to accurately evaluate drug-induced and naturally occurring illness manifestations in the light of effective clinicopathologic-miasmatic relationships. Sarcodes that significantly affect reactivity, immunity, and sensitivity give us an excellent platform on which to research these aspects. The miasmatic notion offers a distinctive viewpoint for comprehending humanity as a whole.¹³

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The Essential Synthesis

Augmented Clinical Synthesis 9.1

The Synthesis Medley

Understanding and Treating Diabetes Mellitus: A Homoeopathic Repertorial Approach for Holistic Healing

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Keywords

Diabetes Mellitus, Homoeopathy, Homoeopathic Repertory, World Health Organization (WHO), American Diabetes Association (ADA)

Abstract

This article delves into the intricate realm of easing the management of Diabetes Mellitus through study of Homoeopathic Repertorial approach, emphasizing a holistic perspective on healing. The comprehensive guide addresses the multifaceted aspects of Diabetes Mellitus. It navigates through the intricacies of symptomatology, considering individualized patient presentations and constitutional factors. The discussion unfolds a systematic and personalized approach that can be developed through Repertorial analysis, allowing practitioners to tailor remedies to the unique needs of each Diabetic individual. By emphasizing holistic healing, this article aims to contribute to the evolving landscape of Diabetes management, promoting a symbiotic relationship between homoeopathic principles and the Repertorial methodology. Readers will gain insights into a nuanced and patient-centric approach that seeks to enhance the overall well-being of individuals grappling with Diabetes Mellitus.

Introduction

Diabetes mellitus is generally defined as a chronic metabolic disorder characterized by elevated blood glucose levels resulting from either insufficient insulin production, ineffective use of insulin, or a combination of both. The WHO and ADA often provide comprehensive information and guidelines related to diabetes, including its classification, diagnosis, and management.^{1,2}

Aetiology

The aetiology of diabetes mellitus is complex and multifactorial, involving a combination of genetic, environmental, and lifestyle factors. Here are key aspects of the aetiology of diabetes mellitus³:

Genetic Predisposition

Family history of diabetes increases individual risk.

Haemochromatosis causes bronze diabetes

Type 1 Diabetes (Autoimmune Response)

Autoimmune reaction targets and destroys insulin-producing beta cells in the pancreas.

Susceptibility through HLA-DR3 and HLA-DR4 seen.

Type 2 Diabetes (Insulin Resistance)

Cells do not respond effectively to insulin, leading

to insulin resistance.

Influenced by genetic factors (Maturity onset diabetes of young) and exacerbated by lifestyle choices, including obesity, sedentary behaviour, stress and poor diet.

Environmental and Lifestyle Factors:

Diet and physical activity play a crucial role in diabetes development.

Obesity, especially abdominal obesity, is a major risk factor.

Pancreatic Dysfunction:

Conditions affecting the pancreas' structure or function contribute to diabetes.

Diseases, especially chronic pancreatitis, infections, or surgical interventions can impact insulin production.

Age and Ethnicity:

Risk increases with age.

Certain ethnic groups (African, Hispanic, Native American, and Asian) are more predisposed.

Hormonal Changes:

Disturbances in hormones like growth hormone, cortisol, and glucagon influence blood glucose levels.

Gestational Diabetes:

Pregnancy-related factors increase the risk of developing diabetes later in life.

Associated with Human Placental Lactogen and Human Placental Growth Hormones.

Iatrogenic

Causes include Contraceptives, Steroids and Thiazide Diuretics.

Understanding this intricate interplay of factors is crucial for effective prevention and management strategies for Diabetes Mellitus.

Pathophysiology

The figure shows how abnormal insulin sensitivity initiates a vicious cycle causing Diabetes Mellitus in humans.

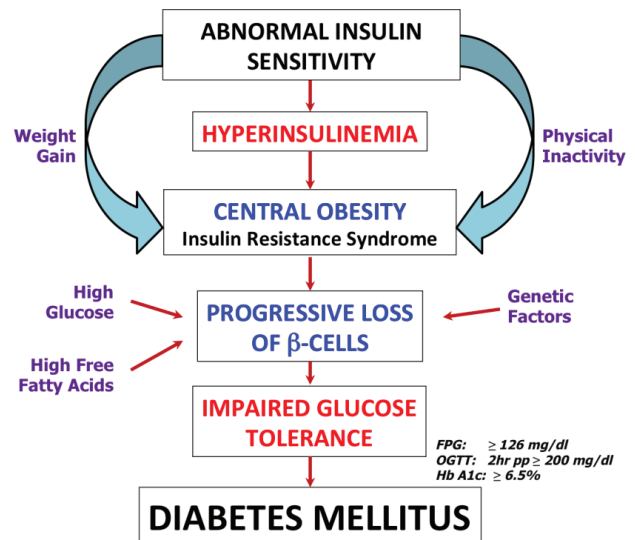


Figure 1. A flowchart showing the pathogenesis of diabetes mellitus. Some common risk factors are coloured in purple, while the indicators for diabetes such as fasting plasma glucose (FPG), oral glucose tolerance test (OGTT) and haemoglobin A1C (HbA1c) are listed in black.⁴

Classification

There are two primary types of diabetes: Type 1, characterized by an autoimmune response destroying insulin-producing cells, and Type 2, marked by insulin resistance. Additionally, gestational diabetes occurs during pregnancy. Each type involves distinct mechanisms, impacting insulin function.

Investigations

Diabetes mellitus is diagnosed and monitored through various investigations that assess blood glucose levels and associated parameters. Key investigations include:

Fasting Blood Sugar (FBS): Measures glucose levels after an overnight fast.

Postprandial Blood Sugar (PPBS): Assesses glucose levels 2 hours after a meal.

HbA1c (Glycated Haemoglobin): Reflects average blood glucose levels over the past 2-3 months.

Oral Glucose Tolerance Test (OGTT): Involves fasting, then drinking a glucose solution, and measuring blood sugar levels at intervals.

Random Blood Sugar Test: Measures glucose levels at any time, regardless of fasting.

Insulin Levels: Assesses insulin production and function.

C-peptide Test: Evaluates insulin production by measuring C-peptide, a by-product of insulin synthesis.

Lipid Profile: Assesses cholesterol levels, important for cardiovascular risk evaluation in diabetes.

Kidney Function Tests: Monitor renal health, crucial as diabetes can impact the kidneys.

Liver Function Tests: Assess liver health, as diabetes may affect liver function.

Urine Tests (Microalbuminuria): Detects early

signs of kidney damage.

These investigations aid in diagnosing diabetes, determining its type, assessing glycaemic control, and identifying associated complications, facilitating a comprehensive management approach. Always consult with healthcare professionals for accurate diagnosis and interpretation of results.

Homoeopathic Repertorial Approach

Upon the study of multiple repertories it was seen that Diabetes is very well represented in the repertories. More than 200 rubrics are spread across the repertories of various authors.

In the first step, all the 200 rubrics in RADAR software were repertorised to yield the following result:

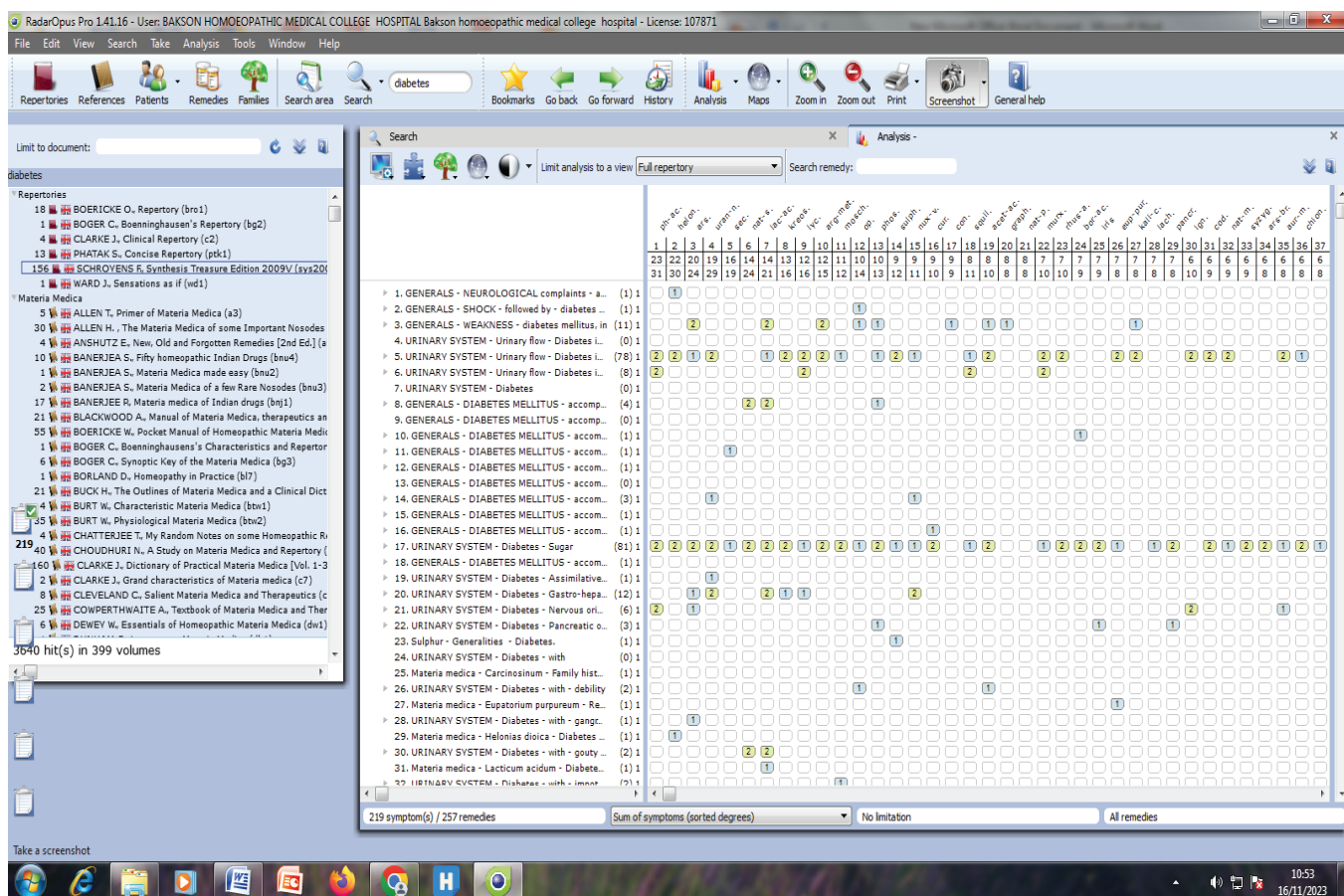


Figure 2. A Repertorial chart showing first 36 remedies of the repertorisation result in the RADAR OPUS software.⁵

The most important rubrics as taken from RADAR OPUS software and other common repertories are as follows:

TABLE 1 – Representation of Diabetes in Rubrics of various Homoeopathic Repertories
Boericke’s Repertory by O.E. Boericke
bro1 - URINARY SYSTEM - Diabetes - Urinary flow - Diabetes insipidus - Copious, profuse; polyuria; diuresis
bro1 - URINARY SYSTEM - Diabetes - Sugar (81)
bro1 - URINARY SYSTEM - Diabetes - Assimilative disorders (1)
bro1 - URINARY SYSTEM - Diabetes - Gastro-hepatic origin (12)
bro1 - URINARY SYSTEM - Diabetes - Nervous origin (6)
bro1 - URINARY SYSTEM - Diabetes - Pancreatic origin (3)
bro1 - URINARY SYSTEM - Diabetes – with
bro1 - URINARY SYSTEM - Diabetes - with - debility (2)
bro1 - URINARY SYSTEM - Diabetes - with - gangrene, boils, carbuncles, diarrhoea (1)
bro1 - URINARY SYSTEM - Diabetes - with - gouty symptoms (2)
bro1 - URINARY SYSTEM - Diabetes - with - impotency (2)
bro1 - URINARY SYSTEM - Diabetes - with - melancholia, emaciation, thirst, restlessness (1)
bro1 - URINARY SYSTEM - Diabetes - with - motor paralysis (1)
bro1 - URINARY SYSTEM - Diabetes - with - rapid course (2)
bro1 - URINARY SYSTEM - Diabetes - with - ulceration (1)
Boenninghausen’s Characteristics Materia Medica and Repertory by C.M. Boger
bg2 - TEETH - Aggravation - cough - diabetes in (1)
Clinical Repertory by J.H. Clarke
c2 - Clinical - D - diabetes (65)
c2 - Clinical - D - diabetes - mellitus (2)
c2 - Clinical - D - diabetes - pancreatic (2)
Concise Repertory of Homoeopathic Medicines by S.R. Phatak
ptk1 - A - Ankles - swelling - diabetes, in (1)
ptk1 - D – Diabetes
ptk1 - D - Diabetes - mellitus (22) U - Urine - specific gravity – increased
ptk1 - D - Diabetes - mellitus - boils, successive, with (1)
ptk1 - D - Diabetes - mellitus - children, in (1)
ptk1 - D - Diabetes - mellitus - lung affections, with (1)
ptk1 - G - Gangrene - diabetic original (3)
ptk1 - I - Impotency - diabetes, with (3)
ptk1 - I - Itching - diabetes, in (1)
ptk1 - M - Menses - absent, suppressed, amenorrhoea - diabetes, in (1)
ptk1 - R - Retina - inflammation - diabetic (1)
ptk1 - T - Teeth - decay, caries; hollow - diabetes, in (1)
Sensation as if by J Ward
wd1 - Pathogenetic - Diabetes odor (1)
Repertory to the More Characteristics Symptoms of the Materia Medica by C Lippe
[Lippe] [Urine and Urinary organs] Diabetes (14)
[Lippe] [Urine and Urinary organs] Urine: Sugar in (compare diabetes) (3)
[Lippe] [Appetite and taste, Hunger and Thirst] Thirst: Vehement: In ascites or diabetes (1)
[Lippe] [Urine and Urinary organs] Diabetes: With great pain (1)

CONCLUSION

Incorporating a Homoeopathic Repertorial Approach in the management of Diabetes Mellitus offers a promising avenue for holistic healing. By individualizing treatment based on symptoms, this approach aligns with the principles of homoeopathy, providing personalized and effective strategies for managing diabetes and enhancing overall well-being.

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Once on Dialysis – Dialysis Forever?

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About Our Columnist

Dr. Grätz studied homeopathy with the well-known German homeopath *Dr. Otto Eichelberger* in Munich, who was one of the first to take the miasms into account in therapy and who made the LM-potencies (Q-potencies) public in the German-speaking countries. He attended seminars of *Gerhard Risch*, *Dr. Mohinder Singh Jus*, *Georgos Vithoulkas*, *Dr. Michael Barthel*, *Yves Laborde*, *Dr. Rajan Sankaran* and *Paul Herscu* and got acquainted with different directions of homeopathy.

For a time *Dr. Grätz* was also a lecturer in classical homeopathy at various academies of naturopathy and homeopathy in Munich, Zurich, Köthen, Gauting, Salzburg, and Vienna, and also at the Ludwig Maximilian University in Munich for interested medical students. He wrote several books on classical homeopathy and the miasms with a variety of impressive case studies, on the nature of potencies in acute and chronic homeopathy, and on vaccinations, and published a double DVD.

Renal failure and hemodialysis

According to the German clinical dictionary Pschyrembel, “renal insufficiency” is the “impaired ability of the kidneys to excrete urinary substances, especially the nitrogenous end products of protein metabolism. In advanced stages, the ability to regulate the electrolyte, water and acid-base balance is also lost. Renal insufficiency is a functional clinical term that does not include the cause.” A distinction is made between acute renal insufficiency (acute renal failure, shock kidney, shock anuria) and chronic renal insufficiency, the causes of which can be varied.

“Acute kidney failure” refers to a sudden partial

or complete loss of excretory kidney function with an increase in urinary substances in the blood as a result of usually reversible kidney damage, which may progress to acute uremia (urinary intoxication) and thus intoxication of the organism, which ultimately leads to death. The most common causes of shock kidneys are toxic damage (e.g. from chemicals, heavy metal salts, carbon tetrachloride, etc., but also from medications such as – according to Pschyrembel – barbiturates and certain antibiotics), trauma, infections, sepsis, allergic or anaphylactic shock, pulmonary embolism, circulatory arrest and various acute kidney diseases as well as rejection reactions in kidney transplant patients, to name but a few. “Despite the many different causes, the clinical course of acute renal failure is relatively similar.” (Pschyrembel)

“Chronic renal insufficiency”, on the other hand, is irreversible and can develop in certain severe kidney diseases as well as in various systemic and generalized chronic diseases, but also after ‘drug abuse’ (e.g. phenacetin). It progresses terminally to uremia and requires dialysis, otherwise coma *uraemicum* occurs with early death.

Dialysis is a physical process for separating dissolved particles, i.e. high-molecular and crystalline (low-molecular) bodies. Dialysis of the blood is the removal of metabolic waste products requiring excretion or absorbed toxins and water from the blood via an endogenous or artificial membrane. *Hemodialysis*, the most important form of artificial kidney, is an extracorporeal dialysis, i.e. the dialysis takes place outside the body (extracorporeal) in a so-called hemodialyzer. In *peritoneal dialysis*, on the other hand, blood purification takes place inside the body, in the patient’s abdominal cavity, using the peritoneum,

which is well supplied with blood, as a membrane. Today, both forms of dialysis are usually carried out in hospital under intensive medical and nursing supervision and each lasts a few hours.

Dialysis is certainly a blessing for those affected and can be seen as a great achievement and technical masterpiece of modern medical equipment. In the past, patients with acute or chronic kidney failure were soon doomed to die and could no longer be saved. Today, however, dialysis patients can live relatively well for years, except that they have to go to hospital every few days to have their blood cleansed of urinary substances.

But unfortunately there is a “small” downer to the whole thing. The highest medical goal, namely to get off dialysis, is unfortunately not always achievable nowadays, because hardly anyone on the part of the doctors and equipment manufacturers has a real interest in getting patients off dialysis. So people are sometimes “abused and kept dependent”, as some patients told me in frustration. For example, a few hemodialysis patients wanted to switch to the gentler peritoneal dialysis, because it is supposedly easier to gradually reduce it over time and get away from it; but – “declined, your honor”! No chance. Either hemodialysis or nothing at all, these poor people had the gun put to their chest!

In addition, the “unwritten law” applies in medicine: once on dialysis – dialysis forever. If you look at hospitals from a purely economic point of view, you will see that they are basically profit centers, just like other companies. And so it takes little imagination to realize that they can have very little interest in “giving away a cash cow”. In principle, dialysis patients are the same to hospitals as insulin-dependent diabetes patients are to pharmaceutical companies: they both need help throughout their lives and come back almost every day, completely voluntarily, without discussion and without being ill (ill according to conventional usage).

The fact that the conventional medical hypothesis “once on dialysis – dialysis forever” is not really valid is already evident from the *two-phase nature of diseases*. For if the kidney tissue is affected in the *sympathicotonic phase*, it can of course regenerate to full functionality in the *vagotonic healing phase*,

provided that this is achieved and the chronic kidney failure has not existed for too long, so that the parenchyma of the kidney tissue has already been transformed.

Below now a case of a young patient requiring dialysis and how it came about. Because – it cannot be repeated often enough – there is always a logic and causality to every case! *Nothing is left to chance; there is a system behind everything.*

Absolute Kidney Failure in a Child

This case is about a young girl and was published in my book *Gentle Medicine – The True Causes of Disease, Healing, and Health*. However, it should be repeated again and again, since it is so important and memorable and, moreover, it clearly conveys how one patient permanently got off dialysis. It is still *possible to stimulate kidney function to its full capacity*, even if hardly a drop of urine could be produced before, making artificial blood purification superfluous.

The cry for help came at midnight from the concerned father of an 11-year-old girl, Kim Kira. For a few days now, she had been suffering from acute kidney failure in a large, internationally known hospital. A biopsy had already been initiated and repeated rounds of hemodialysis performed. The treatment at the time consisted of cortisone pulse therapy and a single dose of Endoxane (cyclophosphamide pulse therapy), a cytostatic form of chemotherapy designed “to minimize the white blood cells so that they can no longer act against the kidney”, because the doctors treating her had decided it was an autoimmune disease. The exact diagnosis was panarteritis nodosa (a nodular inflammation of all the layers of the arterial vascular wall in the kidney) associated with hypertension (high blood pressure). Of course, the risk of infection would increase because of the treatment the doctors had ordered, because it would completely destroy her immune defenses, including her white blood cells and platelets and damage her bone marrow (per the German “Red List” of medicines¹). This

1. An annual published register of drugs (“Rote Liste”; more than 2,000 pages), that lists all medicinal products authorized in Germany, along with their active substances, their applications including restrictions on use, their recommended dosages, their contraindications, side effects and interactions, as well as their applications during pregnancy.

meant, at least for those practicing conventional medicine, that she needed a parallel course of prophylactic antibiotics. Both parents of the girl were completely surprised by this situation, since there she had had no serious illnesses previously and had “actually always enjoyed the best of health”. They asked whether there was a way to get out of this misery without major damage with the help of homeopathy and whether Kim Kira had any chance of living without dialysis: “Is anything you can do?” The parents were both very skeptical about conventional medicine since the general condition of their daughter had deteriorated under its treatment protocols.

Taking her anamnesis over the better part of half an hour, I learned the following background and context: Kim Kira had developed mild angina about three weeks earlier. They said that she had never had purulent tonsils. At first, the attending physician tried to treat this ENT infection homeopathically, but without success, so that after a few days he recommended an antibiotic. The whole thing seemed to be over very quickly, i.e. within two days. However, about a week later, the girl complained of massive abdominal pain, which in turn was treated with antibiotics, but this time without results. On the contrary, the antibiotic “was not tolerated” and Kim Kira developed swelling in her hands and a generalized rash. An immediate admission to hospital seemed imperative. They were unable to confirm their suspicion of an infected appendix. Based on the blood work, they raised the suspicion of a urinary tract infection and ordered “massive antibiotic treatment” to cover a broad spectrum of diseases ad hoc. The pain subsequently subsided, but the results of the blood work deteriorated dramatically, and ultimately there was urinary retention and acute kidney failure requiring immediate hemodialysis. The girl had had no urine output since. This was followed by the transfer to the nearby university hospital, where she was still located. The staff there began looking for the “responsible” pathogens and initiated the treatment protocol described above.

According to the assessment of the facts, my homeopathic diagnosis was: *multiple suppressions through antibiotics*². The conventional medical diagnosis of the “autoimmune disease” was never

denied or taken lightly. At the most basic level, i.e. looking through a microscope, this diagnosis was certainly absolutely correct. However, from a *causal* perspective, with regard to the overall context, there was clear evidence of multiple suppressions of banal infections, which ultimately led to this serious condition.

The American homeopath and professor of skin and venereal diseases at Hering Medical College in Chicago, John Henry Allen (1850-1925), not only dealt intensively with the venereal miasms and how they were inherited, but also clearly recognized and formulated the interplay between miasms and the effects of their suppression, summarized in his book *The Chronic Miasms*: “The fact is, we cannot select the most similar remedy possible unless we understand the phenomena of the acting and basic miasms; for the true similia is always based upon the existing basic miasms, whether we be conscious or unconscious of the fact. The curative remedy is but the pathopoesis of a certain pathogenesis of an existing miasm.” This means, in the case of chronic anti-miasmatic treatment, the *indicative symptoms in the sense of §153 of Hahnemann’s “Organon of Medicine” are the miasmatic symptoms.*

The remedy I selected based on the discussed correlations was to take one spoonful of Sulphur LM18, 3 drops twice a day in a glass of water, stirred vigorously with a plastic spoon. – Sulphur, one of the most important remedies to solve immunosuppression, if not THE most important.

I then spoke with the attending physician at the children’s clinic, who fortunately proved to be extremely cooperative. I explained the views and procedures of classical homeopathy. It was also revealed that he had had no experience with such cases (vasculitis and dialysis of a child) and that, based on conventional medicine, he expected her to start producing urine again after two weeks at

2. A comparison from everyday life: You drive your car on the highway at 110 mph. Suddenly the oil lamp lights up and indicates that there is too little oil in the engine compartment. You immediately pull off, turn off the warning light, and carry on as if nothing had happened. It doesn’t take long before the car starts to jerk and refuses to continue. You pull off and, at first, you are at a loss, because there’s no warning light telling you what’s wrong. Fortunately, a friendly truck driver pulls up and offers his help. But then you realize the bad news: the pistons are shot! The whole engine is toast. Any roadside assistance will come too late and is pointless.

the earliest. In principle, however, the old rule always applies: "Once on dialysis, always on dialysis." At the moment, attempts were being made to reduce both cortisone and antibiotics. He agreed to coordinate the further course of action with the father and with me as homeopath if the general condition aggravated and to take a more moderate approach to her treatment.

Two days later, there was a dramatic complication. Kim Kira's condition aggravated to such an extent that the parents reported: "We thought she was going to die." The reason for this was the "stronger dialysis" (dialysis in about an hour) which had "completely kicked her butt". She was in a coma for a while; all of her body functions had slowed down and there were memory and muscle spasms. But now the condition had returned to normal. The hospital now wanted to carry out the dialysis in the abdomen, which is gentler and less dangerous than the homogeneous dialysis.

However, there was also positive news. Since the night of this fateful day, the girl had produced a small amount of urine! About "a handful", the father said. Kim Kira's stomach was now "crazy" again and hurt a lot. She complained of constant malaise, which increased with food intake. She then had two short bouts of sore throat. Both subtle, but clear signs of a beginning *rewinding process* that had been triggered by the Sulphur (Hering's Law). This healing of the suppressions had started! We agreed not to give anything for the throat, but to treat the gastritic conditions with Nux vomica 12X because of their severity, asking her to let 3 globules melt slowly in the mouth as needed. Sulphur for the chronic (or subacute) aspects was continued, of course. In addition, I pointed out that in the event of diarrhea, medical intervention should not take place, since the Sulphur is known to discharge toxins via the intestine and this valve would be vital for the healing phase already underway.

Three days later, I heard that the girl was getting better. Erythrocytes were once again being formed in the bone marrow and the doctors were of the opinion that "the kidney could become good again". The sore throat only existed when swallowing, the abdominal pain was much better, and her general condition was quite good. The

Nux vomica was kept on hand, but was now rarely used.

A few days later, the mother reported that the girl was doing as well as before. "She is amazingly good altogether." However, the blood work was worse (e.g. Hb 7.4 g/dl and dropping). On the other hand, her urine production had fortunately continued to increase. A blood transfusion, which doctors had already considered, was rejected by the parents because the entire family were Jehovah's Witnesses. I discontinued the Nux vomica and prescribed Levico compositum 3X in order to better bridge the intermediate phase of anemia. In addition, I told them to start tapering the cortisone off if possible (which unfortunately did not happen).

The comment from a nurse involved was typical, not only regarding the condition of Kim Kira, but also for the nursing staff and doctors: "It is incredible how well she is doing with these blood pressure readings and this diagnosis; I've never seen that before."

Almost two weeks later, Kim Kira was already producing 1½ liters of urine a day! She was also off dialysis. The blood pressure had returned to normal values, the blood work was unremarkable (except for Hb 8.4 g/dl; the lowest was 6.1 g/dl). The bone marrow was once again doing its job according to the doctors. Nevertheless, her condition was "still serious" and "the inflammation still there".

However, we saw this completely differently when viewed with homeopathic lenses. The *rewinding process*, in the sense of Hering's Law, had been *completed* and the *causal correlation* of the vasculitis *removed*. Scylla and Charybdis were now far behind us. Now it was only a matter of time before the Hb value would again become completely unremarkable; consider that it was still being "treated" in parallel with cortisone, which also results in suppressing the bone marrow. The gradual tapering off of this treatment was therefore our top priority. For this reason, the hospital's recommendation of a repeat round of Endoxane to prevent a possible relapse was rejected out of hand. Further evidence that conventional medicine just doesn't understand causal correlations and is really just poking around in the dark without any

certainty and is always afraid that things might take a turn for the worse, all because they just don't see disease systemically. This attitude was also behind their diagnosis of the girl's condition, which only described the microscopic details, but not the actual overall biological correlations. The correct diagnosis should have been: *iatrogenic panarteritis nodosa*, i.e. kidney disease caused by conventional medical therapy.

The Sulphur was then maintained until the cortisone had finally left her body and would then only be taken every 3 days.

She was completely healed within just three weeks, despite the massive interference of heavy-duty immunosuppressive treatments. "A high potency cannot be disturbed by any raw medication!" (Dr. Eichelberger, a well-known German homeopath), something all the doctors up to the chief of medicine and clinic manager could not understand and which, for them, remained a real mystery since they have never experienced anything like it. – It was only about half a year later that a patient of mine who was friends with the child's parents told me that the doctors at the time had made her understand that there was no such thing as a child getting off dialysis!

Incidentally, it is "interesting" that when Kim Kira later had another throat infection, her family doctor prescribed the same antibiotic that had started it all before. What the heck? Kim Kira should never be given any more antibiotics, no matter what, with the only exception when it comes to life or death; however never with minor illnesses! Both the mother and the treating doctor hadn't learned anything³! In addition, I lament the fact that the parents did not initiate chronic therapy to eliminate the miasms, which ought to have been imperative in order to save the child from such risks in the future. So far, "only" the suppression has been deleted, but not

3. Incidentally, this seems to be symptomatic of all conventional medicine, because in the final report from the hospital, not a word is spent mentioning the homeopathic treatment! It is therefore very questionable whether the chief of medicine as well as the clinic management (informed about the refusal of a possible transfusion) were made aware of the fact that it was not the destructive conventional medicine that had brought success. One may be lulled into a false sense of security that you can also make a difference for other patients. In addition, the statistics are (knowingly) falsified and many other patients continue to be fatally lacking in therapy because the other physicians are unable to understand the real context.

the underlying miasms (Kim Kira used to suffer from urinary tract infections, suggesting sycotic stress) which allow something like this to happen in the first place. Fortunately, the girl escaped the poisoned chalice of antibiotic this time, but probably only because the mother's friend managed to intervene with success.

The idea of the case: suppression

This case – which is representative of many similar cases of our time – is a classic case of **suppression**. The allopathic way of "curing" often suppresses natural diseases and processes, so that completely new clinical pictures arise in place of the old ones. This means that *new, artificial syndromes* result from the medicines used; the patient no longer has any original symptoms; his symptoms have been blurred or suppressed. These correlations are highly reprehensible, as they generally drive the patient into increasing destruction and further and further away from genuine healing. *The suppression syndrome brings with it a general deterioration of such an extent that the restoration of the old conditions would be desirable for the patient.*

Definition: *Suppression means that the manifestation of a disease (its local ailments) disappears before it is cured (as a whole).*

We can distinguish three elements in the suppression phenomenon:

- the *suppressed symptom*
- the *triggering cause* and
- the *newly developed suppression syndrome*, that is, a general worsening with the shifting of symptoms to other organs and functional areas.

Suppression always *triggers* and has a very special meaning for the homeopathic remedy choice. It *always* has the character of a guiding symptom, since it is a real cause of disease.

Suppression can be triggered in a variety of ways. Roughly speaking, two different types are distinguished in principle, which in turn can be divided:

- *random, natural or spontaneous suppression* e.g. by emotional, climatic shock effect; grief; nutritional influences; environmental factors;

chill (e.g. absence of menses after a cold bath); suppression of one disease by another, etc.

- suppression through iatrogenic manipulations of modern medicine

- *suppression by medication local treatment* such as cortisone or zinc ointments, nose drops, etc.; *internally* by e.g. antibiotics, cortisone/cortisol, sulfonamides, fever suppositories, analgesics, sedatives, hormones, birth control, urine, colloidal silver, CDS⁴, DMSO⁵, MSM⁶, MMS⁷, high-dose vitamin C, etc.; in the case of very sensitive people, also possible using natural remedies

- *surgical suppression* removal of warts, moles, tonsils, polyps, appendix, varicose veins, ovaries etc.; closing of fistulas (e.g. anal fistula); obliteration of hemorrhoids, varicose veins; laser treatment of spider veins, etc.; in principle all surgeries, chemical burns, etc.

- *suppression by vaccination* interference with natural development as well as prevention of miasmatic self-healing attempts in the form of childhood diseases and additional stress or destruction of the immune system as a whole

- *suppression by "homeopathic" medicines or other energetic methods* e.g. with improper palliative treatment, uncritical prescription of "proven medications" based on a clinical diagnosis; treatments with homeopathic complex remedies; treatments using autologous blood; autovaccines; in most cases also homeopathic remedies tested via bio-resonance, bio-sensor,

pendulum, kinesiology, EAV (electro-acupuncture according to Voll) etc.; also through improperly practiced "Western" acupuncture, etc.

It can be observed that energy-based suppression due to the advancement of technology in the medical field, now also seen in so-called natural healing methods, is becoming increasingly common. The Swiss homeopath Dr. Adolf Voegeli described this form of suppression as the worst and most reprehensible. Rightly so, because it is the subtle suppression of the ethereal that is far more difficult to reverse than most of the others, if you ignore vaccinations.

Suppression represents a backward process that is contrary to physiological law. Life always works from the inside out, which is also visible in the smallest unit of life, the cell. Even in the event of disease, the vital force will try to push everything to the periphery (e.g. rashes, sweat, diarrhea) to relieve the energetic center and more vital organs. *Suppression, however, does exactly the opposite. The disease is driven from the outside back inside the body!* The natural escape routes and valves are blocked; the disease process is shifted to other areas which are more dangerous for the whole organism. According to John Henry Allen, however, the *miasm* is still present in the organism with the same strength; only its *effect* and *mode of operation* have been *steered into a different direction due to the blocking of the "disease valves"*! So, the first thing we have to do is restore the suppressed symptoms.

One of the most important questions when taking an anamnesis is to *query the origin of the symptoms*. Since when has the patient had the symptoms? How was it treated back then, and, of course, how

8. Autovaccine: therapeutic vaccine, where the antigenic material is derived from the patient themselves (e.g. effusion, pus, stool, urine) and which is re-injected after appropriate processing.
9. Prescribing homeopathic medicines in chronic treatment by means of bioenergetic testing cannot work, which becomes very clear from a small example from my practice: A young mother, together with her naturopath, tested the condition and medication of her motor disabled young son on an almost daily basis. The little guy received a different homeopathic medication every few days, partly in low potency, partly in high potency (!), depending on what was "indicated". However, it also sometimes happened that the medication to be administered couldn't be given at all, since it couldn't be obtained quickly enough in the proposed potency or because it was rare, and the condition of the child had changed again, so that the test now required completely different medication!

4. Chlorine dioxide solution. Chlorine dioxide is a chemical compound (ClO₂) that is commonly used as a bleach.
5. Dimethyl sulfoxide. An organoSulphur compound that is used as an important polar aprotic solvent.
6. Methylsulfonylmethane, dimethyl sulfone. An organoSulphur compound.
7. Miracle Mineral Supplement (Miracle Mineral Solution, Master Mineral Solution). A branded name for an aqueous solution of chlorine dioxide, an industrial bleaching agent.

is it being treated now? What was the patient's condition beforehand and what treatment was that condition possibly receiving? This isn't just a few hours or days earlier; this earlier condition may have even been a few years or decades ago. There's some real detective work to be done here.


„Humans are an *organism with a history* and what is *done to them medically today* can and will express itself sooner or later, *in years or decades*, as previous iatrogenic acts of violence in the name of unrestrained medical technology. *Crude chemistry* on the one hand, the *finest acids* on the other hand, namely in the area of the 3.5 billion genes of humans – absolute madness!“ said Dr. Eichelberger during one of his homeopathic colloquia in Munich.

The main remedy for dissolving suppressions is the potentized Sulphur. In chronic cases, of course, in high potencies (e.g. LM18 or Q18, 30C or 200C, etc.) and in purely acute cases certainly

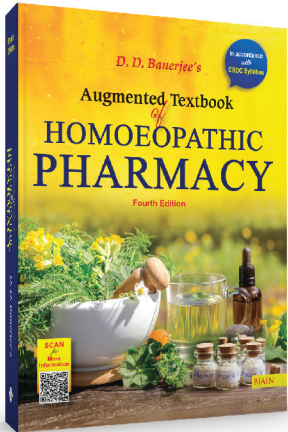
in low potencies (e.g. LM6 or Q6, 6C, 12X). Kent's Repertory lists 218 suppression rubrics that can be used with varying degrees of success for the selection of remedies. The main rubric is the general rubric “*skin - eruptions - suppressed*” with 50 remedies. This rubric should always be consulted, even if there are smaller, more specific sub-rubrics for the case. If no specific suppression rubric can be identified, this central rubric should be consulted as a synonym.

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- ▶ Role of Pioneers in Development of Homoeopathic Pharmacy.
- ▶ Fundamentals of Ayurveda, Unani, Siddha, Sowa, Rigpa Pharmacy.
- ▶ Pharmacovigilance in Homeopathy with Emphasis on the Activities of Pharmacovigilance Centres.
- ▶ Medicinal Preparations Against Homeopathic Principles (Patents, Combinations Etc)
- ▶ Relation of Homeopathic Pharmacy with Anatomy and Physiology.
- ▶ Scope of Research in Pharmacy:
 - ★ Drug Discovery
 - ★ Principles of New Drug Discovery
 - ★ Clinical Evaluation of New Drugs
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New Concept:

- ▶ Modern Theories of Homeopathic Drug Action:
 - ★ Principles & Molecular Mechanism.
 - ★ Mechanism of Action of Homeopathic Medicines
 - ★ Introduction to Nanomedicine

Sarcodes and Their Use In Homoeopathy

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Keywords

Sarcodes, Homeopathy, Animal Tissues, Self-healing, Therapeutic Potential, Homoeopathic Remedies, Case Studies, Treatment Protocols

Abstract

Sarcodes, derived from healthy animal tissues and secretions, play a crucial role in homoeopathic practice. This article delves into the definition, origins, and applications of sarcodes, highlighting their unique therapeutic potential. By stimulating the body's self-healing mechanisms, sarcodes offer a holistic approach to health. This comprehensive review covers the most commonly used sarcodes, their preparation, and their practical application in homoeopathy. Additionally, the article discusses case studies, treatment protocols, and future research directions, emphasising the importance of sarcodes in modern homoeopathic practice.

Abbreviations: FDA - Food and Drug Administration, HPUS - Homoeopathic Pharmacopoeia of the United States, LMHI - Liga Medicorum Homoeopathica Internationalis

Definition Of Sarcodes

Sarcodes are homoeopathic remedies prepared from healthy animal tissues and secretions. They are used to address functional disturbances and pathological conditions by stimulating the body's innate healing processes. The term "sarcode" is derived from the Greek word "sarkodes,"

meaning "fleshy." Unlike nosodes, which are derived from diseased tissues, sarcodes represent a healthy state and aim to restore balance by introducing the healthy tissue's essence into the body.

Introduction

Homeopathy, founded by Samuel Hahnemann in the late 18th century, is a holistic system of medicine that treats patients based on the principle of "**like cures like.**" This principle suggests that a substance causing symptoms in a healthy person can, in minute doses, treat similar symptoms in a sick person. Sarcodes are an integral part of this system, derived from healthy tissues and secretions of animals. Unlike nosodes, which are prepared from diseased tissues, sarcodes come from normal, healthy sources. Their use in homoeopathy aims to correct functional disorders by providing a healthy tissue stimulus, promoting self-regulation and balance within the body.

The concept of sarcodes aligns with Hahnemann's vision of stimulating the body's vital force to restore health. Sarcodes are prepared through a process of serial dilution and succussion (vigorous shaking), ensuring that the final product retains the energetic imprint of the original tissue without containing any physical molecules of it. This process is believed to enhance the therapeutic efficacy of the remedy. ⁽¹⁾

Origin and Names of Different Sarcodes

Sarcodes originate from various animal tissues and secretions. They include, but are not limited

to:

1. **Adrenaline (Adrenalinum)** : Derived from the adrenal glands, used for conditions related to adrenal insufficiency, such as Addison's disease. It helps in managing stress responses and maintaining energy levels.
2. **Thyroid (Thyroidinum)**: Sourced from the thyroid gland, used to manage thyroid dysfunctions, including hypothyroidism and hyperthyroidism. It helps in regulating metabolism and energy balance.
3. **Pituitary (Pituitaria Glandula)**: Obtained from the pituitary gland, employed in treating hormonal imbalances. It plays a crucial role in regulating various endocrine functions.
4. **Testis Siccata 3X** : Extracted from the testes, used for male hormonal issues such as low libido, erectile dysfunction, and androgen deficiency. It helps in maintaining male secondary sexual characteristics and overall vitality.
5. **Ovary (Oophorium)**: Derived from the ovaries, applied in female reproductive disorders such as menstrual irregularities, menopausal symptoms, and hormonal imbalances. It aids in regulating the menstrual cycle and alleviating menopausal symptoms.
6. **Pancreas (Pancreatinum)**: Taken from the pancreas, used in managing diabetes, digestive disorders, and pancreatic insufficiency. It aids in the regulation of blood sugar levels and digestion.
7. **Liver (Hepar)**: Sourced from the liver, employed in detoxification, liver-related conditions, and supporting hepatic function. It helps in enhancing liver function and detoxifying the body.
8. **Heart (Cor)**: Derived from the heart tissue, used in cardiovascular disorders such as arrhythmias, hypertension, and heart failure. It aids in supporting cardiovascular health and improving cardiac function.
9. **Cholesterinum 3x** : Cholesterinum is a remedy derived from cholesterol, which is

a naturally occurring substance in the body. Cholesterinum is used for various purposes, often related to liver and gallbladder conditions, such as gallstones, liver disorders, and issues with bile flow.

These sarcodes are meticulously prepared under stringent guidelines to ensure their purity, safety, and efficacy. The Homoeopathic Pharmacopoeia of the United States (HPUS) and other regulatory bodies oversee the preparation standards for these remedies. ⁽²⁾

How Sarcodes Are Used In Homoeopathic Practice

Sarcodes are used in homoeopathy to restore balance and function in the body. They act by providing a stimulus similar to the healthy tissue from which they are derived, encouraging the body to heal itself. The following steps outline their typical use in practice:

1. **Case Taking**: A detailed patient history and symptom analysis are conducted to identify the underlying imbalance or dysfunction. This includes understanding the patient's physical, emotional, and mental state.
2. **Selection of Sarcodes**: Based on the identified condition, an appropriate sarcodes is selected. For instance, Thyroidinum may be chosen for hypothyroidism, while Adrenalinum may be selected for adrenal fatigue.
3. **Potency Selection**: The potency of the sarcodes is selected based on the severity and nature of the condition. Lower potencies (e.g., 6X, 12X) are used for more physical symptoms, while higher potencies (e.g., 30C, 200C) may be used for more chronic or deeper issues.
4. **Administration**: The sarcodes is administered orally, typically in the form of pellets, tablets, or liquid dilutions. The dosage and frequency are determined based on the individual's response and the chronicity of the condition.
5. **Follow-up**: Regular follow-ups are necessary to monitor the patient's response and adjust the treatment as needed. This includes assessing symptom changes, overall well-being, and

any new developments.⁽³⁾

Case Studies and Treatment Protocols

To illustrate the practical application of sarcodes, here are a few case studies and treatment protocols:

Case Study 1: Hypothyroidism

A 45-year-old woman presented with symptoms of fatigue, weight gain, dry skin, and depression. Upon examination, she was diagnosed with hypothyroidism. After a detailed case analysis, Thyroidinum 30C was prescribed, one dose daily for a week, followed by a weekly dose for a month. Over three months, her symptoms gradually improved, with increased energy levels, weight stabilisation, and improved mood. Regular follow-ups ensured the appropriate adjustment of dosage and monitoring of her progress.⁽⁴⁾

Case Study 2: Adrenal Fatigue

A 35-year-old man complained of chronic fatigue, difficulty waking up in the morning, and increased susceptibility to stress. He was diagnosed with adrenal fatigue. Adrenalinum 12X was prescribed, three times daily for two weeks. Within a month, his energy levels improved, and he reported better stress management and overall well-being. Continued follow-up and adjustment of the remedy helped in maintaining his progress.

Case Study 3: Menopausal Symptoms

A 50-year-old woman experienced severe hot flashes, night sweats, and mood swings due to menopause. Oophorinum 200C was prescribed, one dose every two weeks. Over six months, her symptoms significantly reduced, and she experienced better emotional stability and quality of life. Regular follow-ups helped in fine-tuning the treatment and ensuring long-term benefits.⁽⁵⁾

Future Research Directions

While sarcodes have shown promising results in homoeopathic practice, there is a need for further research to validate their efficacy and explore their full therapeutic potential. Future research directions could include:

1. **Clinical Trials:** Conducting randomised controlled trials to assess the efficacy of

sarcodes in various conditions, comparing them with conventional treatments and placebos.

2. **Mechanism of Action:** Investigating the biological mechanisms underlying the action of sarcodes, including their impact on cellular and molecular processes.
3. **Standardisation:** Developing standardised protocols for the preparation, potency selection, and administration of sarcodes to ensure consistency and reproducibility.
4. **Patient Outcomes:** Collecting and analysing patient outcomes data to identify patterns, effectiveness, and areas for improvement in the use of sarcodes.⁽⁶⁾

CONCLUSION

Sarcodes offer a unique and effective approach in homoeopathic practice, utilising the healing potential of healthy animal tissues and secretions. By stimulating the body's self-healing mechanisms, they help restore balance and function, addressing a wide range of conditions. The practical application of sarcodes, supported by case studies and treatment protocols, demonstrates their therapeutic potential in managing various health issues. As research and clinical experience continue to grow, the understanding and application of sarcodes in homoeopathy are likely to expand, providing even greater therapeutic benefits. The future of sarcodes in homoeopathy holds promise for more standardised and scientifically validated treatments, contributing to the holistic well-being of patients.

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A Case Study of Hand Foot and Mouth Disease treated with Homoeopathy

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Keywords

Hand foot and mouth disease, Homoeopathy, Sulphur

Abstract

Homeopathy has been proven to be a very effective mode of treatment for health-related problems in women during pregnancy and in the post-natal period, as well as for ailments in children. An acute case of hand foot and mouth disease diagnosed clinically and treated with a single dose of sulphur 200. Homeopathy is safe, effective, and economical, and it brings promising and positive results without posing any risk of adverse effects in pediatric cases.

Introduction

Hand, Foot, and Mouth Disease (HFMD) (ICD 10 – B08.8) is a viral infection mainly caused by coxsackie virus A16 or A10. This infection commonly affects children. After an incubation period of 4-6 days, HFMD presents with fever, malaise, and anorexia. These symptoms are followed by the development of sore throat and vesicles on the buccal mucosa, often on the tongue, and then by the appearance of tender vesicular lesions on the dorsum of the hands, sometimes with involvement of the palms. The vesicles may form bullae and quickly ulcerate. Generalized rashes have also been reported. The disease is highly infectious with attack rates of close to 100% among young children. The lesions usually resolve in 1 week.

Severe complications include CNS disease,

myocarditis, and pulmonary hemorrhage. About 90% of those who died were children under 5 years old, and death was associated with pulmonary edema or pulmonary hemorrhage.

Case report

A case of 2 year old male child presented with complaint of fever (100 degree F) , non- itchy vesicular eruptions mainly on palms and dorsum of hand and slight eruptions in the foot , aphthae in the mucous membrane of cheeks due to which the child was not eating properly. Child was dull.

History of Presenting complaints

Parents described that the child was apparently well 1 day ago following which they noticed eruptions on the palms and dorsum of hands, child was dull and not eating properly. There were aphthae in the internal side of cheeks and temperature of 100 degree Fahrenheit was present

Mental generals

Child was dull

Physical generals

Sleep was disturbed with frequent waking at night

Clinical findings

vesicular eruptions on palm and dorsum of hands

Temperature – febrile (100 F)

Aphthae present in mouth

Diagnostic assessment

Diagnosis was made based on the clinical presentation and physical examination

Diagnosis: Hand Foot and Mouth disease (HFMD)

ICD 10 code B08.8

Differential Diagnosis

- scabies
- herpangina

Case Images



Analysis and Evaluation of Symptoms

- Child was dull
- Aphthae present in the mucus membrane of cheeks
- Sleep disturbed with frequent waking
- Vesicular eruptions present on palms and dorsum of hand
- Eruptions were non itchy

Remedies	ΣSym	ΣDeg	Symptoms
calc.	5	13	1, 2, 3, 4, 5
sulph.	5	13	1, 2, 3, 4, 5
merc.	5	12	1, 2, 3, 4, 5
phos.	5	11	1, 2, 3, 4, 5
sil.	5	10	1, 2, 3, 4, 5
bar-c.	4	10	1, 3, 4, 5
borx.	4	9	2, 3, 4, 5
lyc.	4	9	1, 3, 4, 5

Repertorisation

Therapeutic Intervention

After evaluation of the case, a repertorial totality was constructed followed by repertorisation done with the help of synthesis repertory.

On the basis of the repertorial result and final consultation with materia-medica, individualized, single homoeopathic medicine sulphur was selected and prescribed in 200 potency considering the susceptibility.

Prescription

R_x SULPHUR 200 single dose

Follow Up

After 2 days

- Child was active and playful
- Eating properly
- Eruptions were visibly diminished
- Afebrile



Second Prescription

R_x Placebo 30 BD X 7 days

CONCLUSION

The case responded very well to the homoeopathic medicine and speedy improvement was seen in the physical and mental planes.

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An Evidence-based Case Study of CA Prostate

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Prostate cancer has been the most common cancer in men and the secondary leading cause of cancer related deaths of men.

Prostate cancer symptoms ranges from urinary frequency, dysuria or decreased force of stream and can lead to renal failure.

In this case of prostate cancer change in subjective measure such as nocturnal urination, urine flow rate were assessed .As the successful management and treatment of prostate cancer should seek both to improve the symptoms as well as the disease progression.

The case was treated by BRIMSTONE (SULPHUR),

An anti-psoric Homoeopathic medicine is reported here.

This case shows efficacy of homoeopathic medicine in both subjective and objective parameter without any surgical intervention.

Introduction

Clinically, prostate cancer is defined as Adenocarcinoma of the prostate, which arises from the Glandular Acini and proximal ducts.

It accounts for more than 98% of prostate cancer and most of these tumours are responsive to androgens manipulation; less common prostate malignancies include neuroendocrine tumours or Sarcomas. Occasionally the prostate gland may exhibit transitional cell carcinoma, squamous cell carcinoma, all of which originate from the distal ductal elements of the gland. Prostate cancer is the most common cancer in men and the second leading cause of cancer related deaths in men. In 1996, an estimated 317,000 new cases of prostate

cancer and 44,000 prostate cancer related deaths occurred. The effects of prostate cancer on quality of life have been found similar to the other chronic diseases such as Hypertension, diabetes mellitus, Heart diseases and other psychological diseases like Depression. The effects of Prostate Cancer can lead to bad mood and other renal diseases.

With the aim of complete and holistic cure Homoeopathic medicine was chosen by the physician and the case representative. The given case was well treated and cured in NAIMINATH HOMOEOPATHIC HOSPITAL, AGRA. The patient visited the OPD with the concerning physician and the case representative of the case. This was treated and cured within a period of 9 months. The laboratory investigations are shown and listed below as a Proof of the effects of homoeopathic medicine.

Materials And Methods

Patients above the age of 65 years are likely to be inclined towards the disease .The 1990 age adjusted incidence was 22.7 cases per

100,000 men younger than 65 years of age and 884cases per 100,000 men older than 65. The person above the age of 50-60 show signs and symptoms of raised PSA (PROSTATE SPECIFIC ANTIGEN) level equal to or below 4ng/ml. This patient with raised PSA level Up to 3000ng/ml is eligible to participate in the study .The parameters to assess the suffering was calculated in every month just before the day of follow up in every consecutive month since the day of the1st prescription . PSA (PROSTATE SPECIFIC ANTIGEN) is conducted to the base line at the interval of every one to two months.

Case Presentation

A 63 year old male patient, Mr. Ashok Kumar Jain came to NAIMINATH HOMOEOPATHIC HOSPITAL'S OUTPATIENT DEPARTMENT on 20-12-2021 with raised PSA (PROSTATE SPECIFIC ANTIGEN) level i.e 3000 ng/ml along with urinary difficulties, such as unable to hold his urine, involuntary urination, nocturnal urination since past two months along with raised glucose level and serum creatinine. After taking his complete case taking a journey of holistic treatment was started for a period of 9 months without any deflection from all the three sides PATIENT PHYSICIAN AND THE REMEDIAL SIDE. When the aggression of symptoms disappeared after four weeks. Patient was advised for a PSA (PROSTATE SPECIFIC ANTIGEN) test which came out on 01-01-2022 with decreased 154ng/ml. Earlier patient was on allopathic medication which he himself stopped.

Investigations

PROSTATE SPECIFIC ANTIGEN -30-11-2021 - 3000 ng/ml

PROSTATE SPECIFIC ANTIGEN -01-01-2022 - 154 ng/ml

SERUM CREATININE 17-12-2021 - 2.00 mg/dl

PROSTATE SPECIFIC ANTIGEN 03-02-2022 - 29.650 ng/ml

THYROID STIMULATING HORMONE 17-12-2021 - 4.01 microunit/ml

PROSTATE SPECIFIC ANTIGEN - 04-03-2022 - 34.690 ng/ml

PROSTATE SPECIFIC ANTIGEN -11-07-2022 -1.990ng/ml

SERUM CREATINE 11-07-2022 - 2.00mg/dl

Detailed case taking was done on 20-12-2021 including

Mental general, physical general, family history , past history and

Many more such details.

Physical And Mental Generals

The patient's physical thermal is hot and desires

for air conditioning.

Appetite-craving for sweet things like mithai,spicy foods

Such as chaat.

Extrovert in nature.

Cannot stand even for a minute after entering in the OPD dragged the chair and sat after sitting there he starts his conversation.

Gave life lessons while giving his case taking (philosophical).

History of alcoholism.

Does not like contradiction and contradicting behaviour.

Being a rich and wealthy man but was very shabby looking.

Even his looks and clothes does not matches his status.

Does not want to wear clothes while sleeping in night.

In morning cannot hold his motions has to rush up to the bathroom

To get freshen up.

Cannot stay hungry can't tolerate hunger.

Has to have heavy breakfast at any cost.

His mood totally depend upon the moods of the person with him.

Maintains his status in society, cannot bear any loss in personal

Status or family status .Anxiety and stress about his younger son's married life as his wife put on wrong allegations on him and demanded for divorce which made him and his son talk of the society. Felt bad and hurt as what he has earned by lots of sacrifices and efforts has gone in vain just because of this trivial matter.

General Physical Examination

Height-5'55''

Weight-78 kg

Jaundice-Nil

Cyanosis- Nil

Generalised lymphadenopathy - Nil

Pulse-76/min

Temperature- 98.4F

B.P-140/70 mmHg

Systemic Examination

Respiratory system

Gastro-intestinal system

Nervous system

Cardio-vascular system

Mucus membrane

P/R - Smooth firm elastic prostrate.

Repertorization

MIND – ALCOHOLISM

MIND – COMMUNICATIVE

MIND –CONTRADICTION-intolerance of contradiction

MIND – INDIFFERENCE, apathy-appearance, to his personal

GENERALS – CLOTHING – intolerance of

GENERALS – STANDING – aggravation

STOMACH – APPETITE – ravenous – morning

GENERALS – COVERS – aggravation

MIND – AILMENTS FROM – bad news

MIND – DWELLS – past disagreeable occurrences, on

MIND – DISCONTENDED

MIND –AILMENTS FROM – embarrassment

GENERALS – AIR – open air – amelioration

MIND – FOOLISH behaviour – happiness and peace

STOMACH – DISORDERED – fruit,after

	1	2	3	4	5	6	7	8	9	10
1. MIND - AILMENTS FROM - bad news (67)	2	1	3	2	1	1	1	2	1	1
2. MIND - AILMENTS FROM - embarrassment (38)	3	1		2	1	1		2	1	
3. MIND - ALCOHOLISM (154)	2	2	2	2	3	1	2	2	2	2
4. MIND - COMMUNICATIVE (34)	2	3								2
5. MIND - CONTRADICTION - intolerant of contradiction (129)	1	1		3	1	1	2	2	1	1
6. MIND - DISCONTENDED (276)	3	1	1	1	2	2	3	2	1	
7. MIND - DWELLS - past disagreeable occurrences, on (84)	2	1	1	3	2	1	3	2	2	
8. MIND - FOOLISH BEHAVIOR - happiness and pride (1)	3									
9. MIND - INDIFFERENCE - appearance; to his personal (20)	3		1							
10. STOMACH - APPETITE - ravenous - morning (16)	1		2							
11. GENERALS - AIR; IN OPEN - amel. (338)	2	2	1	1	2	3	2	2	2	2
12. GENERALS - CLOTHING - intolerance of (71)	1	2	3	1	1	2	3	2	2	3
13. GENERALS - COVERS - agg. (36)	1	1	1	1	1	1	3			2
14. GENERALS - STANDING - agg. (149)	3	1	2	1	2	3	2	1	3	1

As per constitutional analysis, the similimum medicine on the basis of Various subjective symptoms such as Philosopher ,filthy ,hot , runs to bathroom as soon as he wakes up, craving for mithai and chaat, sleeps in night only after removing all clothes ,unable to stand even for a minute , wakes up refreshed with complete sleep , maintains his dignity in society , cannot bear to lose his dignity , can't tolerate hunger , history of alcoholism , great contradiction .

All these peculiar symptoms which are not the disease symptoms indicate towards the selection of SULPHUR

(BRIMSTONE).Repertorizing all the uncommon peculiar mental as well as the physical symptoms throws light of approval on the selection of the given remedy.

1st Prescription (20-12-2021) -SULPHUR 6C, 1Globule of sulphur size number 10 6C mixed with 100 ml of aqua to form an aqueous solution,

Then take 5ml of the prepared medicinal solution after giving 2 strokes to the bottle.

REPETITION - 1HOURLY

PSA level was 3000 ng/ml on the day of first prescription.

SERUM CREATININE-2.48mg/dl

TSH (THYROID STIMULATING HORMONE)-4.01 microunit/ml.

1st follow up - (07-01-2022) -SULPHUR 6C, Swelling in body reduces by 40%, frequency of urination was reduced by 20%

Involuntary urination is better by 10%. Advised for PSA (prostate specific antigen) test.

REPETITION - 1 HOURLY

PSA Examination reports -154ng/ml.

2nd follow up- (08-02-2022)- SULPHUR 9C , frequency of urination reduced by 60% , relief in involuntary urination by 50%.

Advised for Sr.Creat.

REPETITION - 2HOURLY

PROSTATE SPECIFIC ANTIGEN – 29.65 ng/ml.

3rd follow up - (09-04-2022), SULPHUR 12 C,

Condition tends to improve then before, without any deflection from any sides.

REPETITION - 3 HOURLY

PROSTATE SPECIFIC ANTIGEN -34.69 ng.ml

4th Follow up - (11-05-2022), SULPHUR 15 C,

Improvement was seen physically and mentally on both aspects of the patient.

Advised for PSA test.

REPETITION - 4 HOURLY.

5th follow up - (17-07-2022), SULPHUR 18 C,

Improvement seen on each and every level and results has been listed below.

REPETITION - 6 HOURLY

PSA (PROSTATE SPECIFIC ANTIGEN) 11-07-2022 -1.990 ng/ml

6th Follow up - (08-08-2022), SULPHUR 18 C

REPETITION - 6 HOURLY

7th Follow up-(15-09-2022) stopped the medication and continued on placebo till next follow up.

All urinary symptoms were relieved, vital force derangement returned to normal and no reoccurrence of the diseased symptoms till the date .The patient was cured on whole aspect physically as well as mentally.

Results And Discussion

The above was taken from our own hospital's OPD, which has shown positive results in symptoms Complex and Diagnostic laboratory

parameters of prostatic cancer. The patient was severely symptomatic before our Treatment and became moderate symptomatic in the middle of the Treatment, by the time of complete treatment all the disease symptoms were gone subjectively as well as in laboratory findings . Which states that patient was fully cure after the treatment.

No or very less data was available on the role of Homoeopathic Medicine in Prostatic Cancer in terms of clinical and diagnostic Assessment.

DR. ASHOK SHARMA
MD PATH & BACT

SCIENTIFIC PATHOLOGY MC-2761

Balance: 240

TEST REPORT

Date: 20/11/2021 Patient ID: 102130975 Refd by Lab: Rishi by Dr. SHEKHAR WALJPEY, MS, MCh.(Sr. Consultant Urologist).
Name: Mr. ASHOK KUMAR JAIN Age: 63 Yrs Gender: Male
P. E-mail ID: Mob: 987200782

Test	Value	Biological Ref Interval	Unit
PSA (TOTAL)	200.000 H	0.000 - 4.000	ng/ml

MARKER STUDY - TEST REPORT

Method: ECLIA, Sample: Serum

DOCTOR'S COMMENT: Test Result have been Checked Twice. Please Correlate Clinically.

Age (Years)	PSA Upper Limit (ng/ml)
<40	<1.0
40-49	<1.25
50-59	<1.5
60-69	<1.75
70-79	<2.0
>80	<2.5

Prostate-specific antigen (PSA) is a glycoprotein that is produced by the prostate gland, the lining of the urethra, and the bulbourethral gland. Normally, very little PSA is secreted in the blood. Increases in glandular size and tissue damage caused by benign prostatic hyperplasia, prostatic or prostate cancer may increase circulating PSA levels. Values obtained with different assay methods or kits may be different and cannot be used interchangeably.

Tumor markers are not specific for malignancy. Test results cannot be interpreted as absolute evidence for the presence or absence of malignant disease. The total PSA which falls within "diagnostic gray zone" needs further study i.e. free/total PSA ratio which helps to determine the relative risk of prostate cancer.

*** End of Report ***

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DR. ASHOK SHARMA
MD PATH & BACT

SCIENTIFIC PATHOLOGY MC-2761

Balance: 240

BIOCHEMISTRY - TEST REPORT

Date: 17/11/2021 Patient ID: 88217607 Refd by Lab: JAIPUR HOUSE
Name: Mr. ASHOK KUMAR JAIN Age: 63 Yrs Gender: Male
Refd by Dr. AMIT NARAYAN GUPTA, M.D. Medicine, DNS, Nephrology (Sr. Consultant Nephrology) Rishi No: 102130975
P. E-mail ID: Mob: 987200782

Test	Value	Biological Ref Interval	Unit
UREA	35.2	15.0 - 45.0	mg/dl
S.CREATININE	2.48 H	0.70 - 1.20	mg/dl
URIC ACID	6.40	3.40 - 7.00	mg/dl
TOTAL PROTEINS	7.10	Male: 3.4 - 7.0 Female: 2.4 - 5.7	g/dl
ALBUMIN	3.43 L	3.50 - 5.20	g/dl
GLOBULIN	3.67 H	2.30 - 3.50	g/dl
A/G RATIO	0.93	0.80 - 2.00	
S.SODIUM	133.0 L	135.0 - 150.0	mmol/L
S.POTASSIUM	5.62 H	3.50 - 5.30	mmol/L

Method: Alkaline Phosphorase Kinetic, POC-CMS Based

Method: Urinary Creatinine, Sample: Serum

Method: Serum Creatinine, Sample: Serum

Method: Serum Creatinine, Sample: Serum

Method: Serum Creatinine, Sample: Serum

Method: Serum Creatinine, Sample: Serum

Method: Ion selective electrode, Sample: Serum

Method: Ion selective electrode, Sample: Serum

DOCTOR'S COMMENT: Test Result have been Checked Twice. Please Correlate Clinically.

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National PHL No: 0562-42-655-00

Stay Updated
DR. TRISHA BHADHARIA MD (PATHOLOGY) R No: 102130975

Case Report

DR. ASHOK SHARMA
(D.PATH & BACT)

SCIENTIFIC PATHOLOGY
MC-2761

Balance Sheet: 09/03/22
Sample Received: 09/03/2022 09:14
Reported On: 09/03/2022 11:20

TEST REPORT

Date: 04/03/2022 Patient ID: 102147524 Refd by Lab: Mch-9837200782
Name: Mr. ASHOK KUMAR JAIN Gender: Male
Refd by: SNMC, AGRA Age: 63 Yrs Slide No:
Pl. E-mail ID:

Test	Value	Biological Ref Interval	Unit
PSA (TOTAL)	34.690	0.000 - 4.000	ng/ml

MARKER STUDY - TEST REPORT

Method: Serum, Sample Serum

Age (Years)	PSA Upper Limit (ng/mL)
40-49	< 4.0
50-59	< 4.5
60-69	< 5.0
70-79	< 5.5
≥ 80	< 6.0

Prostate-specific antigen (PSA) is a glycoprotein that is produced by the prostate gland, the lining of the urethra, and the epithelial gland (ducts). Normal, very low PSA is released in the blood. Increases in prostatic size and tissue damage caused by benign prostatic hyperplasia, prostatitis or prostate cancer may increase circulating PSA levels. Values obtained with different assay methods or kits may be different and cannot be used interchangeably.

Tumor markers are not specific for malignancy. Test results cannot be interpreted as absolute evidence for the presence or absence of malignant disease. The total PSA values falling within diagnostic 'gray zone' needs further study to free-test PSA ratio which helps to determine the relative risk of prostate cancer.

*** End of Report ***

DR. TRISHALA BHADHARIA
MD (PATHOLOGY)
R.No. 162759

All tests have technical limitations. Comparative clinical/pathological interpretation is mandatory in case of discrepancy, test may be repeated immediately.

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DR. ASHOK SHARMA
(D.PATH & BACT)

SCIENTIFIC PATHOLOGY
MC-2761

Balance: 70

Balance Sheet: 10/22/22
Sample Received: 10/22/2022 09:22
Reported On: 10/22/2022 10:58

TEST REPORT

Date: 01/02/2022 Patient ID: 49717669 Refd by Lab: JAI PUR HOUSE
Name: Mr. ASHOK KUMAR JAIN Gender: Male
Refd by: SELF Age: 63 Yrs Mch-9837200782
Pl. E-mail ID: Slide No:

Test	Value	Biological Ref Interval	Unit
PSA (TOTAL)	154.000	0.000 - 4.000	ng/ml

MARKER STUDY - TEST REPORT

Method: Serum, Sample Serum

DOCTOR'S COMMENT: Test Results have been Checked Twice. Please Correlate Clinically.

Age (Years)	PSA Upper Limit (ng/mL)
40-49	< 4.0
50-59	< 4.5
60-69	< 5.0
70-79	< 5.5
≥ 80	< 6.0

Prostate-specific antigen (PSA) is a glycoprotein that is produced by the prostate gland, the lining of the urethra, and the epithelial gland (ducts). Normal, very low PSA is released in the blood. Increases in prostatic size and tissue damage caused by benign prostatic hyperplasia, prostatitis or prostate cancer may increase circulating PSA levels. Values obtained with different assay methods or kits may be different and cannot be used interchangeably.

Tumor markers are not specific for malignancy. Test results cannot be interpreted as absolute evidence for the presence or absence of malignant disease. The total PSA values falling within diagnostic 'gray zone' needs further study to free-test PSA ratio which helps to determine the relative risk of prostate cancer.

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SCIENTIFIC PATHOLOGY
MC-2761

Balance Sheet: 09/03/22
Sample Received: 09/03/2022 09:14
Reported On: 09/03/2022 11:20

TEST REPORT

Date: 03/02/2022 Patient ID: 102144558 Refd by Lab: Mch-9837200782
Name: Mr. ASHOK KUMAR JAIN Gender: Male
Refd by: SNMC, AGRA Age: 63 Yrs Slide No:
Pl. E-mail ID:

Test	Value	Biological Ref Interval	Unit
PSA (TOTAL)	29.600	0.000 - 4.000	ng/ml

MARKER STUDY - TEST REPORT

Method: Serum, Sample Serum

Age (Years)	PSA Upper Limit (ng/mL)
40-49	< 4.0
50-59	< 4.5
60-69	< 5.0
70-79	< 5.5
≥ 80	< 6.0

Prostate-specific antigen (PSA) is a glycoprotein that is produced by the prostate gland, the lining of the urethra, and the epithelial gland (ducts). Normal, very low PSA is released in the blood. Increases in prostatic size and tissue damage caused by benign prostatic hyperplasia, prostatitis or prostate cancer may increase circulating PSA levels. Values obtained with different assay methods or kits may be different and cannot be used interchangeably.

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Balance Sheet: 09/03/22
Sample Received: 09/03/2022 09:14
Reported On: 09/03/2022 11:20

TEST REPORT

Date: 11/07/2022 Patient ID: 102133816 Refd by Lab: Mch-9837200782
Name: Mr. ASHOK KUMAR JAIN Gender: Male
Refd by: SNMC, AGRA Age: 64 Yrs Slide No:
Pl. E-mail ID:

Test	Value	Biological Ref Interval	Unit
S.CREATININE	2.00	0.70 - 1.20	mg/dl

BIOCHEMISTRY - TEST REPORT

Method: Urinary, Sample Serum

Technology: Digital Dry Chemistry (MRO) Multistep, Multistep & Immunoassay Technology
Analyser: Fully Automated Integrated Biochemistry & Immunology Analyser (VITROS 3500)

Age	Normal Range
Adult (Male)	0.70 - 1.20
Adult (Female)	0.50 - 0.90
Nephrotic (Proteinuria)	0.29 - 1.04
Nephrotic (Full Term)	0.24 - 0.85

HORMONE - TEST REPORT

Method: Salivary, Sample Serum

Technology: Digital Dry Chemistry (MRO) Multistep, Multistep & Immunoassay Technology
Analyser: Fully Automated Integrated Biochemistry & Immunology Analyser (VITROS 3500)

Note: TSH levels are subject to diurnal variation, reaching peak levels between 2-4 am and at a minimum 6-10 pm. The variation is of the order of 50%, hence time of the day has influence on the measured TSH concentrations.

Children	Normal Range
Premature (28-38 Weeks)	0.7 - 27.0 uIU/mL
Birth 4 Days	1.0 - 39.0 uIU/mL
5 Days - 20 Weeks	1.7 - 8.0 uIU/mL
21 Weeks - 20 Years	0.7 - 6.4 uIU/mL
Adult	0.4 - 4.2 uIU/mL
21 - 54 Years	0.5 - 6.5 uIU/mL
55 - 87 Years	0.5 - 8.9 uIU/mL
Postmenopausal	0.3 - 4.5 uIU/mL

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Role of Homoeopathy in Treating Heel fissures- A Case Report

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Keywords

Heel fissures, cracks, callus, Homoeopathy

Abstract

Heel fissures are splits or cracks in the epidermis, which can manifest as a consequence of anhidrosis (dry skin, xerosis) and may or may not present with hyperkeratosis. These fissures may involve the dermis and become painful. The formation of callus usually takes place around the rim of heel. The skin is normally dry and may have a thick callus which appears as yellow or dark brown discoloured area of skin, especially along the inside border of the heel. It is an indication of negligence in foot care as well rather than just overexposure or lack of moisturizing. This article deals with one such case of heel fissure which is of recurrent nature completely healed with Homoeopathic remedy.

Introduction

Heel fissures is a break in the continuity of skin. Heel fissures is another name for cracked feet. Fissures are superficial, linear cuts in the epidermis that become painful when they penetrate the dermis. Though it is present in both male and female, it is found to be more common in females due to their excessive work in water and bare foot walking. These cracks in heels cause painful dryness, peeling, flaking of skin as well as bleeding. Heel fissure conditions can cause discomfort and pain, making them ugly and ultimately worsening the affected person's quality of life. The foot is more vulnerable to ulceration, infection, and amputa-

tion in elderly patients and those with diabetes who have additional peripheral vascular disease problems. Callus can impair balance in the elderly population, which raises their risk of falling

It is typically linked with hyperkeratosis and anhidrosis and seen in areas of the skin that are stressed, such as the heel border. For patients, discomfort, itching, bleeding, and embarrassment are the primary symptoms. Walking and carrying weight can become uncomfortable, and the shame of having large, callused heel fissures can have a negative psychological impact on the patient.

Predisposing factors

Poor sanitary conditions, bare foot walking of farmers, house wife's who spent a long duration of time in damp areas, vitamin A and zinc deficiency disorders, obesity, atopic dermatitis, dry skin, palmoplantar keratoderma, juvenile plantar dermatosis, psoriasis etc. are predisposing factors for development of heel fissures. Ageing can also cause the skin to lose elasticity and become dry, scaly and thick.

Causes of Heel fissure

Exact aetiology for development of heel fissure is unknown. It is believed to be due to loss of bond of corneocytes. A thick stratum cornea makes up the heel skin, which supports the weight of the body. Water is lost from the skin's surface on the soles of the feet due to the abundance of sweat glands and sebaceous glands. Thus, making the skin thick, dry and scaly. Feet may become dry and harsh if they come into constant touch with water and lose their natural oil. Illiteracy and

poverty lead to improper footwear use. It has been discovered that sociocultural behaviours like going barefoot, skipping socks (particularly on females), and presenting foot lesions later in life all contribute to the development of heel fissures and hyperkeratosis in the Indian population. Prolonged standing, especially on hard surfaces, and wearing open-heeled shoes, which cause the heel to expand, are the main culprits for causing heel fissures. Thick callus development is one of the main causes. Neglect and carelessness with regard to foot care are the main causes of foot disorders.

Clinical Presentation

Several factors can contribute to the development of heel fissures. These include:

Dry Skin: One of the most common causes of heel fissures is dry skin, which can result from various factors such as low humidity, harsh weather conditions, excessive exposure to water, and inadequate hydration.

Lack of Moisture: Insufficient moisturizing of the feet can lead to dryness and cracking of the skin, making the heels more prone to fissures.

Pressure and Friction: Prolonged standing, walking barefoot, or wearing ill-fitting shoes can exert pressure and friction on the heels, leading to the development of cracks over time.

Obesity: Excess weight can increase pressure on the heels, making them more susceptible to developing fissures, especially if combined with inadequate foot care.

Poor Foot Hygiene: Neglecting proper foot hygiene, such as not cleaning or drying the feet thoroughly, can contribute to the accumulation of dead skin cells and calluses, which can predispose the heels to fissures.

Medical Conditions: Certain medical conditions can predispose individuals to heel fissures, including eczema, psoriasis, thyroid disorders, diabetes, and peripheral neuropathy. These conditions can affect skin health and moisture levels, making the skin more prone to dryness and cracking.

Nutritional Deficiencies: Inadequate intake of essential nutrients like vitamins A, C, and E, as

well as zinc and omega-3 fatty acids, can impair skin health and contribute to the development of heel fissures.

Age: As people age, the skin tends to become drier and less elastic, increasing the risk of developing heel fissures.

Excessive Soaking: While some moisture is necessary to keep the skin hydrated, excessive soaking of the feet, especially in hot water or harsh soaps, can strip away the natural oils and lead to dryness and cracking.

Heredity: Some individuals may be genetically predisposed to dry skin conditions, making them more prone to developing heel fissures.

.Diagnosis

Diagnosing heel fissures typically involves a combination of a physical examination and a review of medical history. Here's how a healthcare provider might diagnose heel fissures:

Physical Examination: The healthcare provider will visually inspect the heels for the presence of cracks or fissures. They may also assess the severity of the fissures and look for signs of bleeding, infection, or inflammation.

Medical History: The healthcare provider may ask about symptoms such as pain, discomfort, itching, or bleeding associated with the heel fissures. They may also inquire about factors that could contribute to dry skin and heel fissures, such as footwear habits, foot hygiene practices, medical conditions, and medications.

Skin Assessment: The healthcare provider may gently palpate the skin around the heels to assess its texture, moisture level, and elasticity. They may also check for the presence of calluses, which can indicate prolonged pressure and friction on the heels.

Underlying Conditions: If there are signs of infection or if the heel fissures are recurrent or severe, the healthcare provider may investigate underlying medical conditions that could be contributing to the problem, such as eczema, psoriasis, diabetes, or thyroid disorders.

Laboratory Tests: In some cases, laboratory tests such as a skin culture or biopsy may be performed to rule out infection or to determine the underlying

cause of the heel fissures, especially if other skin conditions are suspected.

Footwear Assessment: The healthcare provider may also assess the patient's footwear to determine if it is contributing to the development or worsening of heel fissures. They may recommend changes in footwear or orthotic devices to alleviate pressure on the heels.

Differential Diagnosis

Tinea pedis, Psoriasis, Atopic Dermatitis, Hypothyroidism, Xerosis, Corns, calluses, palmoplantar keratoderma and juvenile plantar dermatosis.

Case Report

Mrs. XX, of 50 years old presented to an outpatient department of R.B.T.S Govt. Homoeopathic Medical College and Hospital on 17.05.2023. She presented with complaints of painful cracks with severe itching and bleeding of both feet since 1 month. She had developed multiple cracks in fingers and toes of both the feet. She had difficulty in walking and her skin of feet was dry, rough and cracked with flakes. She also presented with complaints of bleeding piles for more than a year.

Chief complaints

Severe itching and bleeding of cracks of both extremities.

The skin of both soles appeared dry, rough, dirty and cracked.

The patient was scratching and rubbing her feet until it bleeds

Modalities- Itching was severe in the evening and when the skin becomes dry especially in winter season. Ameliorated by washing in warm water and by scratching.

Concomitants- Bleeding piles with burning in anus during stool.

Past History

Kala azar at age of 10

Filariasis at the age of 42

History of Electric shock received 6 years ago.

Family History

Mother -Gallbladder cancer, Father- Myocardial infarction and Hypertension

Treatment History

Underwent Allopathy Medication for Filariasis and recurrent Haemorrhoids and got only temporary relief.

Personal History

Addiction- Tea

Physical General

Outlook- Fair and Fatty

RHC- Chilly

Bathing- desires bathing

Desire- salty food

Aversion- sweets

Intolerance-nothing specific

Thirst-4 to 5 litres per day and her mouth becomes dry frequently

Appetite-Good

Tongue-moist and slightly white coated

Bowel-constipated and burning during defaecation

Urine- normal

Perspiration- excessive sweating of palms and soles

Sleep- sound

Dream- Dreams of danger from water and being lost in streets.

Dreams of thirst during sleep at night

Mental General

She always wants company and thinks about her family when alone.

Anxious about her health and family.

She had a weeping and sentimental mood and slightest ailment makes her cry.

She was very caring and affectionate to her son who always accompanies her to the OPD.

Always had a fear that something bad will happen

Case Report

to her family after her death.

General physical Examination

Height-160 cm

Weight-74kg

No Signs of pallor, Icterus, clubbing, cyanosis and lymphadenopathy

Vital Signs

Blood Pressure- 110/80 mm of Hg

Pulse Rate- 78 beats per minute

Temperature- afebrile

Evaluation of the case

Mental Generals	Physical Generals	Characteristic Particular
Weeping and tearful mood Anxious about her family	Dreams of danger from water Dreams of great thirst Sweating of palms and soles Aversion to sweets Chilly patient	Cracking of both soles of feet Itching of soles of feet Haemorrhoids with burning and smarting pain

Repertorial Totality

Remedy Name	Sulph	Graph	Sil	Sep	Caust	Ars	Calc	Hep	Lyc	Zinc	Kali-c	Nit-ac
Totally	31	24	22	21	20	19	19	18	18	17	17	17
Symptoms Covered	11	8	7	8	7	7	7	6	6	7	6	6
Kingdom												
[Complete] [Extremities]Cracks, fissures:Feet: (83)	3	3	4	4	1	3	1	4	4	1	3	1
[Complete] [Extremities]Itching:Feet:Soles: (100)	4	1	4	1	1			3		3	1	
[Complete] [Rectum]Hemorrhoids:Burning, smarting: (113)	4	4	3	3	4	4	4	1	1	3	4	4
[Boericke] [Locomotor System]Palms:Sweating: (13)	3		3	2			3					
[Boericke] [Locomotor System]Feet:Sweating of feet: (30)	3	3	3	3			3		3			3
[Kent] [Sleep]Dreams:Water:Danger from: (7)	1	2				1						
[Complete] [Mind]Dreams:Thirst, before: (3)	1											
[Complete] [Mind]Anxiety:Family, about his: (78)	1			1	3	3		4		1		
[Complete] [Generalities]Food and drinks:Sweets:Aversion: (89)	4	4			4	3	1		3	4	3	3
[Kent] [Mind]Weeping, tearful mood, etc.: (166)	3	3	1	3	3	1	3	2	3	1	2	2
[Complete] [Generalities]Coldness, lack of vital heat: (806)	4	4	4	4	4	4	4	4	4	4	4	4

Extremities-Cracks, fissures: Feet

Extremities-Itching: Feet: Soles

Rectum- Haemorrhoids: Burning, smarting

Locomotor System- Palms: Sweating

Locomotor System- Feet: Sweating of feet

Sleep- Dreams: Water: Danger from

Mind-Dreams: Thirst, before

Mind- Anxiety: Family about his

Respiratory rate-18 cycles per minute

Systemic Examination

Respiratory System-NVBS heard and no sounds

Cardiovascular System- S1 and S2 heard

Gastrointestinal System-Normal Bowel sound heard

Locomotor System-On examination of both the feet – painful bleeding cracks with dryness and roughness was marked.

Investigation-RBS-117 mg/dl.

Provisional Diagnosis- Heel fissure

Generalities- Food and drinks: Sweets: Aversion

Mind- Weeping, tearful mood

Generalities- Coldness, lack of vital heat

Repertorial Sheet

Prescription

After case taking, based on repertorial totality and consultation of homoeopathic Materia Medica **Sulphur 200C / 1 DOSE / 4 GLOBULES** was prescribed on date **17/05/2023**.

Reasoning Behind Remedy And Chosen Potency

In repertorial analysis Sulphur cover all rubric and obtained maximum number of marks, based on the repertorial totality and consultation of

text books of Materia medica, Sulphur seemed to be the most suitable drug in this case and thus prescribed in 200C, single dose. The potency selection and repetition was based on the homoeopathic principles, susceptibility of the individual, and homoeopathic philosophy

Follow Up

Date of visit	Change of symptoms	Medicine/dose/Potency	Justification
05/06/2023	Improvement of patient. Itching of soles relieved. Cracks started to heal. Burning during stool relieved	Rubrum 30/1 drachm, B.D	To wait and allow the medicine to act
21/06/2023	No significant changes	Sulphur 200/ 1 dose	Condition of patient remained standstill, same medicine repeated
11/07/2023	Overall improvement	Rubrum 30/ 1 drachm, B.D	No new Complaint

Images before and after treatment



CONCLUSION

Feet care is very essential because failure of foot care can lead to various ailments. Heel fissures or cracks in diabetic individuals harm the epidermis; extensive fissure damage to the dermis can result in bacterial infection, ulceration, and amputation as well. The heel fissures make the patient's lifestyle and mental state uncomfortable. It is seen as a common cosmetic issue especially in women. For heel fissures, various cosmetic options are available. Using moisturizers is quite beneficial. The primary cause of the cracking is the dry skin. Therefore, a variety of cosmetics, including humectants and emollients, are utilized to treat the fissures. Homoeopathy is also quite beneficial in treating heel fissures. The cure by homoeopathy is rapid gentle and permanent. Modern medicines use strong antibiotics and topical treatments like bactericidal or antiseptic ointments for local

treatments. These measures can temporarily alleviate the condition, but recurrence of the issue usually occurs within a few days. The primary cause of the illness is addressed via homoeopathy. In homoeopathy, constitutional therapy is founded on the idea of individualization and aims to stop the illness from coming back.

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Scope of Individualized Homoeopathic Medicine in Case of Hyperkeratotic Palmar Dermatitis -A Case Report

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Keywords

Homoeopathy, hyperkeratotic palmar dermatitis, eczema, palm

Abstract

Hyperkeratotic Palmar dermatitis is a common acute or chronic disorder that affects the palmar aspects of hands, which causes is unknown. Typically presents as sharply demarcated, hyperkeratotic, and fissured lesions in the middles of both palms. Exact cause of the disease is difficult to determine. It may become severe enough and disabling to many of the patients in course of time. Management can be challenging, as delay in adequate treatment and trigger avoidance increase risk of chronic disease.

Case summary: This case was treated with individualised homoeopathic medicine at the OPD of RBTS GOVERNMENT HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL, MUZAFFARPUR, and BIHAR. A 40 years old male presented with complaints of itching eruption on both palm with pain from fissures for 3 years. Homoeopathic medicine sulphur was given to the patient on the basis of individualistic approach. The patient improved in his presenting complaints as well as patient mentally also feels better. This case report suggests that a correctly

chosen homoeopathic medicine can be beneficial in the treatment of palmar dermatitis.

Abbreviations: HPD: hyperkeratotic palmar dermatitis, OPD: out patient department

Introduction

Dermatitis is synonymous with the other descriptive term eczema to describe a particular type of inflammatory disorder of the skin that targets the epidermis as well as the dermis. It describes a clinical and histological pattern, which vary depending on the stage of the disease.

Hyperkeratotic palmar dermatitis is defined by sharply demarcated areas of hyperkeratosis or thick scaling on the palms, possibly extending to the palmar aspects of the fingers; there is little or no redness and vesicles are absent. It is a disabling skin condition that strongly impacts the quality of life and occupational performance of affected individuals. An estimated 2-10% of the population is likely to develop palmar dermatitis at some point of time during life.

It is a typical clinical hand eczema subtype with a largely unknown pathophysiology.

Causes

The cause of HPD is unknown. Manual work is a risk factor for the development of HPD. It doesn't appear to be genetic origin and there is no

association with other skin disorders.

Epidemiology

- It occurs more commonly in men than in women
- The age of onset tends to be later than in other subtypes of hand eczema, most often occurring at middle age.

Clinical Features

- Sharply demarcated, hyperkeratotic
- Fissured lesions in the middles of the both palms. It typically starts in one palm and progresses to involve the other palm and the volar surfaces of the fingers.
- Itching
- Pain because of fissures
- No vesicles or pustules.
- Nails are not affected

Diagnostic Criteria

It is clinically subtype of hand eczema

Sharply demarcation	present
Hyperkeratotic	present
Fissured	mostly seen in chronic cases
Itching	present
Pain	Present if fissure developed
Scaly eruption	present
Vesicles or pustules	absent
Nails affections	absent

Differential Diagnosis

Several skin conditions may be confused with HPD

Palmar psoriasis

Psoriasis type scale is usually absent in HPD and HPD is usually itchier than palmar psoriasis

Irritant contact dermatitis

It is excluded by a negative history of exposure to relevant irritants and usually less localised and not well demarcated.

Case Report

Case history

A 40 years old, Hindu male reported in the skin out patient department of RBTS Government Homoeopathic Medical College & Hospital, Muzaffarpur, Bihar on 27/07/2022 with a complaint of itching on both palm and pain due to cause of fissures itching aggravate from scratching and from getting warm for 3 years. He was not be able to work properly by occupation he is electrician but for 2 years he weren't going for work daily always buried in deep thought. And when he was went to sleep then so many thoughts came in his mind abot work and future so which cause he was very anxious on that time during sleep.

Past History –jaundice at age of 16 years

Family history- Mother- N/S Father – N/S

Personal history - Took allopathic medicine and used ointment for the treatment of palmar eczema

Physical Generals

- Outlook -lean and thin
- Tongue - Multidirectional fissured
- Thirst – 3-4 Liter
- Appetite – Good
- Perspiration – Profuse from whole body
- Thermal - hot
- Desire – Salt+
- Aversion - Not specific
- Stool- Sometimes constipated
- Urine -Normal
- Sleep - Sound
- Dream – Not specific

Mental generals

I observed patient was very depressed and dissatisfied from everything even that when I asked question I had to repeat 2to 3 times after that he reply seems like as thinking something deeply; and when I asked about his past history he didn't try to recall means that he didn't want to do any mental work and also his wife told that previously her husband do work properly even that all economical data record also done by himself but for 2 year he can't be able to do if he want to try then felt very anxious; mostly during sleep.

Provisional diagnosis

Hypekeratotic palmar dermatitis

Figure 1

Figure 2



Before Treatment After Treatment

Totality of symptoms

- Absorbed buried in thoughts
- Anxiety feeling before midnight during sleep
- Dissatisfied with everything
- Didn't want to do any mental work
- Dry, fissured tongue
- Itching aggravate from scratching
- Itching aggravation from getting warm
- Desire of salt
- Eczema on both palm

Analysis and Evaluation of Symptoms with Miasmatic Analysis

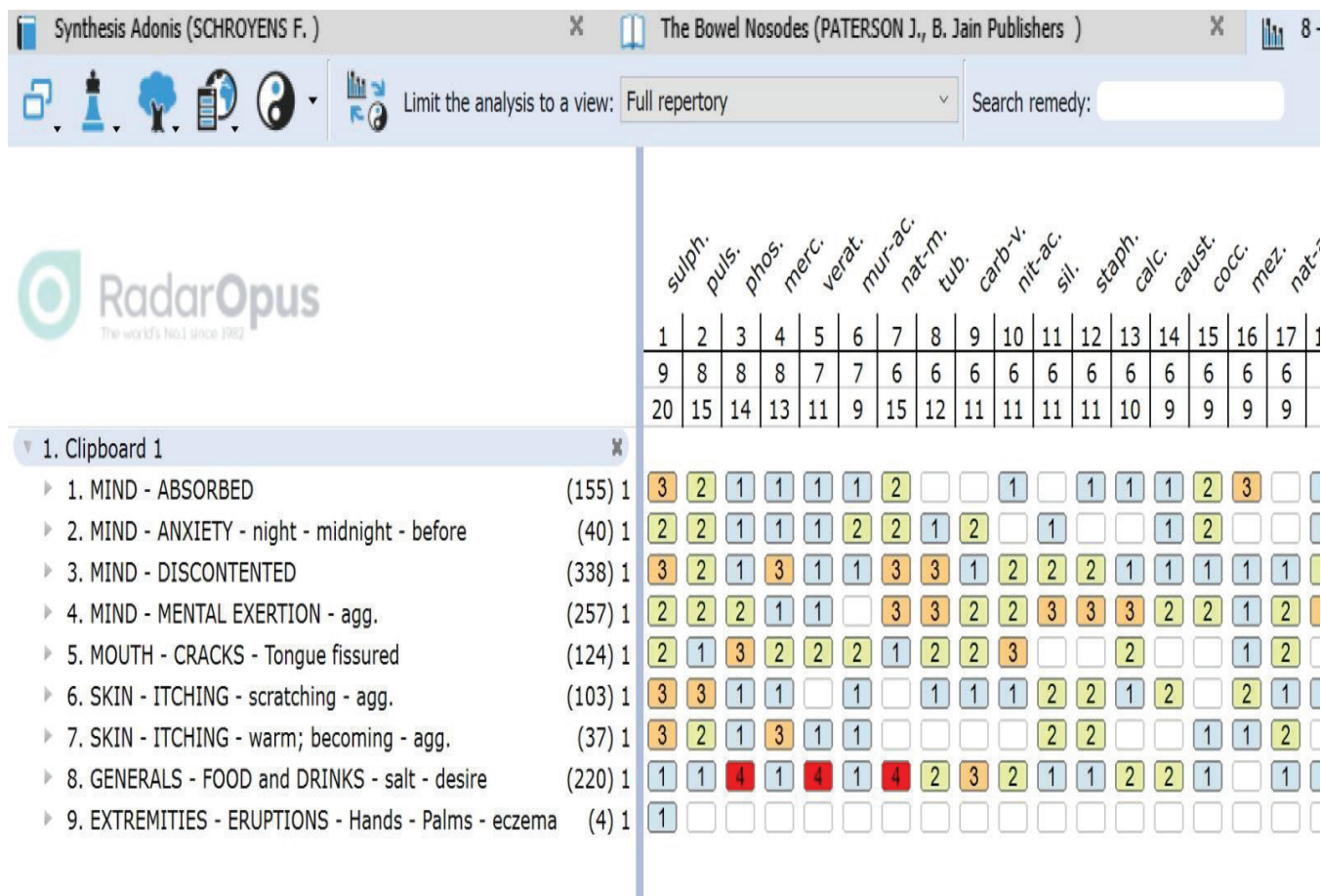
S. No	Symptoms	Analysis	Evaluation	Miasmatic Analysis
1	Absorbed buried in thoughts	Mental general	++	Psora
2	Anxiety feeling before midnight during sleep	Mental general	+++	Psora
3	Dissatisfied from everything	Mental general	+++	Psora
4	Didn't want to do any mental work	Mental general	+++	Psora
5	Dry, fissured tongue	Physical general	++	Syphilitic
6	Eczema on both palm	Particular general	++	psora
7	Itching aggravate from scratching	Particular general	+++	psora
8	Itching aggravation from getting warm	Particular general	++	psora
9	Desire for salt	Physical general	++	Sycotic

Symptoms Converted into Rubrics

Symptoms	Rubrics
Absorbed buried in thoughts	Mind –absorbed
Anxiety feeling before midnight during sleep	Mind -anxiety –night-midnight-before
Dissatisfied from every thing	Mind-discontented
Didn't want to do any mental work	Mind- mental exertion-agg
Dry, fissured tongue	Mouth-cracked-tongue fissured
Itching aggravate from scratching	Skin-itching-scratching –aggravation
Aggravation from getting warm	Skin itching warm; becoming- agg.
Desire of salt	General- food and drinks- salt- desire
Eczema on both palm	Extremeties – eruptions- hand- palms- eczema

Repertorization sheet

Figure: 3 Repertorisation from synthesis repertory using opus radar software



Repertorial analysis

Sulphur: - 20/9

Phosphorus: - 15/8

Mercurius: - 12/8

Natrum Mur: - 17/7

Pulsatilla: - 14/7

Repertorial selection

Sulphur covers maximum numbers of symptoms and gets the highest marks. After consulting with materia-medica, sulphur was chosen for prescription.

Therapeutic intervention

After detailed case taking on a standard case taking proforma, the totality of symptoms was built for

the patient based on mental generals, physical generals, constitution, miasmatic background, past history etc. as per the homoeopathic principles.

After repertorisation, the top medicines were sulphur, phosphorus, mercurius, natrum mur, and pulsatilla. After carefully analysing the mental and physical generals of the patient, considering the repertorial result and referring back to homoeopathic MM, a similimum was prescribed. Individualised homoeopathic treatment was started with two doses of sulphur 30 by following the law of minimum dose.

Prescription

Sulphur 30/2 dose/4 GLOBULES were given on the first visit on an empty stomach early in the morning on -27/07/2022

Follow up

Date Of Visit	Change In Symptoms	Medicine/ Dose /Potency	Justification
10/8/2022	After 12 days itching slightly decreased	Sulphur 200/2 dose / sugar of milk/OD	On basic of susceptibility of patient
7/09/2022	Standstill	Sulphur 1M/2dose OD	On enhance the action of medicine based on susceptibility of patient
21/09/2022	Improvement progress	Rubrum 200/1 drachm/BD	To wait and allow medicine to act
2/11/2022	Fissure slightly decrease and itching also decrease but after 8 days condition becomes standstill	Sulphur1M/2dose OD	To enhance the action repeat the medicine
19/11/2022	Fissures healed and itching reduced	Rubrum 200/1 drachm/BD	Marked improvement

CONCLUSION

HPD tends to follow a stable, chronic clinical course. Spontaneous resolution is uncommon. The patient got marked improvement and also felt better mentally by homoeopathic single simple medicine in most easily comprehensible way. Homoeopathy is a specialised system of medicine that treats the patient as a whole and not just symptoms without any harm. This case shows a positive role of homoeopathy in treating HPD.

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Pompholyx (Dyshidrotic Eczema) Treated With Rhus Tox – A Case

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Keywords

Rhus tox, Pompholyx/ dyshidrotic eczema/pompholyx /acute palmoplantar eczema. Individualised Homoeopathic Medicine

Abstract

Dyshidrotic eczema, also known as pompholyx or eczema of the palms and soles, is a vesicular and irritating palmoplantar dermatitis that can be recurring or chronic. Although the cause is unknown, it appears to be related to seasonal fluctuations and atopy. Other skin disorders associated with dyshidrotic eczema include atopic dermatitis, contact dermatitis, and bacterial and fungal infections.

Clinically, these patients experience pruritus before developing visible lesions. When the lesions first appear, they have vesicles or bullae that are densely packed and symmetrical. Other common locations for them are the soles of the feet, the lateral aspects of the toes, and the palms and lateral aspects of the fingers. Histologically, the epidermis. Homeopathy is a holistic system of medicine that works on the principle of 'like cures like'. The present case report depicts a case of a 17-year-old College patient suffering from skin eruption with a clear fluid-filled blister on both the hand and sole especially the dorsum of the hand and sole. Based on the totality of symptoms, individualized homeopathic medicine Rhus tox 30C was prescribed and the patient recovered.

Abbreviation: allergic dermatitis, contact

dermatitis

Introduction

A kind of dermatitis called dyshidrosis is characterized by painful blisters on the palms and soles of the feet. Blisters usually heal in three weeks and have a size of one to two millimeters. Still, they happen quite a bit. In most cases, redness is absent. Frequent assaults could result in skin thickening and fissures. It mainly affects people between the ages of 20 and 40, and it affects women twice as often as men. If you have other forms of eczema, allergies like hay fever, or a family history of dyshidrotic eczema, your chances of getting it are increased. Blisters on the sides of fingers, palms of hands, and soles of feet that hurt and itch are signs of dyshidrosis. Blisters are quite small, around Dyshidrosis has an unknown cause.

Several things can set off dyshidrotic eczema, including:

Stress. Dyshidrosis appears to be more common during times of emotional or physical stress.

Allergies: Exposure to certain substances, including cement, nickel, cobalt, and chromium, may trigger dyshidrotic eczema.

Other allergies, including hay fever (allergic rhinitis) or food allergies, may cause flare-ups.

Sensitive skin. People who develop a rash after contact with certain irritants are more likely to form blisters of dyshidrosis.

Atopic dermatitis. Some people with atopic

dermatitis may have dyshidrosis.

Moisture: Frequently sweaty or wet hands or feet may trigger dyshidrotic eczema.

Epidemiology And Risk Factors

Dyshidrosis is a relatively common dermatitis. A group conducted a survey and examination of 107,206 Swedes; in this general population, 51 persons (0.05%) were reported to have dyshidrosis. Further, dyshidrosis accounted for 3% of hand dermatoses in this population. They found that 20% of these patients had dyshidrotic eczema. Although hand dermatitis in general is more common in young women, dyshidrosis does not appear to correlate with age or sex. Lodi and colleagues found that of 104 Italian dyshidrosis patients, more than half (56%) were male, ages ranged from 4 to 76 years, and the mean age was 38.7. A commonly considered risk factor for dyshidrosis is atopy. In the case-control study by Lodi and colleagues, in which subjects were matched for age and sex, it was reported that of 104 patients with dyshidrosis, 50% had familial or personal atopic diathesis, versus 11.5% of controls. Lehucher-Michel, compared 59 workers with dyshidrotic eczema with 160 workers. To quantitatively assess the severity of dyshidrotic eczema, Thus, unlike other hand dermatitis scoring systems, this grading system is specific to the distinctive features of dyshidrotic eczema. The maximum DASI score is 60. Dyshidrotic eczema may be graded on this scale as mild (0–15), moderate (16–30), or severe (31–60).

Histopathology

Histologic investigation of dyshidrotic eruptions using conventional and electron microscopy has consistently identified intraepidermal spongiotic lesions, in which the spongiosis has not affected the intraepidermal component of the eccrine sweat duct (acrosyringium). Dyshidrosis is thus a misnomer for spongiotic dermatitis that has been phenotypically transformed by the distinct adaptive properties of palmar and plantar skin. Most importantly, this skin has a significantly thicker stratum corneum. The thick cornified coating impedes vesicular rupture, resulting in the typical “tapioca,” “frog spawn,” or “sago grain” clinical look of dyshidrosis.

Management: -

The first step in managing dyshidrosis is identifying potential causative or aggravating factors via a detailed history and possible patch testing, then advising patients to avoid these factors accordingly. Maintaining an effective skin barrier mechanism with the regular use of emollients is also important. Petrolatum-based products are efficacious, inexpensive, and readily available for this purpose. Further, standard precautions for avoiding irritants and irritation, such as infrequent hand washing with careful drying and immediate moisturization, avoiding direct contact with cleansers, and wearing dry cotton socks and protective vinyl gloves with white cotton gloves underneath, should be recommended.

Differential Diagnosis

The differential diagnosis of dyshidrosis includes pustular psoriasis of the palms and soles, chronic vesicular hand dermatitis contact allergy, vesicular tinea pedis and tinea manus, scabies, vesicular id reactions, herpes simplex, and bullous disorders such as pemphigoid, pemphigus, and epidermolysis bullosa. Psoriasis can usually be differentiated by histopathologic analysis. Chronic vesicular hand dermatitis is an inflammatory process characterized by vesicles with erythematous bases. In contrast, dyshidrotic vesicles have non-erythematous bases. The course of chronic vesicular hand dermatitis also tends to be more intractable. Patch testing will confirm contact allergy. A potassium hydroxide preparation and microscopic examination will detect fungal infection. Finding a mite with a scabies preparation will confirm a diagnosis of scabies. In contrast to other bullous diseases, dyshidrosis is distributed exclusively on the palms and soles and lacks the immunologic markers specific to those other diseases.

Case report

Mrs. XX is a 17-year college-going girl who presented to our patient Department of Practice of Medicine in R.B.T.S homeopathic medical college and hospital with complaints of skin eruption with a clear fluid-filled blister on both the hand and sole especially the dorsum of the hand and sole. Gradually started on left hand

then affected right hand. The eruptions are very painful and slightly itching with discharges. After discharge, the patient relieved the pain. The patient's complaint was aggravated at night, after getting wet and resting, ameliorated by warm application, and after discharge.

History of presenting complaints

The patient has been suffering from these complaints for 7-8month

Onset - Gradual

Progress – 1st started a small blister-like eruption on the right foot and then progressed to the left hand

Probable cause- after river bathing

Family history - Father – suffered from Ringworm; Mother – Nothing significant

Treatment History-The patient had taken Allopathic and also Homoeopathic treatment for dermatitis

Physical Generals

Appetite: Decreased

T/R: Ambithermal

Desire: Extra Salt, Spicy Food, Milk*

Aversion/ Intolerance: N/S

Thirst: Decreased

Stool: Unsatisfied, Constipated

Tongue: Imprint Of Teeth, Moist

Perspiration: The Whole Body, After Sweating Feels Anxiety

Urine: Normal

Sleep: Disturbed

Mental Generals

A girl came to OPD while narrating her symptoms she was very nervous and was talking to me with hesitation. her mother told me she was easily angry and sitting quietly when angered. She was looking too sad and depressed and preferred company. Sometimes she was crying.

Provisional Diagnosis

POMPHOLYX

Icd11- EA85.0

Totality Of Symptoms

Easily Angered

Sad, Emotional*

Weeping tendency

Fear of ghosts*

Desire company

Skin eruption with blister formed on both the hand and feet for 7-8 month

Agg – Night, rest, wet*

Amel- cold application, after discharges, warm application*

Agg – Night, rest, wet*

Amel- cold application, after discharges, warm application

DESIRE: milk*

STOOL: Unsatisfied, constipated

TONGUE: Imprint of teeth*, moist

PERSPIRATION: The whole body, after sweating feels Anxiety*

Analysis And Evaluation

Mental Symptoms	Evaluation
Fear of dark	3+
Pain with Anxiety	3+
Company desire	1+
Mind despair	3+
PHYSICAL SYMPTOMS	
Skin- eruption	4+
Skin-eruption discharging- thin, moist	3+
Skin- eruption- discharging- moist, offensive.	3+
Skin- eruption- vesicles	4+
Eruption- vesical- discharges- thin watery	3+
Desire- milk, milk product	4+
Tongue- red tip	4+
Stool- constipation- Insufficient, incomplete, Unsatisfactory stool	3+

Symptoms converted into the Rubrics

Symptoms	Rubrics
Anxiety with pain	Mind-Anxiety: pain, with
Desire for company	Mind -Company: Desire for
Despair	Mind- despair
Fear of Dark	Mind – Fear: Dark, of
Skin eruption	Skin- Eruption
Eruption – thin, moist discharges	Skin- Eruption: Discharges, moist: thin
Eruption- moist and offensive discharges	Skin- Eruption: Discharges, moist: Offensive
Skin – vesicles eruption	Skin-Eruption: Vesicles
Skin-Vesicle eruption discharges thin watery	Skin-Eruption: Vesicles: Discharges thin watery
Desire for milk and milk product	Generalities-Food and Drink: Milk milk product: Desire
Red tip tongue	Mouth-Redness: tongue: Tip
Insufficient, Incomplete, Unsatisfactory stool	Rectum- Constipation: Insufficient, Incomplete, Unsatisfactory stool

Prescription

After case taking, based on repertorial totality and consultation of homeopathic materia medica RHUS TOX 30C / 1 Drachm / 4 GLOBULES / BD was prescribed on date 27/05/2023

Reasoning Behind Remedy And Chosen Potency

In repertorial analysis, Rhus tox, Arsenic, Sulphur, and Natrum Mur cover all rubrics, but Rhus tox covered a maximum number of symptoms, based on the repertorial totality and consultation of textbooks of Materia medica (4), Rhus tox seemed to be the most suitable drug in this case and thus prescribed in 200C, two doses. The potency selection and repetition were based on the homeopathic principles, susceptibility of the individual, and homeopathic philosophy

Before Treatment



1st Follow-Up



2nd Follow-Up



3rd Follow-Up



Date Of Visit	Change Of Symptoms	Medicine/ Doses/Potency	Justification
05/06/23	Slightly Improvement, pain, and discharges of the hand and legs	Rubrum 30 /4doses/BD/ 4 glb	To wait and allow the medicine to act
26/06/23	Slightly improvement, but the condition standstill	Rhus Tox 30/ 4 Doses/ OD/ 4 glb	The condition remains standstill, same medicine repeated
15/07/23	Improved, skin eruption with itching and pain decreased	Phytum 30/1drachm/ BD/4glb	No new complaint
22/08/23	Complaints reappear, skin eruption and vesicles with itching reappear.	Nat Muraticum 200 /2 Doses/ OD/4glb	Observed new skin eruption and vesicles with reappear, retake the case, and change the Medicine.
14/09/23	Overall improvement	Saccharum lactis 200c/1 dram/ bd/4 glb	No new complaint

CONCLUSION

Thereafter, the patient has been on a placebo, till date, with continuous steady improvement and still under treatment. The improvement of the patient reaffirms the principles of a single medicine, minimum dose, and infrequent repetition as advocated by Hahnemann. This is a case, which speaks about the success of Homoeopathy in the management of Dyshidrotic Eczema.

Informed Consent: The patient’s consent was taken regarding the publication of clinical information in a research journal. He was informed that his identity would not be revealed.

Conflict of interest: The author declares that there is no conflict of interest.

Guarantor: The corresponding author is the guarantor of this article and its contents. Source of Support: None

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Unveiling the Potential of Homoeopathic Remedies in Chronic Suppurative Otitis Media: Ongoing Research at The Calcutta Homoeopathic Medical College & Hospital

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Keywords

CSOM, Homoeopathy, Research, Miasmatic overview, Homoeopathic treatment

Abbreviations

Chronic suppurative otitis media (CSOM), acute otitis media (AOM), World Health Organisation (WHO), Otitis Media with Effusion (OME)

Abstract

Chronic Suppurative Otitis Media (CSOM) remains a challenging chronic ear condition, prompting ongoing exploration into alternative therapeutic avenues. This abstract illuminates the ongoing research conducted at The Calcutta Homoeopathic Medical College & Hospital, dedicated to unravelling the potential of Homoeopathic interventions in addressing CSOM. The study focuses on the distinctive principles of Homoeopathy, highlighting personalized treatment methodologies tailored to cater to the comprehensive needs of each patient. By delving into the unique miasms associated with CSOM manifestations—Psoric, Sycotic, and Syphilitic—the

research aims to present refined and targeted Homoeopathic remedies for effective management. Initial observations indicate encouraging outcomes of Homoeopathic remedies in alleviating CSOM symptoms, such as otorrhea, ear pain, and conductive deafness. The study underscores not only the relief of symptoms but also the prevention of disease recurrence through Homoeopathic interventions.

Introduction

Chronic suppurative otitis media (CSOM) is one of the most common infectious diseases encountered in the practice of otolaryngology, affecting children globally, regardless of geographical or socioeconomic status.^[1] The incidence of CSOM is estimated at more than 20 million people worldwide. Research conducted in industrialized nations reveals that roughly 80% of preschoolers might have gone through at least a single episode of acute otitis media (AOM) before they turn three, and nearly 40% will experience six or more recurrences by the time they reach the age of seven. Comparable to other communicable ailments, AOM's impact varies significantly among different countries based on factors

such as suppurative complications prevalence like mastoiditis, meningitis incidence rate, and sequelae development likelihood associated with CSOM resulting in hearing loss. [2-3] Certain homeopathic studies have been found of which one was there whose objective was to compare the effectiveness of homeopathy and conventional therapy in acute otitis media. It was a randomized placebo-controlled parallel group pilot study of homeopathic vs conventional treatment for AOM was conducted in Jaipur, India. 81 patients were included where 41 was for conventional and 40 for homeopathic treatment. 41 for conventional and 40 for homeopathic treatment. In the Conventional group, all 40 (100%) patients were cured, in the Homeopathy group, 38 (95%) patients were cured while 02 (5%) patients were lost to the last two follow-up. By the 3rd day of treatment, 4 patients were cured in Homeopathy group but in Conventional group only one patient was cured. In the Conventional group antibiotics were prescribed in 39 (97.5%), no antibiotics were required in the Homeopathy group. 85% of patients were prescribed six homeopathic medicines. [4] Another study was found where 90 subjects were included where 60 were suffering from CSOM and 30 were healthy controls. The CSOM patients were randomly assigned for the daily administration of homeopathic medicines such as *Tellurium metallicum* in 6C potency (n=17), *Mercurius solubilis* in 200C potency (n=13), and *Calcarea sulphurica* in 30C potency (n=10) for 8 weeks. Ear suppuration was prevented in all of the patients treated with the medicines. More than 50% of the patients' tympanic membrane perforation were healed by *Tellurium metallicum* and *Calcarea sulphurica*, however, no membrane healing was observed by *Mercurius solubilis*. [5] As it stands as a persistent challenge within the spectrum of otological conditions, characterized by long-standing ear discharge through a perforated tympanic membrane. Amidst the diverse treatment modalities, the realm of homeopathy has emerged as an intriguing avenue, offering holistic and individualized approaches to healthcare. At The Calcutta Homeopathic Medical College & Hospital, a pioneering research initiative is underway with a targeted sample size and validated instruments in English and Bengali to investigate the efficacy

and potential of homeopathic interventions in managing and potentially resolving CSOM. This pursuit aligns with the ethos of holistic medicine, aiming to explore remedies that address not just the symptoms but also the underlying constitution and susceptibility of affected individuals.

Definition:

It is defined as a chronic inflammation of the middle ear and mastoid mucosa in which the tympanic membrane is not intact (perforation or tympanostomy tube) and discharge (otorrhea) is present. [6,7,8] AA91. Z Chronic suppurative otitis media, unspecified - ICD-11 MMS. [9] The World Health Organisation (WHO) [10] defines CSOM as "otorrhea through a perforated tympanic membrane present for at least 2 weeks".

Risk Factors:

Several significant risk factors for CSOM, including a history of acute and recurrent otitis media, parental background of chronic otitis media, and living in crowded conditions, such as large families with numerous siblings or extensive day care centres. [11]

Epidemiology:

Prevalence of chronic suppurative otitis media (CSOM) among school children in rural Belagavi, South India, was found to be 5.2% in a survey of 694 students. Overcrowding was noted in 6.8% of cases, ear cleaning with various materials in 7.4%, and recurrent respiratory infections in 9.3%. Seven students had active CSOM. [12]

Pathophysiology:

CSOM is caused by persistent middle ear infections leading to inflammation, tympanic membrane perforation, and continuous discharge. It often involves Eustachian tube dysfunction and mastoid cavity issues, promoting bacterial colonization and chronicity. [13]

Eustachian tube function:

The Eustachian tube regulates middle ear ventilation, protects against infections, and clears fluids. Factors like tympanic membrane perforation, structural issues, and conditions like Down syndrome increase CSOM risk by disrupting these functions. Reduced ciliary

function can lead to fluid buildup, progressing from AOM or OME to CSOM. [14,15,16]

Immunology and genetics:

In the defence against mucosal infections like CSOM, immunoglobulins IgG and IgA play crucial roles. Secretory IgA (SIgA), synthesized locally in the middle-ear cavity, helps prevent bacterial attachment and colonization of the middle-ear mucosa. However, children with CSOM might lack SIgA. [17] IgG-class immunoglobulins aid in phagocytosis and complement activation, with levels varying by age. In children with recurrent respiratory infections, low specific IgG-subclass (mainly IgG2) levels are noted, but data for CSOM are lacking. Effective immunoglobulin action requires coating bacteria; CSOM often shows intense SIgA and IgG coating, but *Pseudomonas aeruginosa* infections may lack this, complicating eradication. [18]

While inflammatory mediators in AOM and OME are well-studied, their role in CSOM is less clear. Genetic factors in CSOM, such as MBL deficiency and Fc gamma receptor polymorphisms, are suggested but not well-defined. Twin studies indicate a genetic component, with higher concordance in monozygotic twins. Further research is needed to confirm genetic influences in CSOM. [19,20]

Otoscopic examinations:

Discharge, perforation (central in Tubotympanic type and marginal in Atticoantral type), polyps, granulation.

Investigations:

Otoscopic investigations and Tuning fork test (to measure the level of hearing loss), Imaging Ex-mastoid X –ray, CT done in Atticoantral type for complications like cholesteatoma. [21]

Scope of the study:

Otitis media involves middle ear inflammation, often starting from a viral infection and potentially progressing to CSOM, marked by chronic ear discharge, hearing loss, pain, and tympanic membrane perforation. Untreated, it can cause irreversible damage and complete hearing loss. Homoeopathy, offering a distinct approach from

conventional medicine, suggests that a healthy lifestyle and antimiasmatic treatment may help manage CSOM and its complications. [22,23,24]

Miasmatic approaches:

This text delves deeply into the concept of miasms in homoeopathy, as originally elucidated by Hahnemann. Miasms, deriving from the Greek word 'Miasma,' denote a dynamic influence on the Vital Force, negatively affecting life and disturbing the vital energy of individuals. These influences are believed to exist universally around humans and manifest as internal changes rather than external agents. In homoeopathy, miasms represent the underlying cause of chronic diseases and are considered the basis of all true natural chronic ailments. Hahnemann observed the presence of these chronic miasms such as psora, syphilis, and sycosis, suggesting that they permeate the entire organism before any visible local symptoms appear. He emphasized the importance of treating these miasms internally with homoeopathic medicines specifically suited to each miasm, rather than merely addressing external symptoms. Chronic miasmatic diseases, if not treated adequately, could lead to persistent obstacles in the natural healing process, hindering recovery. The practice of homoeopathy revolves around addressing these miasms rather than focusing on disease names. Hahnemann's extensive research led to the identification of antipsoric remedies, specific medicines tailored to counteract the various manifestations of chronic diseases arising from psora, thereby significantly advancing homeopathic treatment strategies.

Psoric Otitis: Dry ear canal, dry scales, itching, crawling sensations, and pulsation. Sensitive hearing and pain from sounds, with possible nervous restlessness and anxiety.

Sycotic Otitis: Profuse exudation, swelling around the ear pinna, and wandering pains. Better hearing in noisy environments, with pain worsening during the day or with weather changes, leading to restlessness.

Syphilitic Otitis: Severe structural ear problems, including ulceration and bone degeneration, with burning, bursting pain, and potential total hearing loss. Offensive discharge worsens at night and in warm conditions, linked with colds, skin

eruptions, measles, or chickenpox. ^[25,26]

Homoeopathic Treatment:

Arsenicum album- The individual experiences squeezing and sharp pains, shooting discomfort, intense tickling, and burning sensations in the ears. They also perceive tinkling, roaring, buzzing sounds, and a feeling of ear blockage, leading to reduced hearing. Additionally, there is a thin, irritating, foul-smelling discharge from the ears.

Lycopodium clavatum- The individual has a thick, yellow, foul-smelling ear discharge, eczema around and behind the ears, otorrhea, and hearing loss, potentially with tinnitus, following scarlet fever. They experience ear pain in open air, sensations of tinkling, buzzing, roaring, humming, whizzing sounds, and a feeling of hot blood rushing into the ears, indicating blood congestion.

Hepar sulphur- The individual has sudden, darting ear pain, especially when blowing the nose, with pus discharge sometimes having a foul odor. They experience hearing difficulty, pulsations, buzzing, and a history of deafness after scarlet fever. Additional symptoms include whizzing, throbbing sensations, and foul-smelling pus discharge.

Silicea terra- The individual has a foul-smelling discharge, possibly from mastoid bone decay, and is sensitive to noise. They experience ear pain with drawing, boring, and throbbing sensations. The pus discharge includes a whistling sound and is offensive, watery, curdy, and associated with nasal soreness. There is also a history of a ruptured eardrum.

Pulsatilla nigricans- The individual experiences pain in the ears, described as a sensation of something about to protrude from them. There are shooting pains accompanied by itching or sharp, jerking sensations in and around the ear. Additionally, there's an earache with shooting pain extending down to the teeth of the lower jaw, often accompanied by intense headaches in the frontal and occipital regions. Moreover, there is a discharge from the ear consisting of mucus and pus, which is nearly bland and without a strong offensive odor.

Mercurius solubilis- The ear pain intensifies with the warmth of the bed, especially at night, often described as sticking pains. Additionally, there is a thick, yellow discharge from the ear that is foul-smelling and sometimes contains blood.

Sulphur- The individual experiences deafness, preceded by an extremely sensitive hearing phase, often associated with catarrhal deafness. There is a sensation of whizzing in the ears. Moreover, there are adverse effects stemming from the suppuration (discharge) of an otorrhea (ear discharge).

Nux vomica- The individual experiences ear pain characterized by tearing and stinging sensations, worsened upon entering a room and while in bed. There are auditory sensations of humming, hissing, whistling, and tingling in the ears. Additionally, cracking sounds are noticed when chewing or masticating.

Aurum metallicum- After scarlet fever, the individual has persistent, foul-smelling ear discharge resistant to treatment, with pus around the ear canal. This suggests possible decay of the ossicles and mastoid, leading to chronic nerve-related deafness and potential labyrinthine disease, possibly linked to syphilis.

Antimonium crudum- The individual has a damp skin eruption on and behind the ears, with scrofulous otorrhea. They also show chronic middle ear inflammation with catarrhal otitis media symptoms, such as warmth and tension, worsening with heat. ^[27,28,29]

CONCLUSION

In conclusion, the exploration of Homoeopathic interventions in CSOM represents significant research ongoing at The Calcutta Homoeopathic Medical College & Hospital. The study highlights the distinctive principles of Homoeopathy in addressing CSOM, emphasizing the individualized approach to treatment, which considers not only the physical symptoms but also the underlying miasms and the vital force of the individual. By recognizing the different miasms associated with CSOM manifestations, such as Psoric, Sycotic, and Syphilitic, a more nuanced and tailored treatment methodology has been explored. The findings highlight Homoeopathic remedies' potential in

alleviating CSOM symptoms, including otorrhea, ear pain, and conductive deafness, while preventing recurrence. This research supports the integration of Homoeopathy in managing chronic ear conditions and suggests further studies to validate these results. Continued research may establish Homoeopathy as a valuable treatment for CSOM.

Acknowledgement:

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A Single Blind Trial Of Estrogen 3C in Managing Menopause

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Keywords

Menopause, *Estrogen 3C*, Menopause Rating Scale.

Abstract

Background: Menopause is permanent cessation of ovarian activity that results in decrease of hormone estrogen which results in many signs and symptoms in a female. The period of ovarian decline is not a story of one day many times it takes even 3-5 years to achieve menopause. This study was done under Homoeopathy University was an attempt to manage menopause in the best possible way by the use of *Estrogen 3C*. Aim of following study was to find out whether *Estrogen 3C* effective to ease out Menopausal complaints.

Objectives:

- To establish the usefulness of *Estrogen 3C* in treating the menopausal complaints. On the basis of MRS (Menopausal Rating Scale).
- To find out the frequently occurring symptoms and most relieved symptoms using the drug *Estrogen 3C*

Materials and Methods: This study was of 50 females suffering from menopausal complaints without any systemic or any life threatening disease. All the females were suppose to visit every week for 6 visits minimum. Patients were evaluated before and after on menopause rating scale. The study was conducted at O.P.D. of Dr. M.P.K Homoeopathic Medical Collage and research Centre Jaipur.

Result: All the patients showed significant relief

on menopause rating scale and dryness of vagina was the most relieved symptom.

Conclusion : The result of the study were encouraging and in favor of *Estrogen 3C* in managing menopause on menopausal rating scale.

- 58% patients showed marked improvement on MSR
- 40% showed moderate improvement on MSR
- And 2% patients had mild improvement on MSR
- All the symptoms were relieved by *Estrogen 3C*. Dryness of vagina was relieved in maximum patients

Introduction

Females are the backbone of any family. The reproductive life of females starts from menarche and ends on menopause. So these are two naturally occurring milestones in any female's life. Entry of females in the reproductive span is full of events along with great mood swings attributed to the hormonal changes, similarly when she is about to exit the reproductive span she again encounters many changes but this time she is not taken seriously and often left alone with all the changes she is facing. This study is devoted and is an attempt to understand and deal with menopause.⁽¹⁾

Menopausal complaints are not very new to mankind, societies have been dealing with menstruation and menopause since biblical times. References to menopause can be traced far beyond the 1800s. In fact, Aristotle supposedly referred to

menopause, saying it began at 40 years of age. The term "menopause" was coined in 1821 by French physician Charles Pierre Louis De Gardanne⁽²⁾.

While studying the literature and various studies done in past Estrogen is the basic hormone deficiency of which in the body leads to various complaints including mood changes.

Estrogen or Oestrogen is the primary female sex hormone and is responsible for development and regulation of the female reproductive system and secondary sex characteristics.

Quantitatively, estrogens circulate at lower levels than androgens in both men and women.

Menopause is defined as 'the permanent cessation of menstruation resulting from loss of ovarian follicular activity. In majority of women, menopause is a natural event occurring, on average, at the age of 51.3 years. An earlier menopause may be induced surgically by oophorectomy, often accompanied with hysterectomy, or as a consequence of premature ovarian failure.

The time at which natural menopause is said to have occurred for an individual is a retrospective clinical diagnosis based on 12 months of amenorrhea from the woman's last menstrual period. Natural menopause is not a singular event but a transition lasting on average 3.8 years. The transition begins with the perimenopause and this period, often referred to as the climacteric, commences at a mean age of 47.5 years.⁽³⁾

Before menopause, a woman's periods typically become irregular, which means that periods may be longer or shorter in duration, or be lighter or heavier in terms of the amount of flow. During this time, women often experience hot flashes; these typically last from 30 seconds to ten minutes, and may be associated with shivering, sweating and reddening of the skin. Hot flashes often stop occurring after a year or two. Other symptoms may include vaginal dryness, trouble sleeping, and mood changes. The severity of symptoms varies between women. While menopause is often thought to be linked to an increase in heart disease, this primarily occurs due to increasing age and does not have a direct relationship with menopause. In some women, problems that were previously present like endometriosis or painful periods will improve after menopause.

Hormonal changes are experienced by females during Menarche and Menopause but the severity

of symptoms is owing to lifestyle and the bodily response to the falling hormone. Thus on every individual female the effect of declining hormone was different and so individual presentation.

Folliculinum is commonly known as homoeopathic oestrogen. It is made from Oestrone, a synthetic form of oestrogen. It is in colourless crystals or white to cream-white odourless powder; insoluble in water, sparingly soluble in acetone and in chloroform, slightly soluble in alcohol and in fatty oils. It is made from oestrone, a synthetic form of oestrogen, secreted from ovarian follicles. Although there has been no organized proving of this remedy in the traditional Hahnemannian method, millions of women have been proving it since the discovery of synthetic hormones in the 1940's.

Post Menopausal Symptoms of the Remedy are : Irregular cycle, flooding, hot flushes; hyperactive, < rest; night sweat, air hunger, dizziness and faintness; abdominal heaviness; dryness of vagina; hypersensitive to noise, heat and touch.⁽⁴⁾

Aim and Objectives

Aim:

The aim of this study was to find out the effectiveness of *Estrogen 3C* in managing Menopause.

Objectives:

- To establish the usefulness of *Estrogen 3C* in treating the menopausal complaints. On the basis of menopausal rating scale.
- To find out the frequently occurring symptoms and most relieved symptoms using the drug *Estrogen 3C*.

Methodology

Study Setting and Study Duration: The study titled "A single blind trial of Estrogen 3C in managing menopause" was conducted at O.P.D. of Dr. Madan Pratap Khunteta Homoeopathic Medical College, Hospital and Research Centre, Station Road, Jaipur for a period of 12 months. Duration starting from April 2016 to April 2017 where enrollment was done till Feb.2017 and follow up period was of 6 visit at an interval of 7 days. All patients were kept under observation and reviewed for minimum 6 follow ups at an interval of 7 days.

Study design : This study was an interventional,

Prospective Single blind trial.

Sample size : By taking stand effect of 0.4 at 80% power sample size sample size of 50 patients was taken.

1. Inclusion / Exclusion Criteria

a. Inclusion Criteria:

b. Patients of age group between 45-60 years.

Patients coming with three or more complaints out of these five symptoms were included in the study, which are also present in homoeopathic literature as well.

- Hot Flushes
- Sexual Dysfunction
- Palpitations
- Moods Disorders
- Menstrual Irregularities

c. Patients who after knowing the study gave a willful consent to be a part of study were included in the study.

2. Exclusion Criteria:

a. Post Hysterectomy cases were not included in the study.

b. Patients with all the criteria but not willing to participate were excluded.

c. Females with any systemic disease like Diabetes (mellitus or insipidus), Hypo or Hyper - thyroidism were ruled out.

d. Patients with severe Hypertension (systolic above 160mm of Hg and diastolic above 100 mm of Hg) were not included.

e. Patients suffering from diseases like Tuberculosis, Carcinoma or any other major illness were ruled out.

Study tools

Case Record Format: Recording of each patient's complaints was done following a standardized case recording format designed for the study.

Menopause Rating Scale : The scale was used to assess the improvement status of each patient. At baseline and at reassessment point.

Intervention: The Homoeopathic Medicine Estrogen 3C (Folliculinum) was taken manufactured by GMP certified company Materia

Research Laboratory, according to Homoeopathic Pharmacopoeia India.

Outcome Assessment: The result of treatment of each patient was assessed separately on the basis of improvement of the symptoms individually using Menopause Rating Scale.

- Each patient is assessed and improvement is evaluated using the formula

$$\frac{[(\text{Baseline score}-\text{after score})/\text{Baseline score}]\times 100\%}{}$$

There are following categories:

- Patients who had maximum improvement in all the symptoms (76%-100%)
- Patients who showed moderate improvement (50%<75%)
- Patients who showed mild improvement (25%-49%)
- Patients who showed non significant improvement (<24%)
- No relief to the symptoms or Status Quo (0%)
- Worse (increase in symptom score)⁽³⁷⁾

Statistical Technique: A paired t-test is used to compare difference in pre & post treatment score of MSR.

Data Analysis: Data of each given set of menopause rating scale was assessed at pre & post menopause rating scale, following symptoms were assessed :-

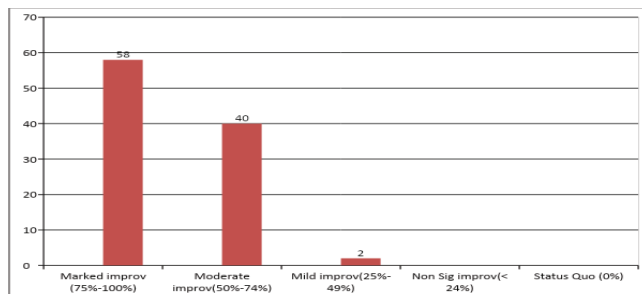
1. Hot flushes
2. Palpitation
3. Sleep problem
4. Depressive mood
5. Irritability
6. Anxiety
7. Physical and mental exhaustion
8. Sexual problem
9. Bladder problem
10. Dryness of vagina
11. Joint & muscular discomfort

Ethical issue

- Ethical clearance was obtained from the Ethical committee of the university before initiation of the study.

- Consent of all patients was taken before the study.

Observations & Results



Out of 50 patients 29 patients (58%) showed marked improvement, 20 patients (40%) showed moderate improvement and 1 patient (2%) showed mild improvement. None of the patients were reported with non significant or with Status Quo condition. All the patients were improved by giving Estrogen 3C.

Statistical Analysis

Statistical observation of single blind trial of estrogen 3C in dealing with menopause. **Statistics**

Before & After Score in all the Patients

	Mean	N	Std. Deviation	Std. Error Mean
Pair 1 Before_total	29.60	50	6.334	.896
After_total	7.66	50	4.369	.618

After analyzing the change in the scores of Menopause rating scale, Paired t test was applied to the group before and after treatment. The before treatment (mean 29.60 and Sd 6.334) and after treatment (mean 7.66 and Sd 4.369) with (t 26.013) (df 49) and (p .000) since there is significant difference between the mean before and mean after treatment and p 0.000. So, its clear that Estrogen 3C has put a significant change in the status of female suffering from menopausal complaints.

Percentage of Improvement in Different Symptoms

Sno	Symptoms	Relieved in %
1	Hot Flushes	39.7
2	Heart Discomfort	77.92
3	Sleep Disorders	82.6
4	Depressive mood	67.85
5	Irritability	63.19
6	Anxiety	72.84
7	Physical and mental exhaustion	70.83
8	Sexual problems	76.98
9	Bladder problem	72.72
10	Dryness of vagina	89.23
11	Joints and muscular discomfort	63.88

CONCLUSION

The homoeopathic medicine, *Estrogen*, is effective

in dealing with menopause without any side effect.

Though homeopathically prepared Estrogen is never used for study but various studies on constitutional remedies managing menopause are present but this is not enough to help our comparison.

The study had many limitations:-

There is no control/constitutional group so the effectiveness can not be compared.

The menopausal rating scale in local language (Hindi/ Dhundhani) is not validated so to explain symptoms in local language was a challenge.

Double blinding could have made the made the study more authentic.

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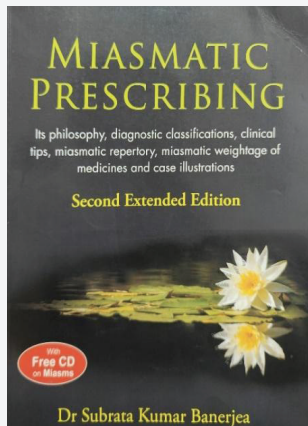
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Book Title: “Miasmatic Prescribing: Its philosophy, diagnostic classifications, clinical tips, miasmatic repertory, miasmatic weightage of medicines and case illustration”

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Author of the book: Dr. Subrata Kumar Banerjea

their critical role in homoeopathic practice. In this modern world of palliation, suppression and miasmatic dyscrasis, if a complete and permanent cure is sought, this is the only approach which can uproot the underlying cause of disease and nip the bud of increased susceptibility to future diseases. Dr. Banerjea outlines the necessity of miasmatic diagnosis for holistic treatment, underscoring how it enhances the precision and efficacy of prescriptions. Diagnostic classifications are meticulously detailed, elucidating the interplay between symptoms, miasmatic tendencies, and therapeutic choices.

Central to the book are the author’s clinical tips, honed from four generations of miasmatic practitioners, which streamline the diagnostic process. These insights facilitate rapid and accurate miasmatic diagnosis, enabling practitioners to navigate complex cases with confidence. A novel addition is the miasmatic repertory, a tool that simplifies the identification of miasmatic patterns and corresponding remedies.

Dr. Banerjea introduces a graded listing of leading anti-miasmatic remedies, offering nuanced insights into their respective miasmatic

My Perspective on the Book

“*Miasmatic Prescribing*” by Dr. Subrata Kumar Banerjea presents a comprehensive exploration into the intricate world of miasm in homoeopathy. The second extended edition builds upon fifteen years of clinical experience, offering invaluable insights and clinical tools for miasmatic diagnosis and effective prescription based on it.

The book delves into the foundational philosophy of miasms; which means an invisible, inimical, dynamic principle, an inherited weakness, a stigma or vaccum in the constitution and emphasizing

weightage. This classification aids practitioners in selecting remedies tailored to specific miasmatic expressions. Furthermore, case illustrations provide a clinical framework for understanding miasmatic theory in practice, enriching the reader's ability to apply theoretical knowledge to real-world scenarios.

The strength of "Miasmatic Prescribing" lies in its systematic approach to miasmatic diagnosis, seamlessly integrating theoretical principles with practical application. The schematic representation of symptoms from mind and head to foot under four miasms facilitates a structured assessment, enhancing diagnostic accuracy. The inclusion of ancestral wisdom adds a historical depth, reinforcing the time-tested efficacy of miasmatic prescribing.

In conclusion, "Miasmatic Prescribing" is a seminal work that transcends mere theory, offering a robust framework for practitioners seeking to master miasmatic diagnosis in homoeopathy. Dr. Banerjea's comprehensive treatment of philosophical underpinnings, clinical methodologies, and practical tools ensures that the book remains an indispensable resource for both novice and experienced homoeopaths alike. By bridging theory with application through case illustrations and repertorial guidance, the second extended edition reaffirms its status as an essential guide to miasmatic prescribing.

This precious book is highly recommended for its scholarly depth and practical utility; one of the essential reading for any student & practitioner committed to mastering the art of miasmatic prescribing in homoeopathy.



Lesser Writings Including Clinical Cases, New Remedies

The Lesser Writings Of C M F Von Boenninghausen

Lesser Writings With Therapeutic Hints

The Lesser Writings Of Hahnemann



**Immerse into
the Richness of
Homeopathy
with the Assemblage
of Lesser Writings**

The necessity of developing this research was instilled in him by his revered mentor Late Dr. George von Keller(1919-2003), possessor of the largest and oldest homoeopathic book library, Dr. J. Kuenzli(1915-1992), Dr. W. Klunker(1923-2002). Dr Keller

himself successfully published monographs of 14 remedies from Berberis to Staphysagria. Later Dr. Gypser toiled hard to achieve the target of 120 remedies frequently used in practice. Simultaneously he was working on preparing a new repertory- a dream hindered by his untimely demise. We hope that his disciples will fulfil this dream of Dr. Gypser. All his life works aimed at recognising deficits and minimising failures in prescribing. Dr. Gypser, besides devoting himself to research work, enjoyed a fulfilling life at his busy clinic daily. With six litres of accumulated fluid, an ascites patient of his was given only three weeks of time to live, by all specialists. But while on Dr. Gypser's treatment he survived more than two years. And one morning, when the hospital authorities called up to inquire about this patient, his wife stated that her husband who could hardly move about in the house, while on their treatment, was able to move outdoors, and had gone horse riding two villages away, on Dr Gypser's marvellous homeopathic treatment. Another neighbour of his, was treated by him for deep vein thrombosis and with a few doses of Crotalus Horridus everything turned fine.

With a sharp mind which could recollect dates of publications of provings since the days of Hahnemann, and retain many characteristic symptoms of remedies, he would clarify every query of his students with utmost honesty and responsibility. Like most Germans, he had an eye for detail and was so thorough with observing aggravations concerning centesimal and Q potencies that he could produce statistics of his own clinic that were collected over many years. He was a very methodical gentleman, who solved his cases with "order and method".

I had the first opportunity to witness this giant, while I was a first B.H.M.S student in 2004 at Shri Kamaxidevi Homoeopathic Medical College & Hospital, Goa, India. Dr Gypser and his wife Mrs Heike visited our college and delivered lectures. I recall Dr. Gypser spoke on Agaricus and Arundo. He also spent a day in our hospital working with patients. His fondness for India reflected in the frequency of his visits to Srinagar on holidays. Another chance to meet him came in Goa from 24th January to 5th February, 2020

when he conducted special classes for us as part of Homoeopathic Medical Association of India (HMAI) He gifted me his new book BTBP with an autograph- what an incredible treasure!. I used his book for several critical cases and reported to him the success stories via emails. That year, he barely escaped the National Lockdown in India put forth due to Covid and informed me that his family were the only few in the empty flight back to Germany. He enjoyed sports, swimming and jogging. Two of his five sons had accompanied him on vacations- One of his sons was a lawyer & the other, a professional videographer who created educational videos.

In the last fifteen years of his life, he had learned how to read and write hindi and strived hard for betterment by hiring a Hindi tutor even during vacations. Dr. Gypser will always be missed for his unique ability to organise homoeopathic articles chronologically and from authentic sources. On September 4th of 2024, at his home in Glees, Germany, surrounded by his beloved wife, Heike and his family, Dr. Gypser passed away leaving behind a great legacy of hundreds of high-quality publications. Homoeopathy lost a tireless, great disciplinarian, the last symbol and last link of a great German tradition, a great era of famous and celebrated masters. Here was a man, like him I shall not see again.

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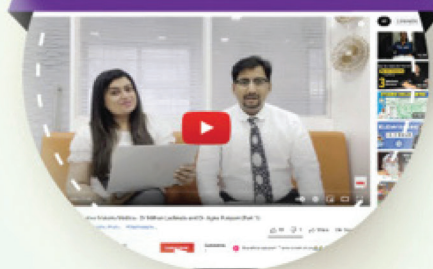
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